



NAVSAHYOG
FOUNDATION

Life skills to Livelihood

Annual Impact Survey Report (2025-2026)

02 March 2026

18,487 Responses

3 Stakeholder Groups

75% High Impact



Executive Summary

NavSahyog Foundation (NSF) delivers life skills and creativity development programs to rural Indian children via sports, board games, storytelling, creative activities and experiential learning. The 2026 Annual Impact Survey gathered responses from 18,487 stakeholders (6,294 Parents, 6,388 Children and 5,805 Teachers) across 3 regions - Nagaland, Karnataka, and Tamil Nadu.

Key Findings

Universal Positive Impact - The program demonstrates strong positive alignment across children, parents and teachers ratings (74%-75% High) across 26 life skill and non-life skill parameters

Program Strengths - Life skills and Non-Life Skills like Values , Water Awareness and Sports Interest lead with 77%-82% High rating across stakeholders

Behavioral Transformation - Children observe Discipline (11%) as the top new habit while reduced Screen usage (43%) and Fighting (13%) mark biggest wins across stakeholders

Consistent Age Impact - Program maintains 74-75% High impact across all age groups

Attendance Critical - Regular attendance (93% of participants) correlates strongly with 75% High outcome rating

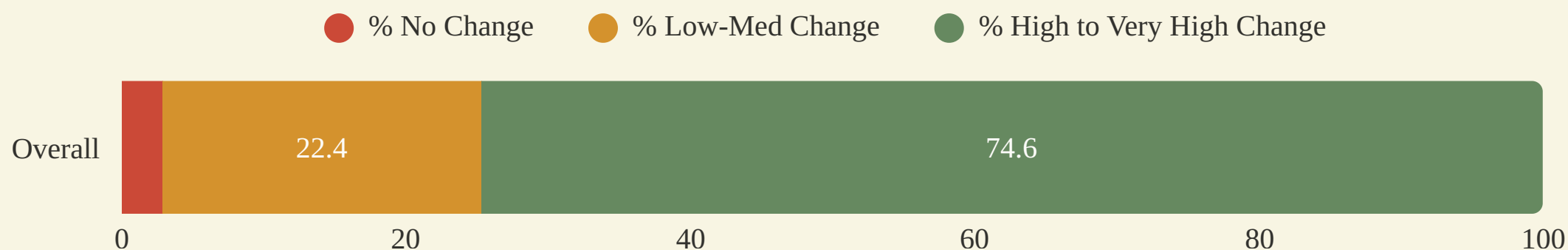
Sustained Tenure Impact - All tenure groups exceed 74% high ratings with consistent less than 4% No Change, suggesting any engagement with NSF compounds benefits

1. Overall Program Impact

75% of ratings across 26 life skills show high positive change (rating 4 and 5)

1.1 Overall Impact

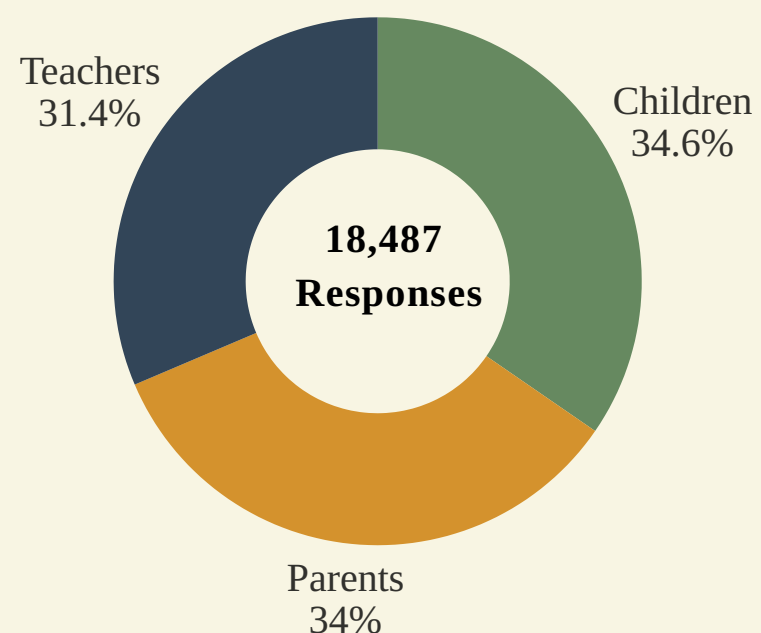
Of the 18,487 responses, **74.6% of ratings indicate High to Very High Change**, with only 2.9% reporting No Change across all 26 impact metrics. This demonstrates strong program effectiveness.



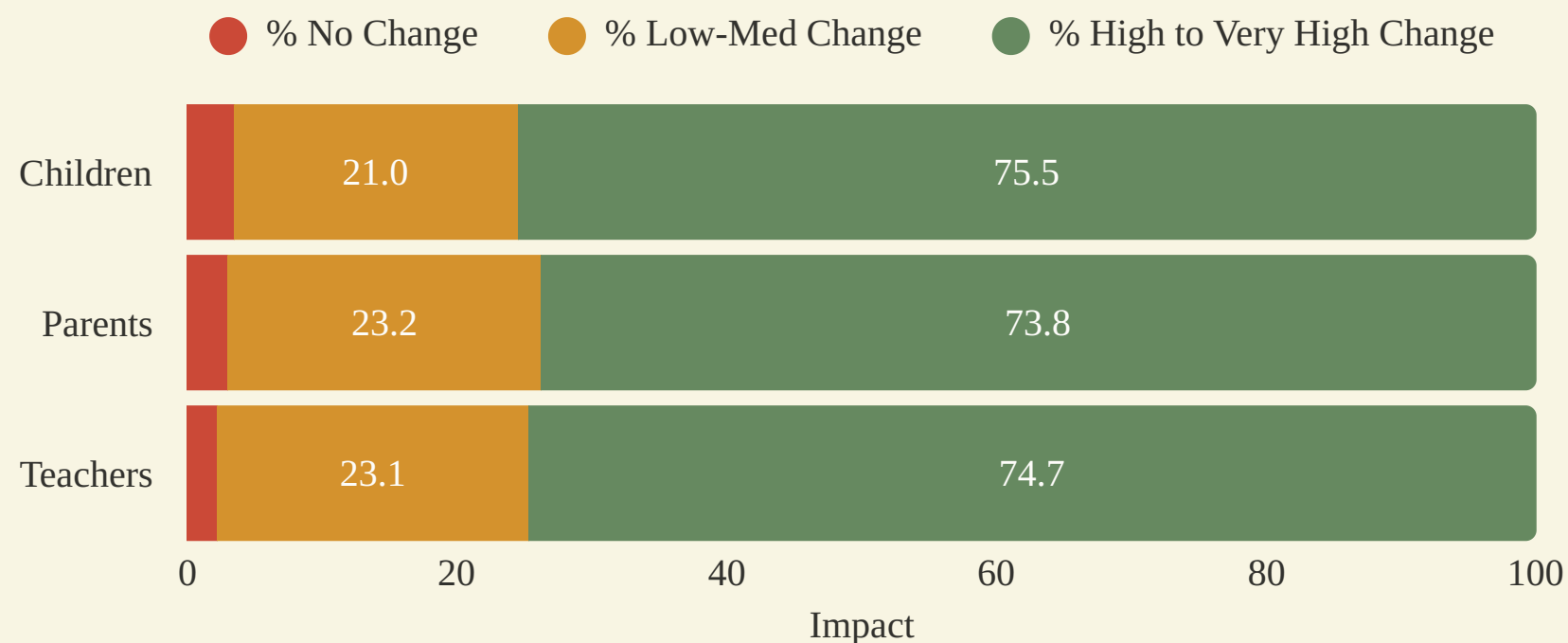
1.2 Impact by Stakeholder

Strong alignment across children, parents and teachers ratings (74%-75% High) validates program effectiveness

