

मध्य प्रदेश शासन
उच्च शिक्षा विभाग
मंत्रालय, भोपाल-462004

भोपाल, दिनांक 26/08/2022

क्रमांक 640/ 226 /रासेयो/2022/38,

प्रति,

1. प्राचार्य
समस्त महाविद्यालय
(म.प्र.)
2. कुलसचिव
समस्त शासकीय /अन्य अधिनियम से निर्मित विश्वविद्यालय
(म.प्र.)

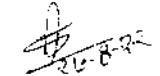
विषय:-राष्ट्रीय खेल दिवस दिनांक 29.08.2022 मनाने विषयक।

सन्दर्भ:-भारत सरकार युवा कार्यक्रम एवं खेल मंत्रालय, खेल विभाग, नई दिल्ली दिनांक 18.08.2022 पत्र प्राप्त
खेल एवं युवक कल्याण विभाग मंत्रालय भोपाल दिनांक 24.08.2022.

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उपरोक्त विषयान्तर्गत सन्दर्भित पत्रानुसार लेख है कि प्रतिवर्ष राष्ट्रीय खेल दिवस 29 अगस्त को मनाया जाता है। राष्ट्रीय खेल दिवस पर फिट इंडिया मिशन का शुभारंभ वर्ष 2019 में किया गया था। राष्ट्रीय खेल दिवस को अखिल भारतीय खेल आयोजनों के माध्यम से मनाया जाना है। राष्ट्रीय खेल दिवस 2022 को एक समावेशी और फिट समाज के लिये खेल की थीम के साथ मनाने का प्रस्ताव है।

अतः अनुरोध है कि इस वर्ष दिनांक 29.8.2022 को संस्था में विद्यार्थियों को प्रोत्साहित करते हुए राष्ट्रीय खेल दिवस का आयोजन गरिमामय एवं भव्यता के साथ मनाया जाए। इस हेतु खेल गतिविधियों का चयन कर उनका आयोजन करें। आयोजन उपरांत संक्षिप्त प्रतिवेदन मय फोटोग्राफ्स एवं न्यूज पेपर कटिंग के साथ अपने-अपने क्षेत्र के अतिरिक्त संचालक को उपलब्ध कराएं। साथ ही क्षेत्रीय अतिरिक्त संचालक अपने क्षेत्र की समस्त संस्थाओं से प्राप्त जानकारी का समेकित प्रतिवेदन तैयार कर विभाग में उपलब्ध कराना सुनिश्चित करेंगे।
संलग्न- उपरोक्तानुसार

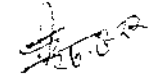

(वीरन सिंह भलावी)
अवर सचिव

म.प्र.शासन, उच्च शिक्षा विभाग
भोपाल, दिनांक 26/08/2022

पृ.क्रमांक 641/ 226 /रासेयो/2022/38,

प्रतिलिपि:-

1. निज सहायक, प्रमुख सचिव, मध्य प्रदेश शासन, खेल और युवा कल्याण विभाग मंत्रालय भोपाल।
2. अध्यक्ष निजी विश्वविद्यालय विनियामक आयोग म.प्र. की ओर सूचनार्थ एवं समस्त निजी विश्वविद्यालयों में उपरोक्तानुसार राष्ट्रीय खेल दिवस दिनांक 29.8.2022 को मनाये जाने के संबंध में अनुरोध।
3. निज सहायक, आयुक्त, उच्च शिक्षा संचालनालय सतपुड़ा भवन भोपाल म.प्र.।
4. अतिरिक्त संचालक, उच्च शिक्षा समस्त क्षेत्रीय कार्यालय म.प्र. की ओर आवश्यक कार्यवाही हेतु।
5. विशेष कर्तव्यस्थ अधिकारी आई.टी.सेल, उच्च शिक्षा संचालनालय सतपुड़ा भवन भोपाल।


अवर सचिव

म.प्र.शासन, उच्च शिक्षा विभाग

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



75
आज़ादी का
अमृत महोत्सव

युवा कार्यक्रम और खेल मंत्रालय

भारत सरकार
खेल विभाग

Government of India
Department of Sports
Ministry of Youth Affairs & Sports

D.O. No. 20-3/SAI/FIT INDIA/2022

Dated: 18th August 2022

Dear Chief Secretary,

The National Sports Day is celebrated every year on 29th August to mark the tradition of Sports in India, and as a tribute to the Hockey legend Major Dhyan Chand. Also, the Fit India Mission was launched on the National Sports Day in 2019 by the Hon'ble Prime Minister. Fitness and Sports are inter-connected strands, and sports accentuate fitness. In recent years, we have witnessed the evolution of a Sports & Fitness culture in India.

