

Impact Report  
New Seemapuri 2022

# FREEDOM THROUGH FOOTBALL

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# 01 EXECUTIVE SUMMARY

Laureus  
PROFESSOR  
GOOD

Kickstart  
equality

CEQUIN

New Seemapuri in New Delhi, India is a conflict-prone residential colony, inhabited by people who have migrated from different parts of the country. It is notorious for having some of the highest incidences of substance abuse, domestic violence, sexual abuse, loot and child labour. The problem of safety and mobility of the residents (especially of women and girls) is acute.

Under such severities, the Laureus Sports for Good Foundation project led by CEQUIN, and supported through a coalition of partner organisations, used football as a driver of change to improve gender norms, mobility and safety. Girls and boys were used as the catalysts of change. niiti consulting was commissioned to conduct an impact study to determine if, and how, interventions under this project design contributed to greater happiness, empowerment and equality amongst the communities living in New Seemapuri.

### **Data Collection Tools Used (Baseline+Endline)**

FGDs: 6 (covering 110 individuals) | Field Validation: 2 times

Questionnaires: 392 | Direct Observation: 272 | Key Informant Interviews: 27

The study was conducted over a period of seven months between November 2021–May 2022. The approach was to use both primary and secondary research to assess the impact. A variety of data collection tools were used on stratified samples. Girls (between 8 and 16 years), the primary target of the project were stratified into those below 10 years, between 11 and 13 years and between 14–18 years. The comparative static method of analysis was used for analysis. The learning questions were as follows :

- *What is the change in indicators related to health, physical fitness, and nutrition of girls?*
- *Is there any improvement in the confidence level and mental health of the girls?*
- *Is there an understanding about safety?*
- *Has there been an improvement in usage of public places like park, roads (gallis) in the neighbourhood?*
- *Has there been any improvement in mobility, especially of girls?*
- *What kind of gender sensitivity has been achieved?*
- *What kind of community support has been achieved?*

The findings from the study have been summarised under the following sections:



*Understanding of  
football*



*Safety and  
Mobility*

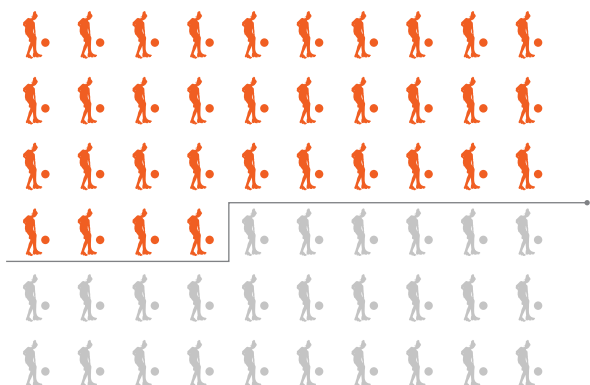


*Physical and  
Mental Health*



*Gender Sensitivity  
and Community  
Support*





The key findings of the study are as follows :-

*In all,*  
**34 out of 60 girls**  
*observed during endline had gained height in the interim period of 7 months.*

A significant number of girls in the 14-18 age group are normal or overweight. Around 90-100% of girls in the other groups fall in the categories between very severely underweight-underweight, which is a crucial matter to be tracked.

Within 6 months of playing football, the waist-to-hip ratio of girls between 11-18 years has improved, with an average of 65% being low-risk during the endline (as compared to the 50% during the baseline). Only a handful of girls could do push-ups or curl-ups when the baseline was conducted. Currently, a whopping 60% of the girls can do more than 10 or more push-ups, and 5 or more curl-ups at any given time. Among those spending more than 5 hours in physical activity, 43 out of the 60 girls were spending more than 14 hours a week exercising and a staggering 100% of the girls across all the age groups participate in physical activities for more than 5 hours a week, showing interest in playing in spite of adverse temperatures. A noticeable consciousness was evidenced with regard to nutrition intake, eating of breakfast, and number of meals in a day. Endline data shows that 95-97% girls below 13 years ensured proper nutrition and 100% girls in 14 - 18 years ensure inclusion of dairy products in their daily meal.

Improvement in confidence levels and mental health was also evidenced through data and observation. 43 - 57% of the girls below 10 years and in 11-13 years score in the category of good confidence level in the relevant test conducted during the endline. 75-85% of girls across all age groups show good mental health during endline evaluation. For those between 14-18 yrs, 30% showed poor mental health during baseline and this became nil by endline.







CEQUIN's engagement programs with the boys had a tangible impact, having influenced the mindset of the boys in New Seemapuri. Boys under 14 years, who agreed that men should always have the final word about household decisions, changed their mind, with over double the number now claiming they don't agree with the statement, along with 80% of the boys above 14 years.

This project aimed at promoting increased usage of these common spaces in the neighbourhood as an important milestone towards improving safety and mobility. The endline evaluation showcases a significant increase in the number of girls from New Seemapuri who go out for reasons other than school, with only 10-15% of the girls across all age groups not going out. The increased safety in the parks where they play, and their enhanced confidence has also resulted in a higher percentage of girls being allowed to go out in the evening: 100% of girls in the 14-18 age range, and 80% in the below 14 age range. Less than 10% of the mothers think of the park as an unsafe space for their children. A higher number of girls also feel comfortable using public transport (bus, trains, or autos) alone. Further, the endline research found that while initially, as the girls grew older, they found it riskier to go out with friends, this attitude changed, with over 70% of the girls feeling safe to go out with friends now. The study witnessed a change in the boys' ideas about social responsibility. During the baseline, 31% of the boys opined that they enjoyed bullying girls and didn't see anything wrong about it. This number dropped to 10% in the endline. The result of the sensitization workshops done with the younger boys (those below 10 years) was evident with nearly 40% reduction from baseline figures in a question around gullibility.

The project made noticeable impact in a very difficult settlement. Despite the limitations and hindrances posed by the pandemic, the project made phenomenal progress and this is visible from the behavior change in all stakeholders. It is strongly recommended that the project be continued. Some recommendations made were as follows –

- ***Increase engagement with the other gender (boys and fathers) to improve decision making, mobility and safety of girls.***
- ***Build mixed collectives (boys and girls) to increase camaraderie and responsibility sharing***
- ***Increase outreach through frequent audits, drills to increase participation***
- ***Mobilise other stakeholders to improve infrastructure around safety***
- ***Leverage schools for faster expansion and scale up since they have an existing platform.***





"Established in 2009, Centre for Equity and Inclusion (CEQUIN) is an NGO that promotes equal rights for women and girls, to enable them to lead a violence-free life, develop their capabilities, have ownership and control over resources and participate in decision-making. To accomplish its objectives, CEQUIN works with not only adolescent girls and women, but also with other stakeholders such as men and boys, local community and institutions.

CEQUIN has been using sports as a tool for gender equity since 2011, through its Kickstart Equality programme and has been recognised and awarded by FICCI, Football Delhi and others. CEQUIN is also the Convener of the National Alliance for Women's Football in India (NAWF), with the vision of building a women's grassroots football movement and linking it to pathways of excellence.

CEQUIN in partnership with Laureus Sports for Good Foundation initiated Project "Kickstart Equality for Model City Delhi" in New Seemapuri, Delhi by using football as an entry point to engage girls, with measurable impact in the following outcomes:

- school retention and delayed marriage
- improved mental and physical health
- improved decision making and leadership skills
- improved mobility and usage of public spaces and
- enhanced social networks leading to aspirations and social capital.

This is complemented by intervening with boys of the peer group, parents and the community at large, to ensure an enabling environment. The 'normalization' of girls playing football goes a long way in challenging gender stereotypes and positively contributes to the engendering of public spaces. Gender equity leads to positive outcomes for both women/girls as well as men/boys in the community."



# 02 CONTEXT



New Seemapuri in New Delhi, India is a conflict-prone residential colony, inhabited predominantly by underprivileged refugees and notorious for having some of the highest incidences of substance abuse, domestic violence, sexual abuse, loot and child labour. The problem of safety and mobility of the residents (especially of women and girls) is acute.

Sports teaches people with conflicting social identities to work or play together without placing their social differences in the forefront. It has characteristics that instill the skills of team building & conflict resolution.

Under such severities, the Laureus Sports for Good Foundation project led by CEQUIN, and supported through a coalition of partner organisations, uses football as a driver of change. Football is perceived as a masculine sport and mobilizing young girls to play the sport itself is challenging gender stereotypes in society. This project was based on the premise that young people (girls and boys) could act as catalysts and demand improved gender norms, mobility and safety. niiti consulting was commissioned to conduct an impact study to determine if, and how, interventions under this project design contributed to greater happiness, empowerment and equality amongst the communities living in New Seemapuri, with football being the primary driver of change.

The study conducted over a period of seven months between November 2021–May 2022 found significant improvement in physical, emotional and mental health amongst the girls engaged in the project. Positive changes in outlook to life, self-confidence and decision-making abilities were also observed.

## Objective of the Impact Study

The objective of the study was to build evidence that answered the following questions:

- *What is the change in indicators related to health, physical fitness, and nutrition of girls?*
- *Is there any improvement in the confidence level and mental health of the girls?*
- *Is there an understanding about safety?*
- *Has there been an improvement in usage of public places like park, roads (gallis) in the neighbourhood?*
- *Has there been any improvement in mobility, especially of girls?*
- *What kind of gender sensitivity has been achieved?*
- *What kind of community support has been achieved?*

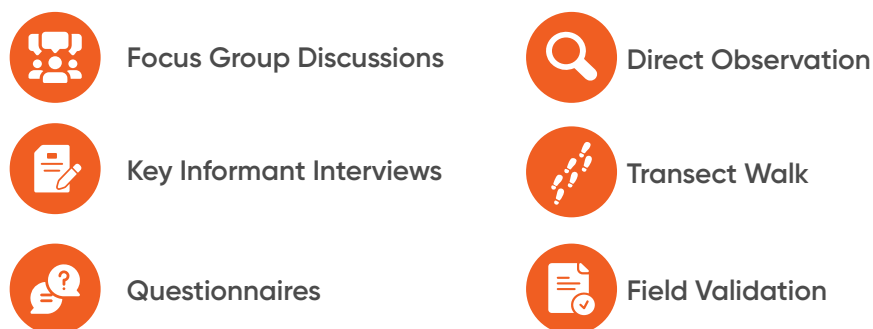
## Approach and Methodology

The scope of the evaluation was defined as one pertaining to the change in mobility and understanding of safety of girls living in Blocks A, B and C of New Seemapuri as a result of interventions under the project initiated by CEQUIN that used football as a medium of change.

The approach was to use both primary and secondary research to assess the impact through variety of data collection tools on stratified samples. The comparative static method of analysis was used. Secondary research included review of documents and published sources. This was supplemented by a baseline study<sup>1</sup> conducted by niiti Consulting in December 2021, and the scoping study<sup>2</sup> done prior to inception of the project. In addition, activities undertaken by the CEQUIN led coalition especially the safety and gender audits were studied.

The research began in April 2022 and led to designing of data collection tools for different kinds of stakeholders. The data collection for impact evaluation was undertaken in May, 2022.

The data collection tools used were as follows:



In order to ensure that the impact was ascertained with adequate evidence, stratified sampling was used. 224 stakeholders were identified from 6 categories, and a range of primary research methods were used to maximize the amount of information that could be derived from the stakeholders. Information about the methodology used is delineated below.

The categories delved into were:

- ***Girl Beneficiaries***
- ***Boy Beneficiaries***
- ***'Older girls' (referring to girls from the same geography who are more than 16 years and are involved in the project activities only to a limited extent)***
- ***Mothers***
- ***Local key informants like police, ward member, school committee representative et al***
- ***CEQUIN and Coalition partners' staff***

The endline sample size was 60% atleast of the baseline sample to ensure true representation of the population. Further, all analysis during baseline and endline divided the girls and boys into 3 stratas as follows:



## **Below 10 years**

*(this included primarily children between 8-10 years as outlined in the project)*



## **11-13 years**



## **14-18 years**

*(this included primarily children between 14-16 years as outlined in the project)*





# Framework of Analysis





**03**

**FREEDOM THROUGH FOOTBALL**

**THE IMPACT ON  
NEW SEEMAPURI**

The findings from the study have been summarised under the following focus areas:

- *Understanding of football*
- *Physical and Mental Health*
- *Safety and Mobility*
- *Gender Sensitivity and Community Support*

## Understanding of Football

An enhanced understanding and performance of football was a key part of the program. Football was chosen, specifically, for it is a team sport that can help the girls boost their physical & mental health, while at the same time promoting their use of public spaces. It is also a sport that is considered traditionally 'masculine', so breaking those boundaries and getting girls to be interested in the game itself was an important breakthrough.

