



GOVERNMENT OF ODISHA
HIGHER EDUCATION DEPARTMENT

No.: 33521 /HE, Dated: 28/08/24
PT1-HE-PTC-COL-0007-2024

From

Rajata Kumar Mansingh, OES-I
Deputy Director, PTC

To

The Principals (All Government/ Non-Government Colleges coming under
Higher Education Department)

Sub: Celebration of National Sports Day 2024- Regarding

Madam/Sir,

In inviting a reference to the subject cited above, I am directed to say that an initiative has been undertaken for National Sports Day Celebration annually on 29th August, to honor the birth anniversary of Major Dhyan Chand, one of India's most celebrated hockey players. This day serves as an opportunity to recognize the vital role of sports and physical activities in our lives, and to foster a spirit of unity, fitness, and national pride among students.

In light of this, the Ministry of Youth & Sports Affairs, Government of India, has issued a Standard Operating Procedure (SOP) outlining various activities to be conducted from 26th to 31st August 2024. The SOP is enclosed with this letter.

Hence, you are requested for your active involvement in the planning and execution of these events. Please coordinate with your sports faculty and other relevant staff to ensure maximum participation and enthusiasm from the students.

Your cooperation and dedication are crucial in making this event a success and in inspiring our students to lead healthier, more active lives.

Yours faithfully,


Deputy Director, PTC

Memo No. 33522 /HE, Dated: 28/08/24

Copy forwarded to the P.S. to the Commissioner-cum-Secretary, Higher Education Department for kind knowledge of Commissioner-cum-Secretary.


Deputy Director, PTC

Memo No. 33523 /HE, Dated: 28/08/24

Copy forwarded to All RDEs (Bhubaneswar /Sambalpur/ Berhampur/Balasure/
Jeypore) for kind information and necessary action.



28.08.2024

Deputy Director, PTC

MOF for National Sports Day (NSD) 2024 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 26th August to 31st August 2024.**

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. The stakeholders are requested to visit https://drive.google.com/drive/folders/1thg1xydnX0Vf1jaLrS2DmaEle2I_HHh_c?usp=sharing and view the videos on health and nutrition as a part of celebration of NSD.

5. **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.
6. **Pre-event promotion:** Ensure pre-event promotion of the event to be organised from 21 August 2024 onwards followed by post event posts on social media.
7. The organizing department to release a press note two (02) days prior to the event informing about the event and schedule of activities.
8. Organizers to register their event on Fit India portal (apps, fitindia.gov.in) or Fit India Mobile App and upload details of participation, pictures & videos of the event.
9. Promote National Sports Day on their social media channels with #Sports4All and #NationalSportsDay through creatives, videos, write-ups, pictures of the events.
10. Adequate publicity for the program through social media, TV/Newspaper, etc.
11. Google Drive Link for branding design https://drive.google.com/drive/folders/1thgTxydnX0VtIjalrS2DmaEle2LHfh_e?usp=sharing

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 AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊंगा/जीऊंगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूंगा/निकालूंगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूंगा/करूंगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूंगा/लूंगी