2. It is with this background that it is proposed to celebrate this year's National Sports Day through pan-India sports events. This Department proposes to celebrate the National Sports Day, 2022 with the theme of Sports as an enabler for an inclusive and fit society. This is to be marked by means of sporting events organized for different levels, including both professional as well as recreational events among people of various age groups, and of all walks of life.

3. I solicit your support in this initiative with the request to have the celebrations of National Sports Day, 2022 by encouraging mass participation through various departments/organizations in your State/UT. The S.O.P for celebrating the National Sports Day is attached for your kind reference. Smt. Ekta Vishnoi, Mission Director- Fit India (+91 75881 81543) is the Nodal Officer for this purpose from this Ministry.

I will be highly grateful for your support in this regard.

With best regards,

Yours sincerely,

(Sujata Chaturvedi)

Encl.: As above.

To

All the Chief Secretaries (States and UTs)

Copy to

Principal Secretary (Sports)/Secretary (Sports) of all the States/UTs.

SOP for National Sports Day 2022 celebrations-29th August 2022

1. Organize any sporting event like athletics, contemporary sports, indigenous sports, etc. as deemed fit as per age groups on 29th August 2022.
2. Silent features of the event:
 - One-day event.
 - 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.
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.
4. Pre-event promotion: Ensure pre-event promotion of the event to be organised from 22nd August 2022 onwards followed by post event posts on social media.
5. The organizing department to release a press note by 25th August 2022 informing about the event and schedule of activities.
6. Organizations to conduct physical events till 31st August 2022 (for 75 hours)
7. Encourage participation from friends, families, and other connections in the network of the individuals participating in the event.
8. 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.
9. Promote National Sports Day on their social media channels with #Sports4Unity and #NationalSportsDay through creatives, videos, write-ups, pictures of the events.
10. Adequate publicity for the program through social media, TV/Newspaper, etc.

SAI



Government of India
Ministry of Youth Affairs and Sports

**FIT
INDIA**

NATIONAL SPORTS DAY

29th August 2022

KHELEGA INDIA TO KHILEGA INDIA



Significance of National Sports Day

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INDIA**

> Tribute to hockey legend Major Dhyan Chand

> National Sports Awards conferred on this day

> Celebrating Indian sports tradition

> Hon'ble Prime Minister launched Fit India Mission in 2019

> Sports as a tool to unite people, sports to bring inclusivity

> Sports for fitness, sports for health



Mission & Objectives

To take forward fit India
Movement through mass
participation in sports

Laying foundation for a strong
culture of sports in our Country

Spelling a unifier SPORTS FOR
UNITY

Spelling PROMOTING FITNESS for
all citizens



**FIT
INDIA**

National Celebrations by SAI

**FIT
INDIA**

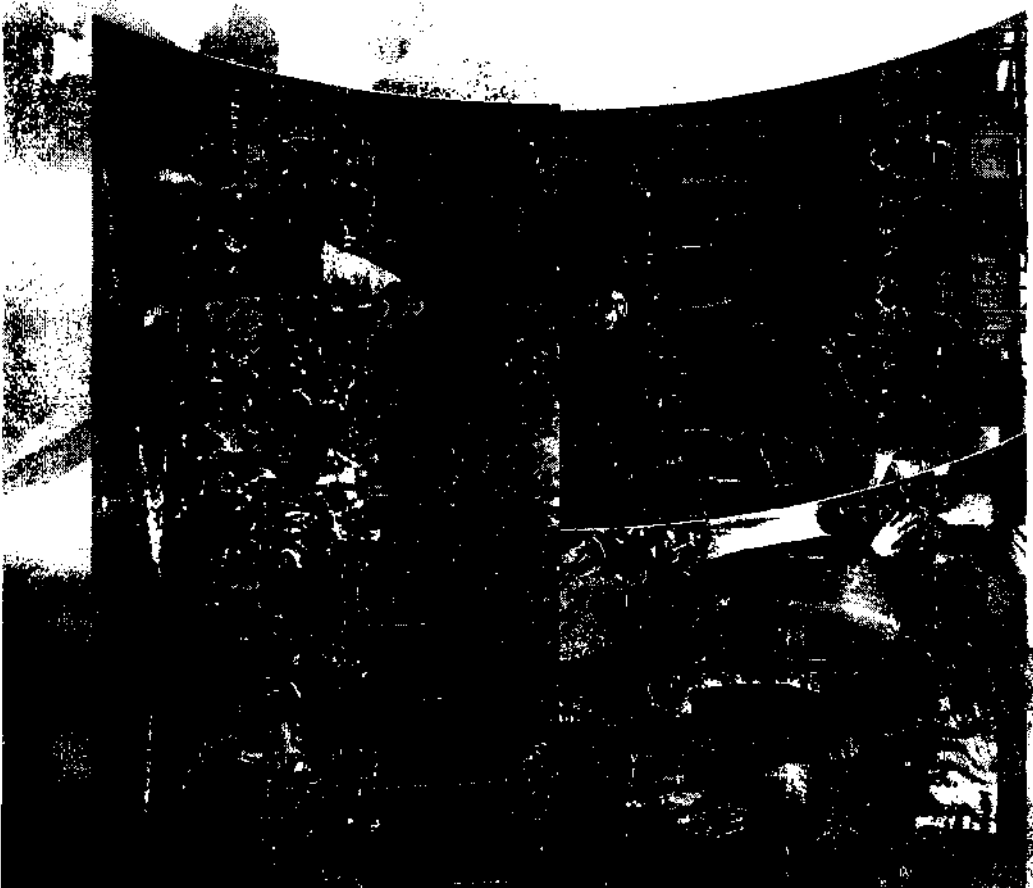
Ministers across India visit schools/colleges/SAI centres and participate in sports events

