

Investing in the Physical & Mental Well-Being of India's Youth

With a trusted presence in all 50 U.S. states and 32 countries over the past 35 years, CATCH Global Foundation has embarked on an important initiative, CATCH India.

CATCH Global Foundation, its scientific partner UTHealth Houston School of Public Health, and HRIDAY, India's premier public health research organization, will collaborate to promote increased student physical activity in India through an organized, engaging, and evidence-based program.

Together, these reputable organizations have the combined expertise to also deliver the associated benefits of improved student academic performance and mental well-being, and professional development for Indian educators in order to sustain initiative efforts.

The Indian Education System is one of the largest in the world with more than 1.5 million schools, 8.5 million teachers and 250 million children.

– Source: UNICEF India

The Need

Research has shown that students who are physically active are:

- More likely to have better concentration, mood, and academic performance.
- Less likely to develop cardiovascular disease, diabetes, or cancer.
- Less likely to have symptoms of anxiety or depression.

The Solution

CATCH PE Journeys, an evidence-based physical education program complete with professional development, will be implemented by Indian educators in schools with students from low to middle socio-economic backgrounds.

**CATCH PE
JOURNEYS**

Proven Effectiveness

- Pilot study in 10 schools in Delhi showed 136% increase in students' moderate-to-vigorous activity levels.
- Peer-reviewed by over 120 publications and dozens of white papers.
- Aligns with the Fit India Programme and the Government of India's vision to promote physical activity among young people.

Social Investment

CATCH India will partner with 1,500 schools in 10 areas and reach 225,000 schoolchildren. Services provided will include curriculum, basic equipment, and professional development. We expect to reach an average of 150 students per school, which translates to a cost of 18 USD or 1,494 INR per child who participates in CATCH India. The following phases can be accelerated based on the timing of financial commitments:

Phase	Timeline	Areas	Schools	Budget
1	2024 - 2025	Delhi & Mumbai	100	325K USD / 26.9M INR
2	2026 - 2027	Add 3 areas including 1 small city	400	1.175M USD / 97.5M INR
3	2028 - 2029	Add 5 areas including 1 rural community	1,000	2.5M USD / 207.5M INR
Total	2024 - 2029	10 areas	1,500	4M USD / 332M INR

** CATCH India currently has a waitlist of schools in Delhi.*



Join our Movement

Your investment in India's youth, through an individual or corporate donation, will go directly to program implementation. There are no middle-men or government entities involved. US-based donors can contribute through CATCH Global Foundation, a 501(c)(3), at catch.org/donate and select the "CATCH India" project. India-based donors can contribute through HRIDAY, who has CSR-1 Certifications, by contacting Dr. Mansi Chopra at mansi@hriday-shan.org.



"I feel I am now equipped with new skills and learnt alternate ways of practicing and conducting PE classes after the CATCH PE training."

– Indian Educator

