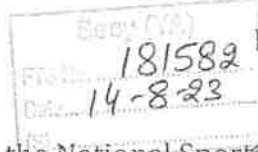


सुजाता चतुर्वेदी, भा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary



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

*[Signature]*

14.08.23

Director AYAS  
+ Director NSS

### 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.

