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

सत्यमेव जयते

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 Sanjay,

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 Celebration a huge success, may I request you issue necessary directions to CBSE, CISCE, Kendriya Vidyalaya Sangathan, and other School Bodies/Institutions under your purview and to the State/UTs School Education departments to encourage them to organize sporting and fitness activities on any suitable day between 26th to 31st August, 2024.

4. A suggestive 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,

9/8

(Sujata Chaturvedi)

Encl.: As above

Shri Sanjay Kumar, IAS
Secretary,
Department of School Education and Literacy,
124-C, Shastri Bhawan, New Delhi

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली–110001 दूरभाष : 011–23388623
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623
फैक्स / Fax: 011-23388758, ई–मेल / E-mail : secy-sports@nic.in

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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/1thgTxydnX0VfIjaLrS2DmaEle2LHHh_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 जीऊँगा/जीऊँगी

• 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 करूँगा /करूँगी
• फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी

F. No. 13-4/2024-IS.4
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi
Dated:21st August, 2024.

To

The Additional Chief Secretary/Principal Secretary / Secretary (Education),
All States and UTs.

Subject : Observation of National Sports Day (NSD), 2024-reg.

Sir/Madam,

I am directed to forward herewith a copy of the D.O letter No. 20-4/SAI/FIT INDIA/2024 dated 08.08.2024 from Secretary, Deptt. of Sports (DoS) regarding the Observation of National Sports Day (NSD), 2024.

2. The Department of Sports (DoS) has informed that NSD is celebrated annually on August 29th to commemorate the birth anniversary of hockey legend Major Dhyan Chand. As in previous years, the Department has planned a series of pan-India sports events and engagement activities including traditional and indigenous games between 26 and 31 August 2024. In this regard, DoS has requested to issue necessary directions to schools in the States/UTs and Autonomous Bodies (ABs) to encourage them to organize sports and fitness events on any suitable day during this period. To celebrate the event, DoS has developed a Standard Operating Procedure (SoP) and has also shared the contact details of the concerned official for any further information or clarification which is available in the referred communication.

3. In this regard, it is requested to take appropriate action and issue necessary direction to the schools under your purview to celebrate the event in their schools in a great manner.

Encl : As above

Yours faithfully,

Kumar 21/8/24

(**Sunil Kumar**)
Under Secretary to the Government of India
Tel No. 011-23381270
Email- sunil.kr17@gov.in

Copy for similar action:

1. Commissioner, KVS
2. Commissioner, NVS
3. Chairperson, CBSE
4. Chairperson, CISCE

Copy to:
PS to Secretary Department of Sports, MoYA&S.

केन्द्रीय विद्यालय संगठन/ KENDRIYA VIDYALAYA SANGATHAN
(Min. of Education, Govt. of India)
18-संस्थागतक्षेत्र / 18-Institutional Area
शहीदजीतसिंहमार्ग / Shaheed Jeet Singh Marg
नई दिल्ली– 110016 / New Delhi – 110016
Tel: 26858570, Fax No. 011-26514179
www.kvsangathan.nic.in
E-mail ID- dcsportscellkvshq@gmail.com

F. No. 110355/01/2024-25/KVS(HQ)/Sports/NSD 2024/3473-3477 **Date-22.08.2024** 23

ई-मेल केवल

उपायुक्त
केन्द्रीय विद्यालय संगठन
समस्त संभाग

विषय: केंद्रीय विद्यालयों में राष्ट्रीय खेल दिवस, 2024 के आयोजन के संबंध में:-

महोदया/महोदय,

उपरोक्त बिषयांतर्गत सचिव, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार के पत्र DO No. 20-4/SAI/FIT INDIA/2024, Dated 08th August, 2024 एवं अवर सचिव, स्कूल शिक्षा और साक्षरता विभाग, शिक्षा मंत्रालय भारत सरकार के पत्र F. No. 13-4/2024-IS.4 दिनाँक - 21.08.2024 के पत्रानुसार प्रत्येक बर्ष हॉकी खेल के महान खिलाड़ी जादूगर मेजर ध्यानचंद को श्रद्धांजलि के रूप में उनके जन्मदिवस दि. 29 अगस्त को राष्ट्रीय खेल दिवस मनाया जाता है, इस अवसर पर देश भर के समस्त विद्यालयों में **"राष्ट्रीय खेल दिवस"** समारोह के आयोजन करने एवं विद्यार्थियों / शिक्षकों / अभिभावकों की अधिकतम प्रतिभागिता हेतु प्रोत्साहित करने हेतु अपील की गयी हैं। राष्ट्रीय खेल दिवस समारोह को **#Sports4Unity and #NationalSportsDay** के माध्यम से सोशल मीडिया पर प्रचार–प्रसार करेंगे।

