



ज्ञान-विज्ञान विमुक्तये

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विश्वविद्यालय अनुदान आयोग
University Grants Commission

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29 श्रावण, 1947 / 20th August, 2025

Subject: Observance of National Sports Day 2025 – Call for Participation

आदरणीय महोदया/महोदय,

The Ministry of Youth Affairs & Sports, Government of India, has conveyed that *National Sports Day* will be celebrated on **29th August 2025**, marking the birth anniversary of Hockey legend *Major Dhyan Chand*. This year's observance is dedicated to the Olympic Spirit, celebrating the core values of *Excellence, Friendship, and Respect*.

In this regard, the Fit India Mission under the Ministry proposes a nationwide initiative involving active participation from all sectors, including educational institutions. HEIs are encouraged to:

- Dedicate at least one hour on 29th August 2025 to organize sports and fitness activities in playgrounds/sports arenas.
- Plan and conduct a series of sporting events from 29th to 31st August 2025, promoting fitness and well-being among students and staff.

Your esteemed institution's involvement will significantly contribute to the success of this national initiative and help foster a culture of health and sportsmanship across campuses as per the SOP attached.

We look forward to your proactive support in making the National Sports Day 2025 a meaningful and spirited celebration.

सादर,

भवदीय,

(मनिष जोशी)

सेवा में,

सभी विश्वविद्यालयों के कुलपति।
सभी महाविद्यालयों के प्राचार्य।



Standard Operating Procedure

National Sports Day

Dates : August 29th, 30th, 31st 2025

“Ek Ghanta Khel Ke Maidaan Mein!!”

1. Background

National Sports Day is celebrated annually on August 29 to commemorate the birth anniversary of Major Dhyan Chand, India's greatest sporting legend. Known popularly as 'The Wizard of Hockey,' he is remembered for his many contributions to the Indian sport. Some of his key highlights of his career:

- Scored 570 goals in 185 international matches (as per his autobiography Goal)
- Known as "The Magician" of hockey for his unmatched ball control and goal-scoring ability
- Played a key role in India's dominance in hockey, winning 7 out of 8 Olympic golds from 1928 to 1964

This day was officially declared a national observance in 2012. In 2019, the Fit India Movement was launched on this day, marking to as a milestone in India's fitness and sports journey.

This year the National Sports Day is planned as a pan-India movement to make India embrace sport by mobilising people across the country and across age-groups to actively participate in at least one sport. NSD 2025 makes a special tribute to the Olympic and Paralympic Spirit and integrate the three core values of **Excellence, Friendship, Respect, Courage, Determination, Inspiration, and Equality in our sports eco-system.**

NSD Celebrations this year will have the following taglines & hashtags

Taglines

- Ek ghanta khel ke maidaan mein!!
- एक घंटा खेल के मैदान में!!

Hashtags

- #KhelegaDeshKhilegaDesh
- #NSD2025

2. Objectives

- Celebrate India's rich sporting legacy and pay tribute to Major Dhyan Chand.

- Promote physical activity, inclusiveness, and teamwork through fun and competitive sports.
- Inspire a culture of fitness in educational institutions, organisations, and local communities.
- By rooting NSD celebrations in Olympic values, we unite the nation under a shared vision of integrity, ambition, and collective spirit.

3. Event Format

Duration: August 29-31, 2025 Team-Based Approach:

- Organise Sports Assembly on August 29th 2025 in institutions where students will give tribute to Major Dhyan Chand and take a pledge
- Participants to be grouped into 2, 4, or 6 balanced teams (ensuring gender equality).
- Teams may be named after freedom fighters or iconic Indian sportspersons.
- Maintain a medal tally; the highest-scoring team wins the Major Dhyan Chand Trophy.
- Promote on social media with a fore-mentioned tagline and hashtags

Dress Code: Participants to come in sports attire. Sample designs with Fit India branding to be provided.

4. Implementation Schedule

Date	Activity
29th August	<ul style="list-style-type: none"> • Tribute to Major Dhyan Chand in morning assembly (7:30 AM) across institutions, Fit India Pledge, and 60 mins of Team Sports & Recreational Games (8 AM - 9 AM) • Talks to be organised to share and promote the values of Olympics & Paralympics • Sansad Khel Mahotsav - On this occasion, the honourable Members of Parliament will formally declare the commencement of the Sansad Khel Mahotsav at the headquarters of their respective parliamentary constituencies.
30th August	<ul style="list-style-type: none"> • School/College-level sport debates, fitness talks, sports competitions around indigenous Games, indoor Sports • Conclave/conference/debates may be organized by regional centers and states
31st August	<ul style="list-style-type: none"> • Pan-India participation of the citizens at Sundays on Cycle

Institutions may add their own formats or adapt the above based on infrastructure and interest.

5. Activities

Organisations can choose from local, indigenous, or contemporary games based on locally available infrastructure.

