

सां/No. : 5-1(17)/2008-PD

Dated 18.08.2023

प्रेषक : संयुक्त सचिव (प्रशासन)
From : Joint Secretary (Admn.)

सेवा में : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान
To : The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

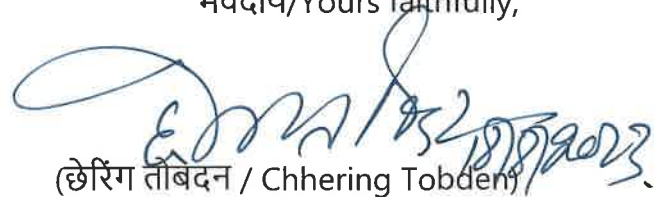
विषय : 'राष्ट्रीय खेल दिवस, 2023' मनाने के संबंध में।
Sub : Celebration of 'National Sports Day, 2023' – reg.

महोदया/Madam / महोदय/Sir,

मुझे, उपरोक्त विषय पर सचिव, खेल विभाग, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार के अर्धशासकीय पत्र सं:20-4/SAI/FITINDIA/2023 दिनांक 11.08.2023 को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith D.O letter No.20-4/SAI/FITINDIA/2023 dated 11.08.2023 from Secretary, Department of Sports, Ministry of Youth Affairs and Sports, Government of India on the above mentioned subject for your information, guidance and compliance.

भवदीय/Yours faithfully,


(छेरिंग तोबेदन / Chhering Tobden)
व. उप सचिव(नीति) / Sr. DS (PD)

संलग्न/Encl. : यथोपरि/As above
प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. वेबसाइट/ CSIR Website
- 2) कार्यालय प्रति/Office copy.

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

Dear Secretary,

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 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 under the aegis of your Ministry/Department 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).

I shall be grateful for your support in this regard.

With Best Regards,

Yours sincerely,

[Signature]
11/8/23
(Sujata Chaturvedi)

Encl.: As above

To- All the Secretaries, Government of India.

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 निकालूँगा/निकालूँगी
- 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 करूँगा/करूँगी