Responses by Stakeholder



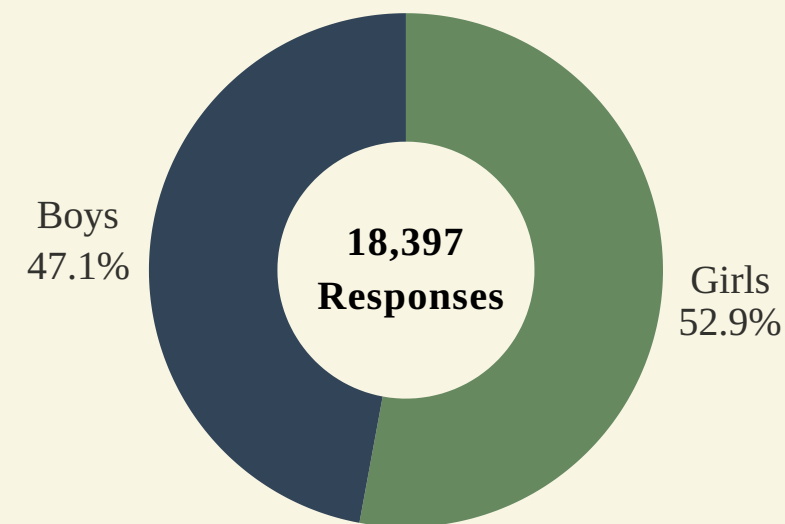
Impact by Stakeholder



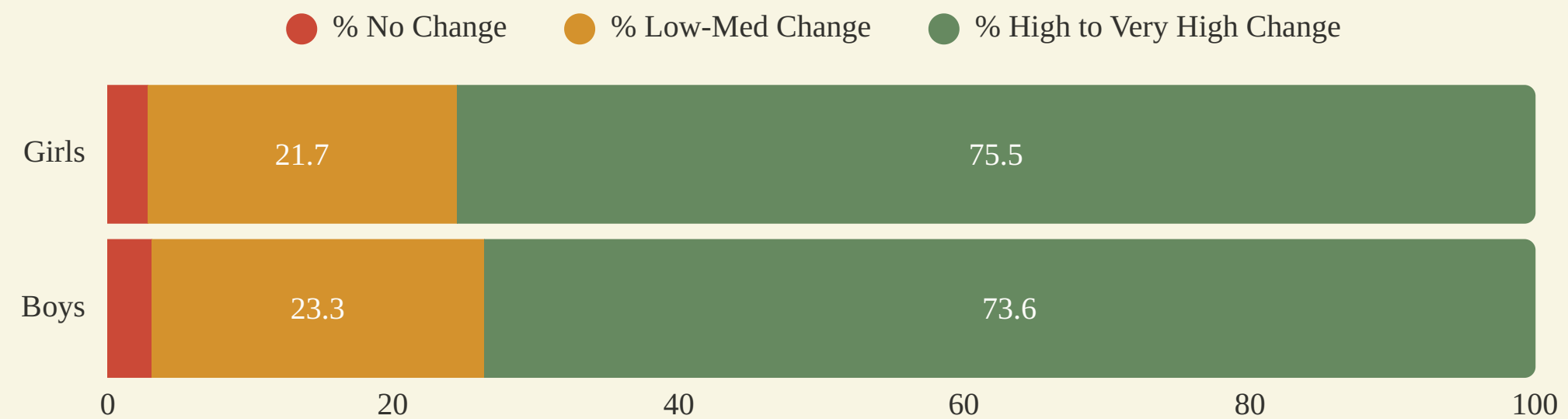
1.3 Impact by Gender

- Both genders show strong impact, with girls slightly outperforming boys (75.5% vs 73.6% High)
- The distribution is nearly balanced (52.9% girls, 47.1% boys)

