



**Presentation for Prime Minister's Awards for excellence in  
Public Administration**

**for**

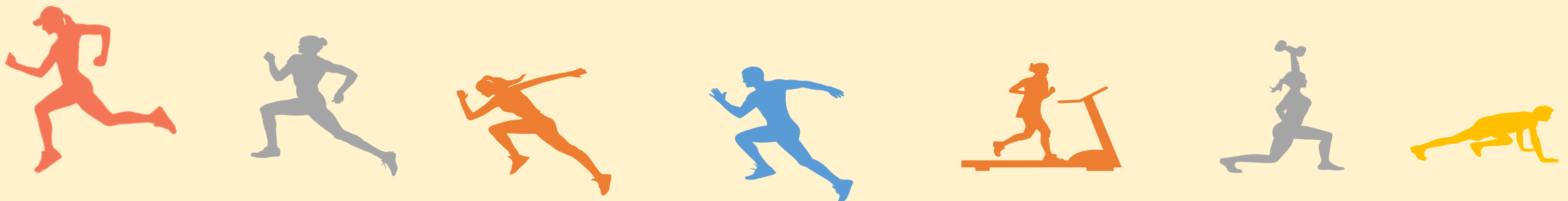
**Promoting excellence in Sports and Wellness through**

**"Khelo India" Scheme**

**by**

**Sidharth Sihag**

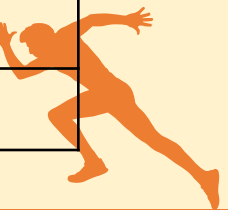
**District Collector, Churu (Raj.)**



# Background

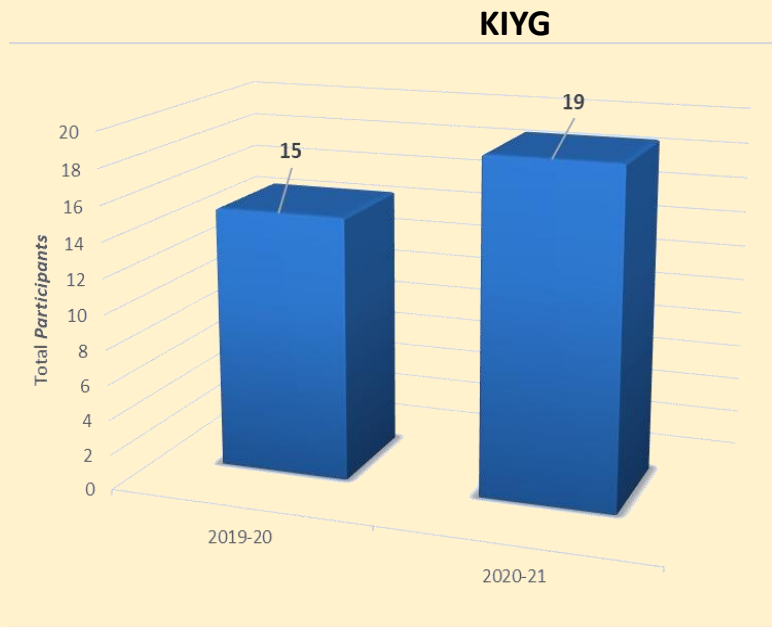
- Churu has carved out a place for itself as the nursery of sports in Rajasthan.
- This is in spite of the fact that the district lags the state in many of the human development indicators.
- Status as per NFHS-5 data-

<b>Comparison of various parameters of Rajasthan and Churu for NFHS-5 (2019-21)</b>		
<b>Parameter</b>	<b>Rajasthan</b>	<b>Churu</b>
Women who are literate (%)	64.7	63.9
Institutional births (%)	94.9	87.8
Children age 12-23 months fully vaccinated based on information from either vaccination card or mother's recall (%)	80.4	74.3
Children age 12-23 months fully vaccinated based on information from vaccination card only (%)	85.3	82.4
Children under 5 years who are stunted (height-for-age) (%)	31.8	27.1
Children under 5 years who are wasted (weight-for-height) (%)	16.8	16.5
Children under 5 years who are severely wasted (weight-for-height)(%)	7.6	5.2
Non-pregnant women age 15-49 years who are anaemic (<12.0 g/dl)(%)	54.7	53

