



स्वातंत्र्याचा अमृत महोत्सव



प्रो. (डॉ.) सदानंद भोसले
एम्.ए., पीएच्.डी.
संचालक (अतिरिक्त कार्यभार)

सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७



कार्यालय क्र. : ०२०-२५६२२६८८/८९
: ०२०-२५६२२६९०/९१
: ०२०-२५६२२६९२
: ०२०-२५६९७३४९

संदर्भ : रासेयो/२०२५-२६/२२८

दि. २९/०८/२०२५

प्रति,
मा.प्राचार्य/संचालक,
रासेयो संलग्नित सर्व महाविद्यालये परिसंस्था,
पुणे, अहिल्यानगर व नाशिक जिल्हा,
सावित्रीबाई फुले पुणे विद्यापीठ.

विषय : राष्ट्रीय क्रीडा दिन साजरा करणेबाबत..

संदर्भ : मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार,
पुणे यांचा दि.२८ ऑगस्ट २०२५ चा मेल

महोदय,

मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार,
पुणे यांच्या पत्रानुसार दरवर्षी २९ ऑगस्ट हा दिवस राष्ट्रीय क्रीडा दिन म्हणून साजरा केला जातो.
त्यानुसार यावर्षी दि. २९ ते ३१ ऑगस्ट २०२५ दरम्यान क्रीडा उपक्रमांचे आयोजनाकरिता सविस्तर
पत्र आपल्या माहिती व उचित कार्यवाहीकरिता सोबत जोडले आहे. त्यानुसार आपण आपल्या
स्तरावर उचित कार्यवाही करावी. सदर उपक्रम संपन्न झाल्यानंतर त्वरीत उपक्रमाचे फोटो, व्हिडीओ व
अहवाल माय भारत पोर्टलवर अपलोड करावा आणि nss_student_list@pun.unipune.ac.in,
nssrcpune@gmail.com या मेलवर 'राष्ट्रीय क्रीडा दिन २०२५' या विषयासह पाठवण्यात यावा.
कळावे, ही विनंती.

संचालक (अतिरिक्त कार्यभार)
राष्ट्रीय सेवा योजना

सोबत: मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार, पुणे यांचे पत्र

To

NSS Program Coordinators/
NSS Directors in Maharashtra & Goa

Sir/Madam

It is to inform you that National Sports Day (NSD) is celebrated annually on 29th August to honour the Birth Anniversary of Major Dhyan Chand, the legendary hockey player. This day celebrates India's rich sporting legacy and the achievements of our athletes who have made the nation proud on global platforms. It also marks the day when the Fit India Movement was launched by the Hon'ble Prime Minister in 2019, igniting a mass movement for health and fitness across the country.

This year the Ministry proposes to celebrate NSD 2025 with a vibrant series of nationwide sporting activities from 29th to 31st August, 2025. In this regard NSS units shall be encouraged for mass participation in following sports activities which may be organised during 29th to 31st August, 2025 as part of NSD 2025 celebration.

- a. Fun and Competitive games on 29th August 2025.**
- b. Invite former champion athletes or may organise debate, conclave, conferences on sports or sports related issues, like Olympic movement or may take up any other activity as given in the SOP to the NSD Celebration.**
- c. Conclude the NSD Celebration with a special " Sundays on Cycle event on 31st August 2025, engaging citizens in community cycling to promote fitness and fight obesity.**

Letter & SOP received from the Ministry is enclosed for reference & circulation with a request to involve NSS units in the celebration of National Sports Day activities from 29th to 31st August, 2025. Brief report, photographs of the activities shall be submitted immediately after the program

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AJAY B SHINDE
Regional Director (Maharashtra & Goa)
Regional Directorate of N.S.S.
Government of India, Ministry of Youth Affairs & Sports
A Block, College of Agriculture Campus,
Shivaji Nagar, Pune- 411005

