

**(GOVERNMENT OF N.C.T. OF DELHI)**  
**DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT**  
**Maharana Pratap ISBT Building, Kashmere Gate, Delhi-6**  
**(R.T.E.G. BRANCH)**



F.No.56(151)/RTE/DWCD/Misc.Matters/Gen./P-1/2022-23/241-258

Dated: 28/08/2025

**CIRCULAR**

**Whereas**, the Ministry of Youth Affairs & Sports, Government of India, has informed that the **Fit India Mission** celebrates **National Sports Day 2025** with a vibrant series of nationwide sporting and fitness activities **from 29th to 31st August 2025**, to reflect our shared commitment to build a healthy, inclusive, and active India through the power of sports;

**And whereas**, it is requested to ensure and encourage active participation of children living in Child Care Institutions (CCIs) in sports and fitness activities during 29<sup>th</sup> to 31<sup>st</sup> August, 2025 as per activities and promotion of these events as mentioned in the SOP. (Attached)

**Now, therefore**, to encourage fitness, healthy lifestyle, teamwork, and sportsmanship, all District Officers, Superintendents, and In-Charge officers are hereby directed to:

1. Organize age-appropriate sports, fun and competitive games and fitness activities in all Child Care Institutions from 29th to 31st August 2025, following the SOP and toolkit provided by the Ministry.
2. Ensure maximum participation of children and encourage them to actively engage in the events.
3. Promote awareness of National Sports Day among field officers and community stakeholders to ensure wide involvement.
4. Document the events with good-quality photographs and videos, along with the total number of participants as per activities conducted.
5. Submission of brief report along with photographs/videos.

Further, it is requested to all concerned District officers to coordinate effectively with all Child Care Institutions under their jurisdiction to ensure necessary compliance and timely reporting of activities to facilitate proper compilation and recognition of efforts.

Further, all District Officers are also requested to **submit Action Taken Report (ATR)** containing a brief report in hard and soft copy (in .DOC format) along with good photographs and videos of the events/activities to RTEG Branch, DWCD, GNCTD on email- [rtedwcd@gmail.com](mailto:rtedwcd@gmail.com), at the earliest,

This issues with the approval of competent authority, DWCD.

**Encl.:** SOP and Toolkit for National Sports Day 2025.

Sincerely,

*Symphony*  
(Symphony)

Assistant Director (RTEG)

28.08.2025


P.T.O.

F.No.56(151)/RTE/DWCD/Misc.Matters/Gen./P-1/2022-23/241-258

Dated: 28/08/2025

**Copy to:**

1. P.S. to Secretary, Dept. of WCD, GNCTD, for kind information please.
2. O.S.D to Director, Dept. of WCD, GNCTD, for kind information please.
3. S.O. to Special Director, Dept. of WCD, GNCTD, for kind information please.
4. Deputy Director (CPDU), Dept. of WCD, GNCTD, for information and necessary coordination please.
5. All District Officers, DWCD, GNCTD, for necessary compliance and coordination.
6. All Superintendents (CCIs) through Deputy Director (CPDU), Dept. of WCD, GNCTD, for necessary compliance, please.
7. Deputy Director (IT) with request to upload on department website, please.
8. Guard File.

  
(Symphony)  
Assistant Director (RTEG)  
28.08.2025



No. CW-II-30/16/2025-CW-II (e-132134)  
Government of India  
Ministry of Women and Child Development  
(Child Welfare-II Section)

Room No. 310, A-Wing  
Shastri Bhawan  
New Delhi-110001  
Dated: 25<sup>th</sup> August, 2025

To,

The Additional Chief Secretaries, Principal Secretaries/Secretaries,  
Department of Women and Child Development/Social Justice/  
Social Security/Social Welfare,  
(All States/UTs)

**Subject: Celebration of National Sports Day on 29th August, 2025 - Reg.**

Madam/Sir,

I am directed to forward D.O. No. 01-10007(01)/101/2025-HO - Khelo India Division dated 05.08.2025 received from Ministry of Youth Affairs & Sports and to say that the Fit India Mission celebrates **National Sports Day 2025** with a vibrant series of nationwide sporting and fitness activities from 29<sup>th</sup> to 31<sup>st</sup> August 2025. This year's theme reflects our shared commitment to building a healthy, inclusive, and active India through the power of sports.

