

## Personal Project

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### “Karma 2017”

Balasabha programme is one of the key activity of Kudumbashree and it deserves some more attention than other programmes. Because this programme deals with children and children need variety of activities, they always seek changes.

We have organized various training programmes and awareness classes for children. But why the Balasabha activities only stick on such classes? Is there any other programme that helps children to develop their inner abilities for Balasabha and I find out the programme “*Karma 2017*”.

The programme aimed to strengthen the confidence level of children by practicing Judo. Judo is a tremendous and dynamic compact sports that demands both physical and great mental discipline. Judo involves no equipment or weapons of any sort. The practice of Judo techniques helps children to develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, speed, dynamic and static balance and explosive power. It also helps to develop co-ordination and overall physical self confidence. They learn how to control their feelings, emotions and learn about values of perseverance, respect, loyalty and discipline. They can also perform in school-district-state level Judo Competition. It will help them in their academic as well as career growth also. Through the practice of Judo, children of Balasabha can play an important role in developing societies and creating new better communities for the future.

The implementation aspect of this project comes under Local Self Government Department. I prepared a detailed project of “*Karma 2017*” and submit it to LSGD for approval. They were very eager to implement the project by using their plan fund.

“*Karma 2017*” helps Kudumbashree to strengthen the functioning of Balasabha in grass root level. Judo is not only a physical activity but also helps children to build long and meaningful relationship with others.