Responses by Gender



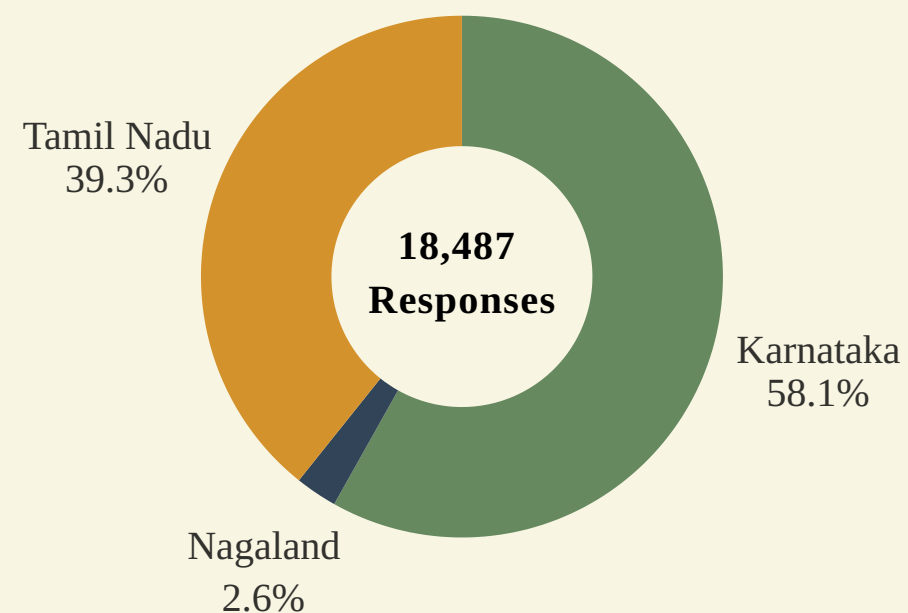
Impact by Gender



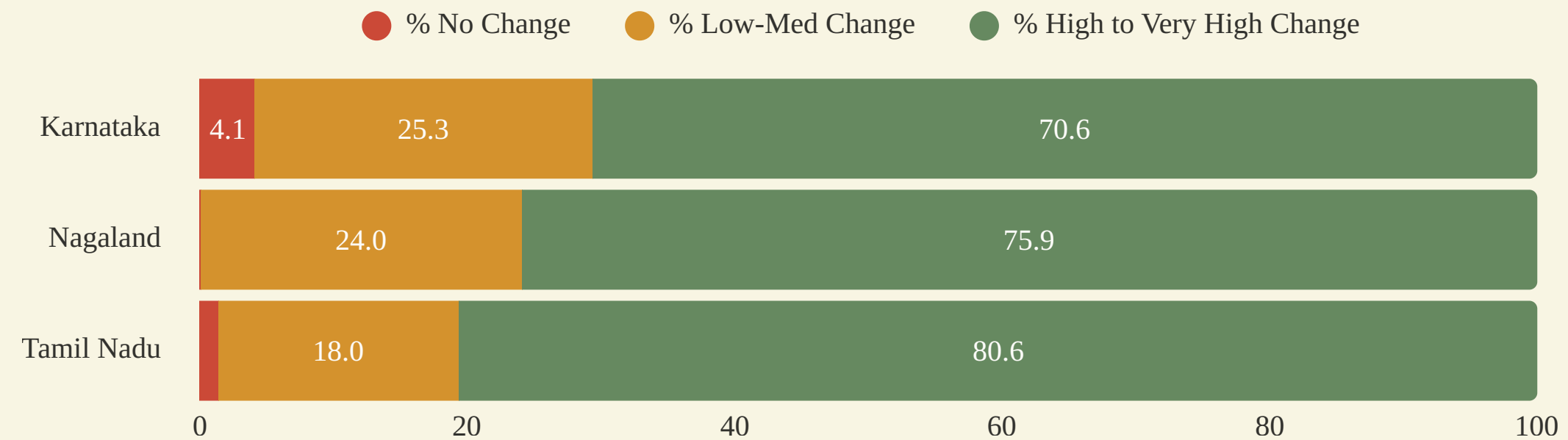
1.4 Impact by Region

Tamil Nadu (7,259 responses, 39.3%) shows the strongest impact at 80.6% High

Responses by Region

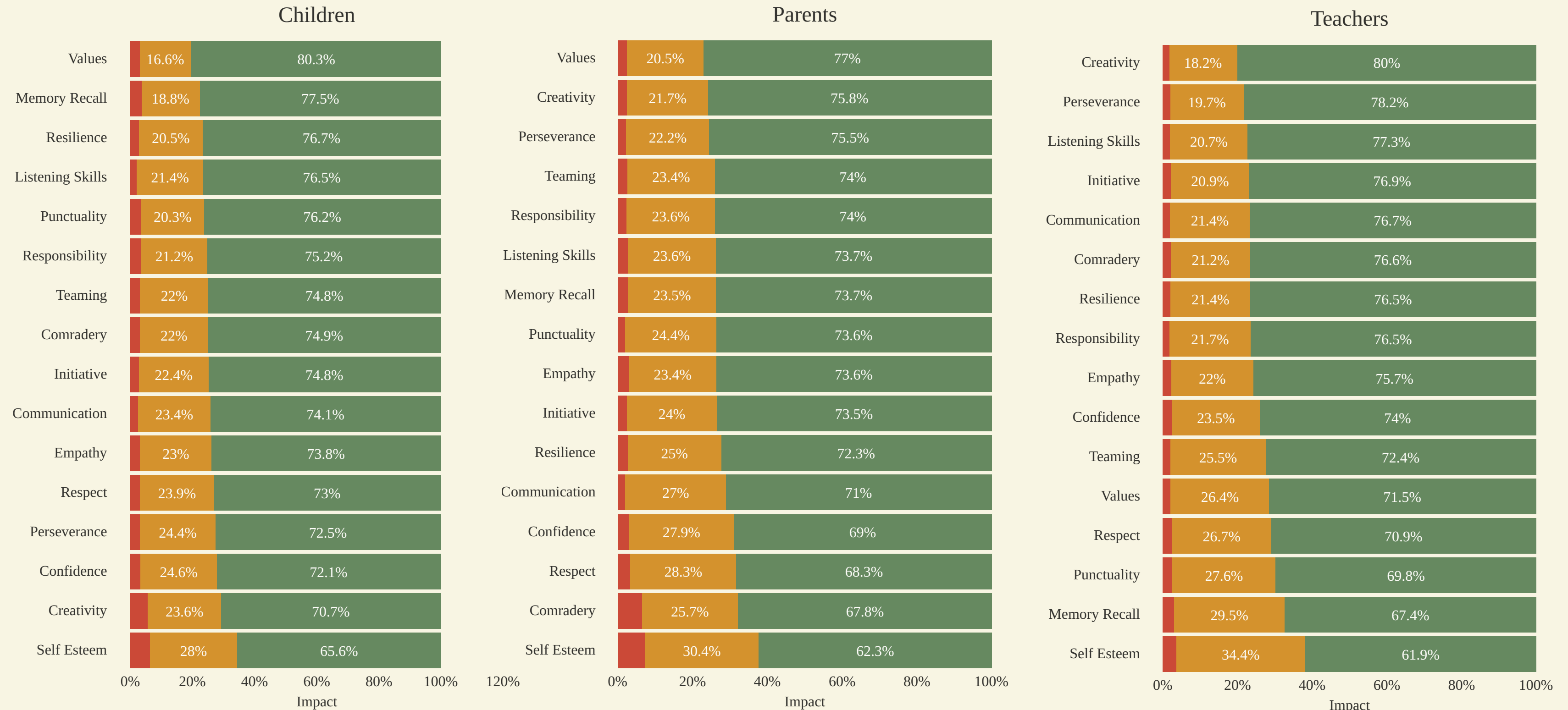


Impact by Region



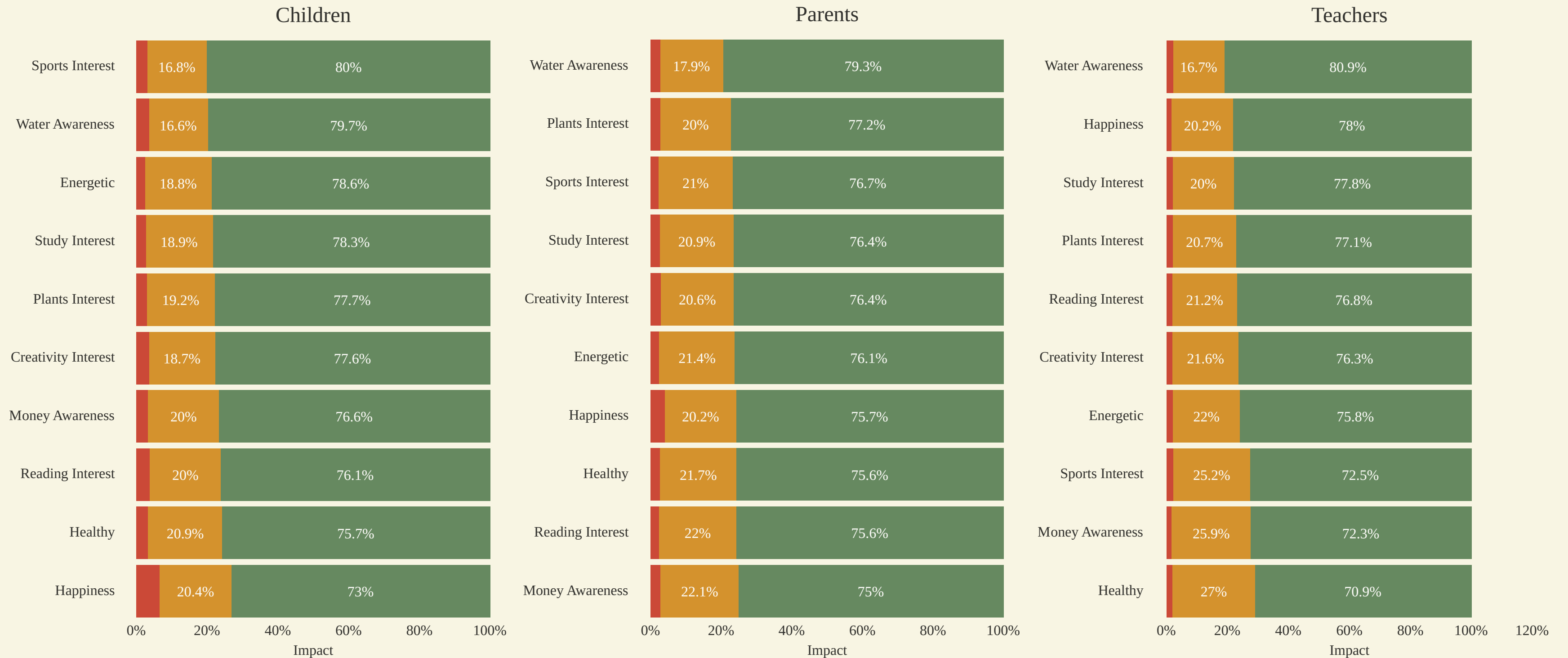
1.5. Life Skills Change Rating by Stakeholder (16 Skills)