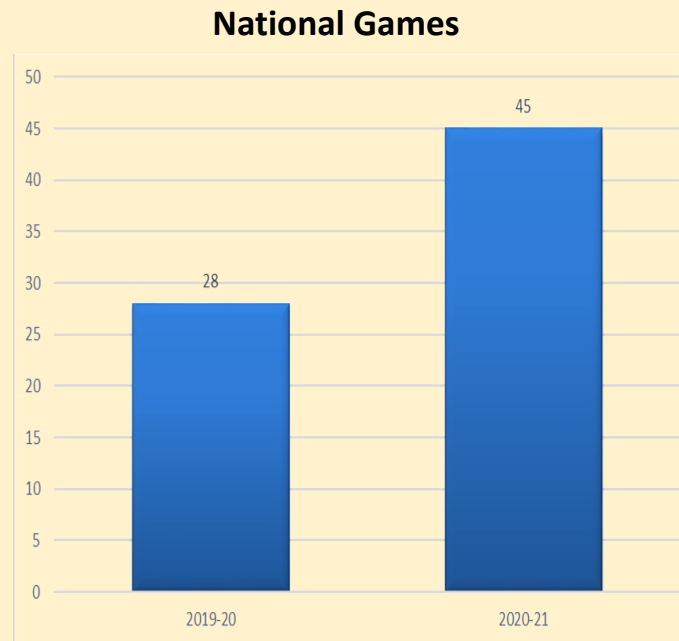


# Achievement & Medals

- Churu has the second highest number of participants in Khelo India Games, 2020-21 after Jaipur.
- The participation from Churu was higher than all other divisional headquarters.
- 10 out of 51 medals won by Rajasthan in KIYG, 2020 were won by sportspersons from Churu, which is almost 20% of the total medal haul.



Participation of sports persons in KIYG is 34, which is 2<sup>nd</sup> highest in the state after Jaipur



