

Bharat Cares by SMEC Trust

Define I Design I Deploy I Deliver

BharatCares

Sports Portfolio

www.bharatcares.org

Our Programs











School Sports PE Curriculum Program

BharatCares proposes to deploy qualified coaches and equipment into government schools, delivering a structured PE curriculum aligned with NEP 2020 and the NCF — exposing children to football, volleyball, athletics, kho-kho, kabaddi, indigenous games etc...,

Impact

Class 1-12
School-hours Implementation

Multi sports
Introduced To Every Child

Qualified Coaches
Will Train All Students In The Program

Program Elements

- Qualified Coaches & Equipment
- NEP 2020 & NCF-Aligned Curriculum
- Fitness Assessments & Tracking
- Pathways to District & State Level







Girls Sports Program

BharatCares proposes a sports-based empowerment initiative exclusively for girls aged 7-18, creating safe spaces to build confidence and learn other soft skills through sport. Female coaches would deliver weekly sessions alongside health awareness, self-defence, and leadership workshops.

Impact

Ages 7-18
Girls To Be Reached

SDG 3 & 5
Health And Gender Equality Aligned

SDG 4, 10 & 17
Education, Reduced Inequalities And Partnerships

Program Elements

- Female Coaches, Girls-Only Sessions
- Health & Self-Defence Workshops
- Inter-School Leagues for Girls
- Parent & Community Engagement







Tribal Community Sports Hubs

BharatCares proposes to convert selected government school grounds into evening sports centres for tribal children, out-of-school youth, and vulnerable communities — turning idle grounds into vibrant, community-owned spaces after school hours.

Impact

Evening Hours

Grounds Activated After School

Community

Ownership & Social Cohesion

Program Elements

- Evening Coaching Sessions
- Community Tournaments & Festivals
- Youth Volunteer Programmes
- Reduced Anti-Social Behaviour







Sports Infrastructure Transformation

BharatCares proposes to convert underutilised school land and community land into functional mini-sports complexes — multi-purpose courts, running tracks, solar lighting, rainwater harvesting, and secure storage — the physical foundation for grassroots sport.

Impact

₹500 Cr -1400 Cr

Estimated Indian CSR Investment Per Year On Sports Infrastructure

Schools +

Surrounding Community Use

Government space

Suggested And Approved By Government

Program Elements

- Multi-Purpose Courts & Tracks
- Solar Lighting Systems
- Rainwater Harvesting Facilities
- Secure Equipment Storage







Sports and Health Mission

BharatCares proposes to integrate sports participation with nutrition education and preventive healthcare — athlete screening, Injury recovery and prevention workshops, anaemia checks, growth tracking, and nutrition education so no child's potential is limited by malnutrition.

Impact

Sport +
Health & Nutrition Combined

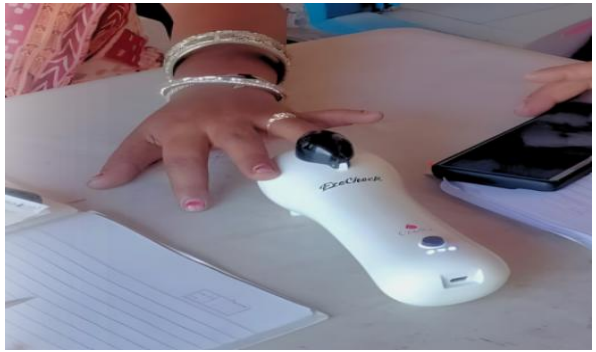
Preventive
Healthcare For Every Child

Recovery
Recovery Pre And Post Injury

Program Elements

- Athlete Screening & Health Checks
- Anaemia Screening & Growth Tracking
- Nutrition Education for Families
- Supplementation Support, Where Needed









To know more, Visit www.bharatcares.org