हरि रंजन राव, भा.प्र.से
सचिव
Hari Ranjan Rao, 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. 01-10007(01)/101/2025-HO – Khelo India Division

Dated: 05th August 2025

Dear Pallavi,

As you may be kindly aware, the **National Sports Day (NSD)** is celebrated annually on **29th August** to honour the birth anniversary of **Major Dhyan Chand**, the legendary hockey player. This day celebrates India's rich sporting legacy and the achievements of our athletes who have made the nation proud on global platforms. It also marks the day when the **Fit India Movement was launched by the Hon'ble Prime Minister in 2019**, igniting a mass movement for health and fitness across the country. This year, the National Sports Day is **India's tribute to the Olympic Spirit** and the **core values of Excellence, Friendship, and Respect**.

2. In this regard, the Fit India Mission, under the aegis of this ministry, proposes to celebrate **NSD 2025** with a vibrant series of **nationwide sporting and fitness activities** from **29th to 31st August 2025**. This year's theme reflects our shared commitment to building a healthy, inclusive, and active India through the power of sports.

3. May I request your support in this initiative to **encourage mass participation in sports and fitness activities**, which may be organised by the **ministry and all departments/Subordinate Offices/Autonomous Bodies** during **29th to 31st August, 2025**.

4. Further, the following activities may also be organised during the NSD celebrations:

- Fun and competitive games on 29th August to build camaraderie among employees.
- Ministries/Departments may invite former champion athletes or may organise debate, conclave, conferences on sports or sports related issues, like Olympic movement, et cetera, or may take up any other activity as given in the SOP to the NSD celebrations.

Conclude the NSD celebrations with a special **"Sundays on Cycle"** event on **31st August 2025**, engaging citizens in community cycling to promote fitness and fight obesity.

5. A **suggestive toolkit and detailed SOP** is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility for organising the event may contact 08069169910 and contact@fitindia.gov.in.

6. You are also kindly requested to **nominate a nodal officer** for this initiative and share their details at the same email address. Further, the participating institutions are requested to submit a brief report of the event celebrations, along with photographs, videos, either via email to contact@fitindia.gov.in or through the Fit India Portal (<https://fitindia.gov.in/national-sports-day-2025>).

Looking forward to your support in driving the culture of sport and building a *Viksit Bharat*.

Warm regards,

Yours sincerely,

(Hari Ranjan Rao)

Encl.: As above

Dr. Pallavi Jain, IAS

Secretary,

Department of Youth Affairs

Room No 1 C-Wing Shastri Bhawan, New Delhi - 110001

secy-ya@nic.in

Standard Operating Procedure (SOP)

National Sports Day (NSD) 2025

Dates: August 29–31, 2025

Har gali har maidaan, Khele sara Hindustan

1. Background

National Sports Day is celebrated annually on **August 29** to commemorate the birth anniversary of **Major Dhyan Chand**, India's greatest sporting legend. Known popularly as 'The Wizard of Hockey,' he is remembered for his many contributions to the Indian sport. Some of his key highlights of his career:

- Scored 570 goals in 185 international matches (as per his autobiography Goal)
- Known as "The Magician" of hockey for his unmatched ball control and goal-scoring ability
- Played a key role in India's dominance in hockey, winning 7 out of 8 Olympic golds from 1928 to 1964

This day was officially declared a national observance in 2012. In 2019, the **Fit India Movement** was launched on this day, marking it as a milestone in India's fitness and sports journey.

This year the National Sports Day is planned as a **pan-India movement to make India embrace sport** by mobilising people across the country and across age-groups to actively participate in at least one sport. NSD 2025 makes a special tribute to the **Olympic Spirit** and integrate the three core values of **Excellence, Friendship, and Respect** in our sports eco-system.

