



पत्रांक: ए०के०टी०यू०/अधि० छात्र क०/2024/२१३

दिनांक: २५-०८-2024

सेवा में,
निदेशक/प्राचार्य,
डा० ए०पी०जे० अब्दुल कलाम प्राविधिक विश्वविद्यालय, लखनऊ
से सम्बद्ध समस्त संस्थान।

विषय:—दिनांक 26 अगस्त, 2024 से 31 अगस्त, 2024 के मध्य राष्ट्रीय खेल दिवस, 2024 का उत्सव मनाये जाने के संबंध में।

महोदय/महोदया,

कृपया उपर्युक्त विषयक सचिव, विश्वविद्यालय अनुदान आयोग, नई दिल्ली के पत्र संख्या: D.O.No.F.8-1/2024 (Misc) दिनांक 16 अगस्त, 2024 (प्रति संलग्न) का संदर्भ ग्रहण करने का कष्ट करें। उक्त पत्र के माध्यम से विश्वविद्यालय अनुदान आयोग द्वारा राष्ट्रीय खेल दिवस, 2024 का उत्सव दिनांक 26 अगस्त, 2024 से 31 अगस्त, 2024 तक मनाये जाने हेतु निर्देशित किया गया है।

अतः उक्त से अवगत होते हुए विश्वविद्यालय अनुदान आयोग, नई दिल्ली के पत्र में उल्लिखित व्यवस्थानुसार अपने संस्थान में राष्ट्रीय खेल दिवस, 2024 का उत्सव मनाये जाने का कष्ट करें।

संलग्नक: यथोक्त।

भवदीय

(प्रो० ओ०पी० सिंह)
अधिष्ठाता छात्र कल्याण

प्रतिलिपि: निम्नलिखित को सूचनार्थ प्रेषित:—

1. सचिव, विश्वविद्यालय अनुदान आयोग, नई दिल्ली।
2. कुलसचिव/वित्त अधिकारी, ए०के०टी०यू०, लखनऊ।
3. समस्त अधिष्ठाता/जन सम्पर्क अधिकारी, ए०के०टी०यू०, लखनऊ।
4. स्टाफ आफिसर, कुलपति कार्यालय, ए०के०टी०यू०, लखनऊ।

(प्रो० ओ०पी० सिंह)
अधिष्ठाता छात्र कल्याण



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते

75
आज़ादी का
अमृत महोत्सव

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.O.No.F.8-1/2024(Misc.)

16th August, 2024/ 25 श्रावण 1946

**Subject: Celebration of National Sports Day (NSD) 2024 between 26th and 31st August 2024-
Regarding request to organize sporting and fitness activities by the Higher
Educational Institutions.**

आदरणीय महोदया/महोदय,

I am writing to bring to your attention the upcoming celebration of National Sports Day, which occurs annually on 29th August in commemoration of the birth anniversary of Hockey Legend Major Dhyan Chand. This day serves as a tribute to our sports icons for their outstanding contributions on the international stage.

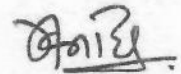
Please find attached herewith a letter of Ministry of Youth Affairs to ensure the resounding success of the National Sports Day celebration across all Higher Educational Institutions (HEIs). The Ministry encourages students and faculty to organize sporting and fitness activities on any suitable day between 26th and 31st August 2024.

Additionally, the Ministry of Youth Affairs has provided a Standard Operating Procedure (SOP) for the celebration, which is enclosed for your reference. Should you require any further information or clarification on this subject, the Ministry has designated the FIT India Mission as the point of contact. You may reach out to them at 08069169910 or contact.fitindia@gov.in

Thank you for your attention to this matter. I trust that with your support, we can make this year's National Sports Day celebration a resounding success across all HEIs.

सादर,

भवदीय,


(मनिष जोशी)


संलग्नक: उपरोक्तानुसार

सेवा में,

- सभी विश्वविद्यालयों के कुलपति।
- सभी महाविद्यालयों के प्राचार्य।

DSW

1046
22/8/24


21/08/24

कुलपति

F.No. 8-4/2024-TS.V
Government of India
Department of Higher Education
Ministry of Education
(Management Division)

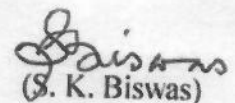
Shastri Bhawan, New Delhi
Dated: 13th August, 2024

OFFICE MEMORANDUM

Subject: Celebration of National Sports Day (NSD) 2024 between 26th and 31st August, 2024 –
Regarding request to organize sporting and fitness activities by the Higher Educational
Institutions.

The undersigned is directed to forward herewith copy of D.O. No. 20-4/SAI/FIT INDIA/2024 dated 08th August, 2024 alongwith a suggestive SoP for the celebration, received from the Secretary, Department of Sports, M/o Youth Affairs and Sports on the above mentioned subject. In this regard, all Bureau Heads, D/o Higher Education, UGC and AICTE are requested to circulate the same to all Institutions under their administrative control with necessary directions to organize sporting and fitness activities on any suitable day between 26th and 31st August, 2024.

Encl.: As above.


(S. K. Biswas)

Deputy Secretary (Management)
E-mail: sunilkumar.biswas29@gov.in

To,

1. All BHs, DoHE
2. The Chairman, UGC
3. The Chairman, AICTE

Copy to: The Directors of all IIMs with request to organize sporting and fitness activities between 26th and 31st August, 2024 for celebration of National Sports Day, 2024.

सुजाता चतुर्वेदी, मा.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

DO No.: 20-4/SAI/FIT INDIA/2024

Dated: 08th August, 2024

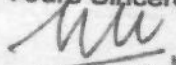
Dear Sanjay,

I am writing to you with reference to the nationwide celebration of the National Sports Day (NSD). As you may already be aware, NSD is celebrated every year on 29th August, to commemorate the birth anniversary of Hockey Legend Major Dhyan Chand. Every year, we celebrate NSD as a befitting tribute to our sports icons for their contribution to bringing laurels to the country on the international stage. Since the last few years, the occasion of NSD and its run-up has been effectively utilized to make our citizens participate in sports-related activities and to instil a strong sports and fitness culture in the country.

2. With this background and to emulate the success of previous editions of NSD, it has been planned to celebrate NSD 2024 with a series of pan-India sports events and other engagement activities between 26th and 31st August 2024.
3. To make the National Sports Day Celebration a huge success, may I request you issue necessary directions to colleges, universities, higher education institutions under your purview and to the State/UTs Higher Education departments to encourage them to organize sporting and fitness activities on any suitable day between 26th to 31st August, 2024.
4. A suggestive SoP for the celebration is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility may contact the FIT India Mission (08069169910, contact.fitindia@gov.in). It is also requested to share the details of a nodal officer to coordinate with regarding this initiative on the above-mentioned email ID.

I shall be grateful for your support in this regard.

Best wishes,

Yours Sincerely,

8/8/24
(Sujata Chaturvedi)

Encl.: As above

Shri K Sanjay Murthy, IAS
Secretary,
Department of Higher Education
127-C, Shastri Bhawan, New Delhi

SOP 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/1thgTxynX0VfljaLrS2DmaEle2LHHh_e?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 21st 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 (<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.
11. Google Drive Link for branding design is-
https://drive.google.com/drive/folders/1thgTxydnX0VfIjaLrS2DmaEle2LHHh_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 जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी