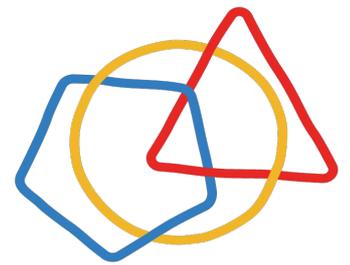
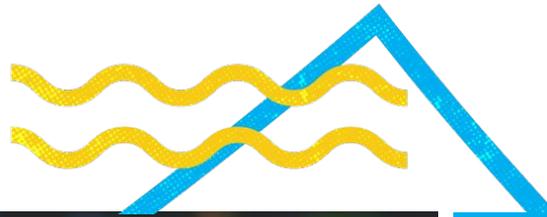


September



FORCA GOA
FOUNDATION

REPORT



ONGOING INITIATIVES

Act4Goa Launch

–

Nutrition
Workshop with
Coaches

–

Laws Of The Game
workshop for
coaches

–

Preparation for
the Inter-Center
League

–

Our Commitment
to Fairtrade
Footballs

–

Office E-waste
Drive

–

ACT4GOA LAUNCH



Over the last couple of years the Forca Goa Foundation has helped co-host a series of participatory meetings and dialogues with the purpose of creating spaces for people to talk about what Goa needs. Out of these citizen conversations came the understanding that citizens could be more effective with easy-access information that opened up focussed dialogue and action.

Act4Goa has emerged to provide efficient ways and spaces to access information, understand the issues, know the facts, take action, connect with others & find accessible simple resources that enable citizens to take informed action for Goa's sustainable development.

Act4Goa is designed to be an apolitical, unbiased platform to support, inform and inspire people to participate in the development of Goa.

The platform has been ideated and is being co-created by five different Organizations: Kokum, Video Volunteers, Circle Wallas, Forca Goa Foundation, and Live Happy. After almost two years of development we finally shared our plan with the public at 6 Assagao on September 3rd.

The feedback from the community reinforced the fact that a platform like this would be well received and many people would find it useful. We will be continuing our development of the platform and hope to have something ready for the public by December.

NUTRITION WORKSHOP WITH OUR COACHES



One of the campaigns we are building on this year is our #MissionNutrition program, which seeks to help educate the children we work with the importance of eating a healthy balanced diet made up of nutritional food. It is our Goal to build the capacity of all our coaches so they in turn can help build the capacity of all the children they work with. To do this we held a Nutrition workshop with the coaches training them on the finer points of what it means to have a healthy balanced diet and showing them how to conduct the workshops we have planned for the children.

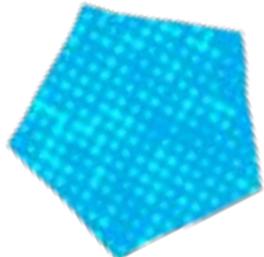
Our research shows that Goan children have a suffer from stunted growth due to poor nutrition. Even scarier still is the fact that the next generation of

Goans actually have a shorter expedited life span due inadequate nutrition. We hope that our nutrition program can help raise the awareness of the child around the importance of eating healthy. We want all the children we work with to understand that food is fuel and that if you want to perform your best then you need to feed your body the most nutritious and balanced fuel possible.

Each coach will be expected to conduct three workshops for the kids they coach over the next few months. Each workshop will build off of the previous and track the students retention of the lessons.



LAWS OF THE GAME WORKSHOP



Our coaches Benjamin Silva and Rupesh Madkar, who are also licenced referees, took our coaches through a workshop teaching them the Laws of Football.

The workshop was conducted to teach our coaches the different rules and laws of football so that they understand the game better and know their role and responsibilities as coaches with regards to referees.

Coach Benjamin and Rupesh also spoke of the need for players to start respecting referees and their decisions more often.

It's the coaches jobs, especially at the grassroots level, to imbibe that kind of discipline in their players. Often times players argue or talk back to the referee which works to the detriment of the team.

Using the recently concluded World Cup as an example, the workshop then went through the latest developments in the game, including VAR and the use of other technology.

The class was then opened to the rest of the coaches to answer questions and clarify their doubts.



ALL SET FOR OUR INTERCENTER LEAGUE



As the rains begin to dry up and we regain access to the football fields, we look ahead as an organization and make plans for the launch of our Inter Center League. This year we will be running a league for the U12 and U14 age categories. The league is all set to start on the 6th of October and will continue for 5 months.

