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

सत्यमेव जयते

आज़ादी का अमृत महोत्सव

भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय

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,

18/8/22

(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

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली–110001 दूरभाष : 011–23388623
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623
फैक्स / Fax: 011-23388758, ई–मेल / E-mail : secy-sports@nic.in

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

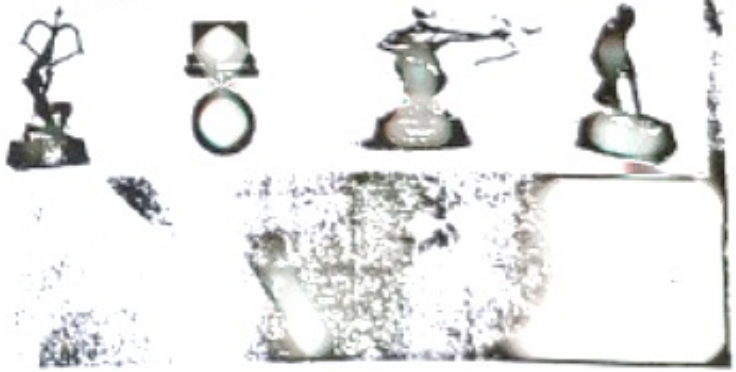
NATIONAL SPORTS DAY

29th August 2022

KHELEGA INDIA TO KHILEGA INDIA

Significance of National Sports Day

- 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

FIT INDIA

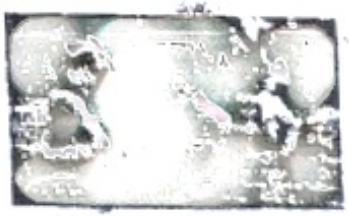
To take forward Fit India Movement through mass participation in sports.

