



KHEL - A LEARNING & RECREATIONAL CENTRE



**EDUCATION
SPORTS
RECREATION**



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ABOUT IMKAAN

Imkaan Welfare Organization was founded on the tenet that each child not only has the right to live but to thrive.

Based in Machar Colony, the largest slum in Karachi, Imkaan focuses on overall wellness of children and the community through education, recreation and sports, healthcare and solid waste management



"No child's life shall be curtailed by the circumstances of his or her birth because each one deserves absolute love and infinite opportunity to grow"

- Imkaan's Mission Statement





MACHAR COLONY

Machar Colony is one of the largest informal settlement (Katchi Abadi) in Karachi with a population of 700,000+ people out of which 68% are stateless. There are approximately 3 million Bengalis & Burmese in Karachi majority of whom are stateless. By definition, stateless individuals are:

“Not recognized as a national by any state under the operation of its law.”
- UNHCR official definition

The inhabitants of the community face several issues including but not limited to:

- lack of identification,
- lack of educational opportunities and institutions,
- lack of healthcare initiatives, proper housing and,
- seasonal employment.

63% Bengali & Burmese while the rest are Pathan, Sindhi & Mohajir.

57.7% households comprises of families with 6-10 family members.

82.2% of the community is uneducated

5-15 years old is the majority age group

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About Khel



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Khel is a learning and recreational centre for children. It is a safe haven, a space trusted by families to secure learning, growth, development and protection of their children.

Khel uses a holistic approach to child development, with focus on addressing the individual physical, mental and emotional needs of children.

Khel is divided in two components:

- The Education Component
- The Sports Component

WHY KHEL

With an average of 7 children per family, the children of Machar Colony are found roaming around the streets with higher chances of getting involved in anti social activities such as gambling and drug addiction.

Even with government and private schools in the vicinity, many children drop out due to corporal punishment, unaffordable fees or long working hours in shrimp peeling factories. As the majority of the community is stateless, children without identity are unable to get admission in mainstream school.



THE EDUCATION COMPONENT

Khel under its education component doesn't follow a classroom structured curriculum. We have a multi age teaching structure where children are divided according to the learning level than age. This child centric approach helps in:

- Peer to Peer Learning
- Cross Age Interaction
- Continuous Reinforcement



There are no grade-level comparisons and letter grades for the purpose of labeling. As a result, children are more likely to cooperate than compete. The spirit of cooperation and caring makes it possible for children to help each other as individuals, not see the other as a competitor.





Children at Khel are provided with basic education and literacy skills, where focus is on their reading, writing in Urdu and English, and mathematical abilities. The need of an informal system has increased as admission in mainstream school is becoming difficult for stateless children due to lack of identity documents.

For children who can be part of mainstream education teachers focus on bringing their level up to the standard set in schools. They then appear in entrance examinations of private and public schools in the community and become part of the mainstream education system.

This option is only given to children whose parents can afford further education and where schools are open to integration from an informal education curriculum.



[CLICK HERE TO VIEW A DAY IN KHEL](#)



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SINCE INCEPTION

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Khel, registers 70 new children every year. With a total of 120 to 160 children registered each year.

90+ children are part of mainstream education system. Those who did not know how to read and write have cleared entrance tests of Grade 1, 3 and some even for Grade 9.

Inculcated knowledge on topics related to science, the world around them, the importance of generosity and hygiene and cleanliness.

Imkaan introduced coding to the children of the community where 47 kids were able to understand the basics of making an application and gaming.



Parent participation reinforced the importance of education especially for the girl child and helped formulate a relationship between the parents and Khel for furtherance of our objectives.



THE SPORTS COMPONENT

In a community like Machar Colony, where the garbage laden streets are the playground for every child, the concern of adolescent behavior problems such as delinquency, gambling and drug use can be very high.

Khel, provides a safe haven to children where growth and development of each child is priority. Sports has always been an avenue to foster youth development, the enhancement of physical and mental development of children is certainly the most important contribution of sports and the list of values children learn and acquire through sports are countless.

The sports program of Khel focuses on:

- skill development
- physical exercise
- teamwork
- character and moral principles
- learn to respect authority, rules, team colleagues and opponents.
- help building positive self- esteem in children





THE TABLE TENNIS TEAM

A back and forth game where the ball can easily travel to 100 mph, table tennis is taught at Khel to children 7 and above. The second largest game globally, table tennis team was developed for the older children of the community who were looking for extra curricular activities after school and maddarsah.

The team has been participating in inter-school level games. The girls team has won championships while the boys team continue to participate and learn.

It takes consistent hard work of over ten years to develop to the top level. With qualified coaches for the table tennis federation, the team continues to learn. and develop their skill.





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PARTICIPATION BY THE TABLE TENNIS TEAM

- Participated in the Shah Vilayat School Competition where the girls won the 3rd position
- Participated in the Nursery Interschool competition for boys and girls. Both the teams won 2nd Position.
- Participated in Whales Sports Festival where the girls won the championship.
- Participated in Islamia Club Competition
- Participated in Karachi University Competition
- Participated in Sindh Sports Board Event
- Participated in KPT Competition
- Participated in Sindh Sports Board Competition





THE GYMNASTICS TEAM

Since the establishment of Khel and commencing of gymnastics classes, Imkaan has been able to train both boys and girls to form teams that participate in games locally.

Trained by qualified coaches, the girls gymnastics team have been winning accolades at every local level game (team final, all-around, vault, uneven bars, balance beam, and floor exercise). The boys team in training has started participating in interschool games and have tough competition to overcome.

Cheerleading has also become a part of the gymnastics routine leading to the team also taking part in cheerleading competitions held in the city. The future is promising for these athletes who continue to train and are ready to represent their city and country and national and international games.



