



BENGALURU SPORTS FOUNDATION



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The Bengaluru Sports Foundation is a 'long run' that found a destination. What started off a way to celebrate a friend 50th birthday with 50 KM run, soon found itself building an event around this occasion. One step ahead of the other, this 'support crew' would become the founding members of the NGO in 2022.

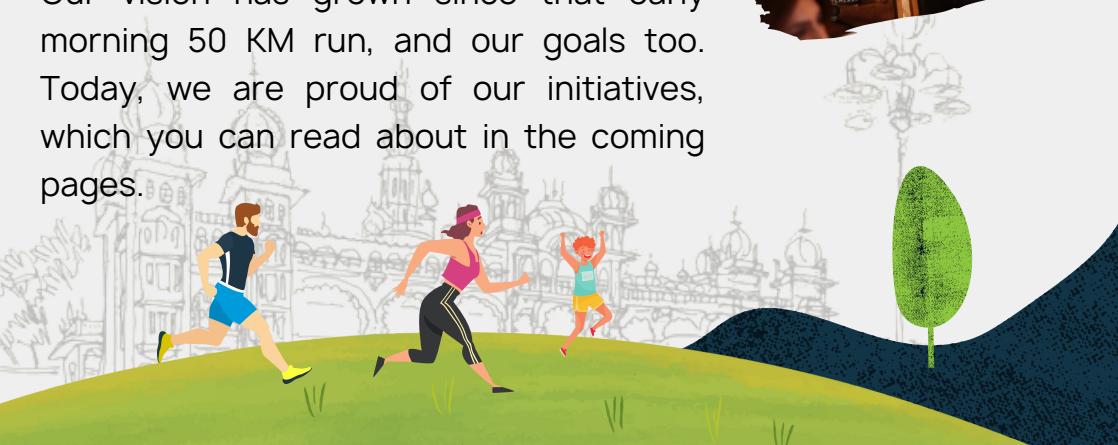


As professionals from different walks of life, our goals with the Foundation have remained steadfast since the inception:

1. Make sports accessible to everyone.
2. Build a community around sports.



Our vision has grown since that early morning 50 KM run, and our goals too. Today, we are proud of our initiatives, which you can read about in the coming pages.





BEYOND 42.195



Beyond 42.195 invites runners to go 'beyond', surpass the traditional marathon distance and venture into the realm of ultras (50 km).

Each year, we meticulously design a unique 50 km route, free from traffic, and weaving through the picturesque countryside. Surrounded by rustic village scenes, bustling with farm activities, and serenaded by birdsong, the route offers a tranquil escape into nature's embrace.

For those who have experienced it, Beyond 42.195 holds a special place in their hearts, as both runners and volunteers. As we gear up for our 5th edition in 2024, we extend a warm invitation for you to join us and become part of this unforgettable journey.



PROJECT PRERANA

In its third year, Project Prerana, nurtures sports development at the grassroots level. Kho-Kho embodies essential athletic qualities such as agility, endurance, and strength, making it an ideal platform to foster leadership and camaraderie skills.

Project Prerana's goal is to form Kho-Kho teams, identify and nurture children for under-14 and under-17 age groups to compete at State and National Levels in various sporting disciplines. Today we identify and train 187 boys and girls in Kho-Kho.

Bengaluru Sports Foundation is dedicated to offering comprehensive support, including coaching, nutrition, strength training, and physiotherapy, to help children excel in their sporting endeavors.

And the children's success is ours. We are proud to report that these rural children are Bangalore District U14 & U17 School Winners, Kho Kho Association U14 championship Winners , Bangalore District KhoKho Association Senior Championship Runners amongst a dozen other accolades. 3 students are set to represent Karnataka in the Nationals. These students have also won 17 podium places in athletics.





PROJECT ŠVĀSA



If only one of the many bystanders surrounding Nitin Jagtap when he collapsed had been trained in CPR and basic life support, he might still be with us today—continuing to play a vital role behind the scenes at the Foundation, driving success in every endeavor.

Project Švāsa embodies our vision for a future where every individual is equipped with the critical skills of Basic Life Support, ready to spring into action during moments of crisis, ultimately bridging the gap between life and death.

This isn't just a vision; it's a reality in the making.

Developed in partnership with Manipal Hospitals, Project Švāsa offers a comprehensive 4-hour program designed to arm participants with essential life-saving techniques. Through carefully curated curriculum and hands-on training, individuals gain the knowledge and confidence needed to effectively respond to emergencies.



BENGALURU RUNNERS JATRE

Bengaluru Runners Jatre was started to make it easier for citizens of Bengaluru to take up running as a sport. The Runners Jatre warmly introduces racing to all with its easy distances, carnival atmosphere and a run for each one in the family



From its inception, our goal has been to break down barriers and welcome individuals from all walks of life into the world of fitness and running.

The impact speaks for itself. A staggering 85% of our participants representing newcomers to fitness or first-time runners.

Jatre is a celebration. For us, our marquee event is a beacon of inspiration, illuminating the path for those who may have once felt daunted embracing active lifestyles.

Our message through Jatre is loud and clear: Fitness is for everyone, regardless of age, background, or experience level.





ODONA BANNI



"Odona Banni," translating to "Come, let's run together," is essence of inclusivity that lies at the core of the Bengaluru Sorts Foundation. This free and well-supported run is a call for individuals from all walks of life to join hands and run collectively towards their fitness goals.

What sets "Odona Banni" apart is its dedication to providing more than just a running program. We foster engagement between the community and leading running coaches, drawing upon their expertise and guidance to motivate and guide them





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