

Sonia Mandal: Kicking Through Challenges, Rising with Confidence

In 2015, Sonia got sponsored by the CFCA/Unbound while studying in Class 2. Her mother was a homemaker, and her father, a working mason, often struggled to meet the family's needs. She lives in a modest home with four sisters and one brother. The story of Sonia is about hard work and realizing own potential. Sonia proves that if given a chance, one can reach height.

Today, Sonia's with the help of sponsorship, got the chance to attend a reputable School, where she not only excels academically but also dominates in martial arts, particularly Taekwondo and Tang Soo Do. What she started as a hobby turned into a passion.

With over 40 medals and certificates from state and national-level championships, Sonia's Awards speak about her potential:

- First Position at the *41st & 42nd National Taekwondo Championships*
- Medalist in the Delhi Olympic Games, CBSE Games, and Punjab Taekwondo Cups
- Certified with Green Stripe, Yellow Belt, and Red Stripe promotions
- Recognized as a Referee (Rafree) in inter-club competitions
- NCC Cadet with 'A' certificate, showing her skill and discipline.

Beyond sports, Sonia had explored every opportunity given to her. From Rangoli making, poster competitions, painting, and relay races to the 5 km "Run for Universal Brotherhood" marathon, she is an outstanding child who swears not to stop.

While talking with staff, she remembers her first-ever birthday cake cutting during a CFCA celebration, "That was the first time I felt truly special," she says.

Her journey is an example of how a person can and will change their destination. With limited finances and many siblings, investing in training, books, travel, and uniforms would have been impossible without CFCA/Unbound's support. "They helped with everything from books to competition fees," her mother shares.

What makes Sonia's story unique is not just her list of achievements, but the way she handled her academics, sports, community involvement, and family responsibilities. Today, she continues to train, study, and grow, inspiring those around her with quiet strength and relentless focus.

Sonia dreams of representing India internationally and using her experience to mentor other girls like her. Her story is the show that when a child is seen, supported, and given a chance, they don't just succeed, they shine.

