



## Sports for Transformational Development Project

The Sports for Transformational Development Project promotes sports to tackle the growing mental health challenges among youth. This project leverages the power of sports to address psychological wellbeing, particularly in the North of Sri Lanka, where mental health concerns are on the rise.



### How sports help...

Sports release endorphins, which can reduce anxiety and depression, and foster a sense of community. Sports also provide children with a healthy outlet for their energy, promoting both emotional wellbeing and a sense of belonging.

### How the Project works

The Project raises funds through its Every Mind Matters (EMM) campaign to provide professional coaching, sports equipment, and skill development opportunities to schools and sports clubs in the region. Through these provisions we expect to harness the transformative power of sports that may improve cognitive function, enhance academic performance, and boost self-esteem in children.

### Impact

#### Sports equipment provided –

- 32 softballs and cricket bats
- 13 pairs of football gloves
- 41 footballs
- 44 tins of tennis balls
- 42 volleyballs
- 12 softball wicket sets
- 12 volleyball nets

Moving forward, the project aims to facilitate tournaments, improve sports facilities, provide greater exposure and opportunity, and motivational support to children in the North.

### Every Mind Matters

The Phase 1 of the fundraiser kickstarted in 2023 with Subhashi, a former employee at World Vision Lanka advocating for mental wellbeing, completed a 70 km run, raising awareness about mental health and LKR 3.5 million in funds.

**410**  
youth  
reached



**39**  
coaches  
trained



**You too can partner with us to improve the mental wellbeing of children and youth in Sri Lanka through sports!**

World Vision Lanka  
No. 619/8, Dr. Danister  
De Silva Mawatha,  
Colombo – 09

worldvision.lk

