

F.No P.24/NSS/DTE/2023 1982-1033

Government of India  
Ministry of Youth Affairs and Sports  
Directorate of National Service Scheme  
Shivaji Stadium, New Delhi- 110001

Date: 18.08.2023

To

**All Regional Directors,**  
Regional Directorates of NSS  
**State NSS Officers,**  
All States/ UTs

**Subject:- Celebration of National Sports Day on 29<sup>th</sup> August, 2023- reg.**

**Reference:** D.O. No. 20-4/SAI/FITINDIA/2023 dated 11<sup>th</sup> August, 2023 by Secretary Sports

Sir/ Madam,

I am to refer to the subject and to inform you that the National Sports Day is being celebrated every year on 29<sup>th</sup> August, the birthday of the Hockey legend Major Dhyan Chand. In 2019, the National Sports Day saw a grand launch of the Fit India Mission by the Hon'ble Prime Minister of India to inculcate the culture of sports and fitness in the country.

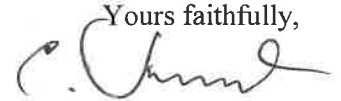
In this regard, the **Standard Operation Procedure** received from the Department of Sports is enclosed for organizing sporting fitness on any one day between 21<sup>st</sup> August to 29<sup>th</sup> August, 2023.

The **Fit India Pledge** is also enclosed to administer at all NSS Units in the Institutions and also NSS Programme Officers are encouraged to register their sporting fitness on Fit India Portal (<https://fitindia.gov.in/>) and upload photos and videos.

It is also requested to give wide publicity in Social Media as well as Print and Visual Media under your Jurisdiction.

Kindly, see the attached (SoP) Standard Operation Procedure to celebrate National Sports Day and organize sporting fitness events in all Institutions on 29<sup>th</sup> August, 2023 without fail.

Yours faithfully,



(Dr. C. Samuel Chelliah)  
Deputy Programme Adviser

18/8/23

Copy to:

1. Director, NSS, Ministry of Youth Affairs and Sports
2. Under Secretary, NSS Section, Ministry of Youth Affairs and Sports

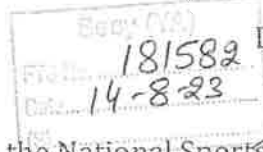
Encl: 1. SOP FOR NATIONAL SPORTS DAY (NSD) 2023 CELEBRATIONS  
2. FIT INDIA PLEDGE

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

D.O. No.: 20-4/SAI/FITINDIA/2023



Dated: 11<sup>th</sup> August, 2023

Dear Meeta,

I am writing to you with reference to the National Sports Day which is celebrated every year on 29<sup>th</sup> August, the birthday of the Hockey legend Major Dhyan Chand, to commemorate India's deep-rooted tradition of Sports. We celebrate the National Sports Day by honouring nation's sports icons for their contribution and dedication towards bringing laurels to the country on the international stage. The National Sports Day in 2019 saw the grand launch of the Fit India Mission by the Hon'ble Prime Minister, which has led a mass movement to inculcate the culture of sports and fitness in the country.

2. With this background, it is proposed to celebrate the National Sports Day 2023 during the week beginning 21<sup>st</sup> August, 2023 to 29<sup>th</sup> August, 2023 with pan-India sports events and engagement activities for people of various age groups and from all walks of life. The theme for this year celebration is "Sports as an enabler for an inclusive and fit society". The power and influence of sports to instil positivity and harmony in society is universally acknowledged and it is with the same spirit that this day is being celebrated.

3. May I request your support in this initiative to encourage mass participation in sports and fitness activities which may be organized through the various outfits under the Department of Youth Affairs, from 21<sup>st</sup> to 29<sup>th</sup> August, 2023.

4. A suggested SoP for the celebration is enclosed for your kind reference. The Nodal Officer for this purpose from this Ministry is Smt. Ekta Vishnoi, Mission Director, Fit India, Sports Authority of India (+91 75881 81543), who can be contacted for further details on the subject.

I shall be grateful for your support in this regard.

Best wishes,

Yours sincerely,

*Meeta*  
11/8/23

(Sujata Chaturvedi)

Encl.: As above

Smt Meeta Rajivlochan, IAS  
Secretary (Youth Affairs), MYAS  
Shastri Bhawan,  
New Delhi-110001

on file pls

*W*

14.08.23

Director AYAS  
+ Director NIS

### SOP for National Sports Day (NSD) 2023 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 21<sup>st</sup> and 29<sup>th</sup> August 2023.

#### 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. **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.

5. **Pre-event promotion:** Ensure pre-event promotion of the event to be organised from 18<sup>th</sup> August 2023 onwards followed by post event posts on social media.

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

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, TV/Newspaper, etc.

10. Google Drive Link for branding design is- \_\_\_\_\_

[https://drive.google.com/drive/folders/19DQnf8SIQ8X76Jz0ekzhKbGKDZfhpx\\_o?usp=drive\\_link](https://drive.google.com/drive/folders/19DQnf8SIQ8X76Jz0ekzhKbGKDZfhpx_o?usp=drive_link)

#### 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, FRIENDS AND NEIGHBOURS TO STAY FIT AND HEALTHY**
- **TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APP REGULARLY**

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, दोस्तों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/करूँगी
- फिट इंडिया मोबाइल ऐप पर नियमित रूप से फिटनेस मूल्यांकन करूँगा/करूँगी