2. A suggestive toolkit and detailed Standard Operating Procedure (SOP) is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility for organizing the event may contact **08069169910** and [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in).

3. In view of above, States/UTs are requested to ensure and encourage mass participation of Children living in Child Care Institutions (CCIs) in sports and fitness activities during 29<sup>th</sup> to 31<sup>st</sup> August, 2025 as per activities and promotion of these events as mentioned in the SOP.

4. Further, the participating Institutions are requested to submit a brief report of the event celebrations, along with photographs, videos, both via email to [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in) and [cw2section-mwcd@gov.in](mailto:cw2section-mwcd@gov.in) and through the Fit India Portal (<https://fitindia.gov.in/national-sports-day-2025>).

5. This issues with the approval of competent authority.

Yours faithfully,



(M. K. Prabhat)

Under Secretary to the Govt of India  
Tel. : 011-23382743

**Encl. : As above.**

CDN/109/2022-Coordination  
Government of India  
Ministry of Women and Child Development  
Coordination Division

\*\*\*\*\*

Shastri Bhawan, New Delhi.  
Dated: 19<sup>th</sup> Aug 2025.

**OFFICE MEMORANDUM**

**Subject: - Regarding Celebration of National Sports Day on 29th August, 2025-collaboration therefor-reg.**

The undersigned is directed to refer to a D.O letter No. 01-10007(01)/101/2025-HO- Khelo India Division dated 05/08/2025 received from Secretary Department of Sport, Ministry of Youth Affairs & Sports regarding the above mentioned subject

2. As the subject matter may pertains to CW Bureau, the aforementioned DO letter is hereby forwarded to CW Bureau for taking further necessary action in the matter.

This issues with the approval of the competent authority.

Encl: as above.

  
(U.S. Mehta)

Under Secretary(CDN)

To: AS(TG)

Copy to: US(CW-II)





हरि रंजन राव, भा.प्र.से  
सचिव  
Hari Ranjan Rao, 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. 01-10007(01)/101/2025-HO – Khelo India Division

Dated: 05<sup>th</sup> August 2025

Dear Sir,

AS(GB)

As you may be kindly aware, the **National Sports Day (NSD)** is celebrated annually on **29th August** to honour the birth anniversary of **Major Dhyan Chand**, the legendary hockey player. This day celebrates India's rich sporting legacy and the achievements of our athletes who have made the nation proud on global platforms. It also marks the day when the **Fit India Movement** was launched by the Hon'ble Prime Minister in 2019, igniting a mass movement for health and fitness across the country. This year, the National Sports Day is **India's tribute to the Olympic Spirit** and the **core values of Excellence, Friendship, and Respect**.

2. In this regard, the Fit India Mission, under the aegis of this ministry, proposes to celebrate **NSD 2025** with a vibrant series of **nationwide sporting and fitness activities** from **29th to 31st August 2025**. This year's theme reflects our shared commitment to building a healthy, inclusive, and active India through the power of sports.

3. May I request your support in this initiative to **encourage mass participation in sports and fitness activities**, which may be organised by the **ministry and all departments/Subordinate Offices/Autonomous Bodies** during **29th to 31st August, 2025**.

4. Further, the following activities may also be organised during the NSD celebrations:

- Fun and competitive games on 29<sup>th</sup> August to build camaraderie among employees.
- Ministries/Departments may invite former champion athletes or may organise debate, conclave, conferences on sports or sports related issues, like Olympic movement, et cetera, or may take up any other activity as given in the SOP to the NSD celebrations.
- Conclude the NSD celebrations with a special **"Sundays on Cycle"** event on **31<sup>st</sup> August 2025**, engaging citizens in community cycling to promote fitness and fight obesity.