- **Values** shows the strongest impact across Children (80.3% High) and Parent (77% High) audiences
- **Memory Recall** shows 77.5% Children High with 73.7% Parents High, confirming cognitive gains
- **Resilience** demonstrates strong 76.7% Children High and 76.5% Teachers High



1.6 Non-Life Skills Change Rating by Stakeholder (10 Areas)

- **Sports Interest** leads 80% Children High, 76.7% Parents High and 72.5% Teachers High, driving physical engagement
- **Water Awareness** excels with Children reporting 79.3% High change followed by Teachers (80.9% High) and Parents (79.7% High), showing environmental education success
- Children observe a strong change in **Energy** (78.6% High) that is validated by a 76% High rating across Parents and Teachers



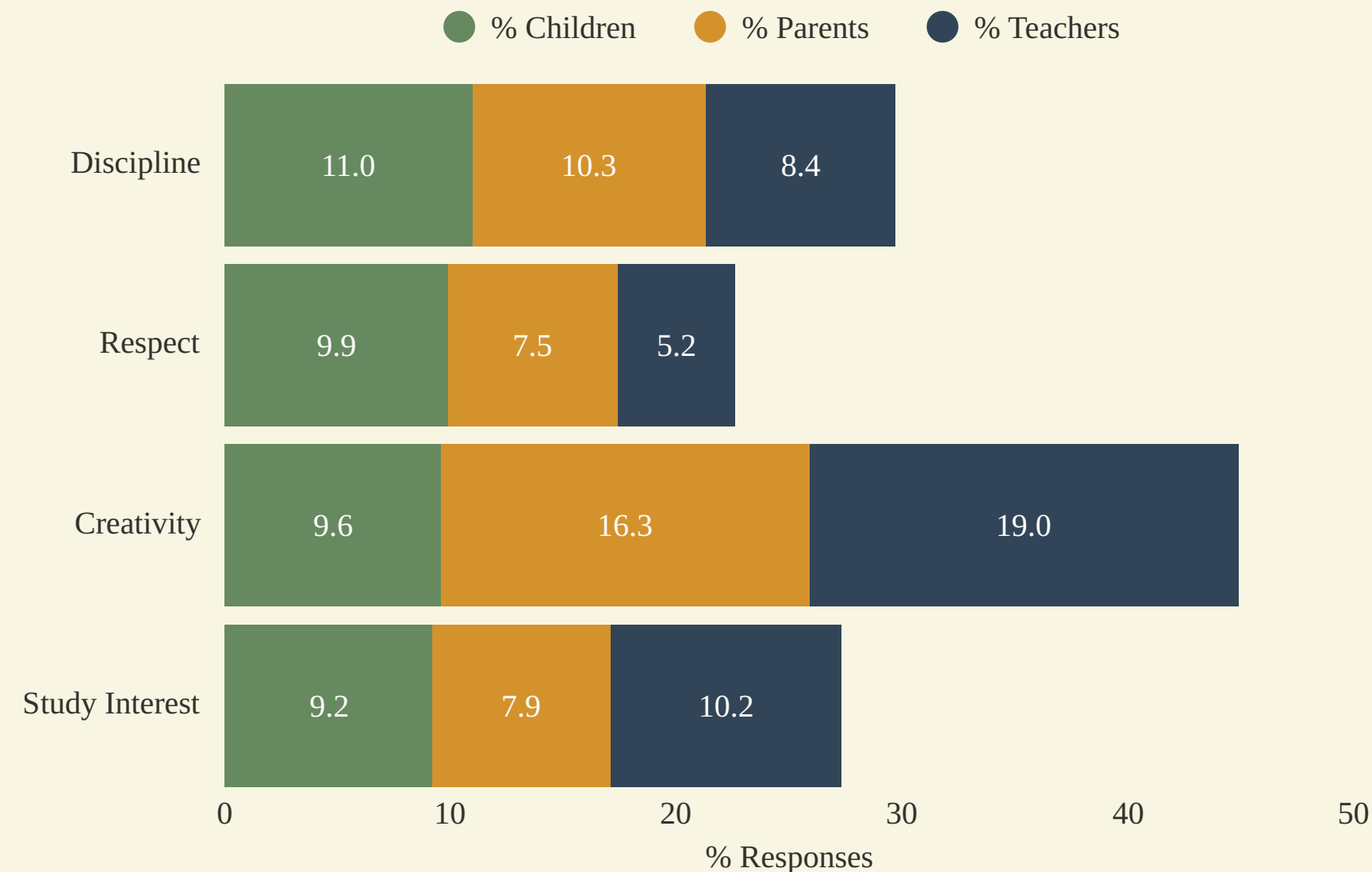
2. Habit Transformation

Children observe Discipline (11%) as the top new habit. Reduced Screen usage (43%) and Fighting (13%) mark biggest wins across stakeholders

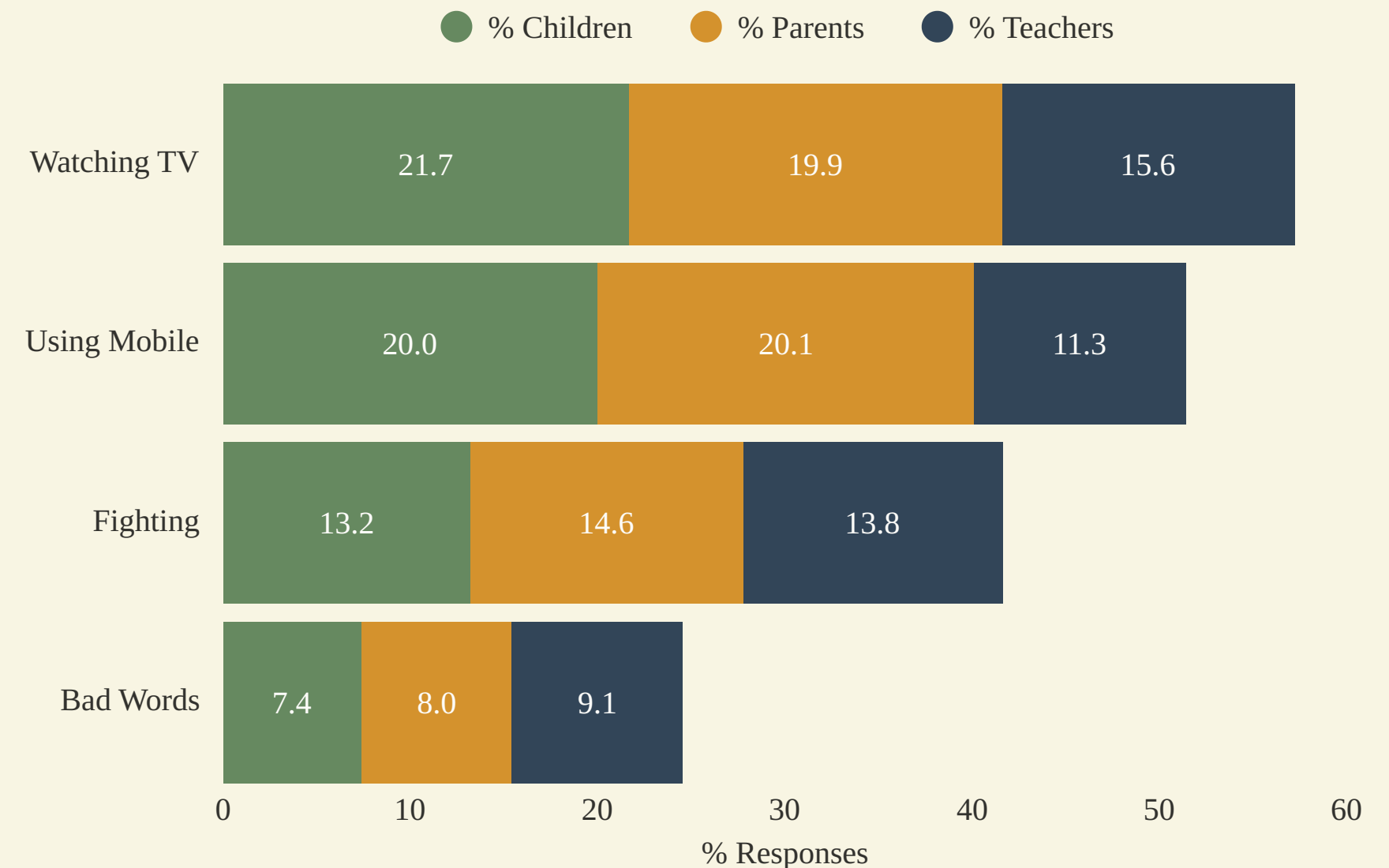
2.1 Top 4 Good Habits Developed and Bad Habits Stopped