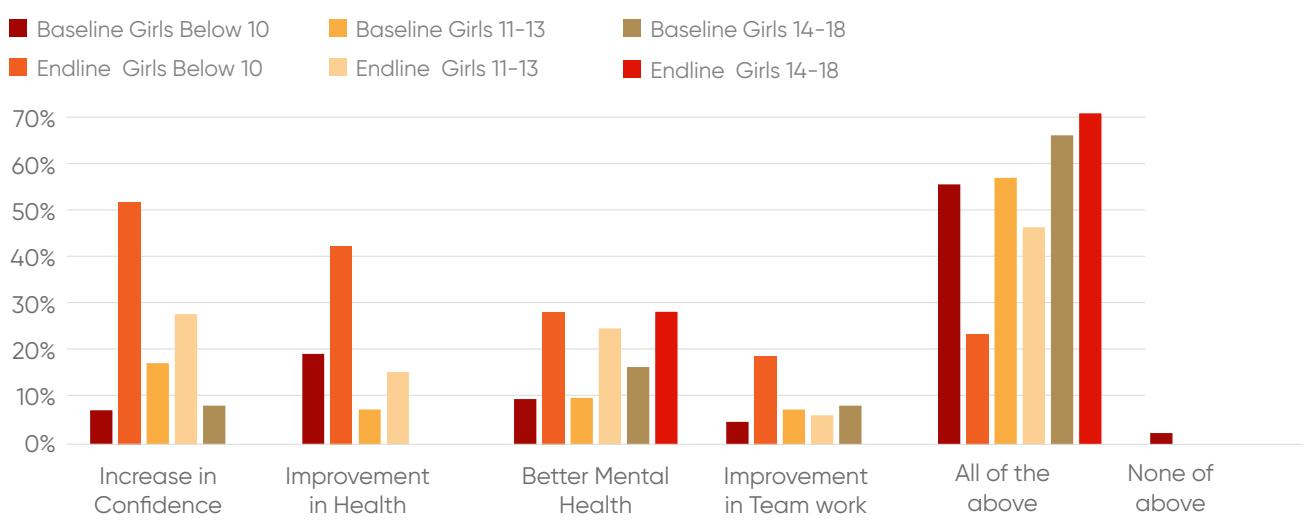


**Earlier I felt afraid to go out with my friend but now I am confident. Some days back, I along with two of my friends went to see the India Gate. Just because I was confident, so were my parents and they didn't stop me.**

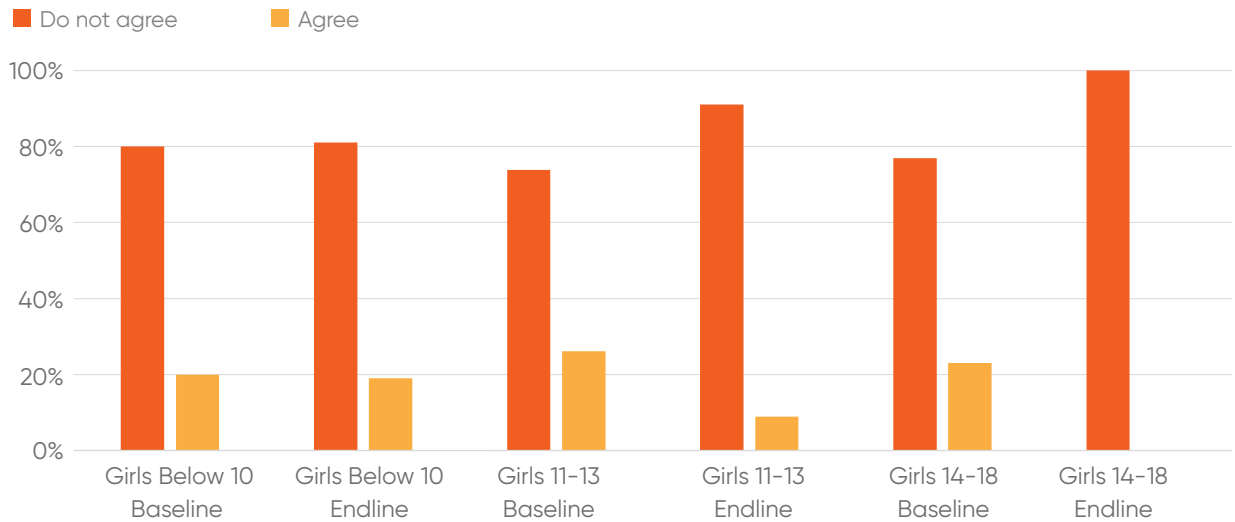
'Older girl', Block A, New Seemapuri



### How will Football help you?

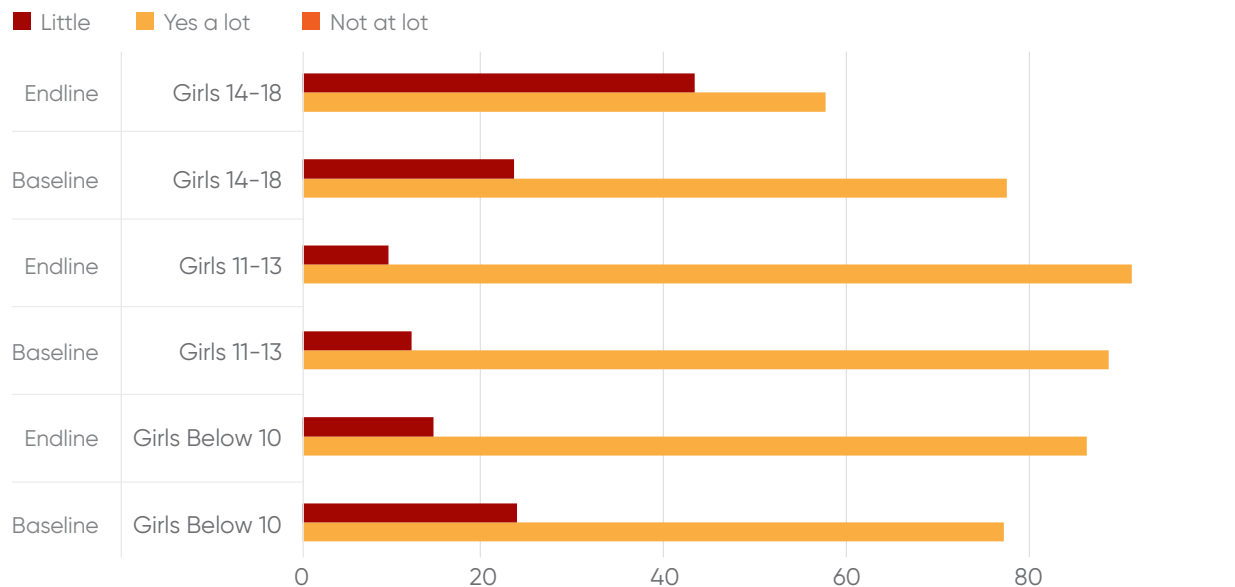


### Playing Football is a waste of time



The number of girls (among the age group < 10 years and 11-13 years) reporting improvement in their confidence levels, health status, and mental health almost doubled between the baseline and the endline. A higher number of girls between 14-18 years reported an improvement in their mental health by the time the endline study was conducted. As compared to the baseline, an overwhelming 90% of the girls did not think that football was a waste of time, as shown by the endline data. No girl in the ages 14-18 years and far fewer girls in the ages 11-13 years thought playing football was a waste of time during the endline.

### Percentage of Girls who witness improvement in their performance in Football



*During the baseline, a lot of girls under the age of 14 thought that they would see a lot of improvement in their performance. The endline research found that the actual improvement was higher than what girls had expected initially.*

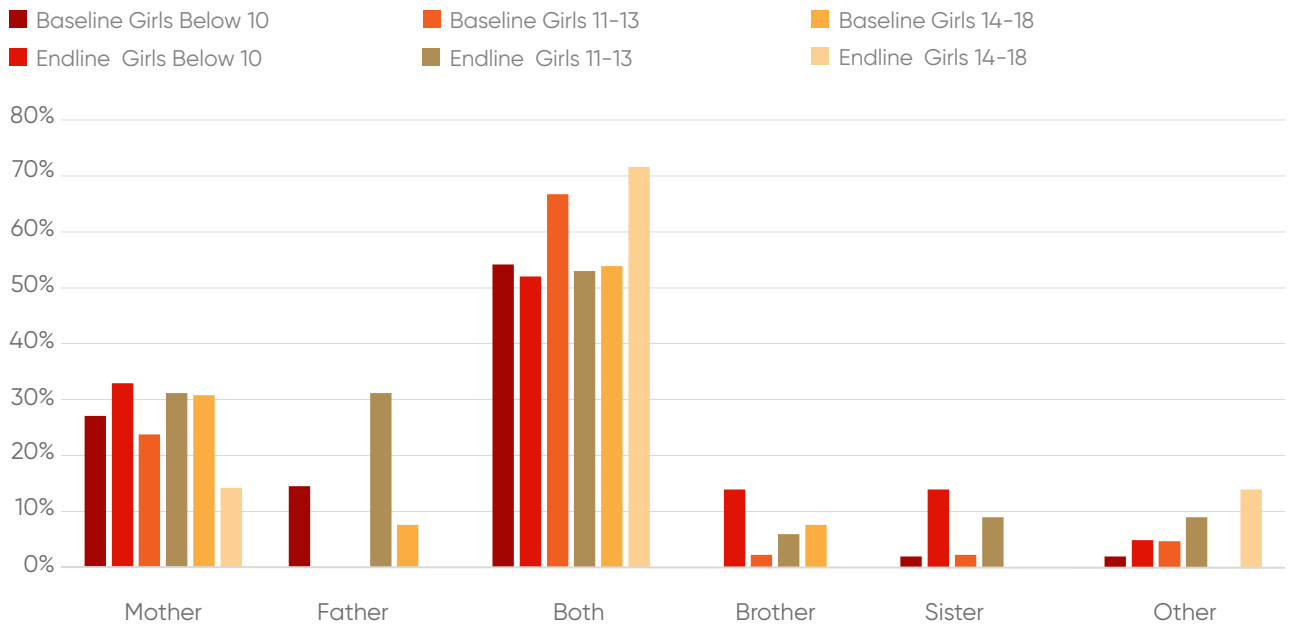
While observing the girls, it was noticed that almost all the girls had thorough knowledge of the game, including the rules and significant players. This was in stark contrast to the situation during the baseline, when even after being probed, all that the girls knew about the game of football was that there was a goal and one had to hit the ball into the goal. Now, they knew each command and the different skills that have to be practiced to play the game. They also play matches within themselves and with external teams from New Delhi. The discipline imbibed by the girls that can be observed during the coaching sessions was fascinating. All girls have started wearing their football jerseys (shorts, T shirt and long socks, spiked shoes) to attend football practice. Their enthusiasm and the movement of girls in the bylanes before and after the coaching sessions is a sight that no resident of the colony can miss. Majority were also very supportive of the situation now.

**It was heartening to see these little girls lead a practice session that the evaluation team went to observe. We have seen these girls in the beginning of November. What a stark change in their confidence levels, fitness standards and of course football skills?!**

**When it came to playing football, all the children in their colourful jerseys were prompt in responding to orders by the coach. The discipline was evident. During the 30 seconds water break, most drank a glucose infused energy drink from their water bottles – all very conscious about the fact that their energy level should remain high and they must not get dehydrated. All got back to their line within 30 secs and were ready for the next order at the blowing of the whistle.**

Observations of the niiti evaluation team

### Family members who supported joining football



Support from family is a crucial factor, and it was found that more than 50% of the participants were supported by both parents during the baseline and the endline, with girls in the 14-18 range seeing a huge jump in the amount of parental support towards the end.

**97% of the mothers are happy to see their daughters being involved with football. This parental support was enhanced by the fact that the parks have been equipped with proper lights & cameras, which have made them much safer for the girls. It was observed that men use the park to play cards, but they leave when the girls come to play football**





The star goalkeeper Zubeira is only 4ft tall but can give a hard time to others who are older and taller than her. When she won the trophy for being the best Goalie, her mother who always discouraged her from going for the practice sessions wept in joy. The confidence of both the mother and the daughter in whatever they do has increased manifold.

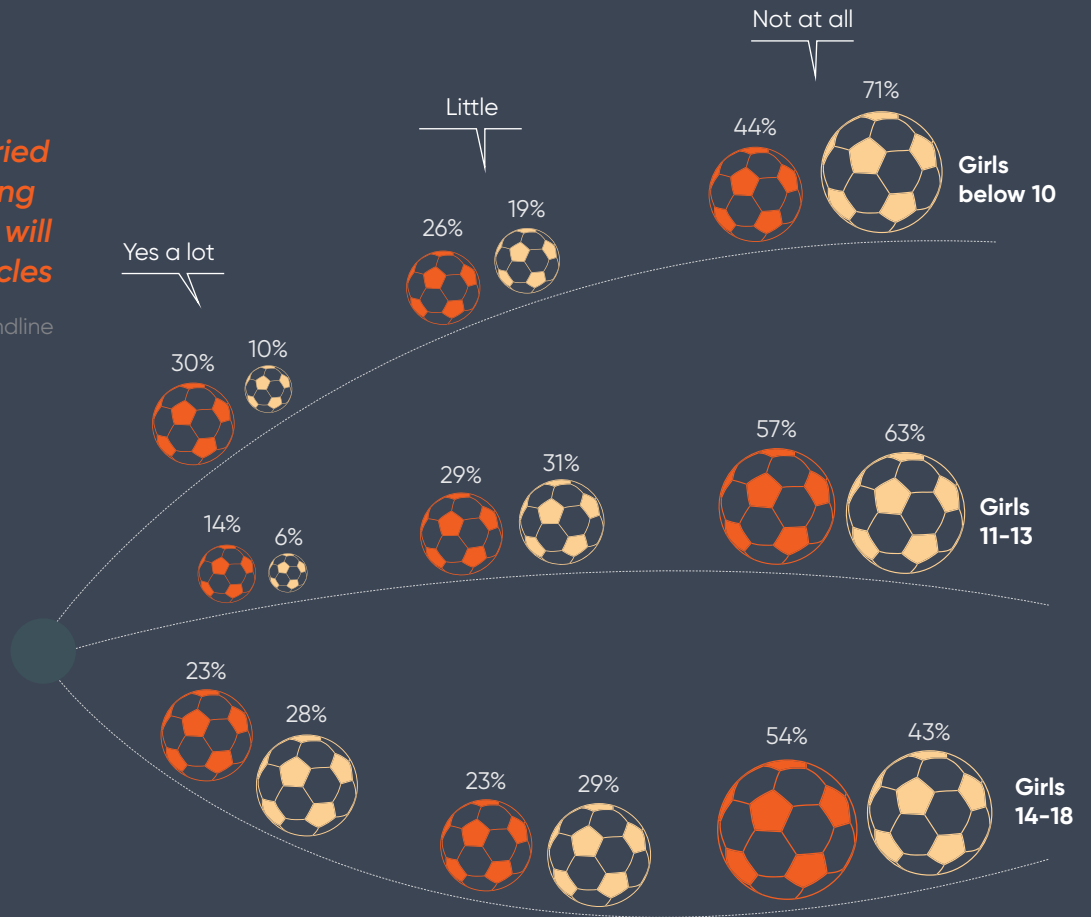


***Girls have always faced push-back when it comes to involvement in sports, due to the perceived impact it might have on their physical appearance, including the fear that it might darken their skin or make them too muscular.***