5. A **suggestive toolkit and detailed SOP** is enclosed for your kind reference. For any information/clarification on the subject, the officers entrusted with the responsibility for organising the event may contact 08069169910 and [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in).

Page 1 of 2

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001 दूरभाष : 011-23388623, 011-23388758  
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623, 011-23388758

6. You are also kindly requested to **nominate a nodal officer** for this initiative and share their details at the same email address. Further, the participating institutions are requested to submit a brief report of the event celebrations, along with photographs, videos, either via email to [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in) or through the Fit India Portal (<https://fitindia.gov.in/national-sports-day-2025>).

Looking forward to your support in driving the culture of sport and building a *Viksit Bharat*.

**Warm regards,**

Yours sincerely,

**(Hari Ranjan Rao)**

Encl.: As above

**Shri Anil Malik, IAS**

Secretary,

Ministry of Women and Child Development

Shastri Bhawan, A - Wing, Dr. Rajendra Prasad Road, New Delhi - 110001

secy.wcd@nic.in





# Standard Operating Procedure (SOP)

## National Sports Day (NSD) 2025

**Dates: August 29–31, 2025**

*Har gali har maidaan, Khele sara Hindustan*

### 1. Background

National Sports Day is celebrated annually on **August 29** to commemorate the birth anniversary of **Major Dhyan Chand**, India's greatest sporting legend. Known popularly as 'The Wizard of Hockey,' he is remembered for his many contributions to the Indian sport. Some of his key highlights of his career:

- Scored 570 goals in 185 international matches (as per his autobiography Goal)
- Known as "The Magician" of hockey for his unmatched ball control and goal-scoring ability
- Played a key role in India's dominance in hockey, winning 7 out of 8 Olympic golds from 1928 to 1964

This day was officially declared a national observance in 2012. In 2019, the **Fit India Movement** was launched on this day, marking it as a milestone in India's fitness and sports journey.

This year the National Sports Day is planned as a **pan-India movement to make India embrace sport** by mobilising people across the country and across age-groups to actively participate in at least one sport. NSD 2025 makes a special tribute to the **Olympic Spirit** and integrate the three core values of **Excellence, Friendship, and Respect in our sports eco-system**.

**NSD Celebrations this year will have the following taglines & hashtags:**

#### Taglines:

- Har Gali, Har Maidan  
Khele Saara Hindustaan
- Khele Bhi, Khile Bhi

#### Hashtags

- #KhelegaDeshKhilegaDesh
- #NSD2025

### 2. Objectives

- Celebrate India's rich sporting legacy and pay tribute to Major Dhyan Chand.
- Promote physical activity, inclusiveness, and teamwork through fun and competitive sports.



- Inspire a culture of fitness in educational institutions, organizations, and local communities.
- By rooting NSD celebrations in Olympic values, we unite the nation under a shared vision of integrity, ambition, and collective spirit.

### 3. Event Format

**Duration:** August 29–31, 2025

#### Team-Based Approach:

- Organise Sports Assembly on August 29<sup>th</sup> 2025 in institutions where students will give tribute to Major Dhyan Chand and take a pledge
- Participants to be grouped into **2, 4, or 6 balanced teams** (ensuring gender equality).
- Teams may be named after freedom fighters or iconic Indian sportspersons.
- Maintain a **medal tally**; the highest-scoring team wins the **Major Dhyan Chand Trophy**.
- Promote on social media with the aforementioned tagline and hashtags

**Dress Code:** Participants to come in sports attire. Sample designs with Fit India branding to be provided.

### 4. Implementation Schedule

Date	Activity
29th Aug	Tribute to Major Dhyan Chand in morning assembly across institutions, Fit India Pledge, and 60 mins of Team Sports & Recreational Games
30th Aug	School/College-level Sport Debates, Fitness Talks, Sports Competitions around Indigenous Games, Indoor Sports
31st Aug	Pan-India participation of the citizens at Sundays on Cycle

Institutions may add their own formats or adapt the above based on infrastructure and interest.