Participation of sports persons in National Games has increased by 61%



Gold Medal, Khelo India, Guwahati, 2020

# Achievement & Medals (cont.)



## Rajasthan State Sports Council

SMS Stadium, Jaipur

E-mail: rsscjaipur@gmail.com rsscocoachingjaipur@gmail.com

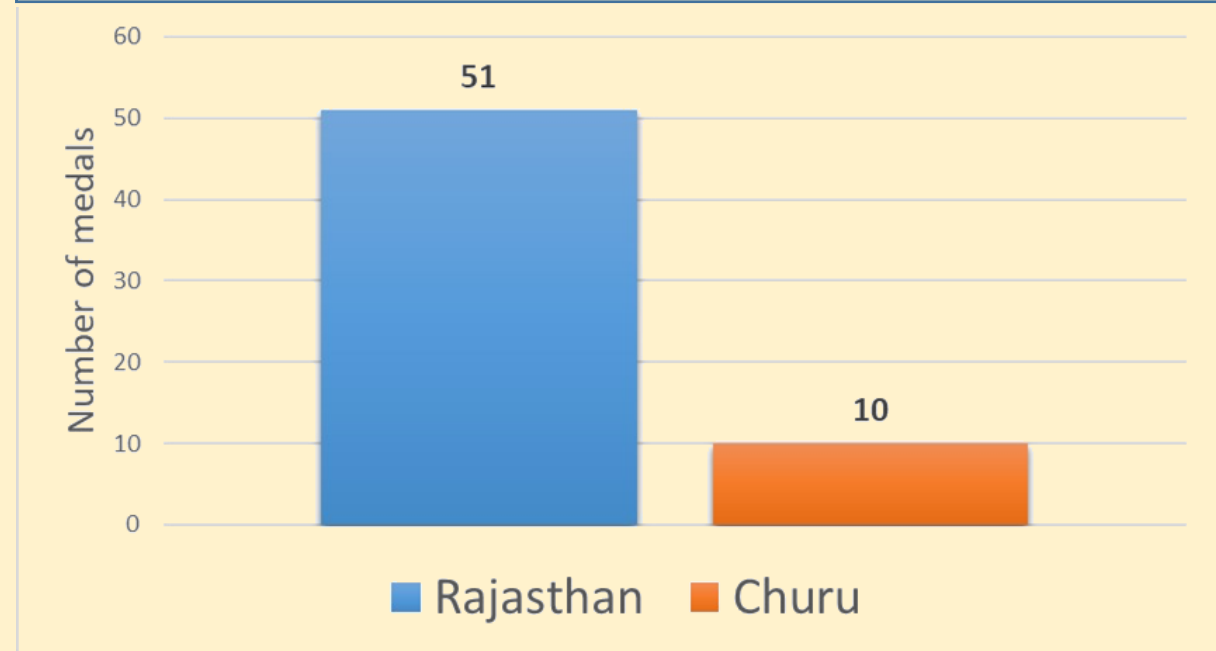
Phone – 0141-2744283, 0141-2742468

### Khelo India Youth Games 2020, Guwahati (Assam)

09-22 January Chart

SN	Players Name	Game	Place	Age Group	With fight	Medal/ League
1	Jagdish Choudhary	Archery	Bikaner	Rec. Indiv. Boys U21	Individual	Gold
2	Kiran	Athletics	Churu	Indiv. Girls U17	Discus Throw	Gold
3	Madhavendra Singh	Athletics	Jaipur	Indiv. Boys U17	110mtr Hurdle	Gold
4	Sonu Kumar	Athletics	Churu	Indiv. Boys U21	Triple Jump	Gold
5	Sakshi Phogat	Badminton	Jaipur	Girls U17 Single		Gold
6	All Players	Basketball	Rajasthan	Team Boys U17	Delhi	Gold
7	Arundhati Choudhary	Boxing	Kota	Girls U21 69 kg		Gold
8	Harsh Choudhary	Boxing	Jaipur	Boys U21 75 kg		Gold
9	Lakshya Chahar	Boxing	Jaipur	Boys U21 81 kg		Gold
10	Mukesh Kaswan	Cycling	Bikaner	Team Boys U17	Team	Gold
11	Divanshu Puri	Judo	Jaipur	Boys U21 81 kg	Haryana	Gold
12	Firdosh Khayamkhani	Swimming	Jaipur	Girls U21 200m Btr Fly		Gold
13	Firdosh Khayamkhani	Swimming	Jaipur	Girls U21 100m Btr Fly		Gold
14	Usha	Weightlifting	Churu	Girls U17 49 kg		Gold
15	Bony Mangkhya	Weightlifting	Churu	Girls U17 55kg		Gold
16	Priya Gurjar	Archery	Jaipur	Comp. Indiv. Girls U17	Individual	Silver
17	Rajesh Bishnoi	Archery	Bikaner	Comp. Indiv. Boys U17	Individual	Silver
18	Mukul Sharma	Archery	Jaipur	Comp. Indiv. Boys U21	Individual	Silver
19	Jai Chand	Athletics	Ganganagar	Indiv. Boys U21	Hammar Th. 6kg	Silver
20	Neetu Kumari	Athletics	Churu	Indiv. Girls U17	Discus Throw	Silver
21	Shubham Patel	Badminton	Alwar	Boys U17 Single	Haryana	Silver
22	All Players	Basketball	Rajasthan	Team Girls U17	Tamilnadu	Silver
23	Arshi Khanam	Boxing	Jodhpur	Girls U21 54 kg		Silver
24	Mukesh Kaswan	Cycling	Bikaner	Team Boys U17	Team	Silver
25	Monika Jat	Cycling	Jaipur	Team Girls U21	Team	Silver
26	Deepak Saini	Gymnastic	Alwar	Indiv. Boys U17	Individual	Silver
27	Laxmi Nagar	Judo	Kota	Girls U17 40 kg	Gujrat- Gold	Silver
28	Lovish Saharan	Judo	Hanumangarh	Boys U17 66 kg	Manipur- Gold	Silver
29	Akansha	Judo	Hanumangarh	Girls U21 44kg		Silver
30	All Players	Kabaddi	Rajasthan	Boys U17	Haryana	Silver
31	Manavadiya Singh	Shooting	Jaipur	Indiv. Boys U21	Trap	Silver
32	Firdosh Khayamkhani	Swimming	Jaipur	Girls U21 200m IM		Silver
33	Firdosh Khayamkhani	Swimming	Jaipur	Girls U21 400m IM		Silver
34	All Players	Volleyball	Rajasthan	Girls U17	West Bengal	Silver
35	Sapna Kumari	Weightlifting	Churu	Girls U17 49 kg		Silver
36	Anai Wangsu	Weightlifting	Churu	Girls U17 59kg		Silver
37	Harcharan Singh	Weightlifting	Hanumangarh	Boys U21 96kg		Silver
38	Juber	Wrestling	Bharatpur	Boys U21	Greeco Roman 60kg	Silver
39	Bhupender	Wrestling	Jhunjhunu	Boys U21	Greeco Roman 87kg	Silver
40	Ankul	Athletics	Jaipur	Boys U17 400 Mtr	Individual	Bronze
41	Basukesh Poonia	Athletics	Churu	Indiv. Boys U21	Discus Throw	Bronze
42	Sidharth Choudhary	Athletics	Jaipur	Indiv. Boys U17	Shot Put	Bronze
43	Kalpana	Boxing	Churu	Girls U17 54 kg		Bronze
44	Sarthak Acharya	Boxing	Jodhpur	Boys U21 +91 kg		Bronze
45	Shruti Uniyal	Judo	Kota	Girls U17 +63 kg	Chattidgarh	Bronze
46	Rahul Sevta	Judo	Hanumangarh	Boys U21 73 kg		Bronze
47	Manavendra Singh	Shooting	Churu	Indiv. Boys U17	10Mtr Rifle	Bronze
48	Navdeep Jatrana	Shooting	Jaipur	Boys U17	10Mtr Pistol	Bronze
49	Naresh Choudhary	Weightlifting	Jhunjhunu	Boys U21 109 kg		Bronze
50	Monika	Wrestling	Hanumangarh	Girls U17	Greeco Roman 65kg	Bronze
51	Manoj	Wrestling	Bharatpur	Boys U17 FS 65 kg		Bronze