This is a concern that increases as they age: with 60% of the girls in the older age groups were concerned about tanning or gaining muscle, whereas 90% of the girls in the younger age-group did not care about these side-effects

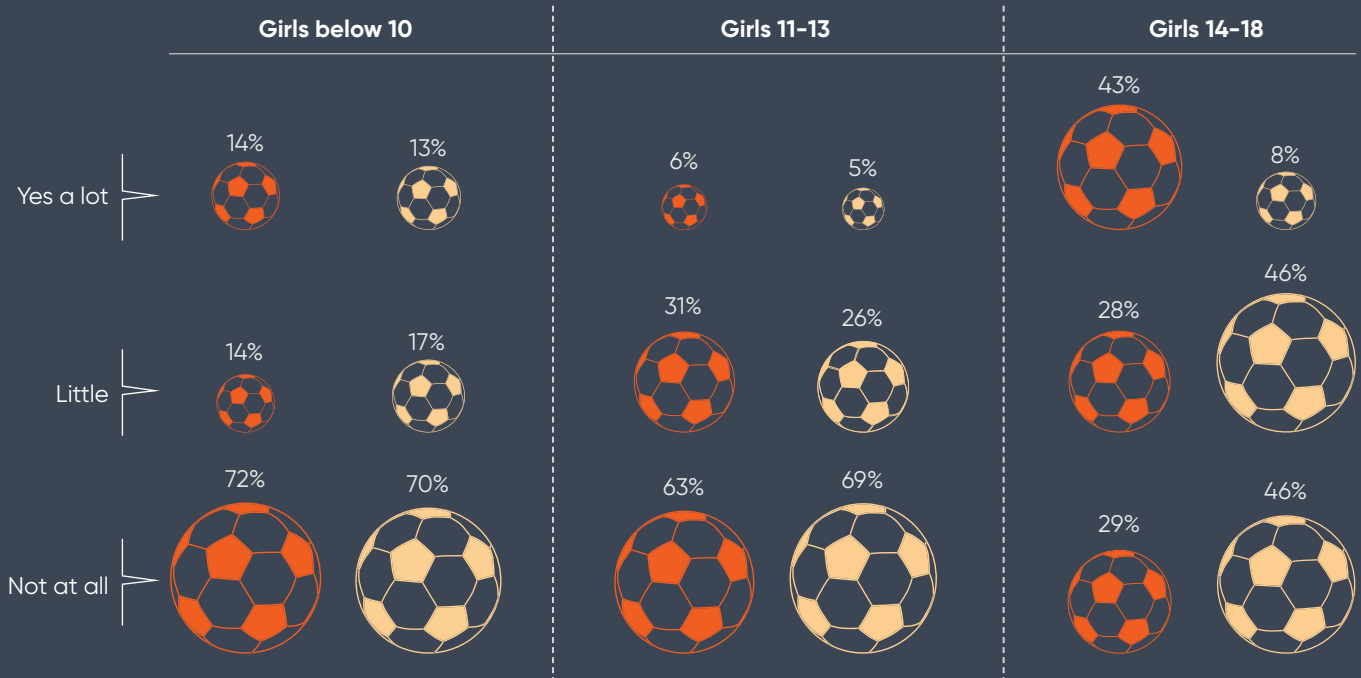
**Response on whether worried that on playing football, one will develop muscles**

■ Baseline ■ Endline



**Response on whether worried that playing football will lead to tanning of skin**

■ Baseline ■ Endline



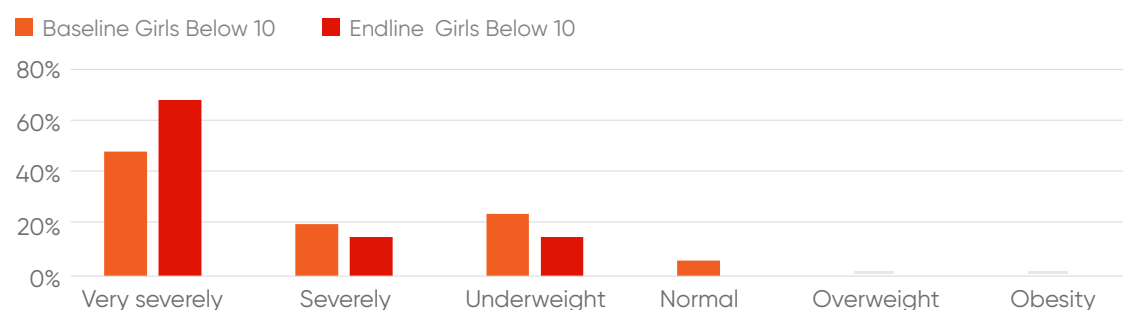


# Changes in Physical Health

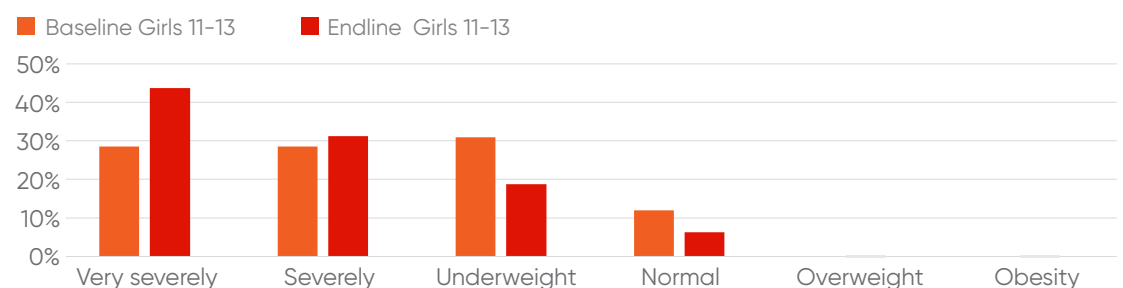
Improved physical and mental health are some of the biggest advantages of physical sports. To determine the extent of physical impact football has had on the girls, several aspects of their physicality were measured, including BMI, waist-to-hip ratio, enhanced endurance, and nutrition.

Body Mass Index (BMI) is a way of calculating healthy weight, by measuring the weight of a person in comparison to their height.

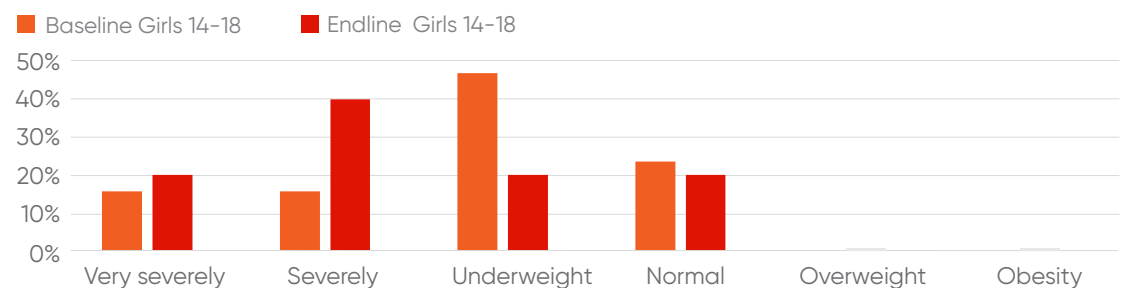
## Body Mass Index



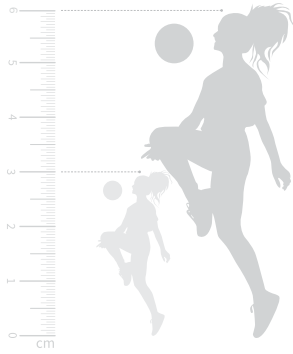
## Body Mass Index



## Body Mass Index



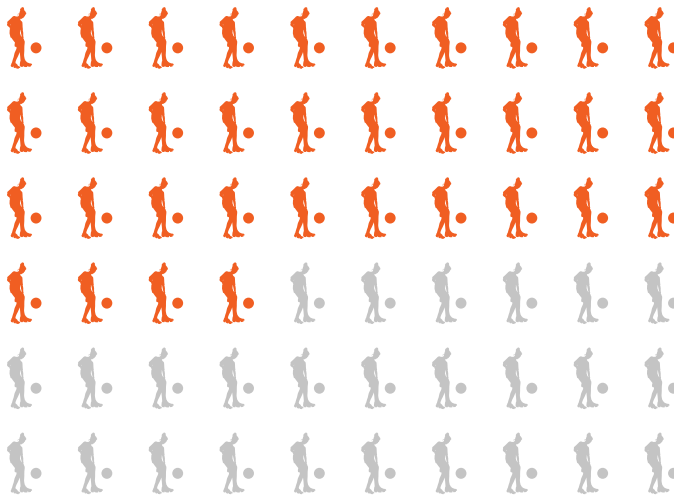
*The BMI of 85% of the girls across all age groups has reduced since they started playing football.*



↑ **3-6cms**

Increase in Height

This fall in the BMI levels, can be explained by the increase in height by 3-6 cms among 12 of the 16 girls.



*In all,*

**34 out of 60 girls**

*observed during endline had gained height in the interim period of 7 months.*

A significant number of girls in the 14-18 age group are normal or overweight. Around 90-100% of girls in the other groups fall in the categories between very severely underweight-underweight, which is a crucial matter to be tracked.

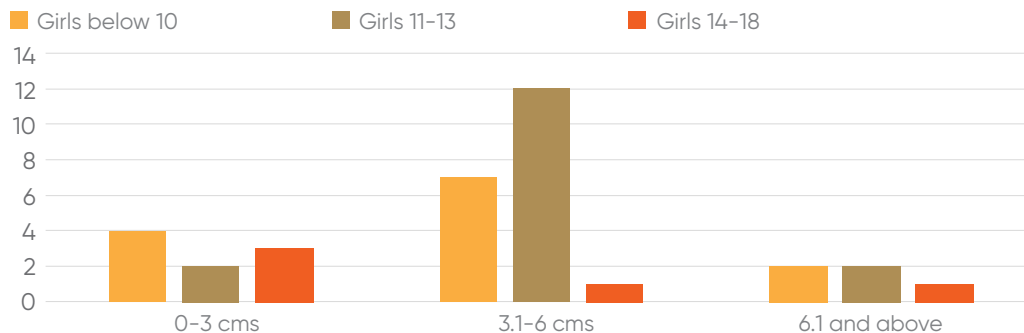
## Studies on Impact of Football on Health

Pre- and early-teen girls who are engaged in moderate to high impact sports such as gymnastics, basketball or football are more likely to have better bone mass, structure and strength, a study has found. (Source: Hindustan Times, 9 September 2016)

Various studies conducted to study the effect of intervention of football on nutritional status and body composition in children has indicated that football practice in children with a higher BMI has more effective impact on the reduction in fat mass due to significant increase in the energy expenditure, which directly leads to a reduction in body fat. (Source: National Library of Medicine, 26 July 2021)

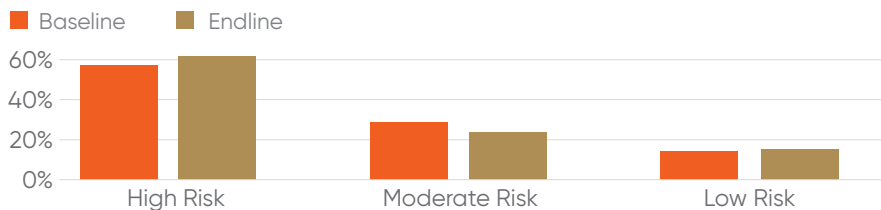


### Increase in Height (in cms)

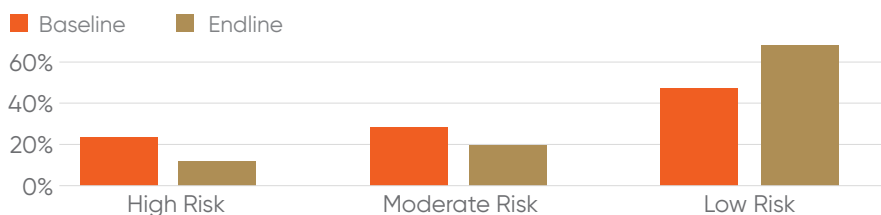


Waist-to-hip ratio is used by health professionals to track the health risks associated with how a person's body stores fat. Improportionate waist-to-hip ratio has a direct bearing on health through emergence of cardio-vascular problems particularly in adults. It is on the basis of the standards available for children, they were categorised into high risk, moderate risk and low risk.