NSD Celebrations this year will have the following taglines & hashtags:

Taglines:

- Har Gali, Har Maidan
Khele Saara Hindustaan
- Khele Bhi, Khile Bhi

Hashtags

- #KhelegaDeshKhilegaDesh
- #NSD2025

2. Objectives

- Celebrate India's rich sporting legacy and pay tribute to Major Dhyan Chand.
- Promote physical activity, inclusiveness, and teamwork through fun and competitive sports.



- Inspire a culture of fitness in educational institutions, organizations, and local communities.
- By rooting NSD celebrations in Olympic values, we unite the nation under a shared vision of integrity, ambition, and collective spirit.

3. Event Format

Duration: August 29–31, 2025

Team-Based Approach:

- Organise Sports Assembly on August 29th 2025 in institutions where students will give tribute to Major Dhyan Chand and take a pledge
- Participants to be grouped into **2, 4, or 6 balanced teams** (ensuring gender equality).
- Teams may be named after freedom fighters or iconic Indian sportspersons.
- Maintain a **medal tally**; the highest-scoring team wins the **Major Dhyan Chand Trophy**.
- Promote on social media with the aforementioned tagline and hashtags

Dress Code: Participants to come in sports attire. Sample designs with Fit India branding to be provided.

4. Implementation Schedule

Date	Activity
29th Aug	Tribute to Major Dhyan Chand in morning assembly across institutions, Fit India Pledge, and 60 mins of Team Sports & Recreational Games
30th Aug	School/College-level Sport Debates, Fitness Talks, Sports Competitions around Indigenous Games, Indoor Sports
31st Aug	Pan-India participation of the citizens at Sundays on Cycle

Institutions may add their own formats or adapt the above based on infrastructure and interest.

5. Activities

Organisations can choose from local, indigenous, or contemporary games based on locally available infrastructure.

Age-Wise Activities Suggestions

Open Category	Senior Citizens
Tug of war	300m Speed Walk
Race - 50 m, relay run, marathons, spoon race, sack race	1 Km Walk
Yog	Yog
Cricket	Breathing Exercises

Cycling	Joint Movements
Indigenous sports like pitthu	Chess
Kho Kho	Stretching challenge
Kabaddi	Cycling
Volleyball	Any other
Rope-skipping	
Olympic value education program	

The above list is only suggestive. The organizations may choose their own sport as feasible. *Participating schools are encouraged to take the **Fitness Assessment Tests of students** on the *Fit India Mobile App* every quarter.

6. Publicity & Promotion Strategy

Pre-Event (from Aug 20)	During Event	Post-Event
<ul style="list-style-type: none"> ○ Posters, teaser videos, creative countdowns using the mentioned taglines and hastag ○ Mobilisation in schools, colleges, offices, PSUs, depts & ministries of government, housing colonies, and other organisations 	<ul style="list-style-type: none"> ○ Live updates on social media ○ Use hashtags: #NSD2025, #KhelegaDeshKhilegaDesh ○ Use taglines: 1) Har Gali, Har Maidan, Khele Saara Hindustaan; 2) Khele Bhi, Khile Bhi ○ Reels, stories, photo carousels 	<ul style="list-style-type: none"> ● Recap videos, medal tallies ● Digital certificates and event coverage

7. Registration & Reporting

- Register on the **Fit India Website** (<https://fitindia.gov.in/national-sports-day-2025>) and submit the participation detail after completion of the event through your Fit India log in.

8. Toolkit for branding & other creatives

- All creative designs, branding materials, and templates are available at: [Google Drive Branding Kit](#)

NSD 2025 Pledge

I take the pledge:

To make myself physically fit, mentally strong, and emotionally balanced. I will encourage my family and friends to play and participate in sports and fitness activities every day. I will strive to imbibe the Olympic values of excellence, respect, and friendship in every sport I play.

