

सुजाता चतुर्वेदी, भा.प्र.से
सचिव
Sujata Chaturvedi, IAS
Secretary



भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

DO No.: 20-4/SAI/FIT INDIA/2024

Dated: 08th August, 2024

Dear Colleague,

I am writing to you with reference to the nationwide celebration of the National Sports Day (NSD). As you may already be aware, NSD is celebrated every year on 29th August, to commemorate the birth anniversary of Hockey Legend Major Dhyan Chand. Every year, we celebrate NSD as a befitting tribute to our sports icons for their contribution to bringing laurels to the country on the international stage. Since the last few years, the occasion of NSD and its run-up has been effectively utilized to make our citizens participate in sports-related activities and to instil a strong sports and fitness culture in the country.

2. With this background and to emulate the success of previous editions of NSD, it has been planned to celebrate NSD 2024 with a series of pan-India sports events and other engagement activities between 26th and 31st August 2024.

3. To make the National Sports Day a huge success, may I request your support to encourage the staff of the Ministry and various organizations under your purview to actively participate in sports and fitness activities (Including Traditional and Indigenous Games) between 26th and 31st August 2024.

4. A suggested SoP for the celebration is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility may contact the FIT India Mission (08069169910, contact.fitindia@gov.in) It is also requested to share the details of a nodal officer to coordinate with regarding this initiative on the above-mentioned email ID.

I shall be grateful for your support in this regard.

Best regards,

Yours sincerely,
[Signature]
8/8/24
(Sujata Chaturvedi)

Encl.: As above

To: All Secretaries to the Government of India

SOP for National Sports Day (NSD) 2024 celebrations-

1. Organize any sporting event like athletics, contemporary sports, indigenous sports, etc. as deemed fit as per age groups on **any one (01) day between 26th August to 31st August 2024.**

2. Salient features of the event:

- Week-long celebration with the organisation being free to choose the actual day of sporting events.
- Based on groups format instead of individual players to bring spirit of bonding, unity and inclusiveness,
- Competition may be based on a team-based point system where every member of team earns points for the teams irrespective of position in competition
- Acknowledging the local sports icons at the event in the celebrations.
- Staff to preferably come to workplace in sports attire. Sample t-shirt designs will be shared along with NSD branding.

3. Standard format of the event to be:

- Each organization to be divided into two, four or six teams depending on the number of participations maintaining gender equality.
- Medal tally for each team to be maintained. Highest points team will win Major Dhyan Chand Trophy.
- Organizations are at liberty to choose games for competition from any popular sports of the locality and availability of Infrastructure.
- Name of teams can be based on freedom fighters or prominent sportspersons of the country.

The list of suggested competitive and fun games is-

S.No.	Outdoor Activities	Indoor Activities	Fun Activities
1	Walk/Race	Badminton	Lemon Race/ Sack Race
2	Volleyball	Chess	Rope Jumping
3	Hockey (Penalty Shootout)	Basketball (3v3)	Kho-Kho
4	Futsal/Mini Football (3 vs 3)	Table Tennis	Lagori & Langadi
5	Tennis Ball Cricket	Tug of War	Plank Challenge

**Office will be at liberty to choose games for competition from any popular sports of the locality and availability of Infrastructure.*

4. The stakeholders are requested to visit https://drive.google.com/drive/folders/1thgTxydnX0VfljaLrS2DmaEle2LHHh_e?usp=sharing and view the videos on health and nutrition as a part of celebration of NSD.

5. **Fit India pledge:** All the stakeholders may be asked to organise a FIT India Fitness pledge event where organisations may take the FIT India Fitness pledge.

6. **Pre-event promotion:** Ensure pre-event promotion of the event to be organised from 21st August 2024 onwards followed by post event posts on social media.

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

8. Organizers to register their event on Fit India portal (<https://fitindia.gov.in/>) or Fit India Mobile App and upload details of participation, pictures & videos of the event.

9. Promote National Sports Day on their social media channels with #Sports4Unity and #NationalSportsDay through creatives, videos, write-ups, pictures of the events.

10. Adequate publicity for the program through social media, TV/Newspaper, etc.

11. Google Drive Link for branding design is-
https://drive.google.com/drive/folders/1thgTxydnX0VfIjaLrS2DmaEle2LHHh_e?usp=sharing

Fit India Pledge

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊंगा/जीऊंगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूंगा/निकालूंगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूंगा/करूंगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूंगा/लूंगी