### 5. Activities

Organisations can choose from local, indigenous, or contemporary games based on locally available infrastructure.

#### Age-Wise Activities Suggestions

Open Category	Senior Citizens
Tug of war	300m Speed Walk
Race - 50 m, relay run, marathons, spoon race, sack race	1 Km Walk
Yog	Yog
Cricket	Breathing Exercises





Cycling	Joint Movements
Indigenous sports like pitthu	Chess
Kho Kho	Stretching challenge
Kabaddi	Cycling
Volleyball	Any other
Rope-skipping	
Olympic value education program	

The above list is only suggestive. The organizations may choose their own sport as feasible. *\*Participating schools are encouraged to take the **Fitness Assessment Tests of students** on the Fit India Mobile App every quarter.*

## 6. Publicity & Promotion Strategy

Pre-Event (from Aug 20)	During Event	Post-Event
<ul style="list-style-type: none"> <li>○ Posters, teaser videos, creative countdowns using the mentioned taglines and hastag</li> <li>○ Mobilisation in schools, colleges, offices, PSUs, depts &amp; ministries of government, housing colonies, and other organisations</li> </ul>	<ul style="list-style-type: none"> <li>○ Live updates on social media</li> <li>○ Use hashtags: #NSD2025, #KhelegaDeshKhilegaDesh</li> <li>○ Use taglines: 1) Har Gali, Har Maidan, Khele Saara Hindustaan; 2) Khele Bhi, Khile Bhi</li> <li>○ Reels, stories, photo carousels</li> </ul>	<ul style="list-style-type: none"> <li>● Recap videos, medal tallies</li> <li>● Digital certificates and event coverage</li> </ul>

## 7. Registration & Reporting

- Register on the **Fit India Website** (<https://fitindia.gov.in/national-sports-day-2025>) and submit the participation detail after completion of the event through your Fit India log in.

## 8. Toolkit for branding & other creatives

- All creative designs, branding materials, and templates are available at: [Google Drive Branding Kit](#)

## NSD 2025 Pledge

**I take the pledge:**

To make myself physically fit, mentally strong, and emotionally balanced. I will encourage my family and friends to play and participate in sports and fitness activities every day. I will strive to imbibe the Olympic values of excellence, respect, and friendship in every sport I play.



(The pledge in other 21 scheduled languages are listed at Annexure A)

**FIMA App QR Code To Download**





### Annexure A

#### Assamese

মই সংকল্প লওঁ যে মই নিজকে শাৰীৰিকভাৱে সুস্থ, মানসিক আৰু আৱেগিকভাৱে সুস্থ কৰি তুলিম। মই মোৰ পৰিয়াল আৰু বন্ধুসকলক প্ৰতিদিনে ক্ৰীড়া আৰু ফিটনেছ কাৰ্যকলাপত অংশগ্ৰহণ কৰিবলৈ উৎসাহিত কৰিম। মই খেলা প্ৰতিটো খেলত শ্ৰেষ্ঠতা, সন্মান আৰু বন্ধুত্বৰ অলিম্পিক মূল্যবোধ হ্ৰাস কৰিবলৈ চেষ্টা কৰিম।

#### Bengali

আমি শপথ নিচ্ছি আমি নিজেকে শাৰীৰিকভাৱে সুস্থ, মানসিকভাৱে শক্তিশালী এবং আবেগগতভাৱে ভাৱসাম্যপূৰ্ণ কৰবো। আমি আমার পৰিবাৰ এবং বন্ধুদের প্ৰতিদিন খেলাধুলা এবং ফিটনেস ক্ৰিয়াকলাপে অংশগ্ৰহণ করতে উৎসাহিত কৰব। আমি প্ৰতিটি খেলায় শ্ৰেষ্ঠত্ব, সন্মান এবং বন্ধুত্বের অলিম্পিক মূল্যবোধকে আত্মস্থ করার চেষ্টা কৰব।