## Medals won in KIYG – 2020-21



Medals won in KIYG, 2020 by Churu is 10, out of 51 won by Rajasthan



# Female Participation & Medals Won

- The number of female athletes participating in 2020 Khelo India games was 11 compared to just 6 in the previous version, which marks an increase of 83%.
- Every third medal won by female athletes from Rajasthan in KIYG, 2020 was won by female athletes from Churu. 7 out of 20 medals won by Rajasthan were won by Churu female athletes.
- Of the 73 players who have represented Churu in the past 2 years in National competitions, 35 were females, which corresponds to almost 50% participation.
- In sports like Hockey & Handball, women have outperformed their male counterparts.



Girls Hockey



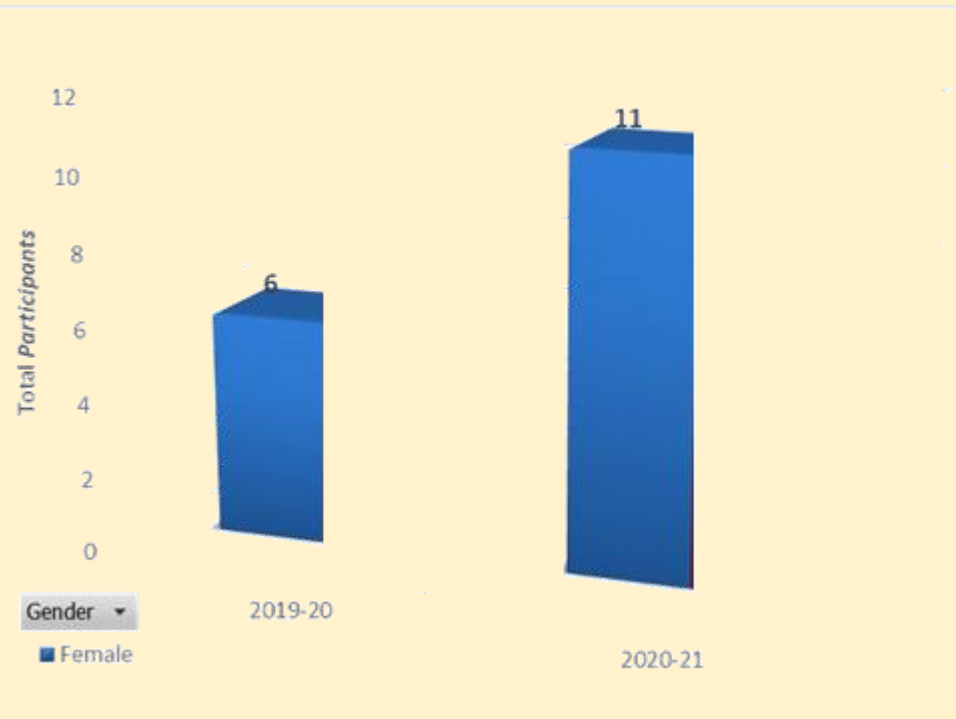
Girls Handball



Gold Medal, Khelo India, Guwahati, 2020

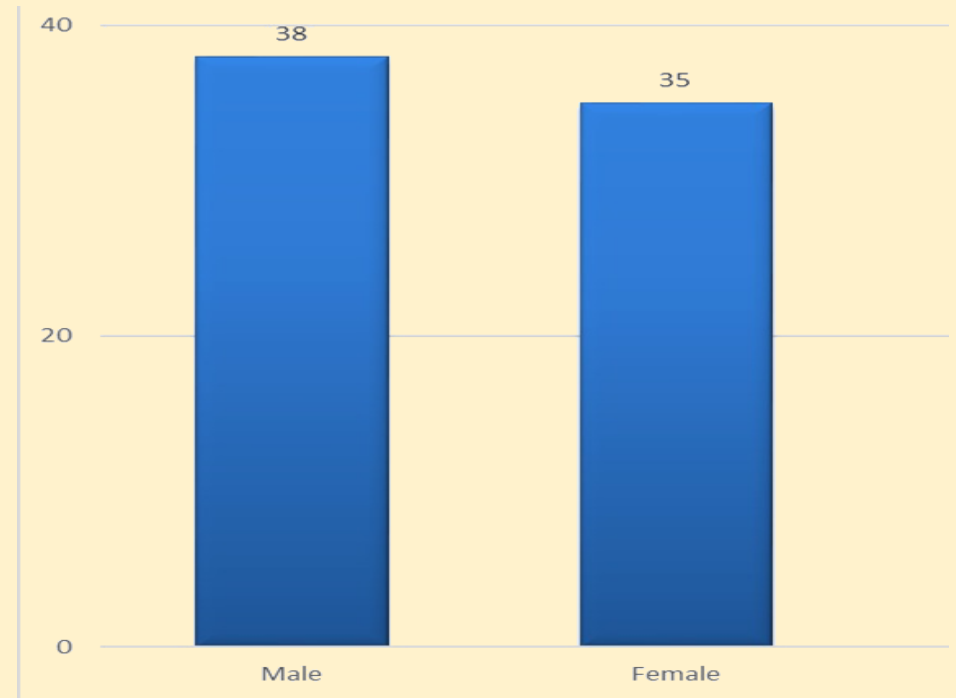
# Female Participation & Medals Won (cont.)

