

# UNLOCKING DREAMS THROUGH SPORTS

## WHY SPORTS FOR COMMUNITY WELLBEING?

Sport has the power to bring people together, break social barriers, and create supportive spaces for learning and self-expression. For children and youth in coastal communities, access to structured and inclusive play opportunities is often limited. Gender norms, lack of resources, and restricted recreational spaces further limit participation, especially for girls. However, sports can serve as a powerful medium to foster teamwork, leadership, and resilience while encouraging dialogue on broader social and environmental issues. Dakshin believes that sports is key to building safe, inclusive, and empowered communities.

## WHAT WE DO ?

Dakshin's Community Wellbeing Programme has sports as a core theme, and creates safe and inclusive spaces for mixed-gendered play, reflection, and learning for children and youth in coastal communities. Using football in the Andaman and Nicobar Islands (ANI) and Ultimate Frisbee in Odisha, our sports team engages young people in structured sports sessions that go beyond skill-building to promote teamwork, confidence, and social inclusion.

In the Andamans, after-school football coaching sessions focus on both technical skill development and team-building. Each session concludes with "spirit circles", where participants share their experiences, fostering peer learning and self-reflection. These circles also serve as spaces for Dakshin facilitators to spark discussions on environment, health, wellbeing, and identity, linking sports to real-life challenges and opportunities.

## WHAT WE HAVE ACHIEVED

Over the past three years, the football programme in ANI has grown into a thriving community initiative. We are proud to share the following achievements from the community:

- A mixed-gendered pool of 70 children and youth are actively engaged in football coaching in Wandoor, Andaman.
- There is strong community participation in local football tournaments, supported by the Pradhan, panchayat ward members, and parents.
- We have expanded football coaching sessions to Junglighat, with 50 enthusiastic middle schoolers (both boys and girls) all showing great promise.
- A significant milestone is our Under-17 boys' team from Wandoor who participated in a local tournament in Birdline, earning all-round admiration for their performance.

The football programme has fostered team spirit, resilience, and gender inclusion, with youth in Wandoor and Junglighat growing into strong, mixed-gender teams, and future efforts focused on training local facilitators to sustain this empowering initiative. This project is supported by Direct Aid Programme, Australian Consulate-General, Chennai.



Scan the QR code to access our outreach materials!