#### Dogri

मैं एह प्रण लैदा आं जे में अपने-आप गी शारीरिक रूप कनै तंदुरुस्त, मानसिक रूप कनै मजबूत ते भावनात्मक रूप कनै संतुलित बनाई सकनां। मैं अपने परोआर ते दोस्तों गी हर रोज खेदें ते तंदुरुस्ती दिवें गतिविधियें च खेदने ते हिस्सा लैने आस्तै प्रोत्साहत करांगा। मैं अपने द्वारा खेदे जाने आहें हर इक खेदे च श्रेष्ठता, सम्मान ते मित्रता दे ओलंपिक मूल्यें गी आत्मसात् करने दी कोशश करांगा।

#### Gujarati

હું પ્રતિજ્ઞા લઉં છું કે હું મારી જાતને શારીરિક રીતે તંદુરસ્ત, માનસિક રીતે મજબૂત અને ભાવનાત્મક રીતે સંતુલિત બનાવીશ. હું મારા પરિવાર અને મિત્રોને દરરોજ રમવા અને રમતગમત અને તંદુરસ્તીની પ્રવૃત્તિઓમાં ભાગ લેવા માટે પ્રોત્સાહિત કરીશ. હું જે પણ રમત રમું છું તેમાં શ્રેષ્ઠતા, સન્માન અને મિત્રતાના ઓલિમ્પિક મૂલ્યોને આત્મસાત કરવાનો પ્રયાસ કરીશ.

#### Hindi

मैं यह शपथ लेता हूँ कि मैं खुद को शारीरिक रूप से फिट, मानसिक रूप से मजबूत और भावनात्मक रूप से संतुलित बनाऊंगा। मैं अपने परिवार और दोस्तों को हर दिन खेल और फिटनेस गतिविधियों में भाग लेने के लिए प्रोत्साहित करूंगा। मैं हर खेल में उत्कृष्टता, सम्मान और दोस्ती के ओलंपिक मूल्यों को आत्मसात करने का प्रयास करूंगा।

#### Kannda

ನಾನು ದೈಹಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ, ಮಾನಸಿಕವಾಗಿ ಸದೃಢನಾಗುತ್ತೇನೆ ಮತ್ತು ಭಾವನಾತ್ಮಕವಾಗಿ ಸಮತೋಲಿತನಾಗುತ್ತೇನೆ ಎಂದು ಪ್ರತಿಜ್ಞೆ ಮಾಡುತ್ತೇನೆ. ನಾನು ನನ್ನ ಕುಟುಂಬ ಮತ್ತು ಸ್ನೇಹಿತರನ್ನು ಪ್ರತಿದಿನ ಕ್ರೀಡೆ ಮತ್ತು ಫಿಟ್ನೆಸ್ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಆಡಲು ಮತ್ತು ಭಾಗವಹಿಸಲು ಪ್ರೋತ್ಸಾಹಿಸುತ್ತೇನೆ. ನಾನು ಆಡುವ ಪ್ರತಿಯೊಂದು ಕ್ರೀಡೆಯಲ್ಲಿಯೂ ಶ್ರೇಷ್ಠತೆ, ಗೌರವ ಮತ್ತು ಸ್ನೇಹದ ಒಲಿಂಪಿಕ್ ಮೌಲ್ಯಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸುತ್ತೇನೆ.





### Kashmiri

بہ چھس وعدہ کران ز بہ بناو پنن پان جسمائی طور فٹ، ذہنی طور مضبوط تہ جذباتی طور متوازن۔ بہ چھس پننس خاندانس تہ دوستن پڑبٹھ دوہ کھیلن تہ تندرستی ہنز سرگرمین منز گندہ تہ حصہ نہ خاطر حوصلہ افزائی کران۔ بہ چھس کوشش کران پڑبٹھ کھیلنس منز بہترین کارکردگی، احترام تہ دوستی ہنز اولمپک اقدار پانس منز شامل کرنچ۔