Laying foundation for a strong culture of sports in our Country

ECTIVES

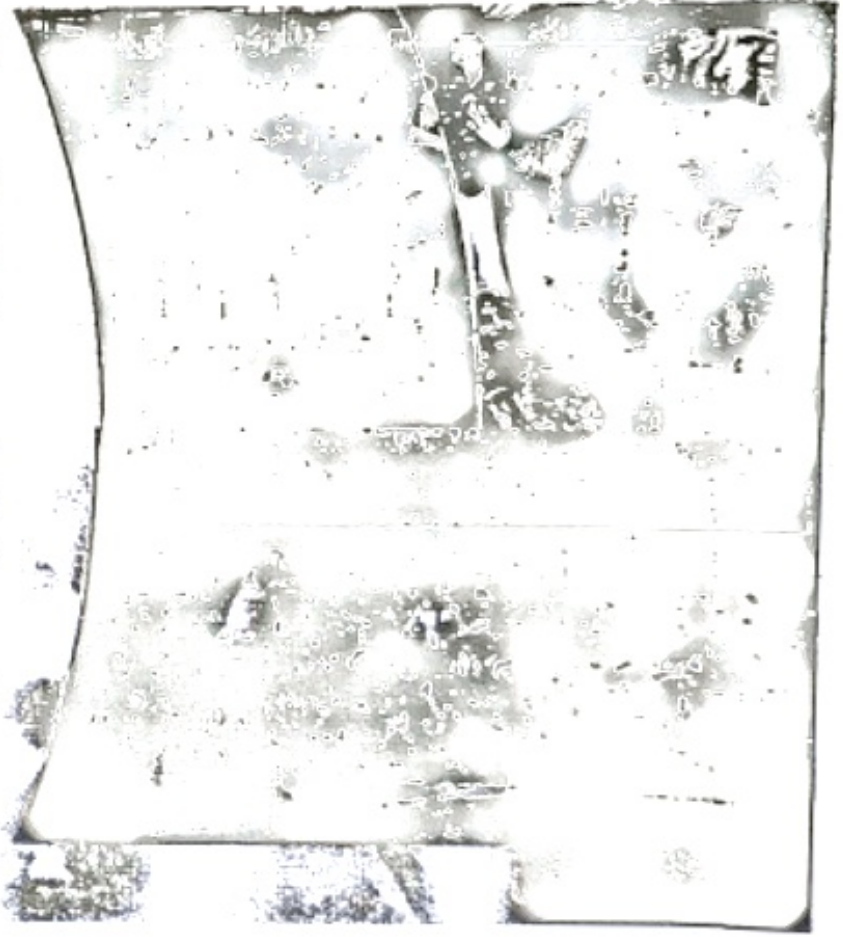
Sports as unifier – SPORTS FOR UNITY

Sports for promoting FITNESS for all citizens



National Celebrations by SAI

- s/fitness Icons visit schools/colleges/SAI across India and participate in sports events
- Union Sports Ministers interact with 5-6 fitness 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

FIT INDIA

Class wise group and Suggested Games
Class 1 to 5 un and relay run / Loo Jump / Yogasana / any s game, Fun Games (Spoon race, Sack race, 7 stone, ng etc.)
Class 6 to 8 un 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.)
Class 9 to 12 & Colleges 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.)

Activities to be conducted by States/UTs

FIT INDIA

colleges, Govt., Departments, Pvt. ations, Corporates, NGOs etc. to ate

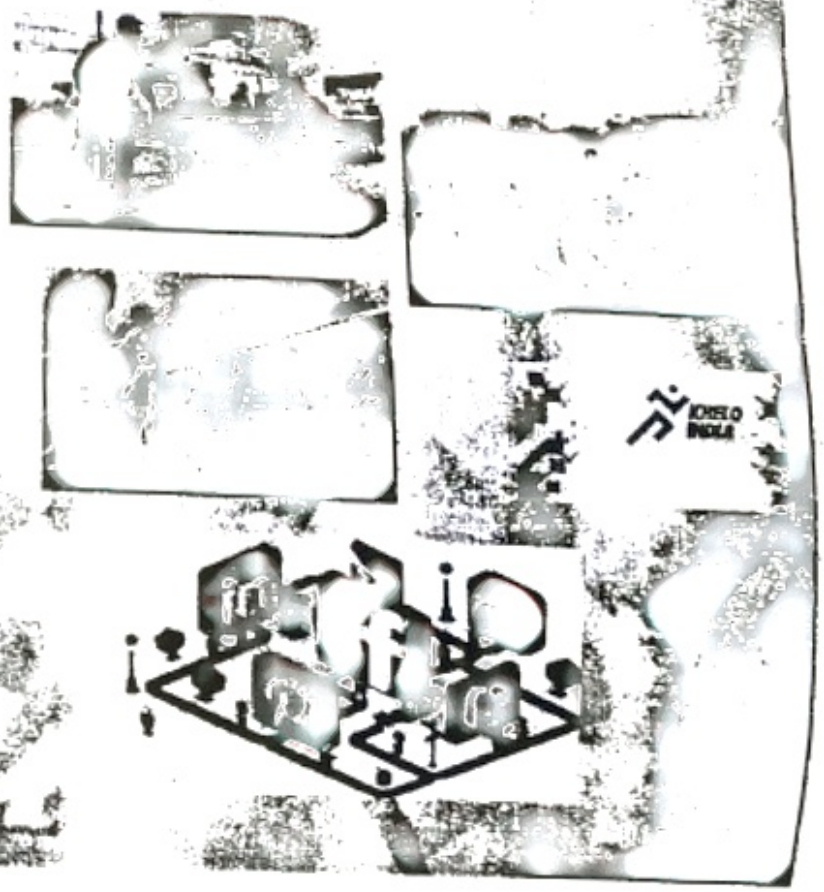
ublic representatives, prominent Sports , fitness influencers – they should also play

elebrations at State Level Khelo India entres/Khelo India Centres to be ensured

articipation is monitored through registration ortal of Fit India (Every organisation should gister) or state may send consolidate report rough email on fitindia@gov.in