## KIYG Participation (Gender wise)



**Participation of women sports persons in KIYG has shown phenomenal growth of 83.3 %**

## National Games (Gender wise)



**Participation of women sports persons in National Games is 48%**



# Achievements in 4<sup>th</sup> & 5<sup>th</sup> Khelo India Youth Games and Rajasthan Rural Olympic Games

- **4<sup>th</sup> Khelo India Youth Games, 2021-22**
  - Rajasthan awarded 10<sup>th</sup> rank.
  - Medals won by Churu District ->
  - Rajasthan won 8 Gold and 9 Silver medals, in which 25% Gold, 22% Silver won by Churu.

S.No.	Game	Churu Medals	Rajasthan Medals
1	Athletics (Girls U-18)	Gold – 2	Gold – 2
2	Athletics (Boys U-18)	Silver – 1	Silver – 2
3	Boxing (Girls U-18)	Silver -1, Bronze -1	Silver -1, Bronze -5 ( Girls - 4, Boys – 1)
4	Kalaripayattu (Girls U-18)	Bronze -1	Bronze -1

- **5<sup>th</sup> Khelo India Youth Games, 2022-23**
  - Rajasthan awarded 4<sup>th</sup> rank.
  - Medals won by Churu District :-

S.No.	Game	Churu Medals	Rajasthan Medals
1	Wrestling (Girls U-18)	Gold – 1	Gold – 2
2	Athletics (Boys U-18)	Silver – 1	Gold – 1 (Girls), Silver – 1
3	Shooting (Boys U-18)	Silver -1	Silver – 2 (Boys - 1, Girls – 1)
4	Boxing (Girls U-18)	Bronze-1	Bronze-2

- **In Rural Olympic Games medals won by Churu in the State :**

2022		2023	
Game	Medals (4)	Game	Medals (5)
Kabaddi (Male)	Gold-1	Kabaddi (Male)	Gold-1
Volley Ball (Male)	Gold– 1	Volley Ball (Male)	Gold– 1
Hockey (Female)	Silver -1	Volley Ball (Female)	2 <sup>nd</sup>
Volley Ball (Female)	Bronze-1	Football (Female)	3 <sup>rd</sup>
		Shooting ball (Male)	3 <sup>rd</sup>



# Sporting Infrastructure

- **Three-tiered development effort - Focus has been to set up sports facilities at district, block and gram panchayat level.**
- **Centre of excellence for multiple disciplines at the district level has been created.**
- **IAAF approved synthetic athletic track was prepared in District Stadium Churu in 2020.**
- **Archery, Table Tennis (SAI) Centre, Badminton Hall and Shooting facility is already functional at the District Stadium .**



District Stadium, Churu, Athletics Track certified by the International Association of Athletics Federations (IAAF)





# Sporting Infrastructure – Facilities at District Stadium



Archery



Table Tennis



Shooting



Para Athlete



# Sporting Infrastructure – Facilities at Block Level

- 7 Sports stadiums (Rajgarh, Taranagar, Sardarshahar, Sujangarh, Ratangarh, Salasar) have been sanctioned in budget announcements by Hon'ble CM. Work in progress in Rajgarh and Taranagar Stadium.
- There are 9 SAI approved Khelo India centres in Churu, and there are 10 other centres where coaches are being provided by District Sports Council.
- Three Khelo India Centres i.e. Handball Centre at GSS Loha, Hockey Centre at GSS Gajuwas and Athletic Centre at Rajgarh were inaugurated in government facilities in 2020-21.
- Similarly, four centres were approved as Khelo India centres in private academies during the same period.
- Number of medals won by trainees from Khelo India approved centres (32) is almost the same as those being won by trainees from district supported centres (41). Centre wise list of achievements along with success stories is annexed with this presentation.

