

Domain 18: Sports and Wellness Engagement

Mapped SDG Goals:

- **SDG 3** – Good Health and Well-being
- **SDG 4** – Quality Education
- **SDG 5** – Gender Equality
- **SDG 10** – Reduced Inequalities
- **SDG 17** – Partnerships for the Goals

Domain 18: Sports and Wellness Engagement

Key Objectives:

- Promote physical health, teamwork, and leadership through sports activities.
- Use sports as a medium for social development and youth engagement.
- Foster community bonding and inclusion through recreational events.
- Encourage regular physical activity to improve mental and physical well-being.

Activities:

- Conduct village-wide sports and fitness assessments.
- Organize inter-school and inter-village games (e.g., kabaddi, kho-kho, volleyball).
- Set up sports clinics or coaching sessions for children and youth.
- Create awareness on nutrition, wellness, and the importance of exercise.
- Promote inclusive participation – girls, differently-abled, and elders.
- Help form youth clubs or physical fitness groups.
- Design a village-level wellness and sports action plan.
- Engage in yoga and mindfulness sessions.
- Collaborate with local PE teachers or sports coaches.
- Distribute low-cost sports kits or recycled play materials.

Sample 10-Day Schedule:

Day	Activity
Day 1	Introduction to health and wellness through sports. Baseline fitness check-ups and surveys.
Day 2	Sports training camp for youth (e.g., kabaddi, kho-kho).
Day 3	Organize fitness awareness session – yoga, nutrition.
Day 4	School-level sports quiz or drawing competition.
Day 5	Team-building and leadership games.
Day 6	Friendly sports matches with awards.
Day 7	Workshop on women’s participation in sports.
Day 8	Preparation and Submission of Final Report and Presentation
Day 9	Preparation and Submission of Final Report and Presentation
Day 10	Preparation and Submission of Final Report and Presentation

Household-Level Survey Questionnaire (Yes/No):

- Do children in your family engage in regular physical activity? (Yes/No)
- Does your household encourage participation in sports or fitness? (Yes/No)
- Are children in your family aware of basic health and hygiene practices? (Yes/No)
- Is there a designated space for play or exercise near your home? (Yes/No)
- Do girls in your family participate in sports activities? (Yes/No)
- Are you aware of the health benefits of regular physical exercise? (Yes/No)
- Would you support a regular sports program in your village? (Yes/No)

Community/Village-Level Survey Questionnaire (Yes/No):

- Are there any regular sports or fitness activities organized in the village? (Yes/No)
- Is there an open ground or facility available for sports events? (Yes/No)
- Do schools have trained physical education instructors? (Yes/No)
- Are girls and differently-abled individuals encouraged to play? (Yes/No)
- Have there been any community-level tournaments in the past year? (Yes/No)
- Are health camps or fitness awareness drives held regularly? (Yes/No)
- Would the community support building a sports or wellness center? (Yes/No)