



CSR PROPOSAL

Empower Her

Lathi Kathi Self Defence Training for Girls

लाठी काठी प्रशिक्षण | संरक्षण मुलींचे आणि संस्कृतीचे

Safety, confidence and fitness through a traditional martial art of Maharashtra



242

girls trained in the Shevgaon pilot

10 days

of training per school

60 girls

maximum per batch

FREE

for schools, funded by sponsors and donors

Sankalp Abhinav Bharat Foundation, Pune

Pilot: Shevgaon, Dist. Ahilyanagar, Maharashtra, 12 to 17 October 2026

www.sabindia.org | contact@sabindia.org

SUMMARY

Empower Her at a Glance

Our pilot in Shevgaon

Lathi Kathi Self Defence Training Camps for Girls, 12 to 17 October 2026, during Navratri

242 girls trained in two shifts	6 days of training, 12 to 17 October	3 institutions took part	4 newspapers covered the camps
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This proposal: take the training to more schools

Free for schools, funded by sponsors, donors and CSR partners

Implementing Agency	Sankalp Abhinav Bharat Foundation, Pune, a not for profit Section 8 company (CIN U85300PN2021NPL198001), incorporated 23 January 2021; CSR-1 CSR00066726; 12A and 80G approved (Form 10AD, 26/07/2024)
Programme	Lathi Kathi self defence training for girls, a traditional martial art of Maharashtra practised with sticks
Beneficiaries	Girls studying in Std 8 to Std 12 in government schools only, from Ahilyanagar district, the Konkan region and Pune city, up to 60 girls per batch. See Section 06
Format	10 days of training per school, 2 hours a day, during school hours, ending with a demonstration by the girls on the final day
Cost to the school	Free. Sponsors and donors fund the training
Outcome measure	A simple before and after survey of the girls on confidence and safety awareness, plus feedback from teachers. See Section 07
Pilot completed	Shevgaon, Dist. Ahilyanagar, 12 to 17 October 2026: 242 girls from three institutions, every girl received a certificate
Budget	₹60,000 sponsors two schools (two batches, 120 girls)
Annual goal	₹1,80,000 to train 360 girls in 6 schools (three pairs of schools)
Our ask	Sponsor two schools (₹60,000) or the full annual programme of 6 schools (₹1,80,000). See Section 10
CSR Schedule VII Alignment	Item (iii) promoting gender equality and empowering women; item (v) protection of national heritage, art and culture, including promotion of traditional art; item (vii) training to promote rural sports

Why it works: the training runs inside the school, on the school's own ground and during school hours. Girls do not travel or pay to learn, and the school does not pay anything.



01 Organization Overview

Sankalp Abhinav Bharat Foundation (SAB Foundation) is a not for profit organisation based in Pune, Maharashtra, founded in 2021. Its mission is to promote **physical well being, mental resilience and community driven development**, and to **empower women** and support rural youth through education, advocacy and development programs.

We run lean by choice. Instead of a rented office, our administration is volunteer led, so that every donation we receive goes directly to the people we serve.

Through **Project Lakshya**, SAB Foundation trains rural youth of Ahilyanagar district for the Indian Army, Agniveer and Police Bharti. The Lathi Kathi programme extends this work on fitness and confidence to adolescent girls in schools.

02 Programme Overview

Lathi Kathi is a traditional martial art of Maharashtra, practised with sticks. Girls learn its skills step by step, on their own and in pairs, through steady daily practice under trained instructors. It needs little more than an open ground, can be taught to large groups, and keeps a proud part of our tradition and culture alive.

EMPOWER HER AIMS AT

- Teaching girls practical self defence skills and awareness that help them protect themselves.
- Building confidence, discipline and a fitness habit girls can carry into everyday life.
- Keeping the martial heritage of Maharashtra alive by passing it on to a new generation of girls.
- Reaching girls in Std 8 to Std 12 inside their own government schools, at no cost to the school.

03 Why It Matters for Girls

Training girls in Lathi Kathi builds their **confidence, discipline and ability to protect themselves**. It encourages them to stay alert about their own safety, and gives them a fitness habit they can carry into everyday life.