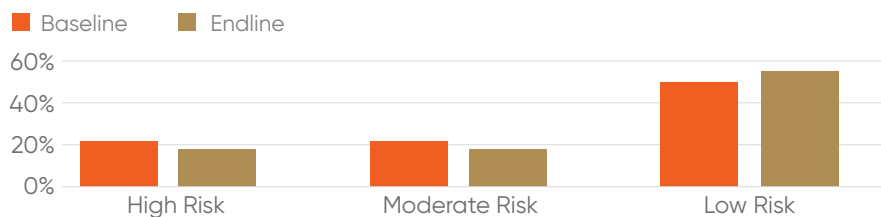
### Waist-to-Hip Ratio (Girls below 10)



### Waist-to-Hip Ratio (Girls 11-13)



### Waist-to-Hip Ratio (Girls 14-18)



Within 6 months of playing football, the waist-to-hip ratio of girls between 11-18 years has improved, with an average of 65% being low-risk during the endline (as compared to the 50% during the baseline). However for girls below 10 years, those in high risk category is significant and has increased, clearly indicating a need for a better diet.

Improved stamina is a pivotal outcome of engaging in regular sporting activity and the study attempted to gauge the extent to which the girls' stamina had improved since they started playing regularly. Only a handful of girls could do push-ups or curl-ups when the baseline was conducted.

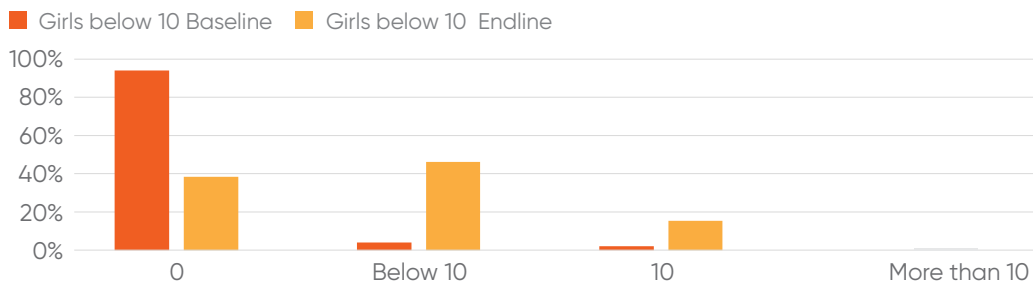
*Currently, a whopping*

# 60% of the girls

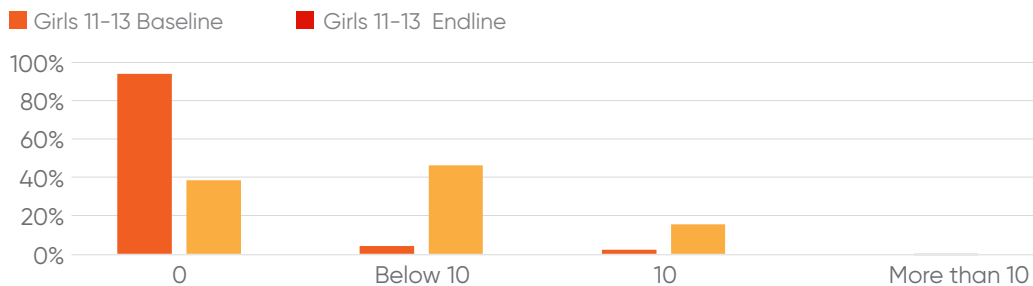


*can do more than 10 or more push-ups, and 5 or more curl-ups at any given time. Very few girls were able to do push ups and even fewer could do curl ups during the baseline.*

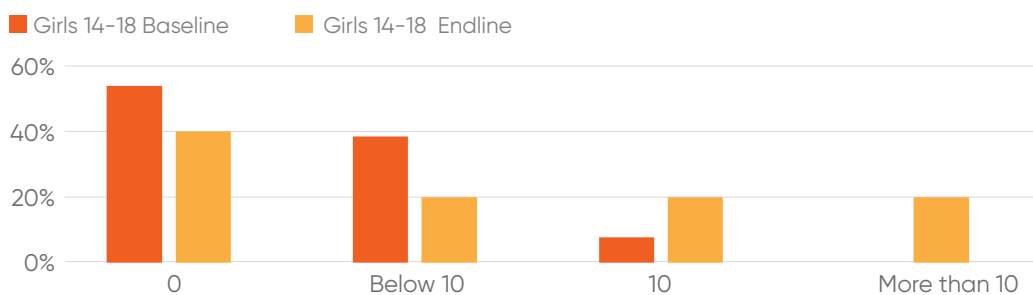
### No. of Push ups



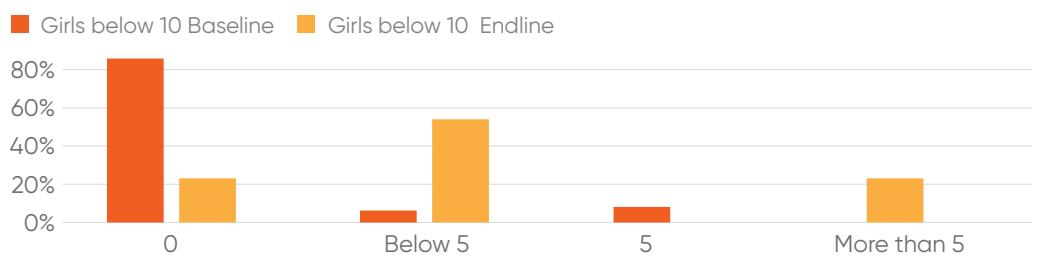
### No. of Push ups



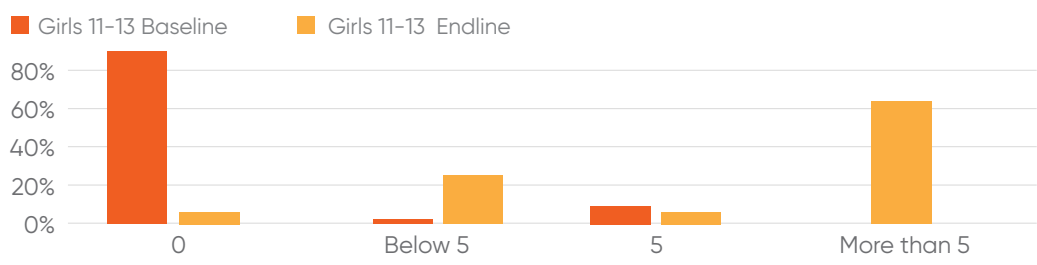
### No. of Push ups



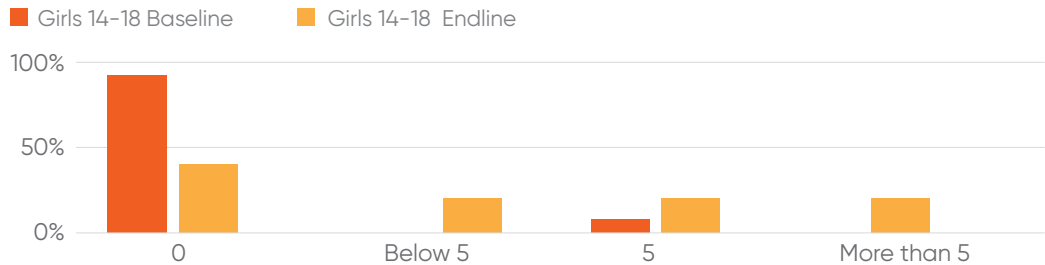
No. of Curl ups



No. of Curl ups



No. of Curl ups



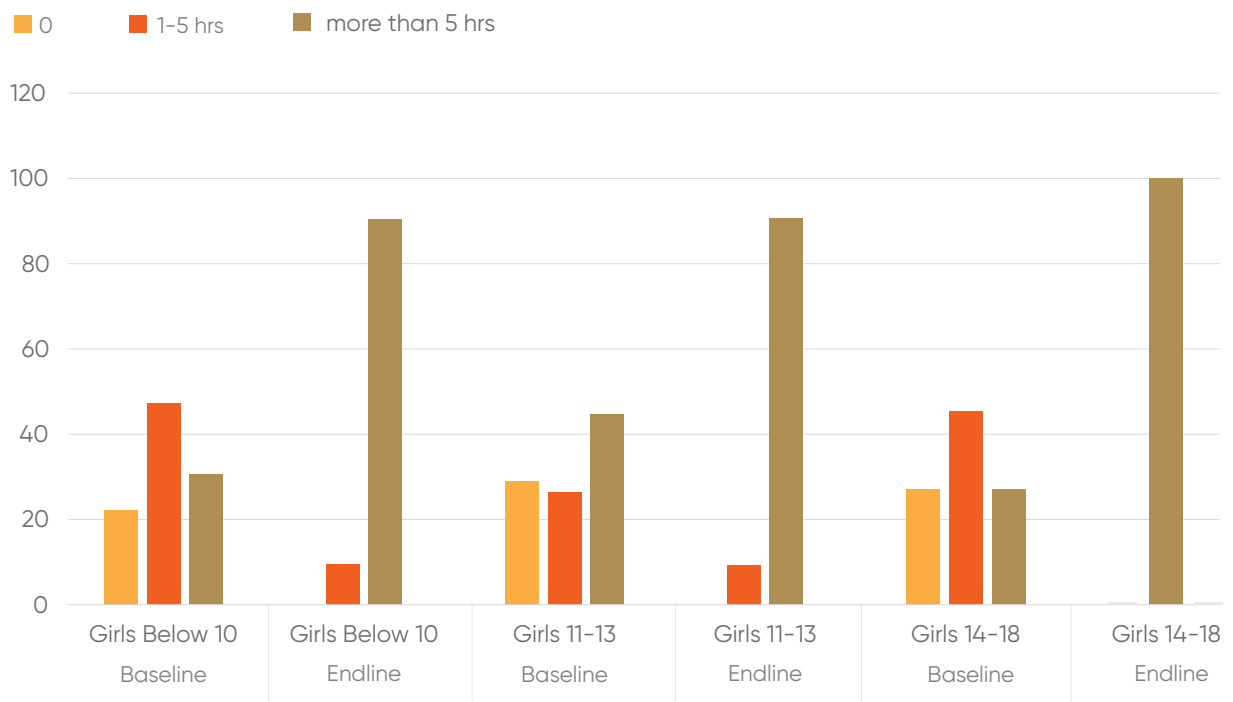
**Among those spending more than 5 hours in physical activity, 43 out of the 60 girls were spending more than 14 hours a week exercising.**



A staggering 100% of the girls across all the age groups participate in physical activities for more than 5 hours a week, showing interest in playing in spite of adverse temperatures. This presents a massive improvement from the baseline: where an average of 65% of the girls engaged in physical activities for fewer than 5 hours a week (with 26% not doing anything physical at all).

The sphere of influence of the project was quite significant as evident from several behavioural changes witnessed with regard to 'older girls', mothers and community members. The consciousness about physical fitness was evident even among the 'older girls' (those not under direct focus), who reported an average of 7 hours of activity a week.

### Percentage of Weekly Hours of Physical Activity



A noticeable consciousness was witnessed with regard to nutrition intake, eating of breakfast, and number of meals in a day. There was a noticeable reduction in the number of girls who did not focus on proper nutrition for themselves, and those who frequently fell sick.

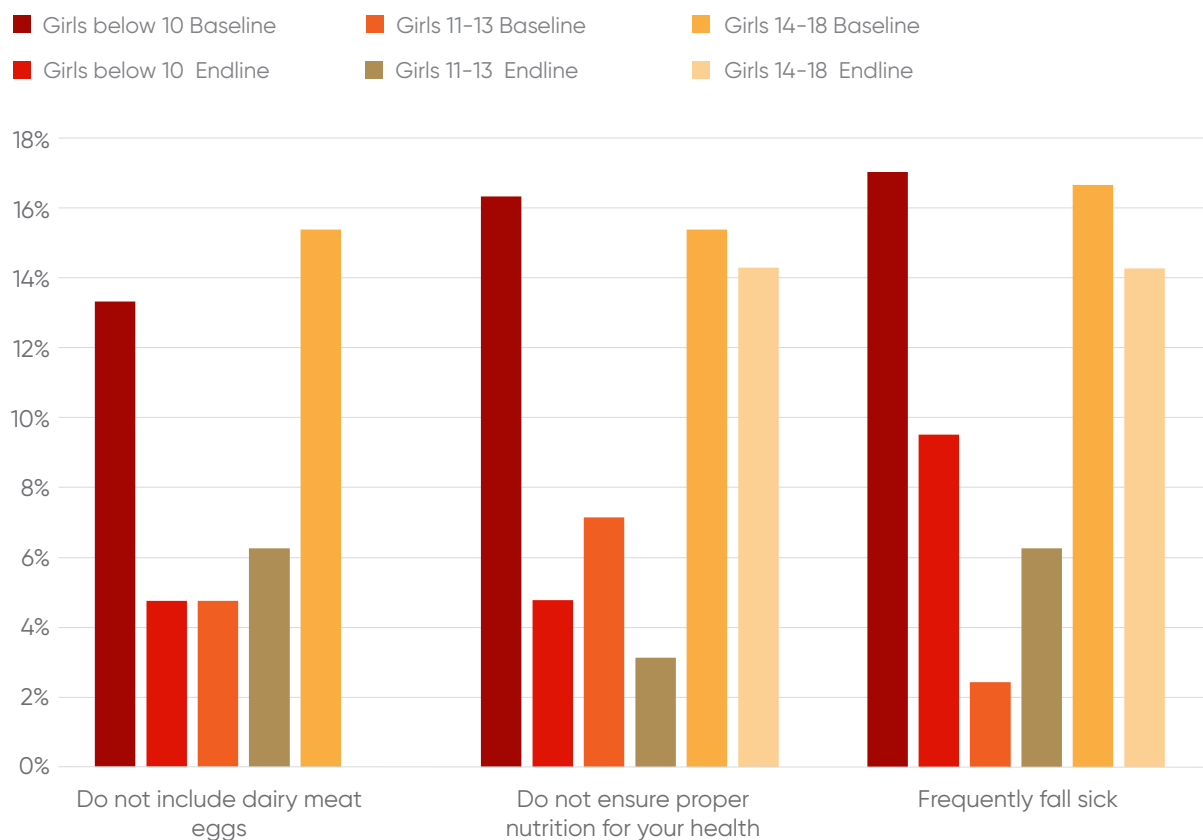


**I don't miss my breakfast any more. I also ensure that I eat 3 meals a day. Maybe the food along with the little physical exercise that I try to do gives me more energy now than before. I find that I feel less lazy and less tired and manage to do my studies and contribute to household chores. – 'Older girl', Block A, New Seemapuri**



As is evident from the endline data, 95–97% girls below 13 years ensured proper nutrition and 100% girls in 14 – 18 years ensure inclusion of dairy products in their daily meal.