We have divided our centers into three divisions so that the children do not have to travel to far for match days. The North Division games will be held every Saturday on the Mapusa Ground. The Central Division will be taking place at Father Agnels Verna and Pilar. Finally the South Division matches will be hosted at Quepem Sports Complex and Sarzora as they have the longest distance to travel since the schools are more spread out.

We have finalized the draws and all the schools have been informed of the same. We are excited to get this longer league format underway. Coach Derrick who conceptualized the league feels that the longer format will provide more opportunities for the children to develop their technical skills. The schools also feel that the longer league will help their own schools team's players develop. We will continue to share the results of the league games on Facebook over the course of the five months to keep the community informed.

MAKING A COMMITMENT TO FAIRTRADE FOOTBALLS



The Forca Goa Foundation is proud to announce that we have switched to Fair Trade Certified Footballs. We are the first organization in India to have made such a commitment. It is our goal to insure that we are honoring our operating principles in every aspect of our operation. As such we felt we could not claim to empower children through football unless we could guarantee that the footballs our children were playing with were not being produced by child labour.

In the 1990s there was a huge issue with the use of child labor for the manufacturing of footballs as people felt the work was best executed by the nimble fingers of kids.

Each football is hand stitched and as many as 10 people will have touched the ball before it reaches the client.

Fairtrade India has reached out to us as well and together we are planning to conduct a series of workshops with our coaches and the kids on why Fairtrade is important and how supporting Fairtrade products helps to make a difference in the lives of those who work in the factories. We hope that other organizations and Clubs will follow our example and switch to Fairtrade manufactured footballs moving forward.

OFFICE E-WASTE DRIVE



The Forca Goa Foundation is committed to doing our part to help #tackletrashtogether under our Goa vs. Garbage Campaign. As such we thought September was the perfect time to launch an office wide E-Waste Drive. E-waste is electronic waste or discarded electrical or electronic devices.

Most people are unaware just how bad e-waste is for the planet. E-waste is not like other waste and cannot be disposed of in the same manner as most common trash. This is because of the toxic components that are used to make the products including: Mercury, Lead, Cadmium, Polybrominated Flame Retardants, Barium, and Lithium. These toxic chemicals and heavy metals can leach into the soil, air, and water when they end up in landfills.

Overtime these chemicals will not only lead to the pollution of the local ecosystem but can also endanger the health of nearby communities and animal populations.

India is now the 5th largest producer of E-waste in the world. By 2020 it is estimated that India will produce 52 lakh of metric tonnes of waste a year. With so much waste being produced drives like ours are an important way to educate people about the harms E-waste can have on our ecosystem and give people a way to dispose of their own E-waste in a safe manner that insures it won't end up in a landfill.

EXPANDING THE FGF TEAM



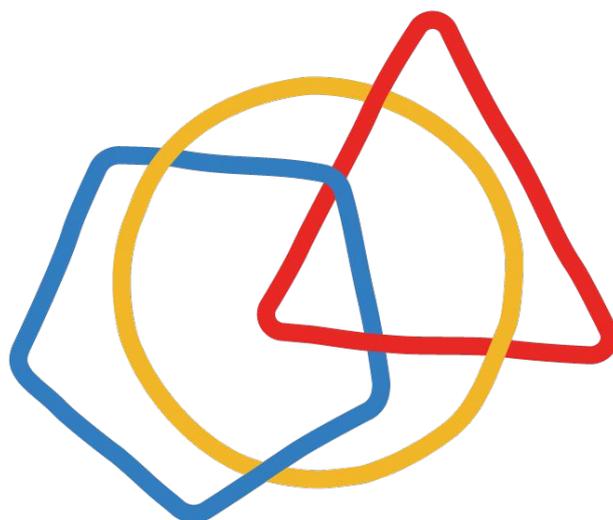
The Forca Goa Foundation has officially welcomed three new people to our team.

Khushal Palicha has joined as our new Brand and Fundraising Manager. He will be helping us identify companies who align with our mission and vision to help us bring our programs to the next level of operation.

Kenneth Glen Savio Fernandes has accepted the position of our South Grassroots Manager. He comes with tons of experience having worked with the GFDC and U17 World Cup prior to joining us. He is going to help insure all our operations in the South are running smoothly and that we are proactively moving ahead and closer to our long term goals.

Shane A. Temudo has also joined the team as another Grassroots Coach taking the place of Naresh Vindokhar who has been promoted to the position of Grassroots Manager in the North. Shane comes with a D- License and was once one of the students of Coach Naresh himself.

We are incredibly excited about our new hires and feel confident about how our team is progressing and growing as a whole. Together we believe we will be able to provide the best programs possible.



FORCA GOA
FOUNDATION

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