(The pledge in other 21 scheduled languages are listed at Annexure A)

FIMA App QR Code To Download



Annexure A

Assamese

মই সংকল্প লওঁ যে মই নিজকে শাৰীৰিকভাৱে সুস্থ, মানসিক আৰু আৱেগিকভাৱে সুস্থ কৰি তুলিম। মই মোৰ পৰিয়াল আৰু বন্ধুসকলক প্ৰতিদিনে ক্ৰীড়া আৰু ফিটনেছ কাৰ্যকলাপত অংশগ্ৰহণ কৰিবলৈ উৎসাহিত কৰিম। মই খেলা প্ৰতিটো খেলত শ্ৰেষ্ঠতা, সন্মান আৰু বন্ধুত্বৰ অলিম্পিক মূল্যবোধ হ্ৰাস কৰিবলৈ চেষ্টা কৰিম।

Bengali

আমি শপথ নিচ্ছি আমি নিজেকে শাৰীৰিকভাৱে সুস্থ, মানসিকভাৱে শক্তিশালী এবং আবেগগতভাৱে ভাৱসাম্যপূৰ্ণ কৰবো। আমি আমার পৰিবাৰ এবং বন্ধুদের প্ৰতিদিন খেলাধুলা এবং ফিটনেস ক্ৰিয়াকলাপে অংশগ্ৰহণ কৰতে উৎসাহিত কৰব। আমি প্ৰতিটি খেলায় শ্ৰেষ্ঠত্ব, সন্মান এবং বন্ধুত্বৰ অলিম্পিক মূল্যবোধকে আত্মস্থ কৰাৰ চেষ্টা কৰব।

Dogri

मैं एह प्रण लैदा आं जे मैं अपने-आप गी शारीरिक रूप कनै तंदुरुस्त, मानसिक रूप कनै मजबूत ते भावनात्मक रूप कनै संतुलित बनाई सकनां। मैं अपने परोआर ते दोस्तें गी हर रोज खेदें ते तंदुरुस्ती दिवें गतिविधियें च खेदने ते हिस्सा लैने आस्तै प्रोत्साहत करांगा। मैं अपने द्वारा खेदे जाने आह्ने हर इक खेदे च श्रेष्ठता, सम्मान ते मित्रता दे ओलंपिक मूल्यें गी आत्मसात् करने दी कोशश करांगा।

Gujarati

હું પ્રતિજ્ઞા લઉં છું કે હું મારી જાતને શારીરિક રીતે તંદુરસ્ત, માનસિક રીતે મજબૂત અને ભાવનાત્મક રીતે સંતુલિત બનાવીશ. હું મારા પરિવાર અને મિત્રોને દરરોજ રમવા અને રમતગમત અને તંદુરસ્તીની પ્રવૃત્તિઓમાં ભાગ લેવા માટે પ્રોત્સાહિત કરીશ. હું જે પણ રમત રમું છું તેમાં શ્રેષ્ઠતા, સન્માન અને મિત્રતાના ઓલિમ્પિક મૂલ્યોને આત્મસાત કરવાની પ્રયાસ કરીશ.

Hindi

मैं यह शपथ लेता हूँ कि मैं खुद को शारीरिक रूप से फिट, मानसिक रूप से मजबूत और भावनात्मक रूप से संतुलित बनाऊंगा। मैं अपने परिवार और दोस्तों को हर दिन खेल और फिटनेस गतिविधियों में भाग लेने के लिए प्रोत्साहित करूंगा। मैं हर खेल में उत्कृष्टता, सम्मान और दोस्ती के ओलंपिक मूल्यों को आत्मसात करने का प्रयास करूंगा।

