

Mallakhamb Mentor – National Association for the Blind, Nashik (2023–24)

As a long-time Mallakhamb practitioner, I had the opportunity to mentor 18 visually impaired girls at the National Association for the Blind in Nashik. Teaching a sport that relies so heavily on physical balance, grip, and spatial awareness to students who could not rely on sight challenged me to completely reimagine the way I taught.

I developed a multi-sensory method of instruction: tactile cues to guide their grip and posture, rhythmic clapping codes to signal sequences of moves, and descriptive verbal narration to replace visual demonstration. These adaptations allowed students to progress from tentative first touches of the rope to confidently holding poses and executing coordinated movements.

The sessions became more than athletic training—they were spaces where the girls built physical strength, discipline, and resilience, while also gaining confidence in their independence. For many, climbing the rope unaided for the first time was a transformative milestone.

I also focused on fostering community and trust. We celebrated each other's progress, adapted drills to individual comfort levels, and emphasized teamwork to ensure no one felt left behind. Over time, Mallakhamb turned from a daunting challenge into a shared source of pride and joy.

This experience taught me that inclusion in sport is not just about accessibility—it is about creativity, empathy, and patience. Watching my students grow stronger and more self-assured reminded me that teaching, like Mallakhamb itself, requires balance: between discipline and encouragement, between structure and improvisation.