अतः इस संबंध में आपसे अनुरोध है कि आप अपने संभाग के अधीन समस्त केंद्रीय विद्यालयों में राष्ट्रीय खेल दिवस, 2024 के समारोह के सफल आयोजन हेतु सभी प्राचार्यों को आवश्यक दिशा-निर्देश जारी करें। इस महत्वपूर्ण कार्यक्रम का आयोजन दिनाँक 26 से 31 अगस्त 2024 के दौरान किसी एक दिवस (Preferably on 29th August) पर प्रस्तावित खेलकूद, क्षेत्रीय/परंपरागत खेल, फिटनेस एवं मनोरंजक गतिविधियों (Annexure-A) का आयोजन खेल मंत्रालय, भारत सरकार द्वारा उपलब्ध कराई गयी SOP (**संलग्न**) के अनुरूप किया जायेगा साथ ही केंद्रीय विद्यालयों द्वारा किये गये आयोजन की संक्षिप्त रिपोर्ट को संभागीय स्तर पर संकलित कर संलग्न प्रारूप (**Annexure-B**) में भरकर दिनाँक 02 सितंबर, 2024, दोपहर 12.00 बजे तक ई-मेल dcsportscellkvshq@gmail.com के माध्यम से इस कार्यालय प्रेषित करने का श्रम करें।

भवदीय,

23/08/24

(मनोज कुमार पाण्डेय)
सहायक आयुक्त(ईडीपी एवं खेलकूद)

संलग्न :- यथोपरि।

प्रतिलिपि:-

1. निजी सचिव, आयुक्त, केन्द्रीय विद्यालय संगठन(मु०) नई दिल्लीको सूचनार्थ।
2. निजी सहायक, संयुक्त आयुक्त (शैक्षिक/प्रशिक्षण) केन्द्रीय विद्यालय संगठन(मु०) नई दिल्ली को सूचनार्थ।
3. निजी सहायक, सचिव, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार नई दिल्ली को सूचनार्थ।
4. श्री सुनील कुमार, अवर सचिव, स्कूल शिक्षा और साक्षरता विभाग, शिक्षा मंत्रालय भारत सरकार नई दिल्ली को सूचनार्थ।

Annexure-A

KENDRIYA VIDYALAYA SANGATHAN(HQ) NEW DELHI

(National Sports Cell)

The list of suggested competitive Games (Outdoor/indoor), Fitness, Indigenous and Fun activities:-

S. No.	For Primary (I-V)	For Middle (VI-VIII)	For Secondary (IX-XII)	Stake holder
1	Walk / Race	Walk / Race	Walk / Race	Walk / Race
2	Lemon Race/ Sack Race	Rope Jumping	Volleyball	Volleyball
3	Lagori & Langadi	Kho-Kho	Hockey (Penalty Shootout)	Table Tennis
4	Tennis Ball Cricket	Futsal/Mini Football (3 Vs 3)	Table Tennis	Chess
5	-	Basketball (3 Vs 3)	Chess	Plank Challenge
6	-	Plank Challenge	Plank Challenge	Tug of War
Note: There is liberty to choose games for competition from any popular Sports of the locality and availability of Infrastructure in Vidyalaya.				

Annexure-B

Format for submission report of the activities conducted in Region/KVs –

Region :..... Total no. of KVs in Region: .....

Date/Day	Participation				Activities Conducted in KVs	Remarks
	Boys	Girls	Stake holder	Total		
26/08/2024						
27/08/2024						
28/08/2024						
29/08/2024						
30/08/2024						
31/08/2024						
Total						
Note: Please provide data after compilation at RO level along with selected good quality of photographs / videos of activities.						

Signature of Deputy Commissioner

-OR-

Assistant Commissioner(Sports)