### Nutrition

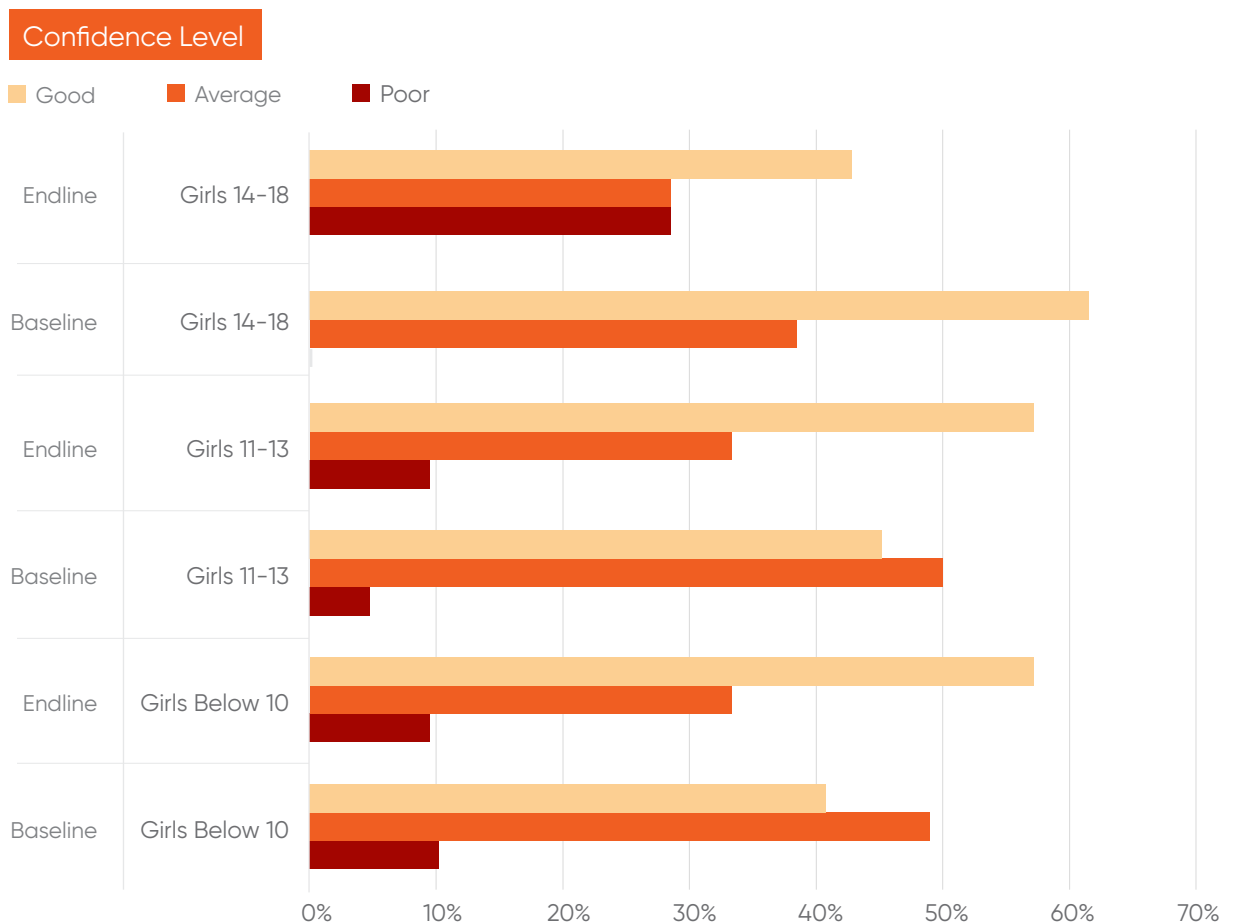


# Improvement in Mental Health & Confidence

A key objective of the program is to improve mental health & build aspirations among the girls. The increased socialization, exposure to the larger world, and improved confidence is expected to contribute towards their increased aspirations and delay their age of marriage as well.

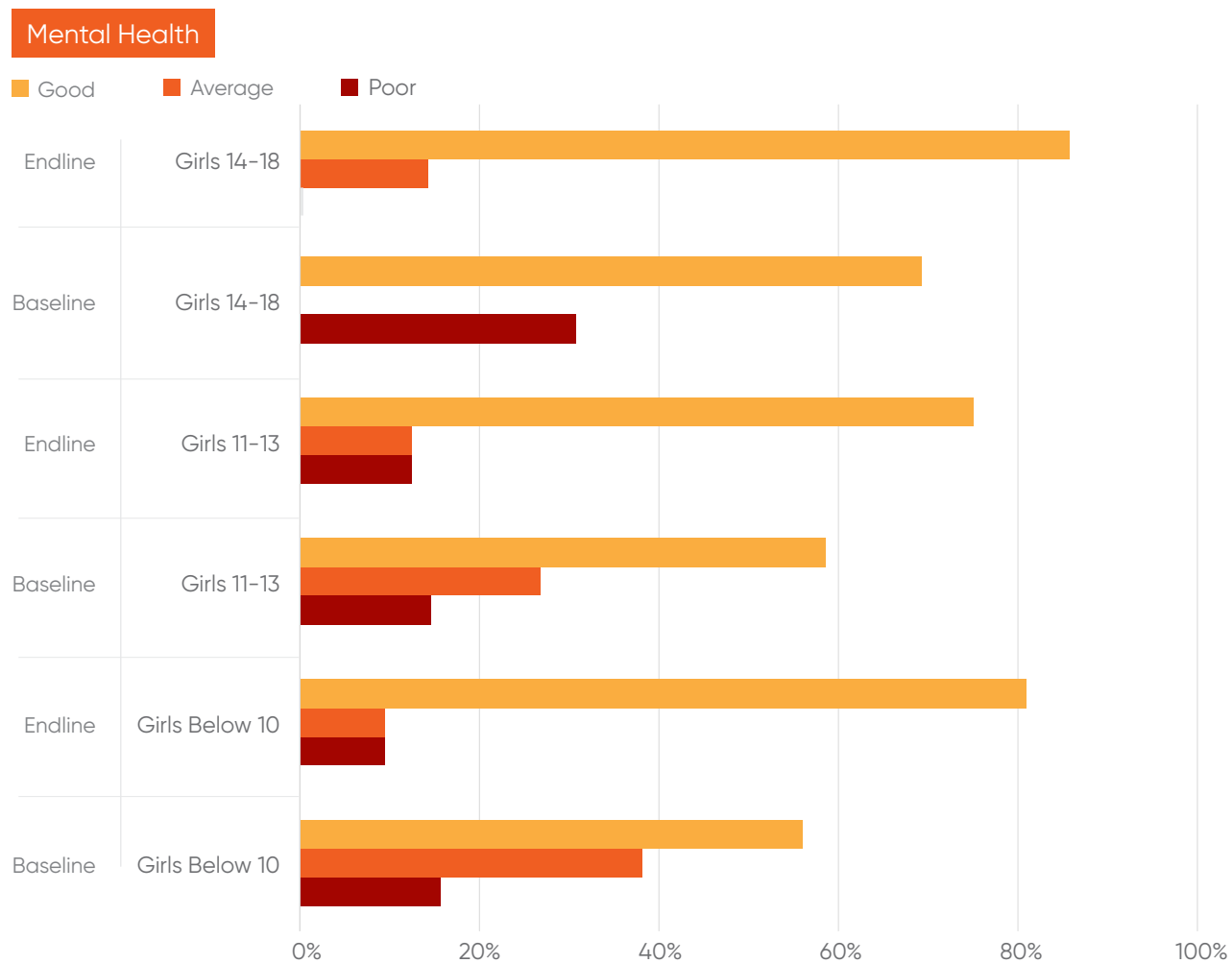
***Football is not only an entertaining sport, but it helps build self-reliance  
(United Nations Peacekeeping)***

To determine the changes in these areas, several aspects were explored in depth. 43-57% of the girls below 10 years and in 11-13 years score in the category of good confidence level in the confidence test conducted during the endline. For the elder girls (14-18 years), confidence level seem to have reduced. This could be because of trust building these girls revealed the truth now as opposed to baseline.





75-85% of girls across all age groups show good mental health during endline evaluation. For those between 14-18 yrs, 30% showed poor mental health during baseline and this became nil by endline.



*Sports programmes that assure women and girls active board membership in leading positions, equity, financial means, participation in decision-making and strategic planning are likely to be more successful in producing lasting change in the self-perception and self-confidence of female participants in such programmes.*

(Source: SportandDev.org)

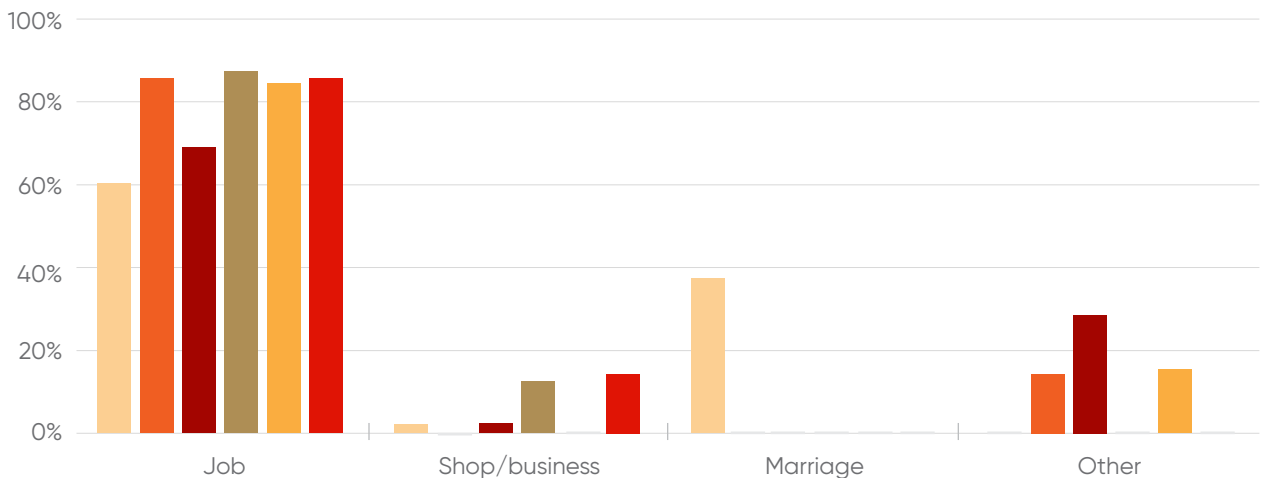


**Antima was specifically picked up from a crowd of girls because of her confident body language. She is 17 years old, and studies Arts stream in standard XII in Sarvodaya Kanya Vidyalaya. Antima she loves to play and so she does with children from all age groups. She has learnt Self Defense. Antima walks confidently in her shorts to the park to play even in a notoriously unsafe area like New Seemapuri.**