### Maithili

हम प्रतिज्ञा करैत छी जे हम शारीरिक रूप सँ स्वस्थ, मानसिक रूप सँ मजबूत, आ भावनात्मक रूप सँ संतुलित रहबा। हम अपन परिवार आ मित्रसभकेँ प्रतिदिन खेल आ स्वास्थ्य गतिविधिमे खेलबाक आ भाग लेबाक लेल प्रोत्साहित करबा। हम अपन द्वारा खेलायल जायवला प्रत्येक खेलमे उत्कृष्टता, सम्मान आ मित्रताक ओलम्पिक मूल्यसभकेँ आत्मसात करबाक प्रयास करबा।

### Malayalam

ശാരീരികമായി ആരോഗ്യവാനും മാനസികമായി ശക്തനും വൈകാരികമായി സന്തുലിതനുമാണെന്ന് ഞാൻ പ്രതിജ്ഞയെടുക്കുന്നു. എല്ലാ ദിവസവും സ്പോർട്സ്, ഫിറ്റ്നസ് പ്രവർത്തനങ്ങളിൽ പങ്കെടുക്കാനും കളിക്കാനും ഞാൻ എന്റെ കുടുംബത്തെയും സുഹൃത്തുക്കളെയും പ്രോത്സാഹിപ്പിക്കും. ഞാൻ കളിക്കുന്ന എല്ലാ കായിക ഇനങ്ങളിലും മികവ്, ബഹുമാനം, സൗഹൃദം എന്നിവയുടെ ഒളിമ്പിക് മൂല്യങ്ങൾ ഉൾക്കൊള്ളാൻ ഞാൻ ശ്രമിക്കും.

### Manipuri

মি ফিট ইন্ডিয়াৰ এটিশ্বৰ বৰদৰ্শন এফি ফিট ইন্ডিয়াৰ, সৈৱৰ্শ ফিট ইন্ডিয়াৰ  
ফিট ইন্ডিয়াৰ, ফিট ইন্ডিয়াৰ সৈৱৰ্শ বৰদৰ্শন সৈৱৰ্শ ফিট ইন্ডিয়াৰ সৈৱৰ্শ  
মি ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ  
ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ  
ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ  
ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ ফিট ইন্ডিয়াৰ

### Marathi

मी शपथ घेतो की मी स्वतःला शारीरिक दृष्ट्या तंदुरुस्त, मानसिकदृष्ट्या मजबूत आणि भावनिक संतुलित बनवेन. मी माझ्या कुटुंबाला आणि मित्रांना दररोज खेळ आणि फिटनेस उपक्रमात सहभागी होण्यासाठी प्रोत्साहित करेन. मी खेळणार्या प्रत्येक खेळात ऑलिम्पिक उत्कृष्टता, आदर आणि मैत्री या मूल्यांना आत्मसात करण्याचा प्रयत्न करेन.

### Nepali

म आफैलाई शारीरिक रूपमा स्वस्थ, मानसिक रूपमा बलियो र भावनात्मक रूपमा सन्तुलित बनाउने वाचा गर्छु। म मेरो परिवार र साथीहरूलाई हरेक दिन खेल र फिटनेस गतिविधिहरूमा खेलन र भाग लिन प्रोत्साहित गर्नेछु। मैले खेल्ने हरेक खेलमा उत्कृष्टता, सम्मान र मित्रताको ओलम्पिक मूल्यहरू आत्मसात गर्ने प्रयास गर्नेछु।

