



Inspiring Leadership, Empowerment  
and Development in Youth

A public-private partnership programme of Habib University Foundation and  
Department of Sports and Youth Affairs, Government of Sindh

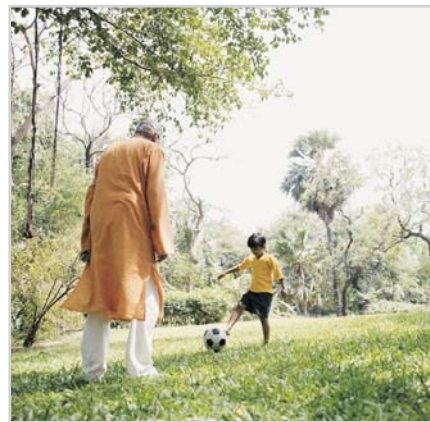
## Why iLEAD

iLEAD - Inspiring Leadership, Empowerment and Development in Youth Collectivism, Sharing and Togetherness is an innovative and first of its kind youth development program that aims at facilitating leadership, personal development, and active citizenship in youth through sports and community service.

### Sports and a Healthy Society

Sports and physical activity play an important role in creating a 'Healthy Society' by

- Nurturing individuals who are physically, personally, cognitively and emotionally healthy
- Building a sense of community and cohesiveness
- Cultivating healthy relationships based on mutual respect, tolerance and acceptance for diversity
- Fostering the spirit of healthy competition and team work
- Promoting national unity and social synergy



The famous Multiple Intelligence Theory of Dr. Howard Gardner declared bodily-kinesthetic intelligence as one of the core eight intelligences. If physical education is removed from our schools, one-eighth of human intelligence is eliminated.

(J. Blaydes, 2001)



### Modern Lifestyle and Healthy Society

With burgeoning use of machines and technology, the modern sedentary lifestyle has taken us away from sports. Majority of us have merely become spectators of sports and other recreational activities instead of active participants with a positive spirit of enjoyment, team work and healthy competition. This alienation from sports is impacting the overall health of the society including increasing health issues, weakening social bonds, lack of tolerance for diversity and decreasing openness to celebrate the success of others.

The World Health Organization estimates that about 19 million people die every year because of an almost total lack of physical activity.  
(WHO, 2002, p. 61).



### Reviving Sports by Engaging Youth

Educational institutes around the world engage youth actively in sports activities for promoting a healthy and active lifestyle in society. Youth is facilitated for:

- Developing core life skills through sports
- Participating in regular interfaculty sports activities
- Competing in local, national and international sports events
- Engaging local communities in healthy sports activities
- Learning and playing leadership roles in various ways

In this context, i-LEAD is taking the challenge of promoting sports in youth as a tool for fostering a healthy Pakistani society. The program will closely examine the current situation and integrate a well-designed sports program within the current framework of schools and colleges by engaging youth actively.

"Sports has the power to change the world ... to inspire ... to unite people."  
Nelson Mandela



## Our Aim



ILEAD aims to synergize **YOUTH, SPORTS & EDUCATION** to promote an **Active Lifestyle** and a **Healthy Society**.

### Inspiring and Engaging Youth: Nurturing their Innate Potential

Facilitating youth towards leadership, team building, tolerance, respect for diversity, conflict resolution and positive self image

### Promoting Sports: Involving Children and Youth in Healthy and Fair Play

Engaging youth in a variety of sports activities and helping them learn the values of healthy competition

### Institutionalizing Sports Education: Creating Contextualized Tools and Framework

Developing a contextualized curriculum and supporting educational institutes in creating a facilitative institutional framework to implement a high-quality sports education program

## Leading i-LEAD



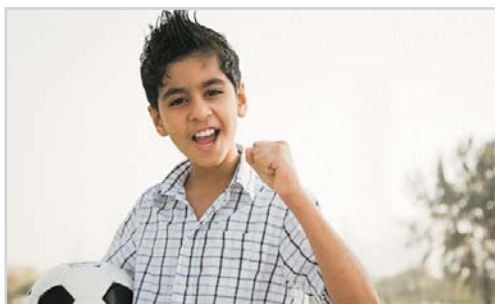
i-LEAD is a public-private partnership programme between the Department of Sports and Youth Affairs, Government of Sindh and Habib University Foundation (H.U.F.) to initiate sports education for youth in Karachi and Hyderabad.

Under this project, H.U.F. is building partnerships with colleges and schools in Karachi and Hyderabad to create a viable framework to house sports education in these institutes. Programmatic activities are designed to foster harmony among young people, help them gain cross-cultural understanding and enable them to nurture a culture of unity. Furthermore, students are provided with opportunities to build their capacity for participating in national and international sports.

## Our Strategy

### 'Learning and Growing Together'

The program will foster collaborative and continued learning. i-LEAD programme team will mentor sports faculty of 5 colleges that will in turn mentor 5 schools each. Likewise college youth will be facilitated to mentor their colleagues by using various peer learning strategies. In this manner, iLEAD will gradually create a community of learners who can continue their learning even after the project is completed.



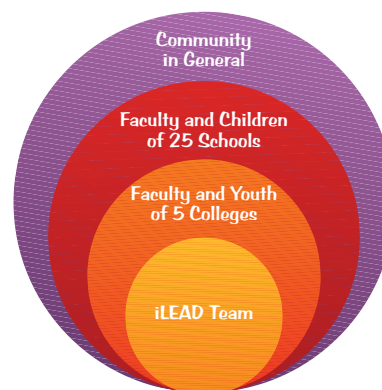
### 'Institutionalizing Sports Education'

iLEAD will create a comprehensive sports curriculum to provide a focused and sustainable approach to sports education. This curriculum will be implemented in partner colleges and will also be shared with the Government for further replication.



### 'Networking and Partnerships'

The program will partner with a range of stakeholders to ensure participatory decision-making and learning. iLEAD will network with government departments (youth affairs, sports and education) and national and international organizations interested in working collaboratively for this sports education program.



iLEAD's Approach Towards Learning

## iLEAD at a Glance



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Department of Sports and Youth Affairs  
Government of Sindh



Habib University Foundation

Habib University Foundation's Center for Educational Research and Planning (CERP) is responsible for the overall management of the project. The Center for Educational Research and Planning undertakes research and planning efforts for enhancing the quality of learning spaces. It undertakes educational research to investigate and understand emerging global challenges and opportunities while keeping local realities in mind and utilizes research insights for undertaking educational planning. For more details, log on to: [www.huf.org.pk](http://www.huf.org.pk)

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