

BECOME A SIMPLY PERIODS FACILITATOR!



Welcome to Simply Sport Foundation's pioneering initiative—Simply Periods. We believe in empowering female athletes across India, and we're inviting passionate individuals like you to join us on this transformative journey.

ABOUT SIMPLY SPORT FOUNDATION (SSF)

Founded in 2020 by Ankit Nagori, SSF is dedicated to empowering grassroots athletes in India by supporting their growth both in sports and in life. Our vision is to uplift underprivileged youth, equipping them with the tools and opportunities to thrive beyond their athletic careers.

Through flagship programs such as Simply Roots, Simply Smiles, and Simply Periods, we provide holistic support, including expert coaching, access to equipment, infrastructure, and sports science expertise.



ABOUT SIMPLY PERIODS: ENHANCING WELL-BEING AND PERFORMANCE

Simply Periods is a groundbreaking initiative aimed at improving the well-being and performance of female athletes. With a mission to reach over 100,000 female athletes and coaches, this program offers:

- Workshops and training for athletes and coaches
- Knowledge resources to improve understanding of menstrual health
- Access to experts for personalized guidance
- Sports science webinars and research-driven insights

We take pride in leading India's first initiative to end period poverty in sports. This program builds on our pilot study, Breaking Barriers for Women in Sports, and provides tools and knowledge to empower athletes and coaches alike.

Since the initiation of Simply Periods we have impacted over 3309 athletes and coaches, (impact number for 6k) equipping them with the resources they need to succeed.

OUR PARTNERS

Government Collaborations



Department of Sports
Government of Uttar Pradesh



Corporate Supporters



Sports and Training Partners



Technology Partner

Cranberry



JOIN THE SIMPLY PERIODS FACILITATOR PROGRAM: MAKE A DIFFERENCE!

The Simply Periods Facilitator Program 2.0 is designed to recruit passionate, trained professionals who are committed to making a significant impact on the lives of female athletes and coaches across India. As a facilitator, you will play a crucial role in delivering our workshops, which are focused on improving the well-being and performance of athletes through knowledge and support on menstrual health.

Role & Responsibilities:

- **Conduct Workshops:** Lead engaging and informative workshops for athletes and coaches across India on menstruation and nutrition.
- **Data Collection & Analysis:** Collect and analyze data as per the guidelines set by the Simply Sport Foundation (SSF) team.
- **Submit Reports:** Provide detailed reports on workshop outcomes and feedback for continuous improvement.







Training & Development:

The selected candidates will undergo a 10-day online training session, covering the foundations of our curriculum, followed by a 3-day residential training camp to refine your facilitation skills. This will ensure you are fully equipped to deliver impactful workshops across various regions.



WHO CAN APPLY?

We are looking for passionate professionals aged 21 and above who have a background in science or sports science. Ideal candidates include:

-  **SPORTS SCIENTISTS**
-  **PHYSIOTHERAPISTS (WOMEN'S HEALTH/OBG & SPORTS REHAB)**
-  **PHYSIOLOGISTS**
-  **GYNECOLOGISTS**
-  **STRENGTH AND CONDITIONING PROFESSIONALS**
-  **MEDICAL DOCTORS**

The ideal candidate should also:

- Be willing to travel at short notice
- Own a laptop or have access to one
- Be fluent in English and Hindi, with proficiency in other regional languages being a plus
- Provide a medical fitness certificate for travel

WHY BECOME A SIMPLY PERIOD FACILITATOR?

- Be a part of India's first initiative to tackle period poverty in sports
- Empower female athletes and coaches with the knowledge and tools to enhance performance and well-being
- Contribute to nationwide change, impacting over 100,000 athletes and coaches

If you're passionate about promoting menstrual health and supporting athletes in their journey, we encourage you to apply and join us in making a difference across India.



APPLY NOW AND BECOME A PART OF THE SIMPLY PERIODS MOVEMENT!

Why Be a Simply Periods Facilitator?