- Children report a diverse range of positive behavioral changes, with **Discipline** (11%) leading, followed by Respect (9.9%)
- Parents (16.3%) and Teachers (19%) report strong improvements in **Creativity**
- All stakeholders align on the top bad habits stopped - **Watching TV** (21.7% Children), **Mobile Usage** (20% Children) and **Fighting** (13.2% Children)

Top 4 Good Habits Developed



Top 4 Bad Habits Stopped



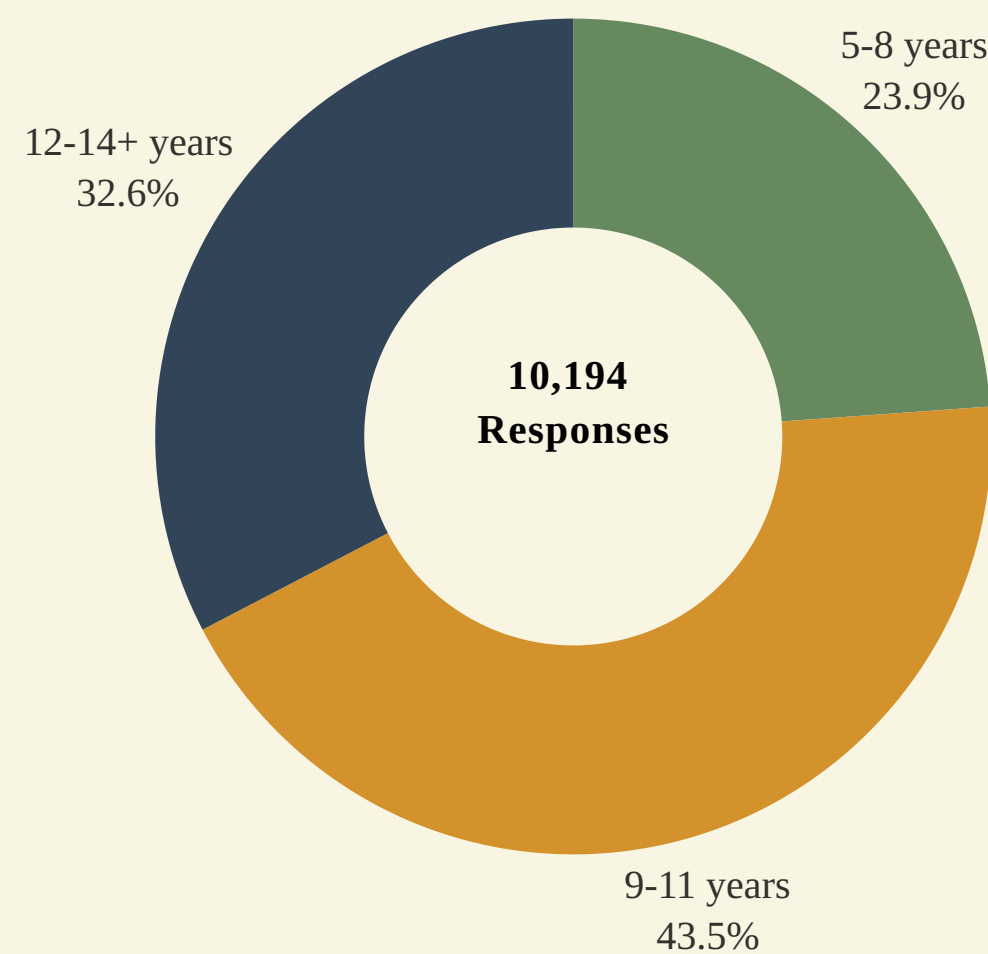
3. Impact by Age Group

Program maintains 74-75% High impact across all age groups

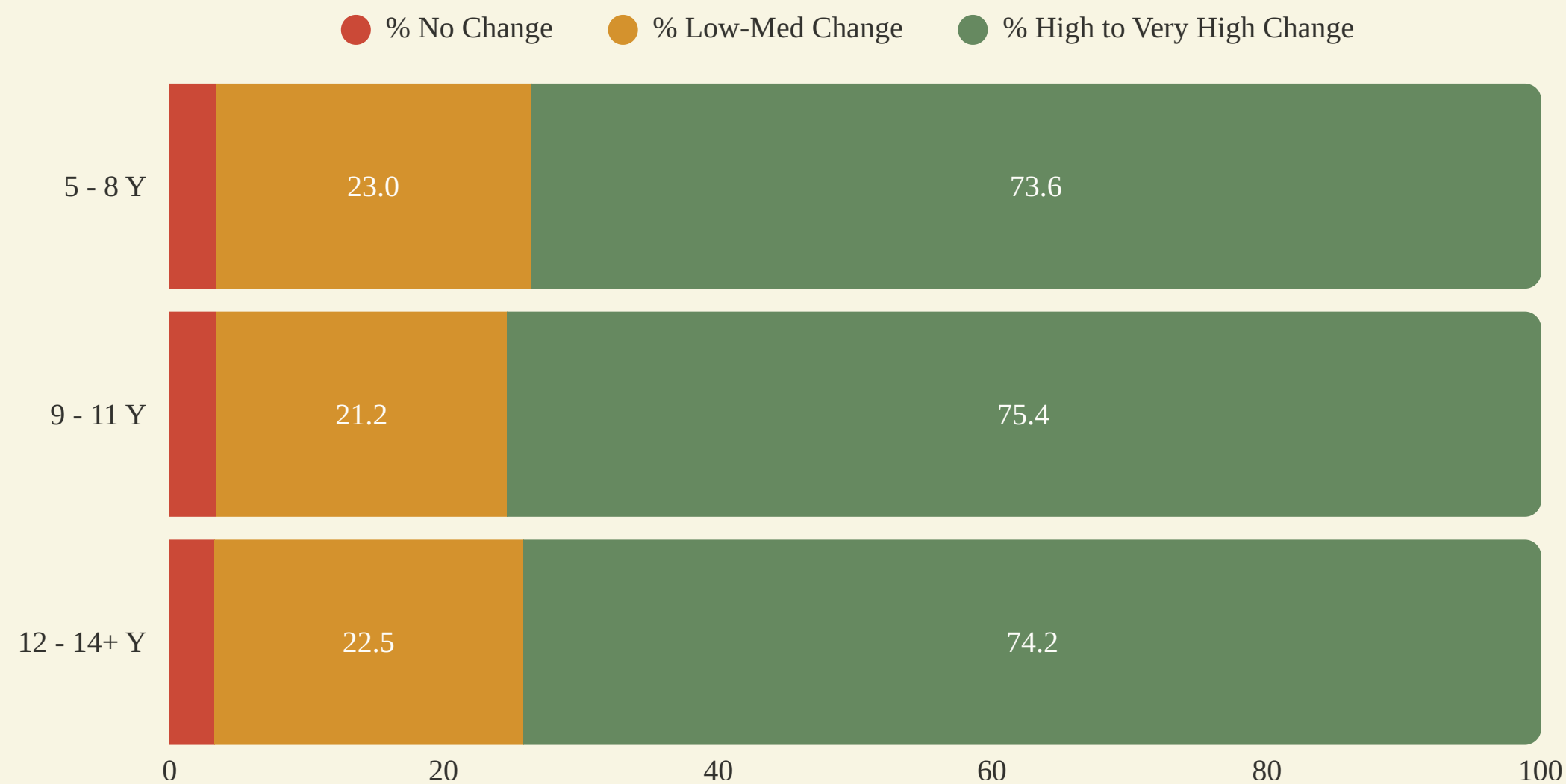
3.1 Responses and Impact by Age Group

- The program demonstrates strong 74-75% High Impact across all age groups
- **9-11 years** forms the largest group (43.5%, 4,434 responses) with the peak 75.4% High impact rating

Responses by Age Group