[CLICK HERE TO VIEW GYMNASTICS REEL](#)



ACHIEVEMENTS SINCE INCEPTION

2017 - Everest Interschool Gymnastic Championship
1st Position Floor Segment - Boys

2018 - Kiran Foundation, Lyari, Gymnastics Championship
2nd & 3rd Position Floor Segment - Boys

2019 - Kiran Foundation, Lyari, Gymnastics Championship
Team Khel - Winner Gymnastics Championship & Best Gymnast Girl

2019 - Urtay Sitaray - All Women Gymnastics Championship
Winner - Gymnastics Championship & Best Gymnast Girl

2020 - Kiran Foundation, Lyari, Gymnastics Championship
Winner - Gymnastics Championship, Best Gymnast Girl, 1st & 2nd
Position Spring Board Boys

2021 - Kiran Foundation, Lyari, Gymnastics Championship
Winner - Gymnastics Championship, Best Gymnast Girl, 1st & 2nd
Position Vault, 1st & 2nd position Floor, 1st Position Beams

2021 - Kiran Foundation, Lyari, Gymnastics Championship for Juniors
2nd Position - Level 1, 1st Position Level 2

2022 - Kiran Foundation, Lyari, Gymnastics Championship
Winner - Gymnastics Championship, Best Gymnast Girl, 1st & 2nd
Position Vault, 2nd position Floor

2022 - Green Flag Gymnastics Club Competition
1st Position Spring Board, 1st & 2nd Position Vault 1st & Second
Position Floor, 3rd Position Beam





ACHIEVEMENTS SINCE INCEPTION

2021 - The International Cheerleading Festival Organized in Russia

Online Participation

First Position Cheerleading Team – Junior Category

2021 - Cheerleading Championship - Sindh

Winner - 1st Position Team Khel

2022 - Pakistan Cheerleading Competition

2nd Position - Boys & Girls Team





THE INTERNATIONAL CHAMPIONS

COVID-19 pandemic provided an opportunity to the gymnastics team to participate in international events which they would have been unable to do due to statelessness and lack of identity documents.

In August 2021, the girls from the gymnastics team was able to participate in Gensan International Competition in the Philippines where gymnasts from Philippines, HongKong and Pakistan participated.

The Khel girl gymnasts, Umme Kulsoom, won gold medal in APL Overall Level 2, gold medal for vault and silver medal for beam and floor. Anwara also won bronze for FIG level competition. Both of these events are Olympic level games.

**INTERNATIONAL CUP VIRTUAL ONLINE
COMPETITION AUGUST 26-29, 2021**

PHILIPPINES

NAME: Anwara D/o Nazar ul Islam



CLUB GYM: **PAKISTA**
IMKAAAN GYMNASTICS TEAM

GYMNASTICS PROMOTION

EVENT: **Womens Artistic
WAG**

Supported Club:



**INTERNATIONAL CUP VIRTUAL ONLINE
COMPETITION AUGUST 26-29, 2021**

PHILIPPINES

NAME: Umme Kulsoom D/o
Muhammad Yameen



CLUB GYM: **PAKISTAN**
IMKAAAN GYMNASTICS TEAM

GYMNASTICS PROMOTION

EVENT: **Womens Artistic
WAG**





CHILD RIGHT DEFENDERS

Article 1 of the UN Declaration on Human Rights Defenders states that “everyone has the right, individually and in association with others, to promote and to strive for the protection and realization of human rights and fundamental freedoms at the national and international levels”.



By giving and facilitating media coverage, capacity building and advocacy activities and exposure to different platforms Khel's gymnastics and table tennis team have come forward as child rights defenders, bringing their stories to the forefront alongside their struggles and a fight for their rights and the rights of others that are marginalized.

The children of Khel are empowered to understand their role as human rights defenders and to offer recommendations on what needs to happen to protect and promote their rights especially as stateless individuals with no opportunities to grow. The reality and views of these children human rights defenders can influence decision-makers at national level and contribute to the strengthening of the international human rights framework.



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MEDIA COVERAGE

- [Karachi's young gymnasts showcase talent at all-female championship](#)
- [This safe space is keeping Machar Colony's children off the streets](#)
- [Hum News Digital Coverage of Khel Gymnastics Team](#)
- [A reason to smile](#)
- [KHEL: A Playground for Karachi's Invisible Children](#)
- [Extraordinary Pakistanis](#)
- [Young determined female Gymnasts of Machar Colony](#)
- [Tahera, Hasan, Director Imkaan Welfare Organization speaking about the Khel gymnastics team](#)
- [Bengali girls in Karachi win first prize at Russian level](#)
- [Bengali 'Pakistanis' bring home Russian gold](#)
- [Children of Macchar Colony bedazzle audience with their talent](#)
- [Kheil kheil mai Padhai](#)
- [Urtaay Sitaray: Stars in Their Eyes](#)
- [Compassion is the Key - Imkaan Welfare Organization](#)
- [Imkaan: Rectifying the Issue of abandonment and statelessness in Pakistan](#)
- [Women behind the lens: 'She dreams of competing outside Pakistan but it's hopeless'](#)



HOW CAN YOU HELP US

Our focus is to provide the children of Machar colony equal opportunities of learning and growth by collaborating with individuals and like minded organizations.

Donation's can be directly to Imkaan's bank account:

Title: Imkaan Welfare Organization

Bank: Muslim Commercial Bank

Account No: 0595026121003100

IBAN: PK03MUCB0595026121003100

Khayaban-e-Saadi Branch, Karachi

Branch Code: 1451

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“Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.”

- Fred Rogers



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