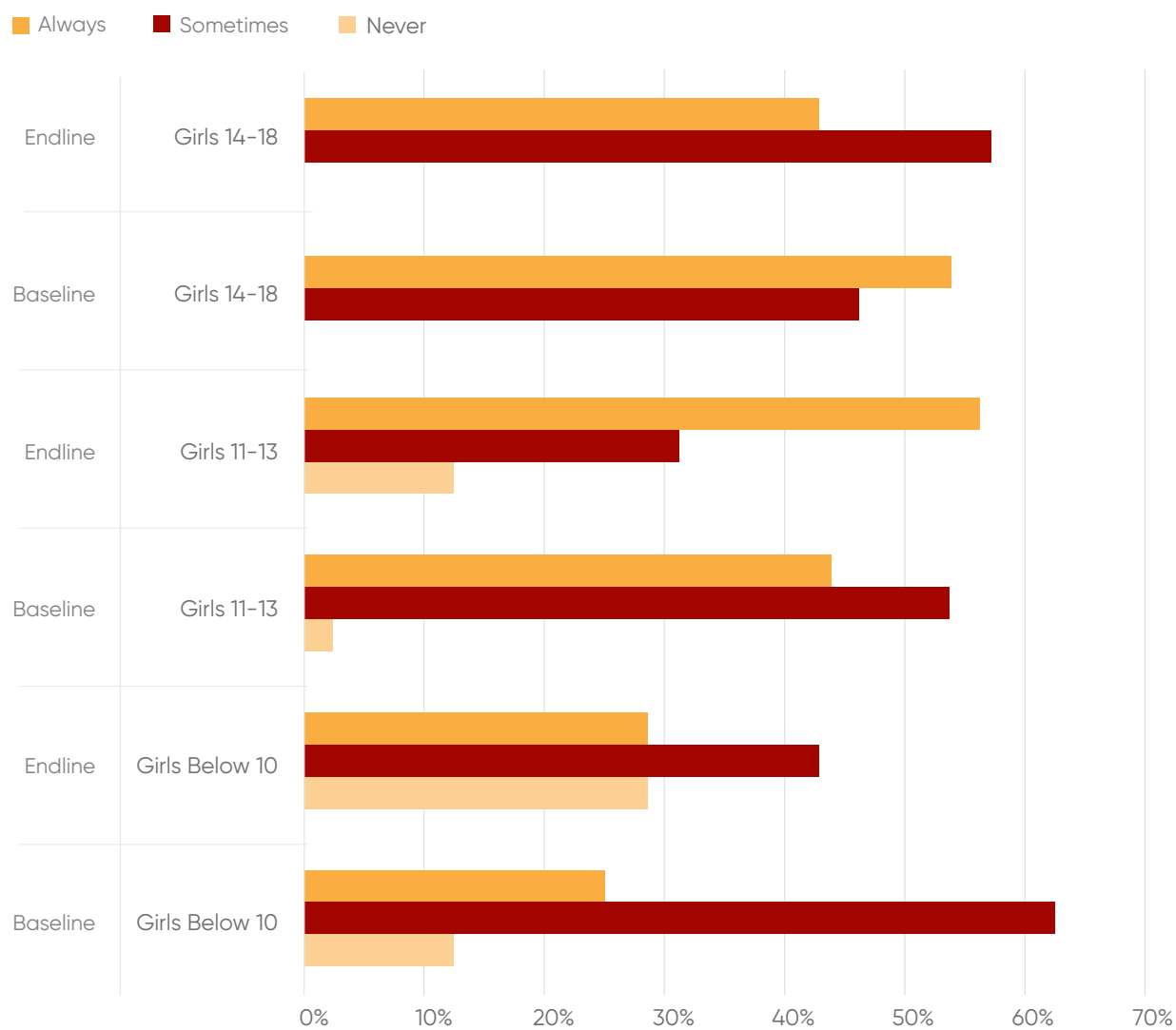
When it comes to attitude about career & education, baseline and endline data both reveal similar trends for career and education, among all age groups. The endline survey found that 85% of the girls wanted to take up a job, listing it as their main aspiration for the future. 100% of the girls between 11-18 report that they are allowed to have the career of their choice. When probed further to identify what were the aspirations of girls apart from jobs, business and marriage, it was found that some aspired to be service providers like beauticians, mehendiwalis, dancers etc.

#### Future/ Career Plans

■ Girls below 10 Baseline     ■ Girls 11-13 Baseline     ■ Girls 14-18 Baseline  
■ Girls below 10 Endline     ■ Girls 11-13 Endline     ■ Girls 14-18 Endline



## Independent Decision Making



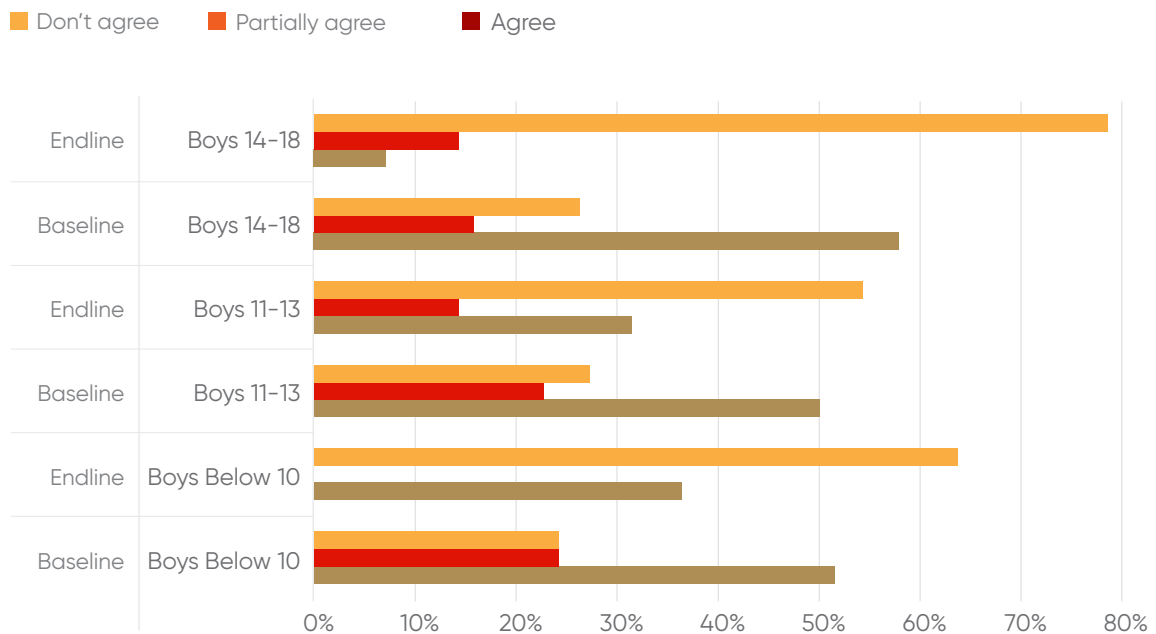
***Another crucial aspect of emotional health is the freedom to make decisions.***

42% of the girls are always allowed to take independent decisions, with the numbers increasing by an observable amount in the below 14 age group.

CEQUIN's engagement programs with the boys has had a tangible impact, having changed the mindset of the boys in New Seemapuri. Boys under 14 years, who agreed that men should always have the final word about household decisions, changed their mind, with over double the number now claiming they don't agree with the statement, along with 80% of the boys above 14 years.



Men should have final word in decisions at home



## Safety and Mobility

Women and girls in India seldom use public spaces for leisure purposes: with a large number never going out for leisure purposes, outside of work or education. This leads to skewed public dynamics. This project aimed at promoting increased usage of these common spaces in the neighbourhood as an important milestone towards improving safety and mobility.

The endline evaluation showcases a significant increase in the number of girls from New Seemapuri who go out for reasons other than school, with only 10-15% of the girls across all age groups not going out.

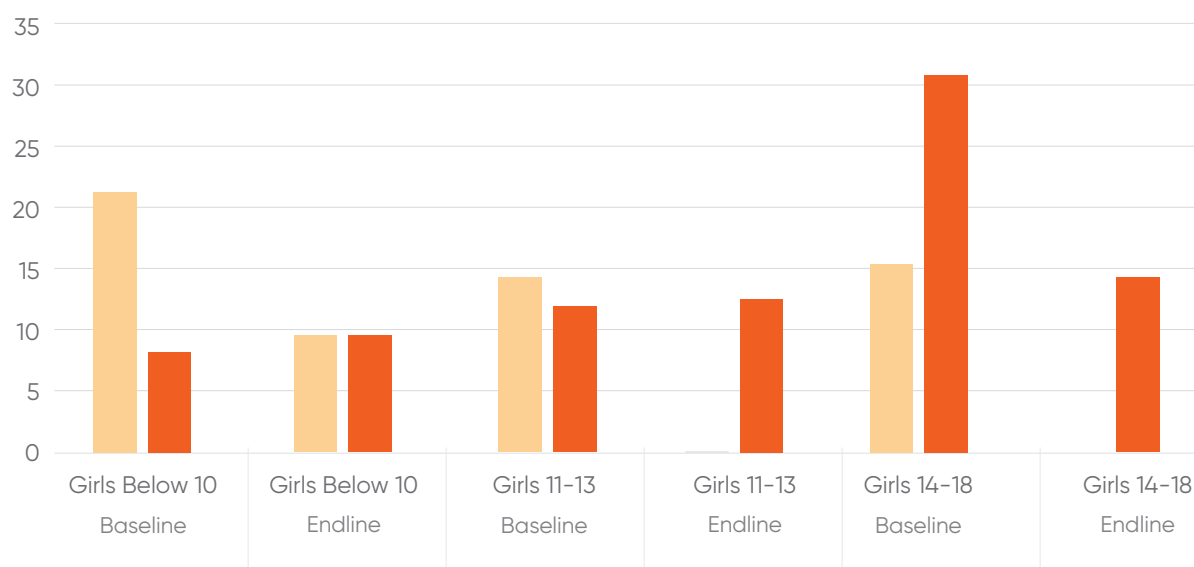
***Catalysing Change: Women-led Development in the Decade of Action (2021): Lack of mobility within cities can lead to geographical segregation – exacerbating inequalities by reducing new opportunities for women and marginalised groups in urban areas.***

(<https://www.orfonline.org/expert-speak/urban-mobility-for-women-empowerment-in-the-decade-of-action/>)

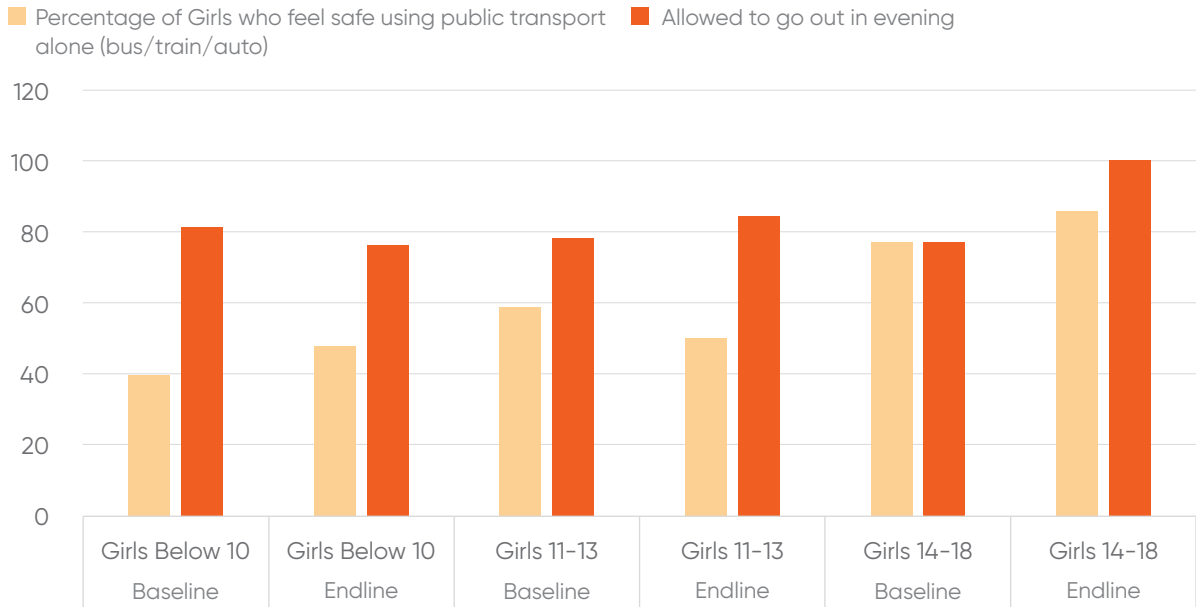
### Going Out

■ Percentage of Girls who never go out besides school

■ Percentage of girls who never go out to play/walk/neighbourhood



The increased safety in the parks where they play, and their enhanced confidence has also resulted in a higher percentage of girls being allowed to go out in the evening: 100% of girls in the 14-18 age range, and 80% in the below 14 age range. A higher number of girls also feel comfortable using public transport (bus, trains, or autos) alone.



This highlights the perception about public safety as well, with an average of 83% of the girls perceiving their neighbourhood to be safe. Interestingly, boys below 10 years of age who feel safe in the neighbourhood reduced by 45% during endline with an increased understanding about safety, brought about through various sensitization activities.

Boys in 14-18 years who feel safe have increased by 29% when comparing the baseline and endline, but a higher percentage change was found among the girls, than the boys.

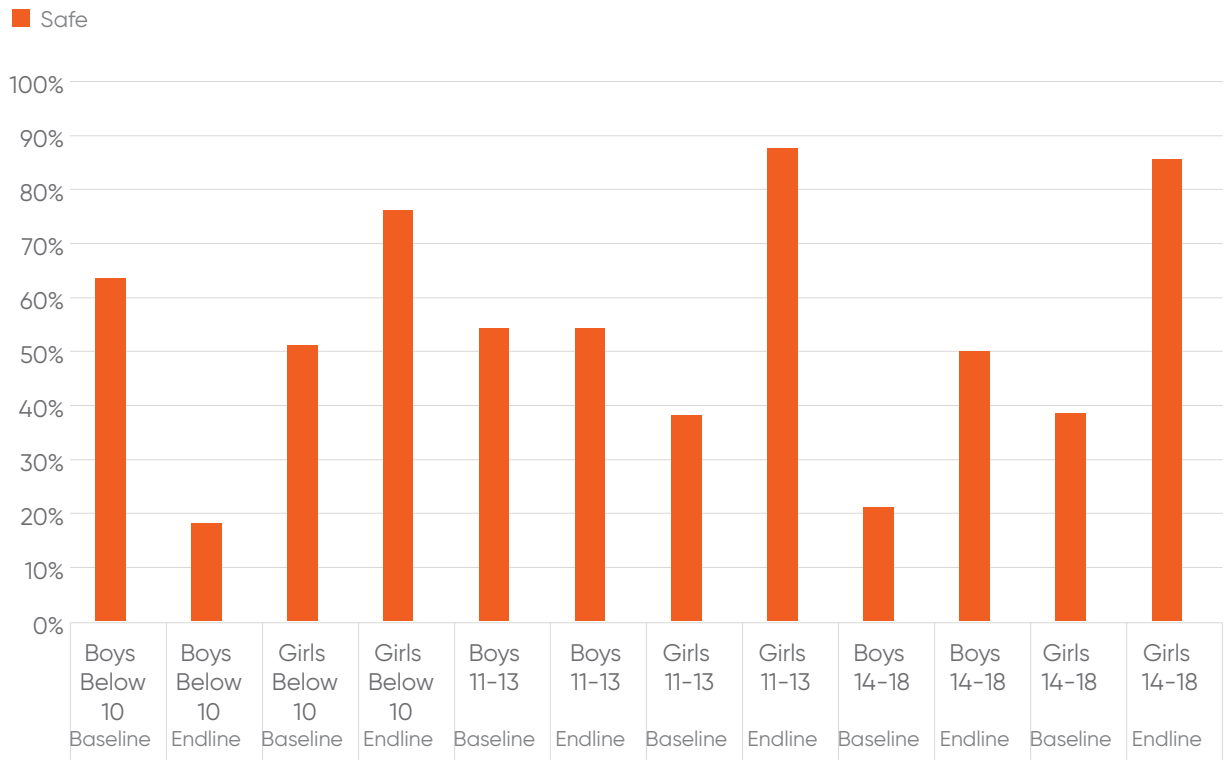


## Sri Prasad, e-Rickshaw Owner

Mr Prasad has been living in New Seemapuri since 1976 and has seen the colony grow over the years. He has also witnessed how from a peaceful colony it has become a centre of crime and substance abuse. He has also known well how mobility and safety of women and children are compromised in his neighbourhood. The silent march of women in black, the regular football sessions of girls and the audit by boys have surely set the ball rolling towards safety is what he notices and confides. He contributes to this by offering the children a secured ride in his e- Rickshaw whenever they need to travel outside their colony for playing a football match.