Impact by Age Group

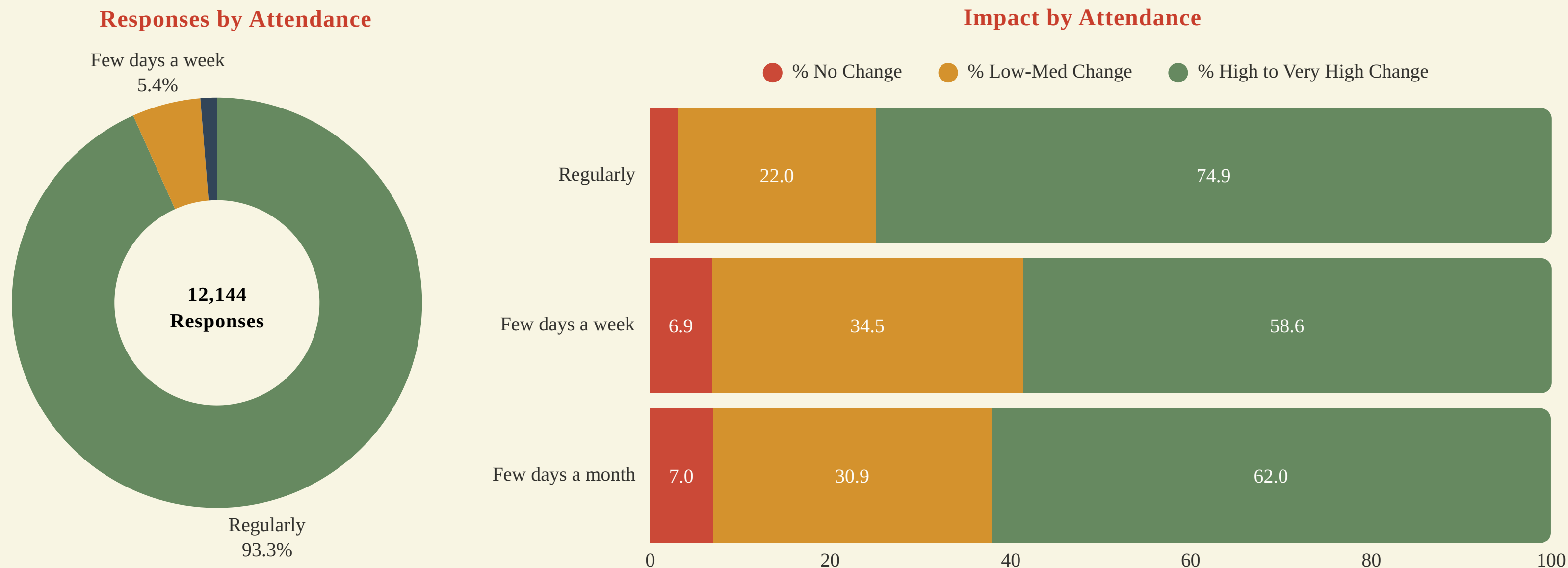


4. Impact by Attendance

Regular attendance (93% of participants) correlates strongly with positive outcomes (75% High)

4.1 Responses and Impact by Attendance

- **Regular attendance** (93.3%, 11,330 responses) correlates with 74.9% High impact, validating the importance of children’s regular engagement with NSF
- Irregular, **Few days a week** (5.4%, 657 responses) attendance drops sharply to 58.6% High, revealing a 16-point attendance penalty
- Even minimal **Few days a month** attendance frequency (1.3%, 157 responses), maintains <8% No Change rating, suggesting any engagement compounds benefits



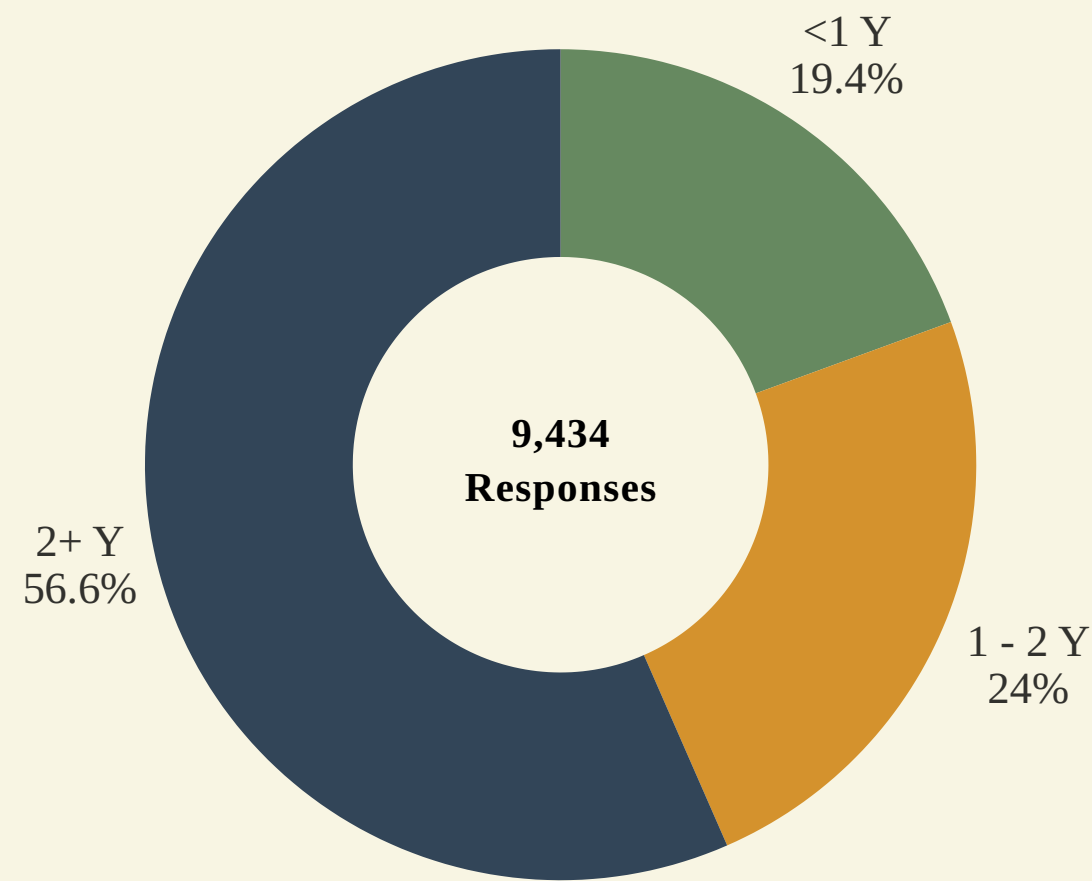
5. Impact by Tenure

All tenure groups exceed 74% High ratings, suggesting any engagement with NavSahyog Foundation compounds benefits

