

**SPORTS TRAINING AND SPECIAL OLYMPICS FOR
CHILDREN WITH SPECIAL NEEDS
U.T. Chandigarh (2019-20)**



**SAMAGRA SHIKSHA
U.T.CHANDIGARH**

***“A
champion
is someone
who gets up
when he
cannot”***

A brief report

UT Chandigarh under the component of Inclusive Education is working with an aim to make the CWSN under its umbrella to be independent citizens and only academic support in inclusive setup is not sufficient as rehabilitation of these CWSN requires multi-dimensional activities and training on skills and sports is a step towards this. The initiative of training on sports was initiated in 2017 and this had a positive impact on the overall development of CWSN especially their self esteem and confidence. As a result of this training, CWSN under Intellectual disability won number of positions at the State level competitions being conducted by Special Olympics Bharat. On the basis of the feedback and impact the same training was imparted/ conducted for the CWSN in the month of October to December, 2019 under Inclusive Education, Samagra Shiksha, Chandigarh. This training was conducted at cluster level covering CWSN enrolled in all the Govt. Schools at Elementary and Secondary Level. All the CWSN participated with great enthusiasm, learnt a lot and got benefitted from the exercises, energy release and enjoyment of playing sports.

OBJECTIVES OF SPORTS TRAINING FOR CWSN

- To develop gross motor skills, enhance self confidence amongst CWSN.
- To teach social skills, control over emotions and expressions.
- To reduce stress among children.

In this programme, we worked on the general fitness of the CWSN and tried to teach them the importance of sports & physical activity in their life and motivated them towards special Olympic Games (SOG)

For the whole duration the sports trainer worked on the parameters of physical fitness. **The list of sports activities that were undertaken in the Govt. schools of UT Chandigarh are as follows:**

- Warm up exercise and stretching exercise.
- Self Defence
- Walk
- Kho- kho
- 30 meter sprint
- 50 meter sprint
- Relay race
- Dodge ball
- Long Jump
- Volley Ball
- Skipping
- Shot put throw
- Soft ball throw

**COVERAGE OF CWSN ENROLLED IN GOVT. SCHOOLS OF
UT CHANDIGARH IN THE TRAINING PROGRAMME ON SPORTS
(2019-20)**

Cluster	No. of CWSN Covered		
	Elementary	Secondary	Total
GMSSS-8	78	13	91
GMSSS-10	150	60	210
GMSSS-15	61	14	75
GMSSS-16	64	21	85
GMSSS-26TM	50	20	70
GMSSS-27	90	34	124
GMSSS-33	55	35	90
GMSSS-35	55	20	75
GMSSS-37	43	29	72
GSSS-38W	50	10	60
GMSSS-40	20	17	37
GMSSS-44	40	20	60
GMSSS-45	45	20	65
GMSSS-46	92	25	117
GMSSS-47	50	30	80
GSSS-Dhanas	22	16	38
GSSS-R.R.Khurid	37	15	52
GSSS-MMT	120	29	149
GMSSS-MHC	90	33	123
GMSSS-Mauli	29	30	59
Jagran			
	1241	491	1732

Glimpses of Training on Sports to CWSN





STRETCHING EXERCISES



SPORTS DAYS AT DIFFERENT SCHOOLS



Activity for Physical Development of CIMEN at Social Purpose Centre



SPECIAL OLYMPICS

Special Olympics Bharat, Chandigarh organized two days Sports Athletic Meet at Sports Complex, Sector-7 Chandigarh, in January 2020. During this event 35 children with intellectual and associated disabilities who were trained in the training programme in their respective clusters participated and bagged 31 medals comprising 10 Gold, 09 Silver, 12 Bronze medals and 24 Ribbons.



CWSN participation and performance was wonderful. The State Level Athletic Meet has left a tangible and quite visible impact on CWSN, their guardians and teachers. There were several sports events such as 100 meter race, long jump, and soft ball throw, 100 meter walk, shot put etc. and the chief guest was highly pleased with the performance of all the participants. The winners were awarded prizes by the chief guest.



State Athletic Meet 2020 (Special Olympics)

List of winners in State Athletic Meet organized by Special Olympics Bharat

S.no.	Cluster no.	Name of CWSN	Event	Position	Medals
1	1	Anjali	Softball throw	2 nd	Silver
			100 mt Run	3 rd	Bronze
2	1	Sukhwinder	50 mt Run	1 st	Gold
3	5	Gurjit	100 mt Run	1 st	Gold
4	5	Hardik	100 mt Run	3 rd	Bronze
5	5	Tanvi	100 mt Run	3 rd	Bronze
6	6	Naveen	100 mt Run	2 nd	Silver
			50 mt Run	1 st	Gold
7	6	Aditya	25 mt walk	3 rd	Bronze
			50 mt walk	3 rd	Bronze
8	6	Prabhdeep	50 mt walk	3 rd	Bronze
9	7	Hardik	50 mt Run	2 nd	Silver
10	10	Hardil	Softball throw	1 st	Gold
11	10	Madhav	Softball throw	1 st	Gold
12	12	Mehtab	Shot Put 4 kg	2 nd	Silver
13	12	Pawan	Softball throw	2 nd	Silver
			100mt Run	3 rd	Bronze
14	12	Suraj Ban	Softball throw	3 rd	Bronze
15	13	Sahil	100 mt Run	1 st	Gold
			Softball throw	1 st	Gold
16	13	Sukhwinder	100 mt Run	2 nd	Silver
			Softball throw	2 nd	Silver
17	14	Khushdeep	50 mt Run	3 rd	Bronze
			Softball throw	3 rd	Bronze
18	14	Manpreet	50 mt Run	3 rd	Bronze
			Softball throw	2 nd	Silver
19	15	Kiran	Softball throw	1 st	Gold
20	15	Rahul	100 mt Run	1 st	Gold
21	15	Kashish	25 mt Run	2 nd	Silver
			50 mt Run	1 st	Gold
22	15	Rahul	Softball throw	3 rd	Bronze

Sports are vital for the mental and physical development of the children. They promote inclusion, emotional upliftment and enhance the overall well-being. Sports give continuous opportunities to develop physical fitness, demonstrate courage and experience joy. They learn the rules and strategies of the games and their application while playing.