## How safe is your neighbourhood?

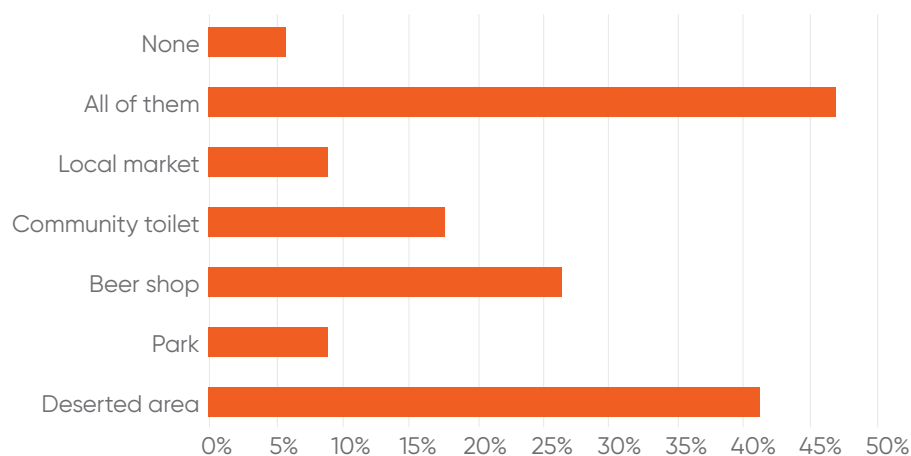


As discussed before, the safety of the public park where the girls play has been enhanced, and the impact is obvious: less than 10% of the mothers think of the park as an unsafe space for their children.

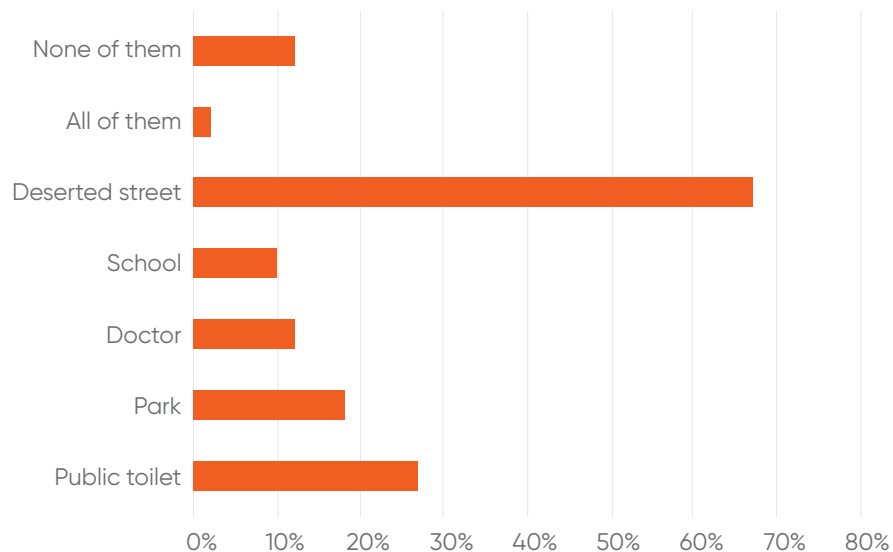
CCTV Cameras have been installed, the ground has been levelled, new grass has been sown. The houses neighbouring the park have taken the responsibility of watering the grass on a regular basis. They are the same people who had opposed development of the park under the rumour that it was being taken over by outsiders and the rights of the residents would be lost. Some of them also pelted stones at the field staff when infrastructure development work was initiated around March 2022.



### Places which are not safe in neighbourhood for Mothers



### Places where Girls don't feel safe in the neighbourhood



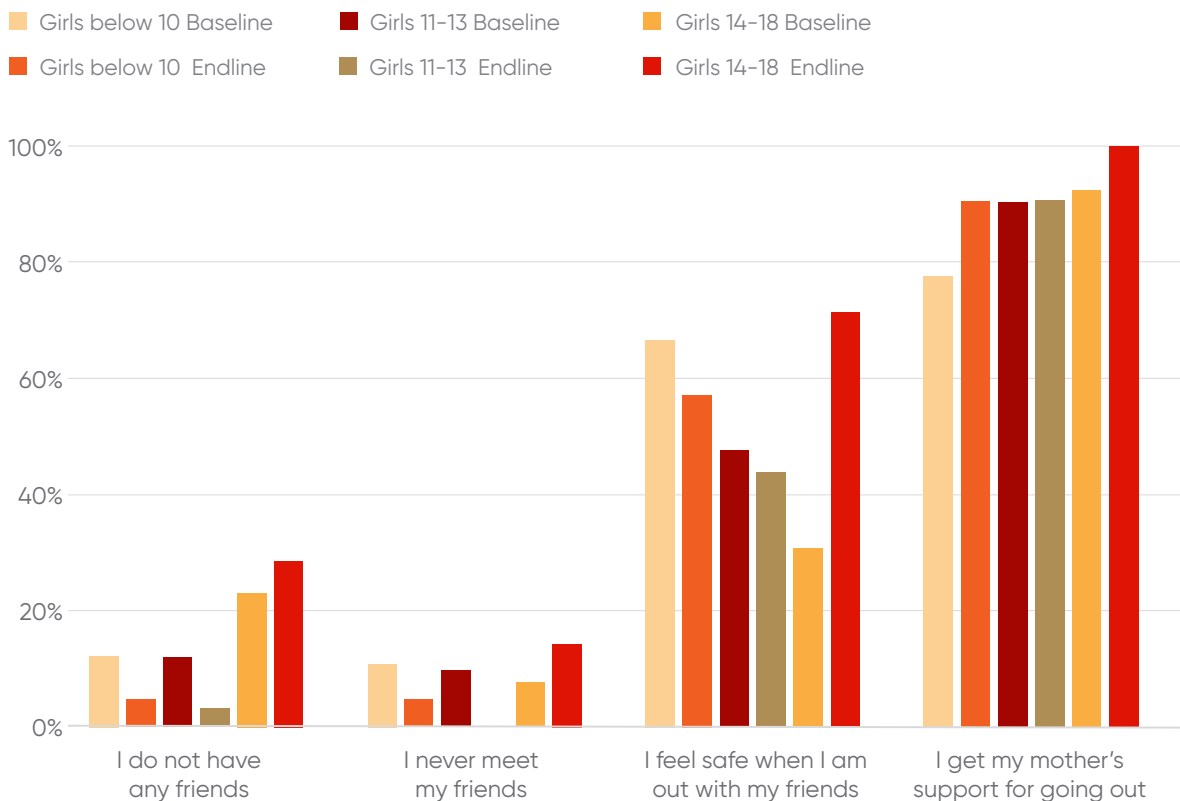
47% of the mothers feel that all parts of the neighbourhood are unsafe for their daughters, identifying deserted streets, beer shops, and public toilets as the biggest areas of concern. The presence of drug & alcohol abuse, lack of lighting, and lack of footpaths have all been identified as issues that exacerbate the riskiness of the neighbourhood.

More than 40% mothers and 67% girls opined during the endline that they don't feel safe on the deserted streets in their neighbourhood.

## Gender Sensitivity and Community Support

The issue of safety is intrinsically connected to community support: after all, there is always strength in numbers. Having a network of friends or peers can provide a supportive environment for the girls, allowing them greater mobility and freedom. The endline research found that while initially, as the girls grew older, they found it riskier to go out with friends, this attitude changed, with over 70% of the girls feeling safe to go out with friends now.

### Safety and Support



Exploring the community aspect of safety further, the question of whether the community members took active initiative to make the neighbourhood safe was posed. An average of 45% of the girls felt that the community actively tried to make the neighborhood a safe place.

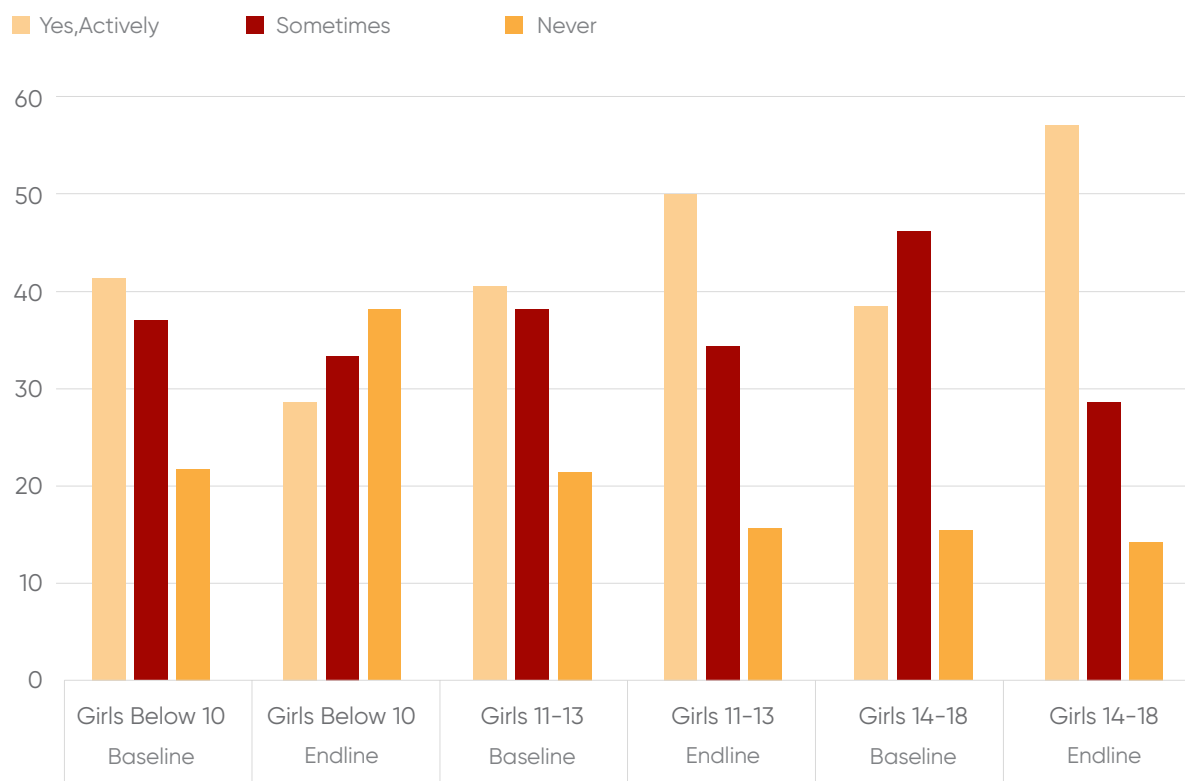
## Bhumi, 16 years, is a resident of New Seemapuri

She studies in Standard X at Sarvodaya Kanya Vidyalaya.

Only a few sessions with the CEQUIN led coalition, and observing the change in scene of girls in their jerseys practising football in the local park has made her more confident about herself.

When she needs to venture out and her father insists that her brother must accompany her, she succeeds in convincing him how she will be able to look after her own safety when travelling with her friends in a bus or auto or in the metro.

### Percentage of community members take initiative to make neighbourhood safe



## **Vinay Kumar Yadav, SHO., Seemapuri Police Station**

He has been posted in Seemapuri for last quarter of 2021.

A challenging posting in a notorious area where everyday a youth dies because of substance abuse. He uses the resident public to improve safety in the area.