Age-Wise Activities Suggestions Open Category

Open Category	Senior Citizens
Tug Of War	300m Speed Walk
Race - 50 m, Relay run, Marathons, Spoon Race, Sack Race	1 Km Walk
Yog	Yog
Cricket	Breathing Exercises
Cycling	Joint Movements
Indigenous Sports like Pithu	Chess
Kho Kho	Stretching Challenge
Kabaddi	Cycling
Volleyball	Any other
Rope-Skipping	
Olympic and Paralympic Value Education Program	

** The above list is only suggestive. The organisations may choose their own sport as feasible. Participating schools are encouraged to take the Fitness Assessment Tests of students on the Fit India Mobile Ap every quarter.*

6. Publicity & Promotion Strategy

The organising department to release a press note two (02) days prior to the event informing about the event and schedule of activities.

Pre-Event (from Aug 20)	During Event	Post-Event
<ul style="list-style-type: none">• Posters, teaser videos, creative countdowns using the mentioned hashtags and taglines• Mobilization in schools, colleges, PSUs, depts & ministries of government, housing colonies and other organization	<ul style="list-style-type: none">• Live Updates on Social Media• Use hashtags: #KhelegaDeshKhilegaDesh #NSD2025 Use taglines: Ek ghanta khel ke maidaan mein!! एक घंटा खेल के मैदान में!!• Reels, stories, carousels, photo	<ul style="list-style-type: none">• Recap videos, medal tallies• Digital certificates and event coverage

7. Registration & Reporting

- Register on the Fit India Website (<https://fitindia.gov.in/national-sports-day-2025>) and submit the participation detail after completion of the event through your Fit India log in.

8. Toolkit for branding & other creatives

- All creative designs, branding materials, and templates can be downloaded from:

https://drive.google.com/drive/folders/1c7yLP6ONGGIhYRIMlyQGeMKnkCuu4udC?usp=share_link

NSD 2025 Pledge

NSD 2025 Pledge I take the pledge:

To make myself physically fit mentally strong, and emotionally balanced. I will encourage my family and friends to play and participate in sports and fitness activities every day. I will strive to imbibe the Olympic values of excellence, respect, and friendship in every sport I play.



Annexure A

Assamese

মই সংকল্প লওঁ যে মই নিজকে শাৰীৰিকভাৱে সুস্থ, মানসিক আৰু আৱেগিকভাৱে সুস্থ কৰি তুলিম। মই মোৰ পৰিয়াল আৰু বন্ধুসকলক প্ৰতিদিনে ক্ৰীড়া আৰু ফিটনেছ কাৰ্যকলাপত অংশগ্ৰহণ কৰিবলৈ উৎসাহিত কৰিম। মই খেলা প্ৰতিটো খেলত শ্ৰেষ্ঠতা, সন্মান আৰু বন্ধুত্বৰ অলিম্পিক মূল্যবোধ হ্ৰাস কৰিবলৈ চেষ্টা কৰিম।

Bengali

আমি শপথ নিচ্ছি আমি নিজেকে শাৰীৰিকভাৱে সুস্থ, মানসিকভাৱে শক্তিশালী এবং আবেগগতভাৱে ভাৱসাম্যপূৰ্ণ কৰবো। আমি আমাৰ পৰিবাৰ এবং বন্ধুদেৰ প্ৰতিদিন খেলাধুলা এবং ফিটনেস ক্ৰিয়াকলাপে অংশগ্ৰহণ কৰতে উৎসাহিত কৰব। আমি প্ৰতিটি খেলায় শ্ৰেষ্ঠত্ব, সন্মান এবং বন্ধুত্বৰ অলিম্পিক মূল্যবোধকে আত্মস্থ কৰাৰ চেষ্টা কৰব।

Dogri

मैं एह प्रण लैंदा आं जे मैं अपने-आप गी शारीरिक रूप कन्नै तंदुरुस्त, मानसिक रूप कन्नै मजबूत ते भावनात्मक रूप कन्नै संतुलित बनाई सकनां। मैं अपने परोआर ते दोस्तें गी हर रोज खेदें ते तंदुरुस्ती दिर्यें गतिविधिर्यें च खेदने ते हिस्सा लैंने आस्तें प्रोत्साहत करांगा। मैं अपने द्वारा खेदे जाने आहले हर इक खेदें च श्रेष्ठता, सम्मान ते मित्रता दे ओलंपिक मूल्यें गी आत्मसात् करने दी कोशश करांगा।

Gujarati

હું પ્રતિજ્ઞા લઉં છું કે હું મારી જાતને શારીરિક રીતે તંદુરસ્ત, માનસિક રીતે મજબૂત અને ભાવનાત્મક રીતે સંતુલિત બનાવીશ. હું મારા પરિવાર અને મિત્રોને દરરોજ રમવા અને રમતગમત અને તંદુરસ્તીની પ્રવૃત્તિઓમાં ભાગ લેવા માટે પ્રોત્સાહિત કરીશ. હું જે પણ રમત રમું છું તેમાં શ્રેષ્ઠતા, સન્માન અને મિત્રતાના ઓલિમ્પિક મૂલ્યોને આત્મસાત કરવાનો પ્રયાસ કરીશ.