The pilot was held during Navratri, the festival of Shakti. While the festival celebrated the strength of the Goddess, these girls were building strength of their own.

Our tagline: संरक्षण मुलींचे आणि संस्कृतीचे

Protecting our girls, and our culture.



04 Benefits for Girls and Schools

Benefit	What it means for the girls
Self defence	Practical stick skills and awareness that help girls protect themselves.
Confidence	Girls grow bolder as they master new skills and perform them in public.
Discipline	Daily practice, focus and respect for the trainer and for each other.
Fitness	Physical agility, coordination, strength and stamina.
Teamwork	Partner drills and group routines build trust and cooperation.
Cultural pride	A living link to the martial heritage of Maharashtra.

Certificate of completion: every girl who completes the training receives a certificate. For the school, the programme is a meaningful activity for girls that ends with a proud public demonstration for parents and guests.

05 Programme Design for Schools

Free for schools: there is no cost to the school. Sponsors and donors fund the training.

10 days of training per school	2 hours of training each day	School hours training only during school hours	60 girls maximum per batch
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Each batch takes a maximum of 60 girls and ends with a demonstration by the girls on the final day. If a school has more girls who wish to join, running more than one batch is an option the school can discuss with SAB Foundation. As our trainer travels from Pune, **SAB Foundation plans the training for two schools at a time.**

The school provides

- An open ground for daily training
- The girls, up to 60 per batch
- A mic system (sound system with a microphone)
- A female teacher who monitors every session

SAB Foundation provides

- Trained Lathi Kathi instructors for all 10 days
- Lathis (sticks) for every girl
- Planning of the daily training and the final day demonstration
- A certificate of completion for each girl

HOW IT WORKS

- 1. Get in touch:** a government school in one of our target areas writes to contact@sabindia.org to express interest and shares the number of girls in Std 8 to Std 12.
- 2. Plan together:** agree on the dates and a daily slot within school hours, the ground and the female teacher.
- 3. Ten days of training:** two hours a day, SAB trainers teach the girls step by step.
- 4. Demonstration and certificates:** on the final day the girls show their skills to parents and guests, and each girl receives her certificate. The girls then fill in the survey again.

06 Target Geography and School Selection

Empower Her is offered to **government schools only**, in three target areas: **Ahilyanagar district**, the **Konkan region** and **Pune city**. It is for girls studying in **Std 8 to Std 12**.

Govt. schools only	Ahilyanagar district	Konkan region	Pune city
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HOW SCHOOLS ARE SELECTED

- The school is a government school.
- The school is in Ahilyanagar district, the Konkan region or Pune city.
- The girls who join are studying in Std 8 to Std 12.
- The school can provide an open ground, a mic system and a female teacher who monitors every session.
- As our trainer travels from Pune, SAB Foundation pairs two selected schools at a time.

07 Outcome Measurement

Along with the number of girls trained, we check what changes for the girls with one simple outcome measure: a **before and after survey** of the girls on **confidence and safety awareness**, plus **feedback from teachers**.

What we measure	How	When
Confidence	A simple survey of the girls	Before the training starts and after it ends
Safety awareness	The same simple survey	Before the training starts and after it ends
Teacher feedback	Feedback from the teachers of the school	After the training

HOW IT WORKS

1. **Before:** before the training starts, the girls fill in a short survey on their confidence and safety awareness.
2. **After:** when the training ends, the girls fill in the same survey again.
3. **Teachers:** the teachers of the school share their feedback.
4. **Report:** we compare the before and after answers and share the results, with the teacher feedback, in our report to the CSR partner.

What the CSR partner receives: for each school, the before and after survey results and the feedback from teachers.



08 Pilot Programme: Shevgaon, October 2026

During Navratri, SAB Foundation held **Lathi Kathi Self Defence Training Camps for Girls** (लाठी काठी प्रशिक्षण शिबिर) in **Shevgaon, District Ahilyanagar, Maharashtra**. The camp ran from 12 to 17 October 2026 in two shifts, morning and evening.