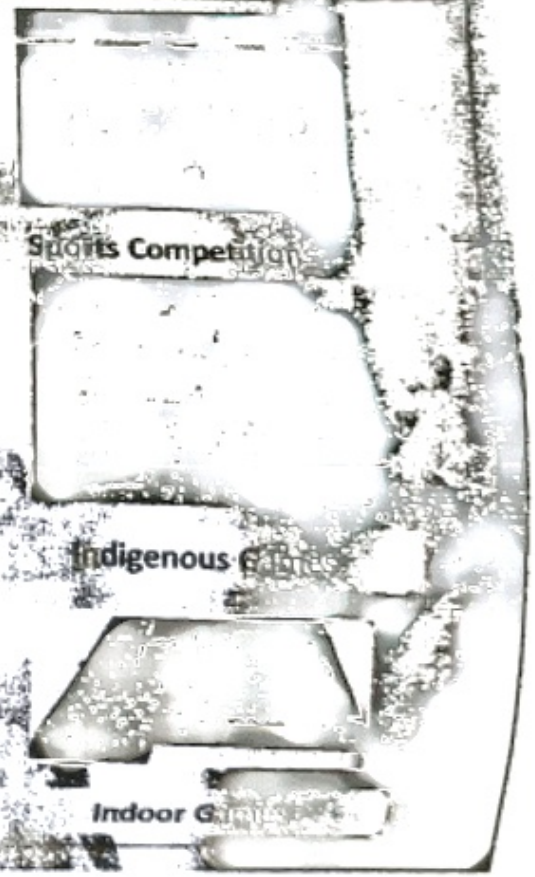
nclude local media, create Social media trending oments/ pre-&post event buzz

#Sports4Unity #NationalSportsDay



Celebration at Organisations

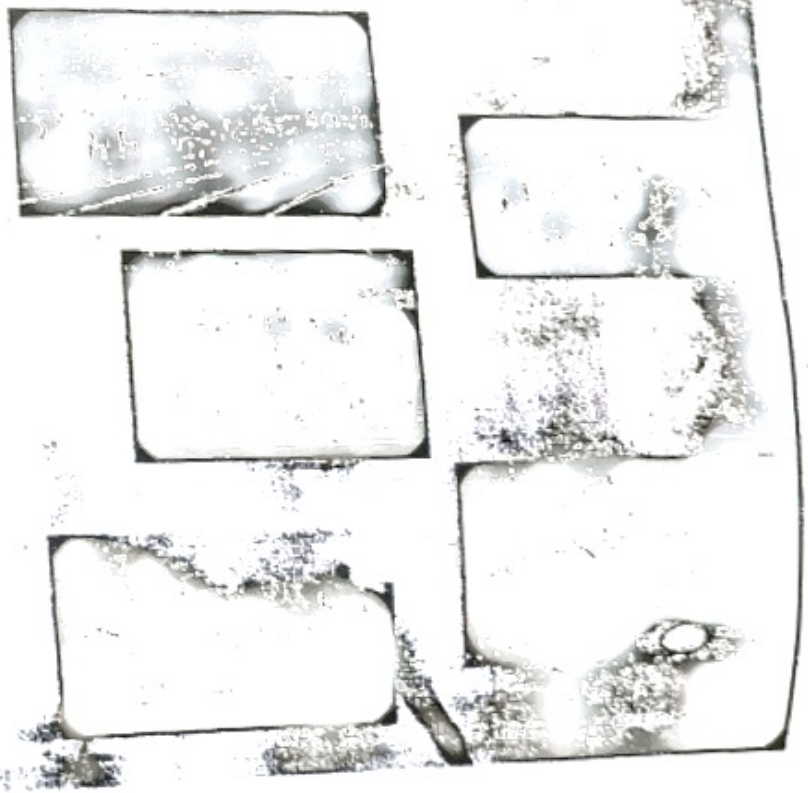
FIT INDIA

Age wise and Suggested Games	
Age Group 18-40 yrs 50 Mtr. run and relay run / Yogasana / Football / Any Indigenous game Indoor games – Chess / Carrom / Badminton / Arm wrestling (Gunny bag 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 200 Mtr. Speed walk / 1Km Walk / / Yogasana / any Indigenous game Indoor games – Chess / Carrom	