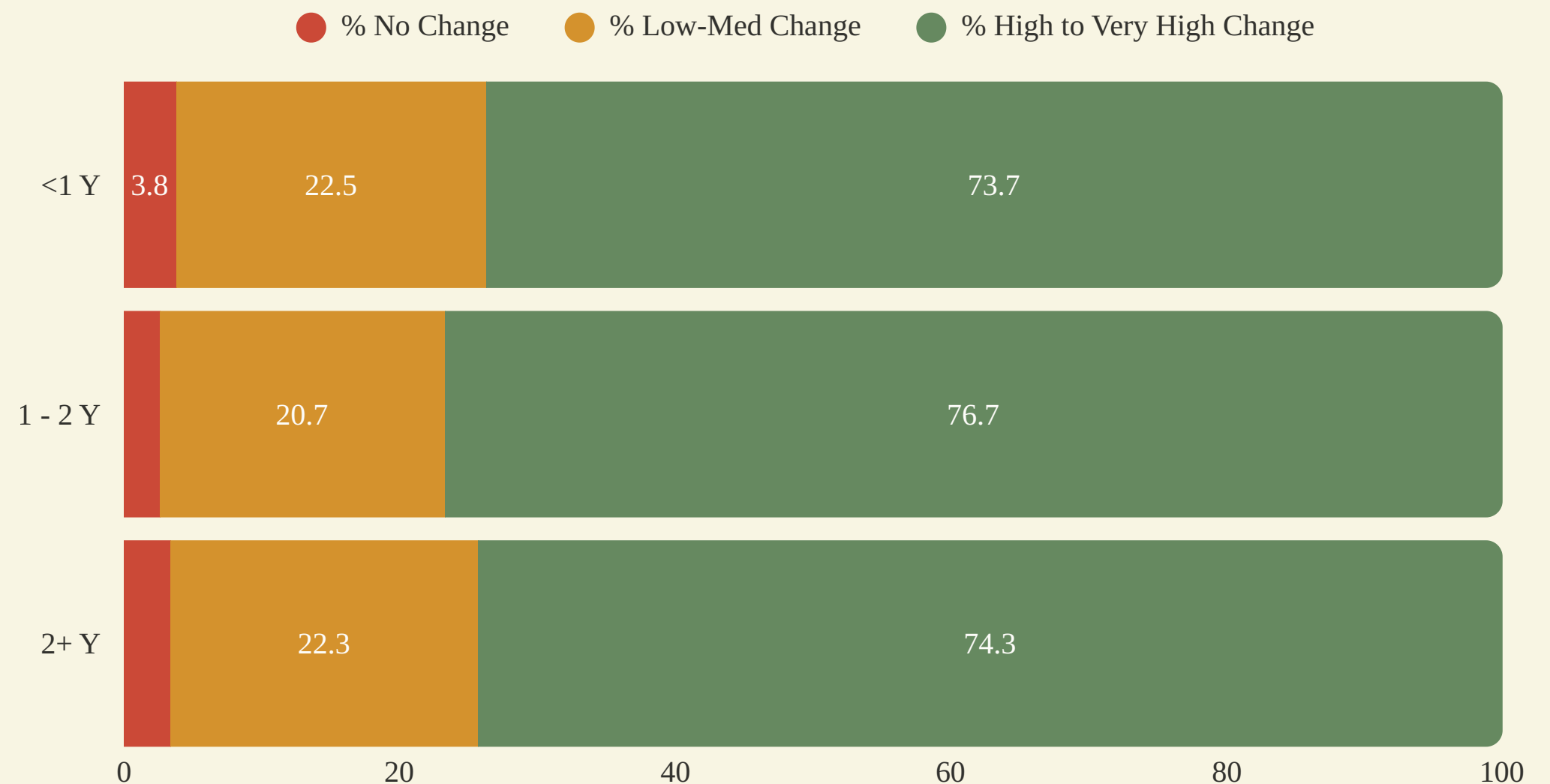
5.1 Responses and Impact by Tenure with NavSahyog Foundation

- **1-2 year tenure** (24%, 2,266 responses) achieve highest 76.7% High rating
- Long-term **2+ year tenure** (56.6%, 5,336 responses) maintain steady 74.3% High ratings, confirming impact stability
- **<1 year tenure** (19.4%, 1,832 responses) shows strong early impact at 73.7% High despite being newest cohort

Responses by Tenure



Impact by Tenure

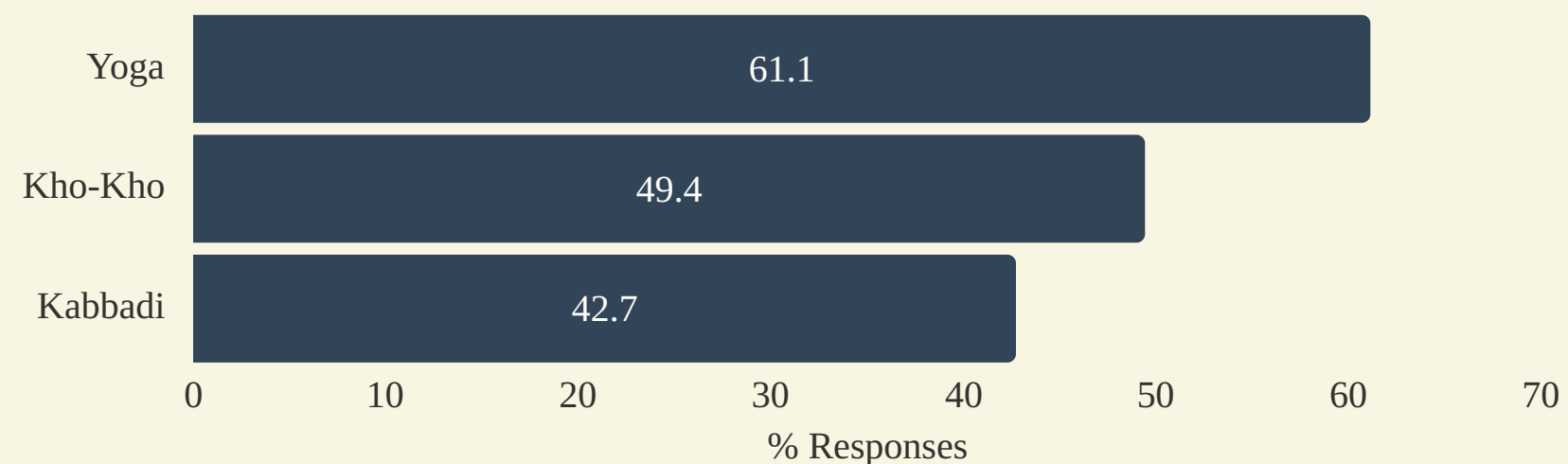


6. Activity Preferences and Career Aspirations

Yoga preference powers Values (79.2% High) life skill. Service-oriented aspirations (Teacher 18%, Doctor 15%) dominate

