आयुक्तालय कॉलेज शिक्षा, राजस्थान, जयपुर

Block-4, RKS Sankul, JLN Road, Jaipur-302015, Rajasthan
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क्रमांकः एफ.8(8)विविध/एनएसएस/आकाशि/2022/437-39 दिनांकः 22 अगस्त, 2023

प्राचार्य,
समस्त राजकीय/निजी महाविद्यालय,
राजस्थान।

विषय :– Celebration of National Sports Day on 29th August, 2023 reg.

सन्दर्भ :– Dy. Programme Adviser, Govt. of India, Ministry of Youth Affairs and Sports, Directorate of NSS, Shivaji Stadium, New Delhi Letter No. P.24/NSS/DTE/2023/982-1033 Dated 18-08-2023 & Secretary, Deptt. of Sports, Ministry of Youth Affairs & Sports, Govt. of India Letter No. 20-4/SAI/FITINDIA/2023 Dated 11th August, 2023.

महोदय,

उपरोक्त विषयान्तर्गत सचिव, खेल विभाग, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार नई दिल्ली द्वारा दिनांक 21 से 29 अगस्त, 2023 तक राष्ट्रीय खेल दिवस का आयोजन करने का निर्णय लिया गया है।

अतः सन्दर्भित पत्रों की प्रतियां संलग्न कर आपको निर्देशित किया जाता है कि पत्र में दिये गये निर्देशानुसार कार्यवाही सुनिश्चित कर आपके महाविद्यालय से सम्बन्धित सूचना Fit India Portal (https://fitindia.gov.in/)(फोटो एवं वीडियो) पर अपलोड कर सूचित करने का श्रम करावें।

संलग्न : उपरोक्तानुसार।

प्रतिलिपि –

1. वेब साईट प्रभारी, आयुक्त, कॉलेज शिक्षा, राजस्थान, जयपुर को अपलोड करवाने हेतु।
2. सम्बन्धित जिला समन्वयक, राजस्थान को प्रेषित कर लेख है कि आपके अधीन महाविद्यालयों में सन्दर्भित पत्रों में दिये गये निर्देशानुसार कार्यवाही करवा कर Fit India Portal (https://fitindia.gov.in/)(फोटो एवं वीडियो) पर अपलोड करवाने का श्रम करावें।

भवदीय,

(डॉ. सुरेन्द्र सिंह)
राज्य सम्पर्क अधिकारी/
राज्य समन्वयक,
युवा कौशल एवं विकास प्रकोष्ठ

Signature valid
Digitally signed by Dr. Surendra Singh
Designation : Associate Professor
Date: 2023.08.22 11:15:32 IST
Reason: Approved

RajKaj Ref No. : 4564019

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 29th August, 2023- reg.

Reference: D.O. No. 20-4/SAI/FITINDIA/2023 dated 11th 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 29th 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 21st August to 29th 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 29th August, 2023 without fail.

Yours faithfully,

(Dr. C. Samuel Chelliah) 18/8/23
Deputy Programme Adviser

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

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: 11th August, 2023

181582
14-8-23

Dear Meeta,

I am writing to you with reference to the National Sports Day which is celebrated every year on 29th 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 21st August, 2023 to 29th 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 21st to 29th 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,

11/8/23

(Sujata Chaturvedi)

Encl.: As above

On file pls

14.08.23

Director NYKS

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

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 निकालूंगा/निकालूंगी
- 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 करूंगा/करूंगी