Competition format

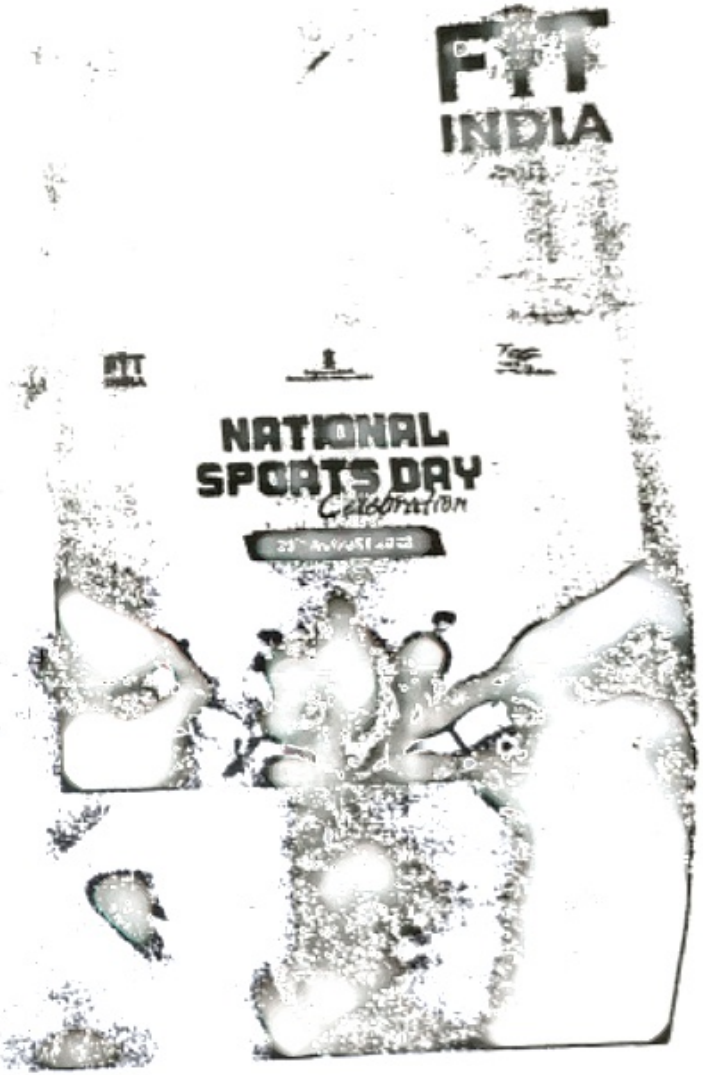
FIT INDIA

- Proposed 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



Thank you!