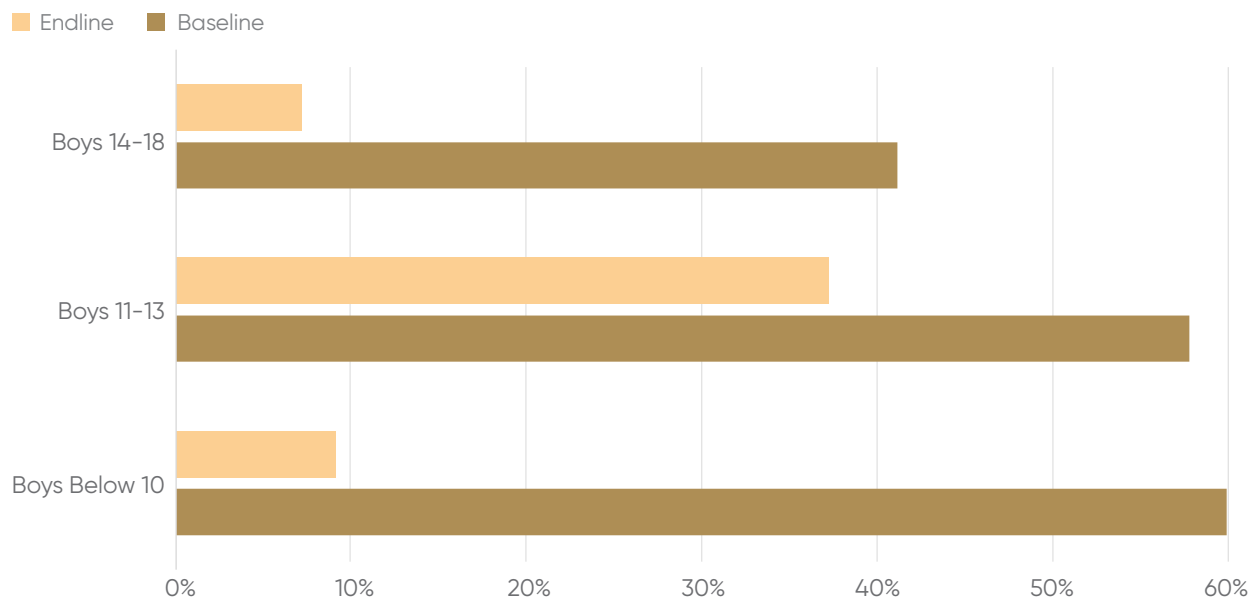
He is extremely supportive of the project in New Seemapuri. For all events, the police are around to prevent nuisance. He has given the CEQUIN led coalition responsibility to involve children and paint the wall of the pink police station adjoining his office and run a library that has been created.

Mr Yadav has downloaded the app to the CCTV installed in the park and monitors it keenly. His vigilant eyes ensure that there are little hindrances to the progress in mobility and safety achieved through football.

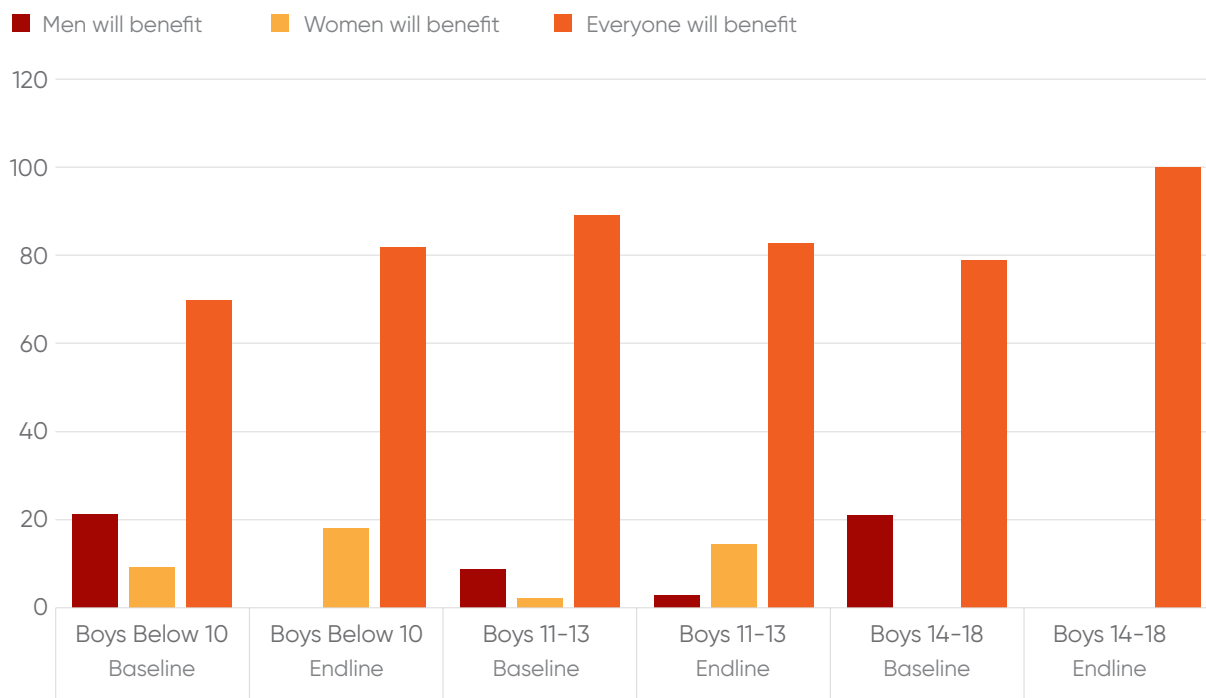
To identify how else the community can be actively engaged in empowering the girls, the boys were interviewed, to determine their level of gender sensitivity. The consciousness about gender stereotypes and the resultant bias was gauged through a standard set of 10 questions asked during the baseline and then again during the endline evaluation. The responses were marked on a scale of 10 to understand the level of gender bias. In general, it was found that average gender bias had reduced across age groups. For boys between 14-18 years 17% and among those below 10 years, only 15% of the boys showed gender bias during endline.

In fact, 100% of the boys between 14-18 years, and 80% of the boys under 14 felt that girls' progress will benefit everyone, and not only the girls. As a corollary, when they were questioned about whether girls have the same right to property as boys, 77% of the boys agreed (an increase from 62% during the baseline). However, this number is low compared to the 96% of girls who think that they have the same right.

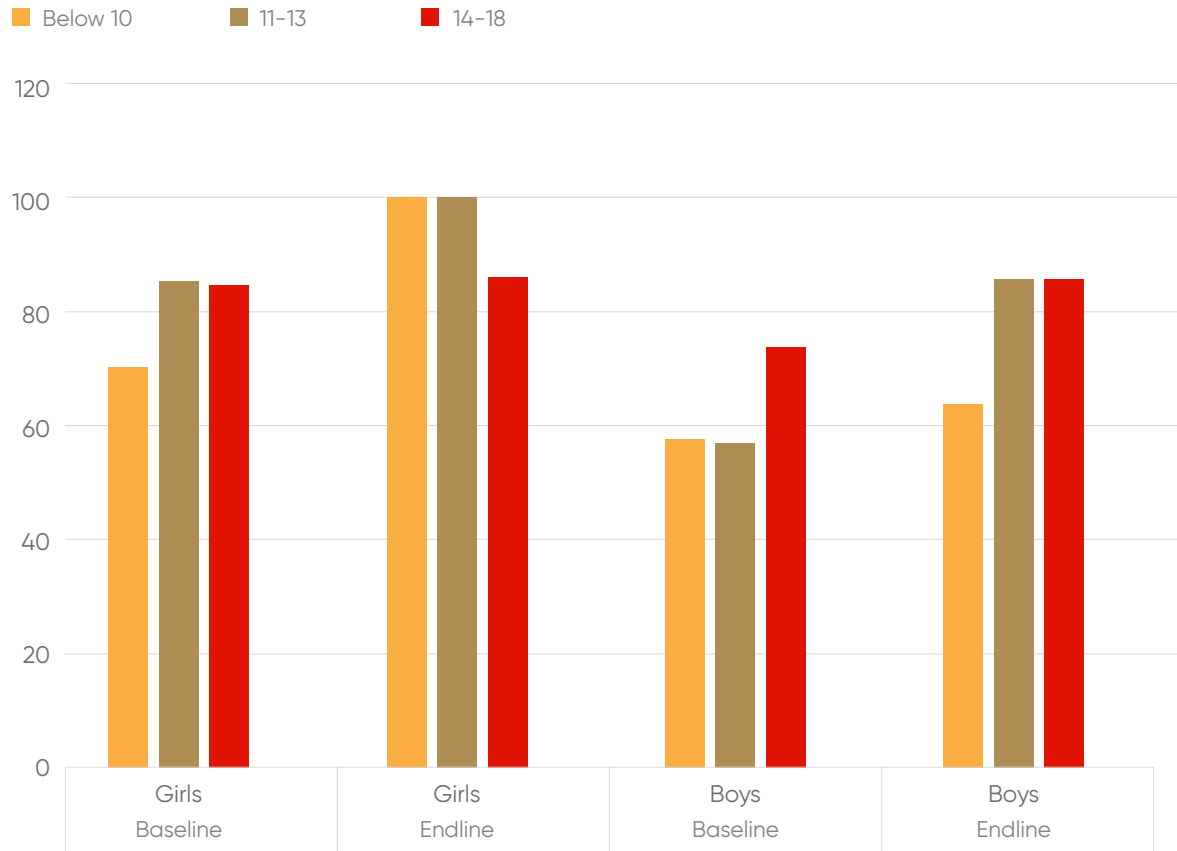
### Average Gender Bias - Agree/ Partially Agree



### Percentage of boys with different beliefs on who benefits if girls progress



## Percentage of children to agree that girls have same right to property as boys

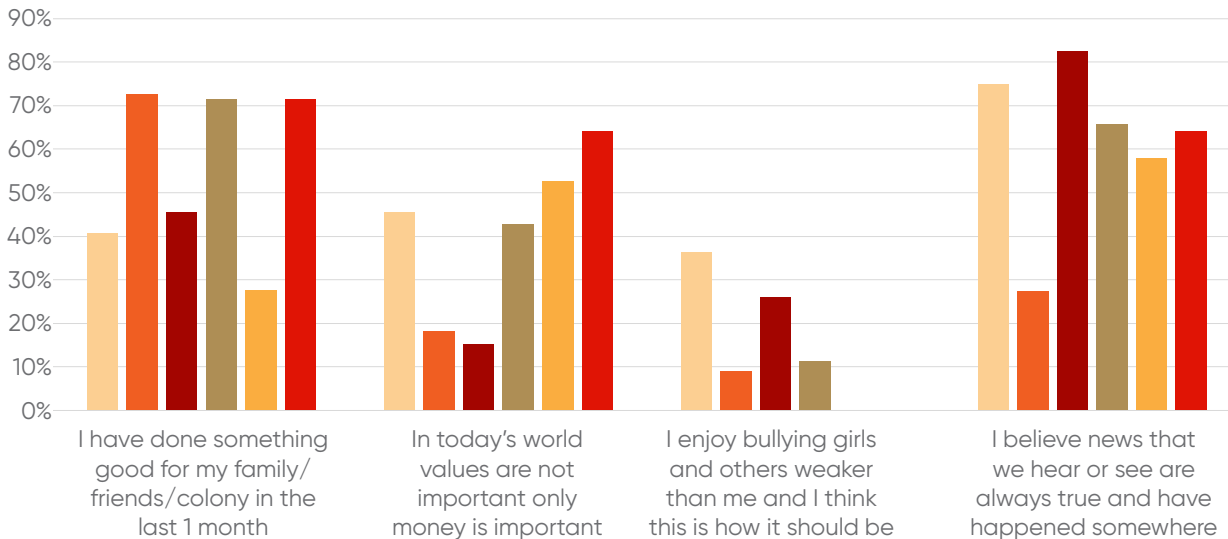


Similar discrepancies were also observed in the mothers' perceptions about their daughters vis-à-vis their sons. While 100% agreed that girls have the same right to property and education as boys, only 58% were willing to share household property with their daughters. 80% of mothers claim that they encourage both their sons and daughters to help with the household chores.

By the end of the study, the boys' ideas about social responsibility had evolved. During the baseline, 31% of the boys opined that they enjoyed bullying girls and didn't see anything wrong about it. This number dropped to 10% in the endline. The result of the sensitization workshops done with the younger boys (those below 10 years) was evident with nearly 40% reduction from baseline figures in the question around gullibility.

## Gullibility and Social Responsibility

■ Boys below 10 Baseline     ■ Boys 11-13 Baseline     ■ Boys 14-18 Baseline  
■ Boys below 10 Endline     ■ Boys 11-13 Endline     ■ Boys 14-18 Endline



04

# RECOMMENDATIONS





The project made noticeable impact in a very difficult settlement. Despite the limitations and hindrances posed by the pandemic, the project made phenomenal progress and this is visible from the behavior change in all stakeholders. The thrust of the project was to improve mobility and safety of girls by influencing gender biases and stereotypes. This was evidenced through stark changes in body language and confidence levels of girls, along with that of their mothers. The trickle effect on the neighbours was also evident.

It is thus strongly recommended that the project be continued. The faith the community is gradually developing of their own ability to make their neighbourhood safer will be lost if there is a break in the momentum of the project.

Some suggestions for the next phase of the project are as follows:



**Increase engagement with the other gender (boys and fathers) to improve decision making, mobility and safety of girls.** Some areas of engagement may be through active participation of boys through football sessions, safety audits, responsibility mapping. Involvement of fathers is also likely to improve support systems of girls at home and influence others in the neighbourhood to become proactive in making the place safer. Introduction of block level Whatsapp groups to bring forth issues, cautions and actions around safety have also proven to be effective.



**Build mixed collectives (boys and girls) to increase camaraderie and increase responsibility sharing during activities.** This is likely to build their leadership, ownership, and better understanding of division of labour within a household in the long run.



**Increase outreach through frequent audits, drills to increase participation** Demonstrations like "The Silent March" where women wore black and carried placards, was an inflection point in the present project. More such unusual and peaceful demonstrations that draw attention and sensitise minds faster can be planned in the next phase.



**Mobilise other stakeholders to improve infrastructure around safety** like the municipality ward councilor to improve lighting, improve and maintain infrastructure of parks



**Leverage schools for faster expansion and scale up since they have an existing platform** which can be used to influence children in large numbers through programs like active citizenship

Some gaps can be plugged to strengthen the programme further are as follows:



*Introduce training  
on Self-defense  
for girls*



*Provide  
psychological  
support to handle  
trauma*



*Undertake specific  
interventions to  
prevent substance  
abuse*



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