

Fit and Friendly: Community Wellness and Child-Friendly Schools Initiative in Telangana

Under CSR initiative of BPCL

How:

1. **Health & Wellness:** By installing open-air gym equipment, we aim to promote physical fitness and encourage healthy lifestyles among school students and the local community.
2. **Access to Clean Drinking Water:** Providing RO systems ensures access to safe and hygienic drinking water, improving overall health outcomes.
3. **Infrastructure Development:** The installation of high-quality furniture will enhance the learning environment in schools and public spaces.

What: The **Fit and Friendly: Community Wellness and Child-Friendly Schools Initiative in Telangana** is a comprehensive development project aimed at enhancing health, education, and community infrastructure in underserved areas of Malkajgiri District, Telangana. The project focuses on the installation of open-air gyms in public parks to promote physical fitness among residents, the provision of RO water systems in schools to ensure access to clean and safe drinking water, and the enhancement of school infrastructure through the supply of durable, ergonomic furniture to create child-friendly learning environments.

These interventions are designed to address critical gaps in community wellness, hygiene, and educational infrastructure, directly benefiting over 25,000 individuals, including approximately 5,000 students across 10 locations. By fostering a culture of fitness, improving health outcomes, and supporting quality education, the initiative aligns with the Sustainable Development Goals and national development priorities. The project emphasizes sustainability by transferring ownership of assets to local stakeholders, such as municipal authorities, school management committees, and resident welfare associations, who will take responsibility for their maintenance and long-term functionality. This initiative represents a significant step towards building healthier, more

Who: Experience of Mahita Mahita, with over **30 years of experience**, has implemented impactful projects addressing education, gender equality, livelihoods, and health in Telangana and Andhra Pradesh. Key initiatives include child labor eradication, creating 135 child-labor-free villages, vocational training for 1,500 young women annually, STEM labs, WASH facilities, and climate action programs. Collaborations with international agencies like UNICEF, Plan India, and Save the Children further demonstrate Mahita's expertise in fostering sustainable community development and empowering marginalized groups.

Where: Malakajgiri-Medchel District Telangana

Why: Malkajgiri, India's most populous Lok Sabha constituency, faces significant challenges due to rapid urbanization, including limited fitness facilities, inadequate school infrastructure, and lack of clean drinking water. Rising lifestyle diseases like obesity and diabetes highlight the need for accessible fitness options, while unsafe drinking water in schools and public

spaces exposes residents to waterborne diseases. Additionally, poor-quality furniture in schools hampers learning outcomes and student motivation.

This project addresses these gaps by installing open-air gyms, RO water systems, and ergonomic furniture at strategic locations. It fosters physical fitness, ensures access to safe drinking water, and enhances educational environments, aligning with national campaigns like the Fit India Movement and Swachh Bharat Abhiyan. The initiative promotes healthier communities, empowers youth, and supports sustainable urban development in Malkajgiri.

When: April 2025 onwards to be completed with 18 months

Budget: Rs 2.50 Cr

Need Assessment Report on Open Gym and Park Details

Background

The report outlines details of twelve parks equipped with open gyms, focusing on their geographical locations, dimensions, facilities, and development potential. These parks are situated across various colonies and wards in the Malkajgiri-Medchal districts and are integral to community fitness and recreation. The information includes the measurements of gym areas, overall park size, availability of essential utilities, and contact details of responsible officials.

Identification and Assessment of Open Gym Sites

The Mahita team played a pivotal role in initiating and facilitating discussions with the Greater Hyderabad Municipal Corporation (GHMC) Circle offices of Kapra and Uppal. These circles come under the Malkajgiri-Medchal districts. Meetings were held with Deputy Commissioners of the respective circles to outline the proposed programme supported by Bharat Petroleum Corporation Limited (BPCL). Subsequent interactions with site engineers resulted in a joint site visit by Circle Engineers and the Mahita team to explore possibilities and conduct need assessments.