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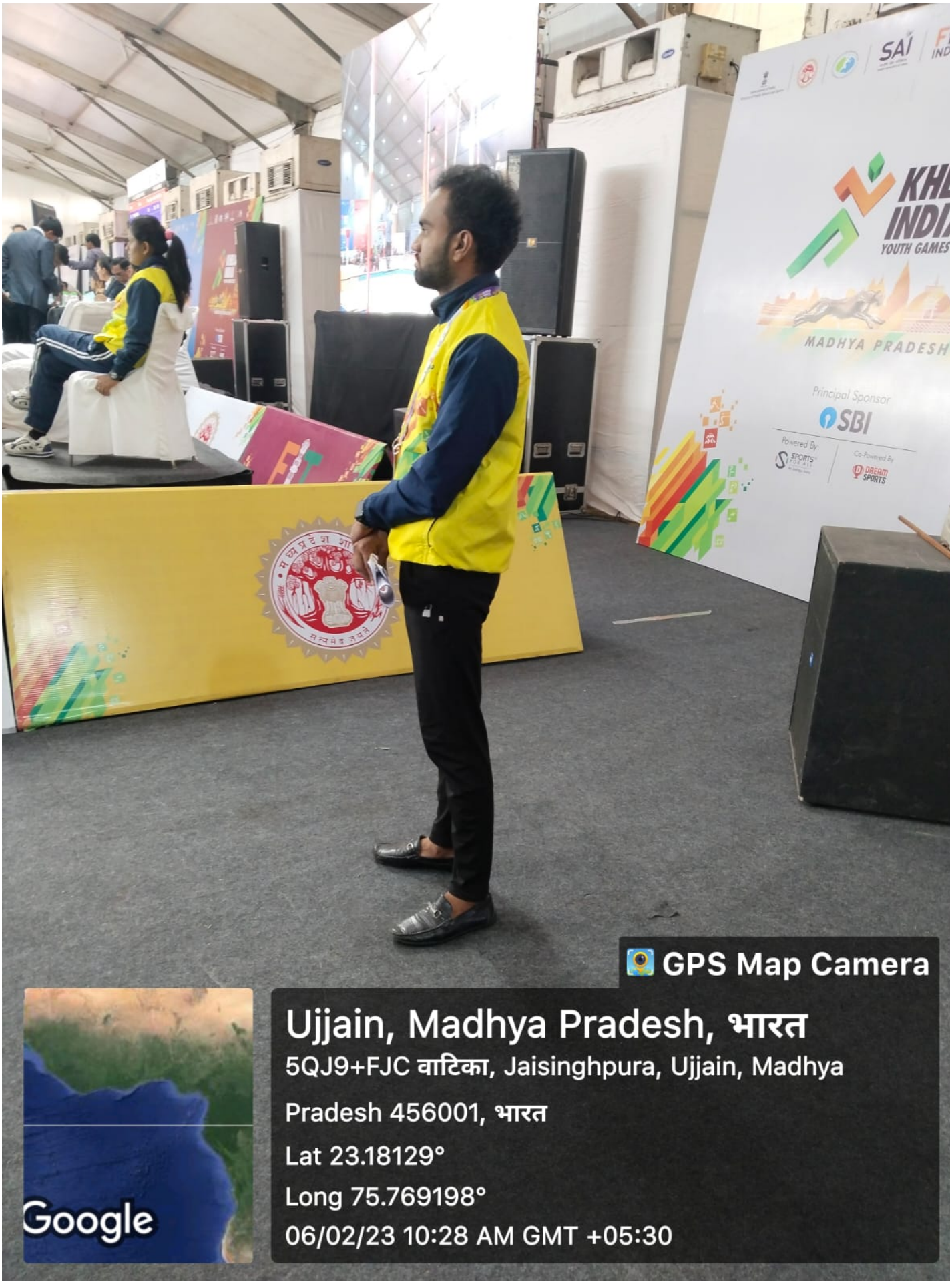
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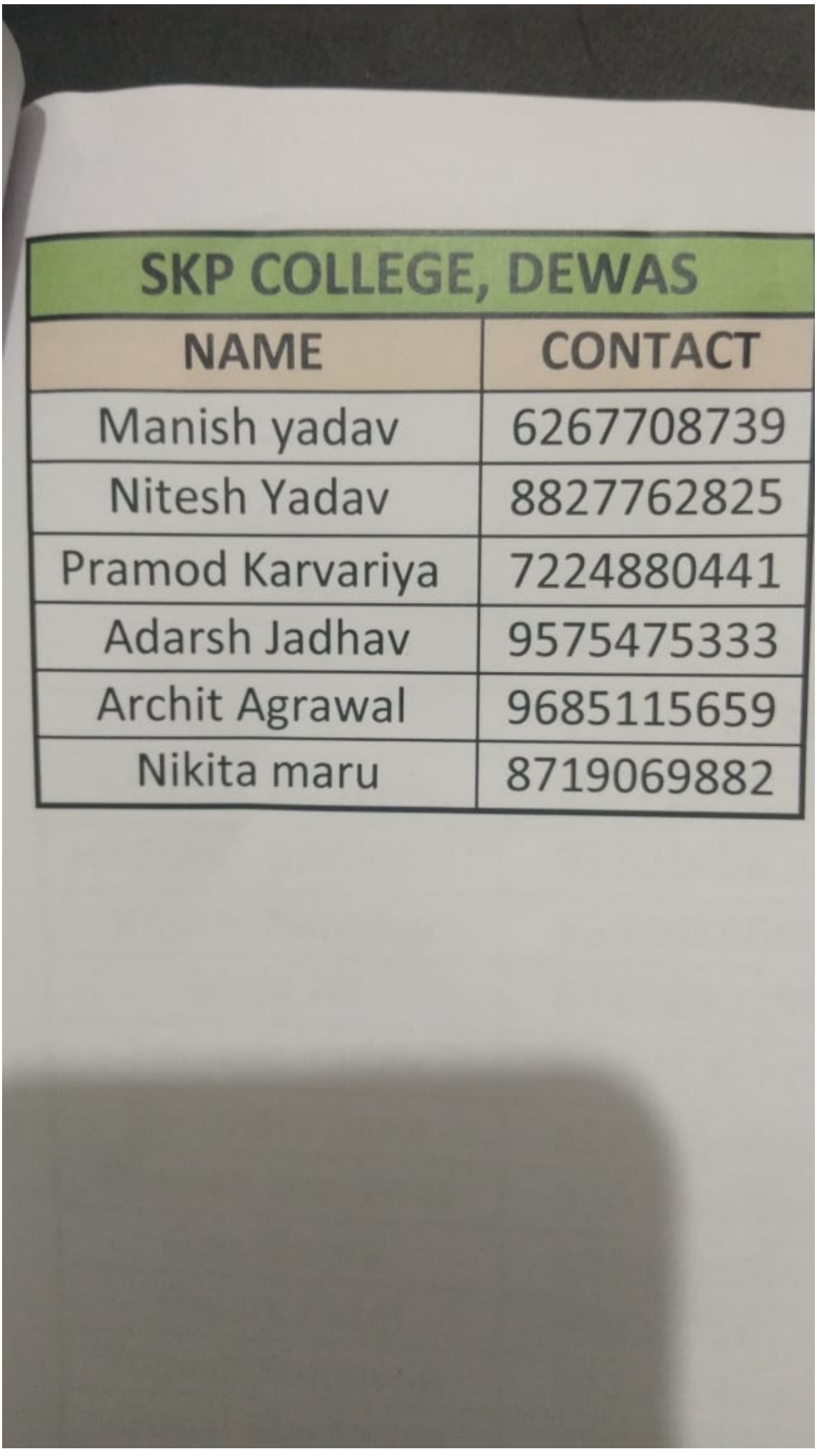