Duration	6 days, 12 to 17 October 2026
Girls trained	242 girls in two shifts
Morning shift	New Arts, Commerce and Science College, Shevgaon, with the college's NCC department. 167 girls from the college and from Residential Highschool and Jr College of Science, Shevgaon
Evening shift	Padmabhushan Balasaheb Bharde Highschool and Junior College, Shevgaon, as part of its Navratri celebrations. 75 girls
Closing day	17 October 2026. Each shift held its own closing ceremony. The girls gave a demonstration in front of parents and guests, and every girl received a certificate

PEOPLE BEHIND THE PILOT

- **Sensei Vishal Gadkari** led the training, supported by **Sainath Gayke**, who also coordinated the camp.
- **Dr. Purushottam Kunde**, Vice Principal, New Arts, Commerce and Science College, presided over the morning shift closing ceremony, with **Lt. Narayan Gore** of the college's NCC department.
- **Shri Umesh Bhalsing**, social worker and promoter of the Adarsh Gaon concept, was chief guest at the evening shift ceremony at Bharde Highschool.
- **Principal Umesh Ghevarikar** of Bharde Highschool, together with the teachers and staff of both shifts, encouraged the girls and made the camp a success.



From pilot to programme: the pilot ran for 6 days. Building on what we learned, the programme for schools now runs for 10 days, 2 hours a day, during school hours, so that every girl has more time to practise and gain confidence.



09 In the News

The Shevgaon camps were reported in four newspapers, **Sarvamat**, **Divya Marathi**, **Taji Khabare** and **Sakal**, and featured on the SAB Foundation blog: "Daughters of Shakti: 242 Girls Learn Lathi Kathi in Shevgaon" (www.sabindia.org/lathi-kathi-self-defence-camp-girls-shevgaon).

Newspaper	Date
Taji Khabare	20 October 2026
Sakal	20 October 2026
Sarvamat	21 October 2026
Divya Marathi	21 October 2026

नवी आशा नवी दिशा

सार्वमत

epaper.deshdoot.com
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शेवगावमध्ये विद्यार्थिनींना लाठीकाठी प्रशिक्षण

न्यू आर्ट्स महाविद्यालयातील सात दिवसीय शिबिराचा समारोप

शेवगाव (सालुकाप्रतिनिधी) - जिल्हा मराठा विद्या प्रसारक समाजाच्या न्यू आर्ट्स, कामर्स अँड सायन्स महाविद्यालयात राष्ट्रीय छात्रसेवा विभागा आणि पुणे येथील संकल्प अभिनव भारत फाउंडेशन यांच्या संयुक्त विद्यमाने आयोजित सात दिवसीय लाठीकाठी प्रशिक्षण समारोप झाला. महाविद्यालयात वरिष्ठेनियुक्त असून हायस्कूलवर्गाच्या १५० विद्यार्थिनींनी शिबिरात सहभाग घेतला. महिला सक्षमीकरण, स्वसंरक्षण आणि आत्मविश्वासबुद्धी हा शिबिराचा उद्देश होता. समारोपसंमेली

विद्यार्थिनींनी पालकसंमेली लाठीकाठी प्रशिक्षणाची प्रात्यक्षिके सादर केली. शारीरिक चाचळात, समन्वय, शिरत आणि स्वसंरक्षणाची कोशल्ये त्यांनी दाखवून दिली. विशाल गडकरी आणि साईनाथ गावळे यांनी प्रशिक्षण दिले. सहभागी विद्यार्थिनींना प्रमाणपत्रे वितरित करण्यात आली. समारोपात संकल्प अभिनव भारत फाउंडेशनचे संपालक इंदुजित देशमुख आणि अर्जुन गाव संकल्पनेचे प्रवर्तक उमेश भार्तांग प्रमुख पाहुणे म्हणून उपस्थित होते. अध्यक्षवाणी

उपछायावर्ग डॉ. पुरुषोत्तम कुंदे होते. मुलींनी स्वागतंही होऊन प्रत्येक परिस्थितीला सामोरे जाण्याची तयारी ठेवावी, असे आवाहन केले. शिबीर चरमवीतसाठी डॉ. सार्ताक पावले, प्रा. प्रविभा भेंडेकर आणि प्रा. सोमवती क्षीरामर यांनी सहकार्य केले. प्रा. आशा वडोडे यांनी सूत्रसंचालन केले. आभार प्रा. राम कोर्डे यांनी मानले.