### Odia



ਮੁੱ ਪੁਰੋਜਾ ਕਰੁਣਿ ਯੇ ਮੁੱ ਨਿਯਮ ਗਿਰੀਕ ਭਾਵੇ ਬੁਝ, ਫਾਨਬਿਕ ਭਾਵੇ ਗਭਿਗਿਲਾ ਏਵਾ ਭਾਵਨਾਮੁਕ ਭਾਵੇ ਬੁਝਲਿਭ ਕਰਿਓ। ਮੁੱ ਫੋਮਾ ਪਰਿਵਾਰ ਏਵਾ ਬਜ਼ੁਫਾਨਜ਼ੁ ਪੁਰੋਧਿਨ ਖੇਲ ਏਵਾ ਏਓਨੇਬ ਕਾਮਿਯਕਲਾਪਰੇ ਅੰਗਗੁਣ ਕਰਿਓ। ਭੁਬੁਭਿਭ ਕਰਿਓ। ਮੁੱ ਖੇਲਿਯੁਕ ਪੁਰੋਧਕ ਖੇਲਰੇ ਭੁਭੁਭਿਭ, ਬਜ਼ਾਨ ਏਵਾ ਬਜ਼ੁਭੁਰ ਅਲਿਯੋਕ ਮੂਲਯਕੋਪਕੁ ਗੁਣ ਕਰਿਓ। ਚੇਬੁ। ਕਰਿਓ।

Punjabi

ਮੈਂ ਸਹੁੰ ਖਾਂਦਾ ਹਾਂ ਕਿ ਮੈਂ ਆਪਣੇ ਆਪ ਨੂੰ ਸਰੀਰਕ ਤੌਰ 'ਤੇ ਤੰਦਰੁਸਤ, ਮਾਨਸਿਕ ਤੌਰ 'ਤੇ ਮਜ਼ਬੂਤ ਅਤੇ ਭਾਵਨਾਤਮਕ ਤੌਰ 'ਤੇ ਸੰਤੁਲਿਤ ਬਣਾਵਾਂਗਾ। ਮੈਂ ਆਪਣੇ ਪਰਿਵਾਰ ਅਤੇ ਦੇਸ਼ਾਂ ਨੂੰ ਹਰ ਰੋਜ਼ ਖੇਡਾਂ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵਿੱਚ ਖੇਡਣ ਅਤੇ ਹਿੱਸਾ ਲੈਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕਰਾਂਗਾ। ਮੈਂ ਹਰ ਖੇਡ ਵਿੱਚ ਉੱਤਮਤਾ, ਸਨਮਾਨ ਅਤੇ ਦੇਸ਼ੀ ਦੀਆਂ ਓਲੰਪਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਅਪਣਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਾਂਗਾ।

Sanskrit

अहं प्रतिज्ञां करोमि यत् अहं स्वयमेव शारीरिकरूपेण स्वस्थः, मानसिकरूपेण दृढः, भावात्मकरूपेण सन्तुलितः च भवामि। अहं प्रतिदिनं स्वपरिवारं मित्राणि च क्रीडितुं, क्रीडासु, स्वास्थ्य-क्रियासु च भागं ग्रहीतुं प्रोत्साहयिष्यामि। अहं क्रीडितासु प्रत्येकस्मिन् क्रीडायां उत्कृष्टतायाः, सम्मानस्य, मैत्रीस्य च ओलिम्पिक्-मूल्यानि ग्रहीतुं प्रयतताम्।

Sindhi

مان عهد ڪريان ٿو ته مان پاڻ کي جسماني طور تي تندرست، ذهني طور تي مضبوط ۽ جذباتي طور تي متوازن بڻائيندس مان پنهنجي ڪٽنب ۽ دوستن کي هر روز راند ۽ فٽنيس سرگرمين ۾ حصو وٺڻ لاءِ همٿائيندس مان ڪوشش ڪندس ته اولمپڪ جي قدرن کي بهترين، عزت ۽ دوستي جي هر راند ۾ شامل ڪريان

Tamil

நான் உடல் ரீதியாகவும், மன ரீதியாகவும் வலுவாகவும், உணர்ச்சி ரீதியாகவும் சமநிலையாக இருப்பேன் என்று உறுதிமொழி எடுக்கிறேன். எனது குடும்பத்தினரையும் நண்பர்களையும் ஒவ்வொரு நாளும் விளையாட்டு மற்றும் உடற்பயிற்சி நடவடிக்கைகளில் பங்கேற்க ஊக்குவிப்பேன். நான் விளையாடும் ஒவ்வொரு விளையாட்டிலும் சிறந்து விளங்குதல், மரியாதை மற்றும் நட்பு ஆகியவற்றின் ஒலிம்பிக் மதிப்புகளை உள்வாங்க நான் முயற்சிப்பேன்.