Ministers interact with 5-6 sports/business icons virtually celebrating sports with students - Live from 5 PM onwards at Fit India YouTube channel

Schools, colleges, Govt. organisations, pvt. organisations, corporates, youth clubs, Sports Control Boards of India, NSFs, NGOs etc to organise day long sporting activities

Public representatives, celebrities, fitness influencers to participate



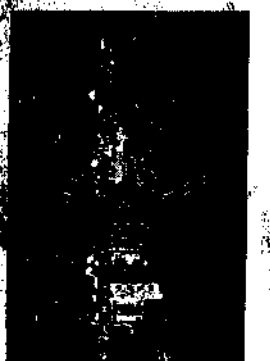





National/Regional media to cover



Celebration at schools & Colleges

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Class wise group and Suggested Games

<p>Class upto 5</p> <p>Run and relay run / Long Jump / Yogasana / any game, Fun Games (Spoon race, Sack race, 7 stone, etc.)</p>	 
<p>Class 6 to 8</p> <p>Run and relay Run and 300 Mtr. run* / Throw Event - 3 Kg. (Boys), 2 Kg. (Girls) / Football / Kho-Kho / Yogasana / any Indigenous game, Fun Games (Spoon race, Sack race, 7 stone, Langdi tang etc.)</p>	<p>Sports Competitions</p>  
<p>Class 9 to 12 & Colleges</p> <p>50 Mtr. run and relay Run and 600 Mtr. run** / Throw Event - 4 Kg. (Boys), 3 Kg. (Girls) / Maximum no. of Push Ups (Boys) and Modified Push Ups (Girls) in 30 seconds / Football / Kho- Kho / Kabaddi / Yogasana / any Indigenous game, Fun Games (Spoon race, Sack race, 7 stone, Langdi tang etc.)</p>	<p>Indigenous Games</p>   <p>Fun Games</p>  

Activities to be conducted by States/UTs

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INDIA**

colleges, Govt. Departments, Pvt. Institutions, Corporates, NGOs etc. to

celebrate
celebrate public representatives, prominent Sports
teams/fitness influencers -- they should also play

Celebrations at State Level Khelo India
Centres/Khelo India Centres to be ensured

Participation is monitored through registration
portal of Fit India (Every organisation should
register) or state may send consolidate report
through email on fitindia@gov.in

include local media, create Social media trending
moments/ pre-&post-event buzz

#Sports4Unity #NationalSportsDay



**Fit
INDIA**



Celebration at Organisations

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INDIA**

Age wise and Suggested Games

Age Group 18-40 yrs

100 Mtr. run and relay run / Yogasana / Football / Any Indigenous game
 Chess / Carrom / Badminton / Arm wrestling
 Games (spon race, Sack race, 7 stone, Langdi tang etc.)

Age Group 40-60 yrs

50 Mtr. run and relay Run and 300 Mtr. run / 1 Km Walk / Kho-Kho / Yogasana
 / any Indigenous game Indoor games - Chess / Carrom / Badminton / Arm
 wrestling

Age group above 60 yrs

100 Mtr. Speed walk / 1 Km Walk / / Yogasana / any Indigenous game
 Indoor games - Chess / Carrom

Sports Competition

Indigenous Games

Indoor Games

Competition format

to be held as a one-day event.

based on Houses/ Groups format instead of individual players, as it will further develop spirit of Bonding, Unity and Inclusiveness

Divided into four to six houses depending on the number of participations.

The gender equality may be maintained

Medal tally for each house. Highest points, team will win Major Dhyan Chand Trophy



Register the event

Organisation to register on Fit India Mobile App or
<https://fitindia.gov.in/>



Upload pictures, share videos, feed the details of the
participants

Download e-certificate for organisation/participants

Sports Ministry acknowledges- Be part of national
celebrations

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INDIA**

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**NATIONAL
SPORTS DAY**
Celebration

2021-2022



Thank you!