तुळी खबरे

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१६७ विद्यार्थिनींचा सहभाग; पालकसंमेली विद्यार्थिनींकडून लाठीकाठी प्रशिक्षणाचे प्रात्यक्षिक

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दिव्य मराठी

अहिल्यानगर सिटी 21-10-2026

विद्यार्थिनी भारदे हायस्कूलच्या ७५ युवतींनी घेतले स्वसंरक्षणाचे धडे; पाच दिवसीय शिबिराचा समारोप युवतींच्या हातात लाठी-काठी अन् मनात निर्भयतेची मशाल!

प्रतिनिधी | शेवगाव

हातात लाठी-काठी, वेळोवेळी आत्मविश्वास आणि संकल्पना समोर घ्यायची विस... असा उद्देशाने यातला आनंद घेते ७५ युवतींनी स्वसंरक्षणाचे धडे घेतले. बरलगा काळात मुलींनी केवळ शिक्षणातच नव्हे, तर राहण्याच्या पद्धतीतल्या बदलांही स्वयं ज्ञान, येताना यात कान निर्भयतेचे परिस्थितीचा सामना करण्यासाठी लाठी-काठीसाठी पारंपरिक युद्धकला आचारसंग्रह करणे यावरचे आहे, असे प्रशिक्षण समारोप करताना उमेश भार्तांग यांनी म्हणले.

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तुळी खबरे

युवतींसाठी लाठी-काठी प्रशिक्षण आजच्या काळाची गरज

शेवगाव (सालुकाप्रतिनिधी) - जिल्हा मराठा विद्या प्रसारक समाजाच्या न्यू आर्ट्स, कामर्स अँड सायन्स महाविद्यालयात राष्ट्रीय छात्रसेवा विभागा आणि पुणे येथील संकल्प अभिनव भारत फाउंडेशन यांच्या संयुक्त विद्यमाने आयोजित सात दिवसीय लाठीकाठी प्रशिक्षण समारोप झाला. महाविद्यालयात वरिष्ठेनियुक्त असून हायस्कूलवर्गाच्या १५० विद्यार्थिनींनी शिबिरात सहभाग घेतला. महिला सक्षमीकरण, स्वसंरक्षण आणि आत्मविश्वासबुद्धी हा शिबिराचा उद्देश होता. समारोपसंमेली

विद्यार्थिनींनी पालकसंमेली लाठीकाठी प्रशिक्षणाची प्रात्यक्षिके सादर केली. शारीरिक चाचळात, समन्वय, शिरत आणि स्वसंरक्षणाची कोशल्ये त्यांनी दाखवून दिली. विशाल गडकरी आणि साईनाथ गावळे यांनी प्रशिक्षण दिले. सहभागी विद्यार्थिनींना प्रमाणपत्रे वितरित करण्यात आली. समारोपात संकल्प अभिनव भारत फाउंडेशनचे संपालक इंदुजित देशमुख आणि अर्जुन गाव संकल्पनेचे प्रवर्तक उमेश भार्तांग प्रमुख पाहुणे म्हणून उपस्थित होते. अध्यक्षवाणी

उपछायावर्ग डॉ. पुरुषोत्तम कुंदे होते. मुलींनी स्वागतंही होऊन प्रत्येक परिस्थितीला सामोरे जाण्याची तयारी ठेवावी, असे आवाहन केले. शिबीर चरमवीतसाठी डॉ. सार्ताक पावले, प्रा. प्रविभा भेंडेकर आणि प्रा. सोमवती क्षीरामर यांनी सहकार्य केले. प्रा. आशा वडोडे यांनी सूत्रसंचालन केले. आभार प्रा. राम कोर्डे यांनी मानले.



10 Budget & Ways to Support

Each school gets one batch of 60 girls, so a pair of schools means two batches and 120 girls. SAB pairs two schools at a time because the trainer travels from Pune to the school location.