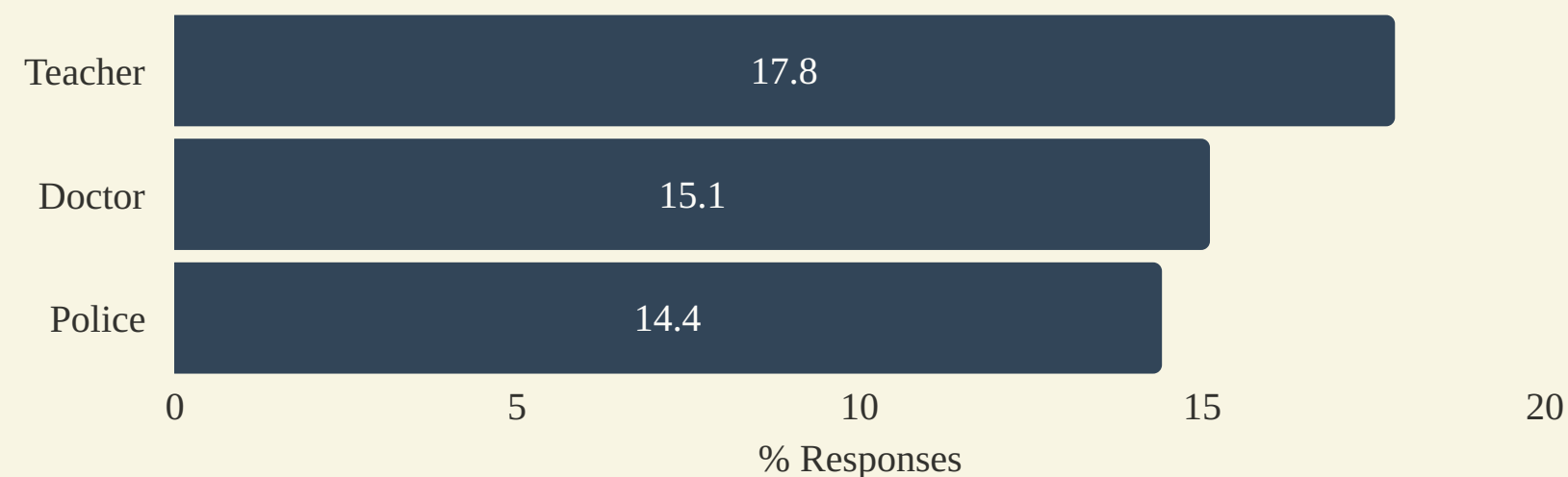
6.1 Most Enjoyed Activities and Associated Skills

- **Yoga** is the most popular activity (61.1%, 3,866 children), followed by **Kho-Kho** (49.4%, 3,124 children) and **Kabbadi** (42.7%, 2,721 children)
- Top activities consistently link to **Values**, better **Memory Recall** and improved **Listening Skills** (75-80% high), validating experiential skill-building success



6.2 Future Career Aspirations

Parents hold high aspirations for their children, with Teacher (17.8%, 1,088 responses), Doctor (15.1%, 921 responses) and Police (14.4%) being the top three career choices



7. Report Metadata

7.1 Survey Details

- Objective: To determine the extent of impact on the development of life skills and creativity in children
- Respondents: Children, Parents and Teachers
- Total Responses: 18,487 (6,388 children + 6,294 parents + 5,805 teachers)
- Parameters of Study: 16 Life Skills and 10 Non-Life Skills
- Regions: Karnataka, Nagaland and Tami Nadu (in villages where program is active for 6 months or more)

7.2 Analysis Methodology

METHODOLOGY

- Questionnaire administered to parents, children and teachers in villages where the program is active for 6 months or more
- Responses are sought on a rating scale of 1-5 with 1 being the lowest and 5 being the highest rating representing no change to very high change
- The rating indicates the changes observed across 26 life skill and non-life skill parameters from the time the child has joined the NavSahyog Foundation Program

RATING CLASSIFICATION

- No Change: rating = 1
- Low-Med Change: rating = 2 or 3
- High to Very High Change: rating \geq 4
- For each segment, percentages are calculated across ratings for metrics in scope
- % No Change = $(\text{No Change count} / \text{Total ratings}) \times 100$
- % Low-Med Change = $(\text{Low-Med count} / \text{Total ratings}) \times 100$
- % High to Very High Change = $(\text{High count} / \text{Total ratings}) \times 100$

TENURE CALCULATION

- Tenure with NSF is calculated as the difference between the child's date of joining the program and the date the survey was conducted
- Tenure is calculated only for children whose joining date with the program is post November 1, 2016

CALLOUTS

- Sections 1 and 2 are calculated across the 3 stakeholders
- Sections 3, 4 and 5 are based on both parents and children
- Section 6.1 is based on children and 6.2 is based on parents

7.3 Survey Questions to Skills Mapping

Survey Question	Life Skill
1. Feel good about yourself, feel you can learn, do new things, feel happy and proud when you receive medals and certificate in front of your parents and others	Self Esteem
2. Able to speak difficult words, understand meanings, not shy talking to new persons, able to communicate your thoughts to everyone	Communication
3. Ask/answer questions, do different activities without having fear, and take responsibility for new things	Confidence
4. Like to play with other children, enjoy the company of friends, not fight or shout at others	Teaming
5. Shows sensitivity to views and feelings of others, helping others in their tough time, does not make fun of others, is not rude	Empathy
6. Help Teachers, Village Coordinator or elders, help other children while doing creative activities, making charts, playing sports	Responsibility
7. Speaks politely to elders, friends and smaller children. Speak to friends respectfully, do not use any bad words in conversation, and respect boys and girls equally	Respect
8. Offer to help first or do new things without being asked. Come forward and take responsibility	Initiative
9. Make friends/play with older & younger children. Having lots of friends in different age groups, an increased number of close friends	Comradery
10. Being on time, completing tasks on time	Punctuality
11. Not disappointed with failure, I want to try again	Resilience
12. Want to learn, improve my skills and not give up easily	Perseverance
13. Remember details of stories, and remember instructions better	Memory Recall
14. Like to draw, make new stories, act or sing, and clay modeling	Creativity
15. Listen better, not just keep talking. Let others say as well	Listening Skills
16. Showing honesty, courage, and helping others	Values

7.4 Survey Questions to Non-Life Skills Mapping

Survey Question	Non-Life Skill
17. Happier	Happiness
18. More energetic	Energy
19. Feeling healthier, Falling less sick	Health
20. Increased Interest in studies	Study Interest
21. Increased interest in arts, craft, drawing, storytelling, acting, singing, poems	Creativity Interest
22. Increased interest in sports	Sports Interest
23. Increased interest in reading	Reading Interest
24. Increased interest in growing and nurturing plants	Plants Interest
25. Better understanding of the value of money	Money Awareness
26. Better understanding of the value of water	Water Awareness

Contact Information

Website: www.navsahyog.org

Email: paritosh.segal@gmail.com; marydolly190@gmail.com

Phone: +91-98866 24000; +91-99452 23897

