



**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SPORTS & PHYSICAL EDUCATION BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009**

No F.42(15)/2022/PE&NI/Misc./2024-25/508-518

Dated: 23.08.24

CIRCULAR

Subject:- Regarding celebration of National Sports Day (NSD) 2024.

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.

With this background and to emulate the success of previous editions of NSD, it has been planned by MoYAS to celebrate NSD 2024 with a series of pan-India sports events and other engagement activities between 26th and 31st August 2024. The SOP for National Sports Day (NSD) 2024 celebration is annexed herewith this circular.

In this regard, all the HOS of Govt./Govt. Aided/Private Schools are directed to celebrate National Sports Day in their respective schools and encourage all the students/parents/staff member to take part in various events and activities as mentioned in SOP.

Zone wise compiled report of the activities conducted & uploaded on the given link to be sent along with pictures/short videos by the SPE's to this branch for onward submission.

This issues with the prior approval of competent authority.

Nirmala Rani
23-08-2024

NIRMALA RANI

ASSTT. DIRECTOR OF EDUCATION (PE&NI)

All the Principals/HOS of Govt. /Govt. Aided/ Pvt. Schools Directorate of Education (THROUGHMIS), For strict compliance of above Instructions.

No F.42(15)/2022/PE&NI/Misc./2024-25/

Dated:

Copy forwarded to:-

1. PS to Secretary (Education) Old Sect, Delhi
2. PA to Director (Education) Dte. of Education Old Sect, Delhi
3. The Director (Education) MCD Civic Centre Delhi
4. The Addl. Director (Sports), Dte. of Education Old Sect, Delhi
5. All RDEs, Directorate of Education, Delhi.
6. The DDE (Sports) Chhatrasal Stadium, Model Town Delhi.
7. The DDE (PSB) Dte. of Education Old Sect, Delhi with the request to circulate the same in all Pvt. Schools.
8. The DDE (ASB) Dte. of Education Old Sect, Delhi with the request to circulate the same in all Govt. Aided Schools.
9. All DDE Districts & Zones
10. All the SPE's Zones for strict compliance.
11. OS (IT) with the request to place the circular on website.

Nirmala Rani
23-08-2024

NIRMALA RANI

ASSTT. DIRECTOR OF EDUCATION (PE&NI)

1. SOP for National Sports Day (NSD) 2024 celebrations-

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 31 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 (3vs 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. 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.
8. Promote National Sports Day on their social media channels with **#Sports4Unity** and **#NationalSportsDay** through creatives, videos, write-ups, pictures of the events.
9. Adequate publicity for the program through social media, etc.
10. Google Drive Link for branding design is - https://drive.google.com/drive/folders/1thgTxydnX0VfljaLrS2DmaEle2LHHh_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 जीऊँगा /जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा /लूँगी