SPONSORSHIP FOR TWO SCHOOLS (120 GIRLS)

Budget head	Basis	Amount (₹)
Lathis	Lathis for 120 girls	25,000
Trainer fee	Two batches, 10 days	15,000
Food and trainer stay	For the training period	10,000
Miscellaneous	Medical kit, transport and travel charges, etc.	10,000
Total	Two schools, 120 girls	60,000

₹60,000

sponsors two schools (120 girls)

₹1,80,000

annual goal: 360 girls in 6 schools

3 pairs

of schools at ₹60,000 per pair

WAYS TO SUPPORT

- Sponsor two schools for ₹60,000 (CSR partners and donors).
- Sponsor the full annual programme of 6 schools for ₹1,80,000.
- Individual donors can give any amount towards the training.

HOW TO DONATE

Online at www.sabindia.org/donate, or by bank transfer:

Account Name	Sankalp Abhinav Bharat Foundation
Account Number	3896962137
Bank Name	Central Bank Of India
IFSC Code	CBIN0285017
Branch	Dhayari, Pune, Maharashtra

Tax benefit: donations to Sankalp Abhinav Bharat Foundation qualify for deduction under section 80G(5) of the Income Tax Act 1961. We accept donations only from Indian citizens and Indian registered entities (no foreign contributions).



11 Expected Outcomes & Targets

Targets for the annual programme of 6 schools (₹1,80,000)

Indicator	Target	How it is shown
Schools reached	6 schools (3 pairs)	List of partner schools
Girls trained	360 girls (up to 60 per batch)	Batch lists from each school
Training days	10 days per school, 2 hours a day	Daily attendance
Final day demonstrations	6, one at each school	Photos and videos
Certificates	One for every girl who completes the training	Certificate records
Before and after survey	At every school	Survey results, teacher feedback

REPORTS TO THE CSR PARTNER

- A short report after each pair of schools, with the number of girls trained, the before and after survey results, the teacher feedback, and photos of the training and the final day demonstration.
- A statement of how the funds were used against the budget heads in Section 10.
- Newspaper coverage and blog posts, when available.

12 Alignment with UN Sustainable Development Goals

Goal	How Empower Her contributes
SDG 5: Gender Equality	Gives girls self defence skills, confidence and a public platform to show what they have learned.
SDG 3: Good Health and Well being	Daily physical practice builds agility, strength, stamina and a lasting fitness habit.
SDG 4: Quality Education	Adds a structured physical and life skills activity for girls inside their own schools, during school hours.

13 Conclusion

The Shevgaon pilot showed that schools are willing to host Lathi Kathi training on their own grounds, and that girls take to it with energy and pride. 242 girls trained, and every girl received a certificate after a proud demonstration in front of parents and guests.

With your support, we can take this training to more government schools in Ahilyanagar district, the Konkan region and Pune city. **₹60,000 trains 120 girls in two schools**, and **₹1,80,000 trains 360 girls in 6 schools** over the next year. Together, let us help every girl stand strong.



14 Contact & Compliance

SANKALP ABHINAV BHARAT FOUNDATION

CIN: U85300PN2021NPL198001 (Section 8 company, incorporated 23 January 2021)

PAN: ABFCS3299C

80G Registration No.: ABFCS3299C24PN02

12A Registration No.: ABFCS3299C24PN01

CSR-1 Registration No.: CSR00066726

Email: contact@sabindia.org

Website: www.sabindia.org

REGISTERED OFFICE

Sankalp Abhinav Bharat Foundation, S NO 14, PN 20, Ashok Residency, Flat No 101, Near Akashdeep Society, Dhayari, Pune, Maharashtra, India, 411041

COMPLIANCE & CERTIFICATES

Certificates and audit reports are published at www.sabindia.org/compliance

SCHOOLS, DONORS AND CSR PARTNERS

Government schools in Ahilyanagar district, the Konkan region and Pune city can write to contact@sabindia.org to host a batch for girls in Std 8 to Std 12. Donors and CSR partners can write to sponsor the training.



What is next: next year, we plan to take this training to girls in 6 schools, so that many more girls can learn Lathi Kathi and grow in confidence.

₹60,000

trains 120 girls in two schools

₹1,80,000

trains 360 girls in 6 schools

10 days

of training at each school, free for the school

Thank you for considering a partnership with us.

संरक्षण मुलींचे आणि संस्कृतीचे | Together, let us help every girl stand strong.