

No.1199/DSE/S&YS/NSD/S4/2023/939
GOVERNMENT OF PUDUCHERRY
DIRECTORATE OF SCHOOL EDUCATION
(SPORTS AND YOUTH SERVICES)

Puducherry, dt.17/08/2023

CIRCULAR

Sub: Directorate of School Education – Sports and Youth Services
- Celebration of National Sports Day – 29th August 2023 –
Reg.
Ref : D.O No.20-4/SAI/FIT INDIA /2023 of MYAS dated 11th Aug 2023.

With reference to the subject above, The National Sports Day is celebrated every year on 29th August to commemorate India's deep-rooted tradition of Sports in India and as a tribute to the Hockey legend Major Dhyan Chand.

Ministry of Youth Affairs & Sports has instructed to celebrate this year's National Sports Day through pan-India sports events. The celebration of the National Sports Day 2023 shall be with the theme of "**Sports as an enabler for an inclusive and fit Society**". This is to be marked by means of sporting events organised for different levels, including both professional as well as recreational events among people of various age groups and of all walks of life.

In this connection, the Schools / Colleges / Sports and Youth Clubs / Sports Associations are requested to celebrate the National Sports Day in the UT of Puducherry in a grand manner. The SOP for celebrating the National Sports Day is attached for reference. The Organizers shall register their event on Fit India portal (<https://fitindia.gov.in/>)


(P. PRIYTARSHNY)

DIRECTOR OF SCHOOL EDUCATION

To

1. All Head of Educational Institutions concern (Schools / Colleges)
2. Nehru Yuva Kendra - to circulate to all Youth Clubs
3. All the State Sports Associations.
4. To all stakeholders.

Copy to:

1. The Director of Higher and Technical Education
2. All the Inspecting Officers concern.

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 21st and 29th 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 18th 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

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