Sr. No.	Centres Name	Location	Coach
<b>Centres approved by SAI</b>			
1	Table Tennis	District Sports Stadium Churu	Shri Rahul Pipalwa
2	Hand Ball	Government Mahatma Gandhi Senior Secondary School Loha	Ms.Suman Poonia
3	Hockey	Government Senior Secondary School, Gajuwas	Ms. Anjana Manmani
4	Athletic	Government Mahatma Gandhi Senior Secondary School, Rajgarh	Shri Vikram Singh
5	Boxing	Tehsil Ragarh, District Churu	Shri Anoop Kumar Bhegla
6	Boxing	Village Nayangal Bari, Tehsil Rajgarh	Shri Sanjay Mishra
7	Weightlifting	Village Nayangal Bari, Tehsil Rajgarh	Shri Jaspreet Singh
8	Wrestling	Village Nayangal Bari, Tehsil Rajgarh	Ms. Mansi & Shri Sanjay Rathi
9	Volley Ball	District Sports Stadium Churu	Shri Pradeep Sharma



# Sporting Infrastructure – Facilities at Block Level (cont.)

Sr. No.	Centres Name	Location	Coach
Centres promoted by District Sports Council			
1	Archery	District Sports Stadium Churu	Shri Sunil Rakashk
2	Shooting	District Sports Stadium Churu	Shri Karan Veer Singh
3	Wrestling Centre	Village Hamusar, Tehsil Ratangarh	Shri Rajesh Fogat
4	Volleyball	Village Berasar, Tehsil Rajgarh	Shri Mahendra Soni
5	Volleyball	Village Ratannagar, Tehsil Churu	Shri Ram Prasad Tailor
6	Badminton	Gandhi Bal Niketan, Ratangarh	Shri Rajesh Gehlot
7	Badminton	District Sports Stadium Churu	Shri Saurabh Swami
8	Tennis Centre	Deco turf, District Sports Stadium Churu	Shri Akshay
9	Basket Ball	Colored Synthetic Centre, District Sports Stadium Churu	Shri Jatin Ojha
10	Kabaddi	Kabaddi Academy, International Sports Stadium, Rajgarh	Smt. Sarwati Munde



# Sporting Infrastructure at Taranagar and Rajgarh Stadiums (Cont.)



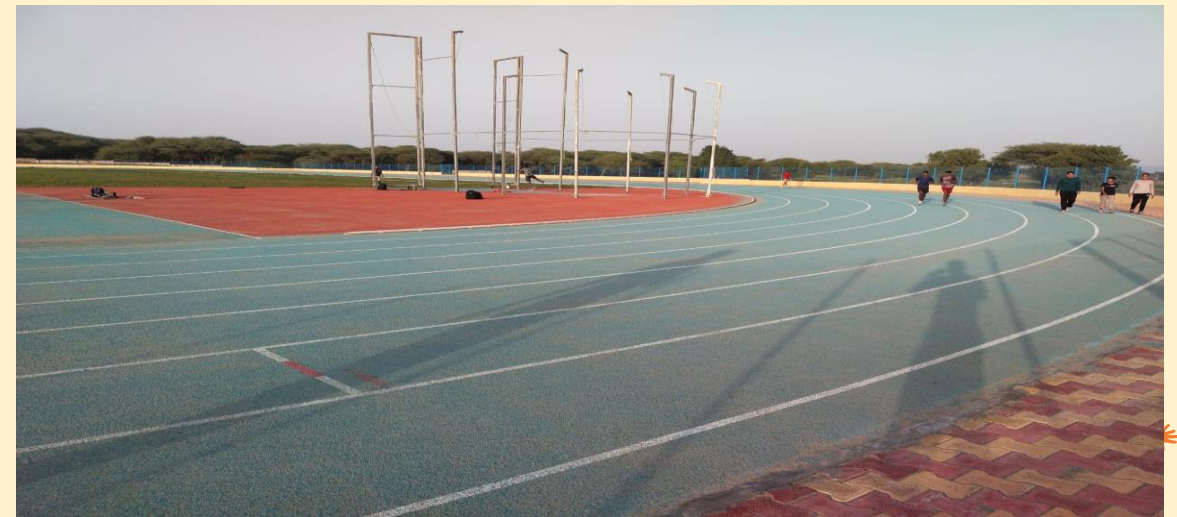
Cinder Track - Taranagar



Basket Ball Cemented Coloured Court



Tennis Cemented Coloured Court



Synthetic Athletics Track



# Sporting Infrastructure – Facilities at Block Level (Cont.)



Dronacharya Boxing Academy - Rajgarh



Fogat Wrestling Academy, Hamusar



Volleyball – Ratan Nagar



Hockey - Gajuwas

# Creation of Sports facilities in Schools

Sports grounds are being developed in all secondary schools. 292 school playgrounds developed in the district through NREGA since 2019-20.