Kannda

ನಾನು ದೈಹಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ, ಮಾನಸಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ ಮತ್ತು ಭಾವನಾತ್ಮಕವಾಗಿ ಸಮತೋಲಿತನಾಗುತ್ತೇನೆ ಎಂದು ಪ್ರತಿಜ್ಞೆ ಮಾಡುತ್ತೇನೆ. ನಾನು ನನ್ನ ಕುಟುಂಬ ಮತ್ತು ಸ್ನೇಹಿತರನ್ನು ಪ್ರತಿದಿನ ಕ್ರೀಡೆ ಮತ್ತು ಫಿಟ್ನೆಸ್ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಆಡಲು ಮತ್ತು ಭಾಗವಹಿಸಲು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತೇನೆ. ನಾನು ಆಡುವ ಪ್ರತಿಯೊಂದು ಕ್ರೀಡೆಯಲ್ಲಿಯೂ ಶ್ರೇಷ್ಠತೆ, ಗೌರವ ಮತ್ತು ಸ್ನೇಹದ ಒಲಿಂಪಿಕ್ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸುತ್ತೇನೆ.

ମୁଁ ପ୍ରତିଜ୍ଞା କରୁଛି ଯେ ମୁଁ ନିଜକୁ ଶାରୀରିକ ଭାବେ ସୁସ୍ଥ, ମାନସିକ ଭାବେ ଶକ୍ତିଶାଳୀ ଏବଂ ଭାବନାତ୍ମକ ଭାବେ ସନ୍ତୁଷ୍ଟ କରିବି। ମୁଁ ମୋ ପରିବାର ଏବଂ ବନ୍ଧୁମାନଙ୍କୁ ପ୍ରତିଦିନ ଖେଳ ଏବଂ ଫିଟନେସ୍ କାର୍ଯ୍ୟକଳାପରେ ଅଂଶଗ୍ରହଣ କରିବାକୁ ଉତ୍ସାହିତ କରିବି। ମୁଁ ଖେଳିଥିବା ପ୍ରତ୍ୟେକ ଖେଳରେ ଉତ୍ସାହ, ସମ୍ମାନ ଏବଂ ବନ୍ଧୁତ୍ବର ଅଲିମ୍ପିକ୍ ମୂଲ୍ୟବୋଧକୁ ଗ୍ରହଣ କରିବାକୁ ଚେଷ୍ଟା କରିବି।

Punjabi

ମੈଁ ସବୁ ଖାନ୍ଦା ହାଁ କି ମੈଁ ଆପଣେ ଆପ ନୁଁ ସରୀରକ ਤୌ 'ਤੇ ਤੰଦରୁସତ, ମାନସିକ ତୌ 'ਤੇ ମଜ୍ଜସୁତ ଅଡେ
ଭାବନାତମକ ତୌ 'ਤੇ ସନ୍ତୁଲିତ ସଟାବାଙ୍ଗା। ମੈଁ ଆପଣେ ପରିବାର ଅଡେ ଚେସତାଁ ନୁଁ ହର ରେଜ୍ ଖେଡାଁ ଅଡେ ତੰଦରୁସତୀ
ଦୀଆଁ ଗତୀବିଧୀଆଁ ବିଚ୍ଚ ଖେଡାଁ ଅଡେ ହିଂସା ଲେଟ ଲାଣି ଓଡ଼ିଆଗିତ କରାଙ୍ଗା। ମੈଁ ହର ଖେଡ ବିଚ୍ଚ ଓଡ଼ିଆମତା,
ସନମାନ ଅଡେ ଚେସତୀ ଦୀଆଁ ଓଲିମ୍ପିକ କଦରା-କିମତାଁ ନୁଁ ଅପଟାଓଟି ଦି କେମିସ କରାଙ୍ଗା।

Sanskrit

अहं प्रतिज्ञां करोमि यत् अहं स्वयमेव शारीरिकरूपेण स्वस्थः, मानसिकरूपेण दृढः, भावात्मकरूपेण सन्तुलितः च भवामि। अहं प्रतिदिनं स्वपरिवारं मित्राणि च क्रीडितुं, क्रीडासु, स्वास्थ्य-क्रियासु च भागं ग्रहीतुं प्रोत्साहयिष्यामि। अहं क्रीडितासु प्रत्येकस्मिन् क्रीडायां उत्कृष्टतायाः, सम्मानस्य, मैत्रीस्य च ओलिम्पिक्-मूल्यानि ग्रहीतुं प्रयतताम्।