Hindi

में यह शपथ लेता हूँ कि मैं खुद को शारीरिक रूप से फिट, मानसिक रूप से मजबूत और भावनात्मक रूप से संतुलित बनाऊँगा। मैं अपने परिवार और दोस्तों को हर दिन खेल और फिटनेस गतिविधियों में भाग लेने के लिए प्रोत्साहित करूँगा। मैं हर खेल में उत्कृष्टता, सम्मान और दोस्ती के ओलंपिक मूल्यों को आत्मसात करने का प्रयास करूँगा।

Kannda

ನಾನು ದೈಹಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ, ಮಾನಸಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ ಮತ್ತು ಭಾವನಾತ್ಮಕವಾಗಿ ಸಮತೋಲಿತನಾಗುತ್ತೇನೆ ಎಂದು ಪ್ರತಿಜ್ಞೆ ಮಾಡುತ್ತೇನೆ. ನಾನು ನನ್ನ ಕುಟುಂಬ ಮತ್ತು ಸ್ನೇಹಿತರನ್ನು ಪ್ರತಿದಿನ ಕ್ರೀಡೆ ಮತ್ತು ಫಿಟ್ನೆಸ್ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಆಡಲು ಮತ್ತು ಭಾಗವಹಿಸಲು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತೇನೆ. ನಾನು ಆಡುವ ಪ್ರತಿಯೊಂದು ಕ್ರೀಡೆಯಲ್ಲಿಯೂ ಶ್ರೇಷ್ಠತೆ, ಗೌರವ ಮತ್ತು ಸ್ನೇಹದ ಒಲಿಂಪಿಕ್ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸುತ್ತೇನೆ.

Kashmiri

بہ چھس وعدہ کران ز بہ بناو پنن پان جسمانی طور فٹ، ذہنی طور مضبوط تہ جذباتی طور متوازن۔ بہ چھس پننس خاندانس تہ دوستن پڑیتہ دوہ کھیلن تہ تندرستی ہنز سرگرمین منز گندنہ تہ حصہ ننہ خاطر حوصلہ افضائی کران۔ بہ چھس کوشش کران پڑیتہ کھیلن منز بہترین کارکردگی، احترام تہ دوستی ہنز اولمپک اقدار پانس منز شامل کرنج۔

Maithili

हम प्रतिज्ञा करैत छी जे हम शारीरिक रूप सँ स्वस्थ, मानसिक रूप सँ मजबूत, आ भावनात्मक रूप सँ संतुलित रहब। हम अपन परिवार आ मित्रसभकेँ प्रतिदिन खेल आ स्वास्थ्य गतिविधिमे खेलबाक आ भाग लेबाक लेल प्रोत्साहित करब। हम अपन द्वारा खेलायल जायवला प्रत्येक खेलमे उत्कृष्टता, सम्मान आ मित्रताक ओलम्पिक मूल्यसभकेँ आत्मसात करबाक प्रयास करब।

Malayalam

ശാരീരികമായി ആരോഗ്യവാനും മാനസികമായി ശക്തനും വൈകാരികമായി സന്തുലിതനുമായി ഞാൻ പ്രതിജ്ഞയെടുക്കുന്നു. എല്ലാ ദിവസവും സ്പോർട്സ്, ഫിറ്റ്നസ് പ്രവർത്തനങ്ങളിൽ പങ്കെടുക്കാനും കളിക്കാനും ഞാൻ എന്റെ കുടുംബത്തെയും സുഹൃത്തുക്കളെയും പ്രോത്സാഹിപ്പിക്കും. ഞാൻ കളിക്കുന്ന എല്ലാ കായിക ഇനങ്ങളിലും മികവ്, ബഹുമാനം, സൗഹൃദം എന്നിവയുടെ ഒളിമ്പിക് മൂല്യങ്ങൾ ഉൾക്കൊള്ളാൻ ഞാൻ ശ്രമിക്കും.

Manipuri

ഈ കൽപനയ്ക്കു ഏറ്റിത്തുവ യെടാ ഏഴ് യെടാലാപ്ലി, റെട്വെ ക്യാരെയോപ്ല
ത്തുടയ്യാലാപ്ലി, യെല്ലയ റെട്വോപ്ല യെടാ യെ ക്ലേലാലാപ്ലി റെടാ റാ
|| ഈ യോപ്ല റെല്ലയ ക്ലേയ യെല്ലയ ക്ലേയാലാപ്ലി റെല്ലയ റെല്ലയ റെല്ലയ

Konkani

हांव स्वताक शारिरीक रुपान तंदुरुस्त, मानसीक रुपान घटमूट आनी भावनीक रितीन संतुळीत करतलें अशें उतर घेता. हांव म्हज्या कुटुंबाक आनी इश्टांक दर दिसा खेळ आनी तंदुरुस्ती कार्यावळींनी खेळपाक आनी वांटो घेवपाक प्रोत्साहन दितलों. हांव खेळपी दरेक खेळांत उत्कृष्टताय, मान आनी इश्टागत हीं ऑलिंपीक मुल्यां आत्मसात करपाचो हांव यत्न करतलों.