GSS School, Loha



GSS School, Jigsana Tal



GSS School, Gajuwas



GSS School, Ragma Chhoti



# Sporting Infrastructure – Playground at Gram Panchayat Level

- **Playgrounds have been developed in over 292 Schools since 2019-20 through NREGA and convergence of various schemes.**
- **Aim is to build model sports ground/stadium at every GP having basketball court, badminton court, volleyball court, Kho-Kho and running track, and ancillary development works such as Stage, Pavilion, toilet block etc.**
- **Convergence being done through SFC/FFC/MLA/MP LAD and MJSY.**



Basket Ball



Kho Kho



Badminton



Volley Ball



200 Mtr Track



# Rural Games

- Focus area of Khelo India to promote rural and tribal games such as Kabaddi.
- Kabaddi centre has carved a niche for itself as 21 sports persons from this centre have participated and won in national competitions.
- Rajasthan Boys Kabaddi team that won silver medal in KIYG in 2020 & 2022 as well as the girls team that participated in KIYG both had representation from Churu.
- Kabaddi player from Ratangarh, Bhuvneshwar Gaur, is presently playing in the Pro Kabaddi league from the team Gujarat Giants. He also served as mascot for substance abuse awareness campaigns.





# Residence Facilities

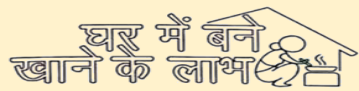
- Promising athletes are provided accommodation within the stadium.
- Athlete can focus exclusively on his sport by allowing him to stay on site and facilitating continuous training with the coach.
- It has not just attracted talent from within the district, but from other districts and even from outside the state as well. From those who have utilized this facility, 20 medals have been won by those hailing from Churu, while 23 and 40 medals have been won by those hailing from other districts and other states respectively.
- Armed forces and CAPF soldiers belonging to Jat regiment, RajRIF, Artillery regiments etc have also utilized this facility to hone their skills.



# Innovation - Nutrition and Health Awareness

- Focus on Nutrition – We have been conscious of nutrition in sports and are focusing on creating nutrition and health awareness in schools.
- Methodology – Questionnaire to determine baseline awareness and post-intervention status.

## याद रखने वाले मुख्य संदेश



घर में बने  
खाने के लाभ

- घर का खाना ताज़ा और स्वच्छ होता है, जबकि बाज़ार का अधिकारित: खुला रहता है, जिस पर महिलायों भिन्नकती रहती हैं और गंदगी भी बिपकती रहती है।
- दुषित खाना हमारे शरीर के लिए हानिकारक होता है। इससे हमारे शरीर से सूक्ष्म पोषक तत्व भी नष्ट हो जाते हैं।
- दुषित खाने से हमारे शरीर की रोग-प्रतिक्रिया क्षमता भी कम होने लगती है।
- बाज़ार का खाना प्रतिदिन न खाकर, कभी-कभी खाना जा सकता है, किन्तु केवल साफ-सुथरी, ताज़ी व ठकी हुई चीज़ें ही।



पोषण के स्रोत

### कार्बोहाइड्रेट

बाजरा, चावल, गेहूँ, मक्का, जूनी, दलिया, सेवई आदि

- इनसे हमें कार्बोहाइड्रेट मिलता है, जो हमारे शरीर को ऊर्जा देते हैं और कार्य करने की शक्ति को बढ़ाते हैं।

### प्रोटीन

अरहर, चना, मसूर, उड़द, लोबिया, राजमा, दूध, दही, पनीर, मक्खली, पिकन, मीठ आदि

- इनसे हमें प्रोटीन मिलता है, जो हमारे शरीर का निर्माण और विकास करने में मदद करते हैं।

### वसा

तेल, घी, मक्खन आदि

- सीमित मात्रा में वसा हमारे शरीर को तुल्य रखता है और सूक्ष्म पोषक तत्व के अवशोषण को बढ़ाता है।

- हमें घर का बना साफ-सुथरा और प्रोटीन, वसा, विटामिन, कार्बोहाइड्रेट व आयरन युक्त भोजन ही खाना चाहिए।
- कोशिश करनी चाहिए कि सदैव मौसम के अनुसार आने वाले फल एवं सब्जियों का सेवन करें।

नोट: मधेश की तरह ही हर बच्चे को बाज़ार की चीज़ें अच्छी लगती हैं, परन्तु माँ के सभी किशोर-किशोरियों को चाहिए कि वे घर के स्वच्छ व पोषिक आहार खाने को ही महत्व दें, ताकि वे स्वस्थ और स्वच्छ रहें। यदि किशोर-किशोरियाँ नियमित रूप से साबिया मीटिंग में भाग लेंगे हैं, तो वे अधिक से अधिक स्वास्थ्य सम्बन्धित महत्वपूर्ण जानकारी प्राप्त करेंगे, उनका लाभ ले सकेंगे।



कार्यालय मुख्य ब्लॉक शिक्षा अधिकारी समग्र शिक्षा, चूरु

बालिकाओं की समस्याओं से सम्बन्धित प्रश्नावली

नोट :- सभी प्रश्न करने अनिवार्य हैं :-

- तिरंगा आहार क्या है –
 

(अ) देशभक्ति की भावना	(ब) तिरंगा यात्रा	(स) पोषिक आहार	(द) उपयुक्त सभी
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- विटमीन सी निम्न में से किसमें मिलता है–
 