Sindhi

مان عهد ڪريان ٿو ته مان پاڻ کي جسماني طور تي تندرست، ذهني طور تي مضبوط ۽ جذباتي طور تي متوازن
بڻائيندس مان پنهنجي ڪٽنب ۽ دوستن کي هر روز راند ۽ فٽنيس سرگرمين ۾ حصو وٺڻ لاءِ بڻائيندس مان ڪوشش
ڪندس ته اولمپڪ جي قدرن کي بهترين، عزت ۽ دوستي جي هر راند ۾ شامل ڪريان

Tamil

நான் உடல் ரீதியாகவும், மன ரீதியாகவும் வலுவாகவும், உணர்ச்சி
ரீதியாகவும் சமநிலையாக இருப்பேன் என்று உறுதிமொழி
எடுக்கிறேன். எனது குடும்பத்தினரையும் நண்பர்களையும் ஒவ்வொரு
நாளும் விளையாட்டு மற்றும் உடற்பயிற்சி நடவடிக்கைகளில்
பங்கேற்க ஊக்குவிப்பேன். நான் விளையாடும் ஒவ்வொரு
விளையாட்டிலும் சிறந்து விளங்குதல், மரியாதை மற்றும் நட்பு
ஆகியவற்றின் ஒலிம்பிக் மதிப்புகளை உள்வாங்க நான்
முயற்சிப்பேன்.

Telugu

నేను శారీరకంగా ఆరోగ్యంగా, మానసికంగా బలంగా, భావోద్వేగపరంగా సమతుల్యంగా
ఉంటానని ప్రతిజ్ఞ చేస్తున్నాను. ప్రతిరోజూ నా కుటుంబం మరియు స్నేహితులను
క్రీడలు మరియు ఫిట్నెస్ కార్యకలాపాలలో ఆడటానికి మరియు పాల్గొనడానికి నేను
ప్రోత్సహిస్తాను. నేను ఆడే ప్రతి క్రీడలో శ్రేష్ఠత, గౌరవం మరియు స్నేహం వంటి ఒలింపిక్
విలువలను పొందుపరచడానికి ప్రయత్నిస్తాను.

Urdu

हांव स्वताक शारिरीक रुपान तंदुरुस्त, मानसीक रुपान घटमूट आनी भावनीक रितीन संतुळीत करतलें अशें उतर घेता. हांव म्हज्या कुटुंबाक आनी इश्टांक दर दिसा खेळ आनी तंदुरुस्ती कार्यावळींनी खेळपाक आनी वांटो घेवपाक प्रोत्साहन दितलों. हांव खेळपी दरेक खेळांत उत्कृष्टताय, मान आनी इश्टागत हीं ऑलिंपीक मुल्यां आत्मसात करपाचो हांव यत्न करतलों.

Regarding Celebration of National Sports Day on 29th August, 2025- collaboration therefor.

Hari Ranjan Rao <secy-sports@sports.gov.in >

Wed, 06 Aug 2025 1:27:37 PM +0530

To "Pallavi Jain Govil"<secy-ya@nic.in>

Cc "Contact"<contact@fitindia.gov.in>

2 Attachment(s)

DO Letter to Secretary Youth A...
641.2 KB

Standard Operating Procedure...
2.3 MB

Dear Sir,

Kindly find enclosed a DO letter dated 05th August, 2025 along with its enclosure, from Shri Hari Ranjan Rao, Secretary, Department of Sports, M/o Youth Affairs & Sports, Government of India, on the above subject.

Regards,
Office of Secretary (Sports)
Department of Sports
Ministry of Youth Affairs and Sports
Shastri Bhawan, New Delhi - 110001
Tel.: 011-23388623, 2338875