During the need assessment, all 12 potential gym sites were visited. Formal and informal meetings were conducted with walkers, colony associations, and neighboring residents of public parks to gather feedback and understand community requirements. Based on site availability and feedback, Mahita collaborated with assigned contractors to prepare detailed estimations adhering to Public Works Department (PWD) rates.

The assessments identified the following preparatory works required for gym installation:

1. **Site Preparation:** Leveling and compacting the site with a robust base layer of aggregate and cement.
2. **Drainage and Safety:** Incorporating sand filling to ensure proper drainage and installing paver tiles and kerb stones for improved aesthetics and safety.

3. **Foundation Works:** Anchoring gym equipment securely into reinforced concrete foundations.

Detailed quotations for the gym equipment and civil engineering estimations have been compiled and attached as a separate annexure for reference.

Park Summaries

1. **Ramanthapur Bhavani Nagar Park:** The park spans 250 square yards with a gym measuring 56 ft by 40 ft. It currently lacks water and electricity but has potential for development, overseen by Mr. Mahender, the Site Inspector.
2. **Saibaba Colony, Uppal Ward No. 10:** This park features a gym area of 124 square yards (35 ft by 32 ft). Utilities such as water and electricity are available, but development plans are unspecified. Mr. Sudhaker Reddy is the responsible official.
3. **Saibaba Colony, Uppal Ward No. 10 (Site 2):** With a gym covering 194 square yards (70 ft by 25 ft), this site has water and electricity. Like the first site, its development status remains unspecified under the same official.
4. **South Swaroop Nagar:** A gym area of 194 square yards (50 ft by 35 ft) with available utilities makes this park well-equipped, though development is not mentioned. The site is also managed by Mr. Sudhaker Reddy.
5. **Seven Hills Colony:** The gym measures 98 square yards (55 ft by 16 ft) and has water and electricity. The development status is undefined, under the oversight of Mr. Sudhaker Reddy.
6. **Shivpuri Shank Colony, Kapra:** Spanning 134 square yards (55 ft by 24 ft), this gym-equipped park has adequate utilities but unspecified development plans. The responsible officer is Mr. Suraj.
7. **EC Nagar, Cherlapally, Ward 3:** This large park hosts a gym of 900 square yards (136 ft by 60 ft) but lacks water and electricity. It is deemed suitable for development, supervised by Mr. Praveen Goud.
8. **Srinivas Nagar Colony, AS Rao Nagar, Ward 2:** The gym occupies 119 square yards (35 ft by 35 ft) with utilities in place, though development details are not provided. Mr. Srinath oversees this location.
9. **Laxmi Nagar, Old Meerpet, Ward 4:** With the same gym dimensions as Srinivas Nagar, this park is equipped with utilities, with no specific development status mentioned. Mr. Chary is in charge.
10. **Mallapur Pittalabasti, Ward 5:** This park also features a gym measuring 119 square yards (35 ft by 35 ft) with water and electricity. Development status is unspecified, with Mr. Jangaiyah managing the site.
11. **Snehpuri Colony, Nacharam, Ward 6:** The gym area is 190 square yards (57 ft by 30 ft). The park has utilities, but its development status is unclear. It is managed by Mr. Vijay.
12. **Snehpuri Colony, Nacharam, Ward 6 (Triangle-Shaped Park):** A small triangular park with a gym measuring 19 square yards (35 ft by 5 ft). It lacks utilities but has development potential, under Mr. Vijay's supervision.

The assessment underscores the significance of preparing the selected sites for gym installation through essential groundwork and safety measures. The collaborative efforts between Mahita, GHMC Circle offices, and the local community have ensured comprehensive

planning to meet public needs. The detailed annexure provides further insights into cost estimations and proposed implementation strategies.

Area & Park Details:	Ramanthapur Bhavani nagar park
Location:	https://maps.app.goo.gl/CYEMDCTStPwhCoi6
GYM & Park Measurement	GYM area is 56 ft length width 40 ft size. Total park area 250 sq yards
Availability of water supply and Electricity	NO
Can it be developed	Yes
Concerned officers Name	Mr. MAHENDER
Designation	Site Inspector
Contact number:	8919737902
Email:	No

