SKP COLLEGE, DEWAS	
NAME	CONTACT
Manish yadav	6267708739
Nitesh Yadav	8827762825
Pramod Karvariya	7224880441
Adarsh Jadhav	9575475333
Archit Agrawal	9685115659
Nikita maru	8719069882

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KHELO INDIA MADHYA PRADESH _ 2022
THOMAS COOK CORE TEAM and STATE CORE TEAM

BHOPAL

THOMAS COOK TEAM

CASSIUS COLACO 9833952055

Accommodation	Catering	Transportation
Kedar Kulkarni	Shameer Shaikh	Parvinder Bharaj
9930778892	7045351805	9819566039

STATE CORE TEAM

SHAKTI SAHU 8602844475

Pratham Manjar	Himanshu Patel	Sourabh Singh
7067339427	9993597476	9913549374

INDORE

THOMAS COOK TEAM

MANOJ DAWDA 9819531216

Accommodation	Catering	Transportation
Mahesh Phadkar	Milind Koregaonkar	Juzar Malik
9820307579	9820002562	9833115152

STATE CORE TEAM

MEHUL CHOHLA 9904313131

Rahul Singh	Bhumika Chouhan	Abhieet Singh Parmar
9575225655	8518944494	8878817915

UJJAIN

THOMAS COOK TEAM

BINOY LEMOS 9011733888

Accommodation	Catering	Transportation
Pradeep Trivedi	Anurag Jhalani	Pankaj Satardekar
9960901321	9821014916	9833821946

STATE CORE TEAM

MANISH YADAV 6267708739

Archit Agarwal	Aadarsh Jadhav	Pramod Karvariya
9685115659	9575475333	7224880441

MAHESHWAR

THOMAS COOK TEAM

VIJENDRA PANSARE 9970464614

Accommodation	Catering	Transportation
Amir Gadawala	Vijendra Pansare	Amar Ayare
9769729190	9970464614	9930664004