Are you passionate about improving female athletes' health and performance? The Simply Periods Facilitator Program offers an exciting opportunity to make a significant impact on women's sports across India.

Here's why you should join us:

Benefits of Being a Simply Periods Facilitator

Paid Assignment - Receive a per day charge for each working day, along with covered logistics, including travel, stay, and scheduling.

Travel Opportunities- Explore the length and breadth of India, gaining valuable insights into different perspectives on female physiology and its impact on athletic performance.

Pioneering Research - Be part of groundbreaking research on female athlete health. Learn about data collection, analysis, and report building to contribute to a better understanding of the challenges female athletes face.

Contribute to Solutions - Help build a solution framework and implementation strategies to tackle the challenges menstruation poses to female athletes and sports performance.

Learn and Connect - Understand the science of menstruation and its impact on sport. Enhance your facilitation skills through our comprehensive training program.

Selection Process

- **Application Period: January 13 to January 31, 2025**
- **Selection Criteria: Professional background in sports science or health-related fields**
- **Interview: 1 Interview to assess suitability**
- **Final Selection: Announced by February 15, 2025**



TRAINING PROGRAM DETAILS

Online Training Sessions

Duration: 12 days

Dates: 17th February – 28th February, 2025

Session Schedule:

- **Weekdays:** 6:30 PM – 8:30 PM (2-hour session each)
- **Saturday & Sunday:** Quiz, revision, and reading activities

Modules Include:

- Puberty & Menstruation
- Menstrual Disorders
- Role of Nutrition in Menstrual Health
- Menstrual Hygiene & Period Products
- Pre-Menstrual Syndrome & Management
- Period Tracking & Communication
- Menstruation and Training

Offline Training Camp

Duration: 3 Days

Dates: 7th to 10th March, 2025

Schedule:

- **Thursday, 6th March:** Arrive by late evening/night
- **Friday, 7th March:** 9:00 AM – 6:00 PM session
- **Saturday, 8th March:** 9:00 AM – 6:00 PM session
- **Sunday, 9th March:** 9:00 AM – 5:00 PM session, Departure by 5:00 PM



FREQUENTLY ASKED QUESTIONS (FAQS)

Q- Is there a fee to participate in the program?

No, there is no fee required. This is a free program

Q- What if I miss an online session?

All online sessions will be recorded, and recordings will be available. However, you are allowed only two recordings in total.

Q- Where will the offline session take place? Will I need to cover travel costs?

The offline session will be conducted in Bangalore. Lodging and boarding will be taken care of by us, and travel expenses will be reimbursed within certain limits as per the organizational policy.

Q - What is the duration of the engagement?

The engagement is a 1-year, paid contract with Simply Sport Foundation.

Q - What are the terms of the payment?

You will be paid Rs 4000/- per day for conducting the workshop.

SSF will cover travel, food and accommodation as per organisational policy.

Q - How many days a month will I have to travel?

You should be able to travel 6 to 8 days a month. May vary depending on your base location and the location of the workshops.

Q - Can I use the Simply period workshop content to conduct sessions independently?

No, you will have to sign an NDA on joining. The Simply Period content can only be used for sessions/ workshops under the Simply Sport Foundation banner.

Q -What additional responsibilities will I have?

In addition to conducting workshops, facilitators are expected to:

- Collect data during sessions
- Capture testimonials and workshop videos and pictures
- Submit all workshop-related information after the session

IMPORTANT DATES:

- Application Open: 13th January 2025
- Last Date for Application: 31st January 2025 (Extension till 5th February 2025)
- Online Training Dates: 17th February to 28th February 2025
- Offline Training Dates: 6th to 10th March 2025

JOIN SIMPLY PERIODS: BE THE CHANGE IN WOMEN'S SPORTS!

Athletes in India Together, let's empower, educate, and elevate women in sports through Simply Periods!



Apply now and help us make a lasting impact on the future of women in sports across the country!