(अ) आलू	(ब) दाल	(स) बाजरा	(द) सन्तरा
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- कृमि नाशक दवा कौनसी है –
 

(अ) आईएफए	(ब) यूएफए	(स) सीएफए	(द) एलबेण्डाजोल
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- कृमि क्या है –
 

(अ) परजीव	(ब) किड़ा	(स) वायरस	(द) दवा
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- खून की कमी दूर करत है –
 

(अ) आईएफए	(ब) जीएफए	(स) सीएफए	(द) एलबेण्डाजोल
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- प्रोटिन निम्नलिखित में से किसमें पाया जाता है –
 

(अ) अरहर, चना	(ब) तेल, घी	(स) गैहूँ, चावल	(द) इनमें से कोई नहीं
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- आयरन का अवशोषण कौनसा विटामीन करता है –
 

(अ) विटामीन ए	(ब) विटामीन बी	(स) विटामीन सी	(द) विटामीन डी
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# Innovation - Nutrition and Health Awareness (cont.)

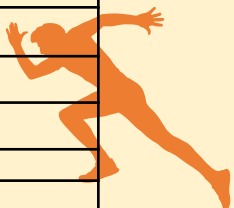
- Results – 20% students scored less than 50% in base test. 80% students improved their score post distribution of learning material. Average improved from 60% to 76%.
- Recognition – 12 girls awarded at district level on Women's Day.



# Health Checkup

- Massive exercise where all school students from primary to secondary, which amounts to 2,64,000 students were screened for commonly found illnesses/ailments.
- 7912 children were identified with various ailments as listed below, out of which 7114 have already received treatment.
- **Anemia –**
  - **Checked – 967657**
  - **Cured – 201218**
  - **Cured Rate against Found Anemic – 35.15%**

S.No.	Name of Diseases	Number of Referred Children	Treatment Completed
1	Neural tube defect	4	0
2	Down's Syndrome	1	0
3	Cleft Lip & Palate	4	5
4	Club foot	7	5
5	Developmental dysplasia of the Hip	6	3
6	Congenital cataract	7	4
7	Congenital deafness	7	3
8	Congenital heart diseases	27	17
9	Severe Anaemia	376	297
10	Vitamin A deficiency (Bitot spot)	57	51
11	Vitamin D deficiency (Rickets)	2	2
12	SAM	1	0
13	Goitre	1	0
14	Skin conditions	568	503
15	Otitis Media	495	421
16	Reactive airway disease	277	251
17	Dental Conditions	1795	1574
18	Convulsive disorders	8	1
19	Vision impairment	2224	1913
20	Hearing Impairment	25	25
21	Neuro Motor impairment	8	4
22	Motor delay	1	1
23	Cognitive delay	5	3
24	Language delay	25	26
25	Behaviour disorder (Autism)	1	1
26	Learning disorder	12	12
27	Attention deficit hyperactivity disorder	1	1
28	(Adolescent Health) discharge/ foul smelling discharge from the genitor-urinary area	5	9
29	(Adolescent Health)Irregular periods	19	15
30	(Adolescent Health) Pain during menstruation	13	13
31	Growing up concerns	3	0
32	(Adolescent Health) Delay in menstruation cycles	12	10
33	Others (specify)	1915	1944
	<b>Total</b>	<b>7912</b>	<b>7114</b>



# Popularisation of sports

- Rural Olympics- We were successful in reaching out to and registering over 1,85,000 participants for the event. The target given to the district was 1 lac.

Kabaddi	Tennis ball Cricket	Kho Kho	Volleyball	Hockey	Total Registered Players
47873	34734	27698	15500	59730	185535

- This massive expansion of the sporting catchment area shall tremendously fortify and amplify the sporting culture of the district.
- In Rural Olympic Games, 2022, Churu won 2<sup>nd</sup> highest number of medals in the State.
- We have organized 11 Aakashwani programmes with important personalities. Khel Ratna awardee Sh Devendra Jhajharia, CWG Gold medalist Smt Krishna Poonia as well as two Droncharya Awardees (Sh Virender Poonia and Sh Anoop Kumar) hail from Churu who serve as inspiration for the youth.



# Conclusion

- **The sporting achievements of Churu shall prove to be a worthy legacy of the Khelo India program.**
- **Churu's achievements serve to underscore the hope that a brilliant sporting culture can be built even while struggling to overcome deficit of human development indicators.**
- **India is also looking to do the same at the global stage and outperform countries with better Human development indices.**
- **The example of districts like Churu shall infuse everyone with hope and inspiration and catapult India to emerge as a sporting powerhouse.**





THANK YOU