STATE CORE TEAM

YOGESH YADAV 9755269655

JABALPUR

THOMAS COOK TEAM

JAY RAJDE 9819360010

Accommodation	Catering	Transportation
Ms. Alka Vats	Viraf Sidhwa	Rohan Suvarna
9899460033	9004682142	9819973283

STATE CORE TEAM

ABHAY PANDEY 8839529814

Rahul Chaudhary	Anuj Patel	Shashwat Sahu

7723997842	6266156269	9617745994
MANDLA - KANHA		
THOMAS COOK TEAM		
VINOD KSHIRSAGAR 8828842555		
Accommodation	**Catering**	**Transportation**
Aldrin Dias	Vinod Kshirsagar	Nihal Kothare
9987055511	8828842555	9821246056
STATE CORE TEAM		
PANKAJ PANDRE 7999576703		
Aashish Kumar Jhariya	Umrav Singh Maravi	Kunwar Parte
8963941730	6263290459	9770387180
BALAGHAT		
THOMAS COOK TEAM		
Ms. SONALI PIPRODIA 9820492266		
Accommodation	**Catering**	**Transportation**
Ms. Sonali Piprodia	Ms. Marina Coutinho	Rajvinder Singh
9820492266	9820623642	9650341789
STATE CORE TEAM		
VEDANT TRIVEDI 9981094545		
Yash Adame	Abhay Dhaneshwar	Adarsh Gharde
6260621266	9893019520	7974748511
GWALIOR		
THOMAS COOK TEAM		
SURJIT KUMAR 9717124574		
Accommodation	**Catering**	**Transportation**
Reeshabh Bhat	Pratik Pathak	Somnath Jana
9987662883	7303963838	9892298997
STATE CORE TEAM		
ANKIT DANGI 6264140407		
Sanjeet Pingua	Varshik KC	Aashutosh Ranjan
6295791757	7477267221	8434638269
DELHI		
THOMAS COOK TEAM		
AMANDEEP SINGH 9899946058		
Accommodation	**Catering**	**Transportation**
Swaranjeet Singh	Rahul Kumar	Vikas Ghai
9899892345	9050386128	9871421089
STATE CORE TEAM		
SANJEEV BERA 9899713799		

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KHELO INDIA YOUTH GAMES 2022

MADHYA PRADESH

SAI FIT INDIA G20

CERTIFICATE

This is to certify that

Mr./Ms. Archit Agarwal

has contributed to the successful conduct of

the Khelo India Youth Games 2022 held in Madhya Pradesh

from 30th January 2023 to 11th February 2023 as a VOLUNTEER.

Ms. Amar Jyoti
Chairperson, Games
Technical Constitution Committee
Khelo India Youth Games 2022

Mr. Ravi Kumar Gupta, IPS
Additional Director General of Police &
Director, Department of Sport &
Youth Welfare, M.P.

Government of India
Ministry of Youth Affairs and Sports
KHELO INDIA
YOUTH GAMES 2022
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G20
CERTIFICATE
This is to certify that
Mr./Ms. Pramod Kanwariya
has contributed to the successful conduct of
the Khelo India Youth Games 2022 held in Madhya Pradesh
from 30th January 2023 to 11th February 2023 as a VOLUNTEER.
Ms. Amar Jyoti
Chairperson, Games
Technical Conduct Committee,
Khelo India Youth Games 2022
Mr. Ravi Kumar Gupta, IPS
Additional Director General of Police &
Director, Department of Sports &
Youth Welfare, M.P.

Government of India
Ministry of Youth Affairs and Sports
KHELO INDIA
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MADHYA PRADESH
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CERTIFICATE
This is to certify that
Mr./Ms. Nikita Maru
has contributed to the successful conduct of
the Khelo India Youth Games 2022 held in Madhya Pradesh
from 30th January 2023 to 11th February 2023 as a VOLUNTEER.
Ms. Amar Jyoti
Chairperson, Games
Technical Conduct Committee,
Mr. Ravi Kumar Gupta, IPS
Additional Director General of Police &
Director, Department of Sports &
Youth Welfare, M.P.