

IMPACT ASSESSMENT REPORT ON CONSTRUCTION OF ARTIFICIAL TURF & OTHER SPORTS FACILITIES (Conducted in FY 2023-24)

INTRODUCTION

The HMEL has undertaken the ambitious project of constructing artificial turf grounds, fencing, and lighting in five villages located in Ropar District (Mehtot, Dhangrali, Kakrali, Ballamgarh) and one village in Mohali District (Sakrullapur) in FY 2021-22. The primary goal of this project was to improve the overall quality of life for residents of these villages by providing them with accessible and well-equipped sports facilities.

This presents an impact assessment study aimed at evaluating the effects of constructing artificial turf grounds and sports facilities in above mentioned five villages in Punjab, with a focus on physical and mental well-being, community cohesion, social interactions, and community building.

Key Impacts

- The introduction of artificial turf grounds has transformed community health by providing safe spaces for sports and physical activities. This initiative has notably increased physical activity levels, particularly among youth, reducing sedentary behaviour and lowering lifestyle-related health problems such as obesity.
- The introduction of sports facilities has not only enhanced physical health but also significantly improved mental well-being within the community. Regular participation in sports has led to reduced stress, anxiety, and depression among residents, providing a valuable outlet for relaxation and social interaction.
- Additionally, the sports facilities by HMEL has profoundly impacted community cohesion and social interactions and it is being evolved into a vibrant hub for social engagement, fostering unity through shared experiences and strengthening bonds among residents.
- Notably, they have promoted inter-religious interactions and enriched inclusivity by enhancing the sense of community and belongingness and it leads to increase in social engagement and improved communication among villagers.
- Beyond physical benefits, such as improved fitness, these facilities have facilitated the formation of strong social connections, contributing to a more cohesive, socially active, and connected community.

- Overall, these initiatives underscore the critical role of sports facilities in fostering community cohesion and social interactions, thereby promoting the holistic development of villages and enhancing the well-being and happiness of residents.
- Through sports facilities HMEL has created a profound impact, particularly in bridging generational divides and fostering inclusivity. Elderly residents have found a meaningful role in mentoring the younger generation, thus preserving cultural values and facilitating knowledge transfer.
- This shared interest in sports has not only strengthened existing friendships but also facilitated the formation of new ones, enhancing the overall sense of belonging within the village.
- Above all, sports facilities promote community engagement and ownership, enhancing sustainability. These venues serve as hubs for gatherings and events, fostering community cohesion and pride while strengthening local identity through active participation in decision-making and use.