Telugu

నేను శారీరకంగా ఆరోగ్యంగా, మానసికంగా బలంగా, భావోద్వేగపరంగా సమతుల్యంగా ఉంటానని ప్రతిజ్ఞ చేస్తున్నాను. ప్రతిరోజూ నా కుటుంబం మరియు స్నేహితులను క్రీడలు మరియు ఫిట్నెస్ కార్యకలాపాలలో ఆడటానికి మరియు పాల్గొనడానికి నేను ప్రోత్సహిస్తాను. నేను ఆడే ప్రతి క్రీడలో శ్రేష్ఠత, గౌరవం మరియు స్నేహం వంటి ఒలింపిక్ విలువలను పొందుపరచడానికి ప్రయత్నిస్తాను.

Urdu





میں عہد کرتا ہوں کہ میں اپنے آپ کو جسمانی طور پر فٹ، ذہنی طور پر مضبوط اور جذباتی طور پر متوازن بناؤں گا۔ میں اپنے خاندان اور دوستوں کو ہر روز کھیلوں اور تندرستی کی سرگرمیوں میں کھیلنے اور حصہ لینے کی ترغیب دوں گا۔ میں اپنے ہر کھیل میں مہارت، احترام اور دوستی کی اولمپک اقدار کو اپنانے کی کوشش کروں گا۔

## Bodo

आं समाय लायोदि आं गावखौ देहायारिचै गोख्रों, गोसोआरि गोख्रों आरो गोसोआरि समानथाय बानायगोना आं आंनि नखर आरो लोगोफोरखौ सानफ्रोमबो गेलेनो आरो गेलेमु आरो फिटनेस हाबाफारिफोराव बाहागो लानो धुलुंगा होगोना आं गेलेनाय मोनफ्रोमबो गेलेमुआव साबसिन, सनमान आरो लोगोआरिनि अलिम्पिक बेसेनफोरखौ आजावने नाजा।

## Santali

[illegible]

## Konkani

हांव स्वताक शारिरीक रुपान तंदुरुस्ती, मानसीक रुपान घटमूट आनी भावनीक रितीन संतुळीत करतलें अशें उतर घेता. हांव म्हज्या कुटुंबाक आनी इश्टांक दर दिसा खेळ आनी तंदुरुस्ती कार्यावळींनी खेळपाक आनी वांटो घेवपाक प्रोत्साहन दितलों. हांव खेळपी देक खेळांत उत्कृष्टताय, मान आनी इश्टागत हीं ऑलिंपीक मुल्यां आत्मसात करपाचो हांव यत्न करतलों.



Email

Anil Malik

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**Regarding Celebration of National Sports Day on 29th August, 2025- collaboration therefor.**

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**From :** secy-sports@sports.gov.in

Wed, Aug 06, 2025 01:28 PM

**Subject :** Regarding Celebration of National Sports Day on 29th August, 2025- collaboration therefor.

 2 attachments

**To :** Anil Malik <secy.wcd@nic.in>

**Cc :** Fit India <contact@fitindia.gov.in>

Dear Sir,

Kindly find enclosed a DO letter dated 05th August, 2025 along with its enclosure, from Shri Hari Ranjan Rao, Secretary, Department of Sports, M/o Youth Affairs & Sports, Government of India, on the above subject.

Regards,  
Office of Secretary (Sports)  
Department of Sports  
Ministry of Youth Affairs and Sports  
Shastri Bhawan, New Delhi - 110001  
Tel.: 011-23388623, 2338875

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 **DO Letter to Secretary Women and Child Development.pdf**  
645 KB

 **Standard Operating Procedure (SOP) NSD 2025.pdf**  
2 MB

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