



Dear all,

This month, we look back at how adolescent girls are empowered through our programmes at Oasis India. Take a look at some inspiring stories of fierce, young girls from our communities across India.

TANISHA

SPORTS, NALASOPARA



My name is Tanisha and I am 16 years old. Ajith sir, our coach, introduced me to Oasis India's football team. Joining sports has changed my life. We have regular life skills sessions which taught me to value time – so I have started using a timetable for each day and I follow it. I have started spending time learning football and other new activities.

During the lockdown, we were not able to meet in the ground for practice but through zoom calls and online coaching with photos and videos, I learnt new exercises to keep myself active and in touch with my skills. I love goal keeping and I have learnt new techniques that has helped me become the best.

We recently had our first tournament and I was scared! I was nervous that if we failed, everyone would be upset. I learnt many lessons on sportsmanship during this game. Even though we lost, I told myself that in the next game, I will do well and win. I am now training to play for the **Palghar District football associate (PDFA)** under-17 girls tournament.



Project Sarika, is an initiative to create a platform for girls in Chennai's Kalyanapuram and Kannagi Nagar communities, to express themselves and achieve their full potential in life. Watch this video to know more about how we are teaching self-defence and life skills for young girls through this project.

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We have successfully started the after-school programme for children in Churachandpur, Manipur. 25 children are currently enrolled in our classes. They enthusiastically participate in all the learning activities. Earlier this month, the children observed 'Cleanliness Day' and participated in cleaning the learning centre.



Our team in Manipur is also actively interacting with villagers and trying to understanding their needs and livelihood challenges. Our goal is to provide alternate livelihood options like livestock rearing, vocational skills, upland farming, green vegetable gardening etc. and uplift their standard of living.

ASHIKA*

SPORTS, KAMATHIPURA



Ashika* lives in the red-light area with her family. In 2019, Ashika joined the football team. Here's what she had to say about girls have a safe space to play sports and how football has positively impacted her.

“Sports came into my life like a miracle. Girls from my community usually don’t get the opportunity to play since the playgrounds are occupied by boys. They often tease us, pass comments and tell us to go home. Because of this, many of the parent are skeptical of sending their daughters out to play. I have dealt with this issue myself but Oasis gave me a safe environment where I could enjoy sports. My football team has given me a sense of strength and togetherness. Our coaches made sure we were aware of safeguarding ourselves and have also guided us on what can be done in a crisis situation. Watching me play, my parents’ perception towards the game has changed too! I never imagined that I would have developed this much confidence. I have learnt a lot through sports and I want to see girls from my community do well in sports as well. I believe every girl deserves a safe place to play sports.”

It is not just important to empower girls but it is equally important to help their parents understand the importance of educating their girl child.



Suchitra is part of our after-school programme for children and her mother, Roopa is part of our 6-month vocational tailoring course for women. During an online awareness session on human trafficking, Roopa was shocked to know how prevalent human trafficking is in our communities. In this session, she also learnt about child rights and the importance of education, especially for girls. At the end of the session, Roopa said, "No one spoke to me about the importance of education when I was younger. I was forced to go for work and had to drop out of school. I will not make the same mistake in my daughter's life. I will make sure that she gets a good education and stands up for herself in this society."

Roopa promised saying, "I will make sure my daughter finishes her education. I will show love and affection for my children and create an environment for them to evolve into good people in this society."



The post-pandemic era has brought to light the decline in academic standard among the children in our communities. Our team in Chennai is working day in and out with these children to build their foundational learning. Here's how they are doing it.

[Read Here](#)



You can ride with us this year or you can choose to support our anti-human trafficking work in India!

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