



भारत सरकार, Govt. of India

कौशल विकास और उद्यमशीलता मंत्रालय, Ministry of Skill Development & Entrepreneurship

प्रशिक्षण महानिदेशालय, Directorate General of Training

राष्ट्रीय कौशल प्रशिक्षण संस्थान

NATIONAL SKILL TRAINING INSTITUTE

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एनएसटीआईआई/ए-12032/01/2019/स्थापना/ 360

दिनांक : 23/08/2023

कार्यालय-आदेश / Office Order

प्रत्येक वर्ष 29 अगस्त को राष्ट्रीय स्पोर्ट्स डे का आयोजन किया जाता है इसी क्रम में कौशल विकास एवं उद्यमशीलता मंत्रालय द्वारा जारी ऑफिस मेमोरेण्डम संख्या Cord-11012/50/2023-CORD दिनांक 18.8.2023 के अनुसार संस्थान में राष्ट्रीय खेल दिवस दिनांक 21 अगस्त 2023 से 29 अगस्त 2023 तक आयोजन किया जाना है। (संलग्न है)

अतः सभी ट्रेड प्रभारियों को निर्देशित किया जाता है कि वह अपने ट्रेड के प्रशिक्षणार्थियों को खेल गतिविधियों में भाग लेने के लिए प्रेरित करें।

उपरोक्त कार्यक्रम में सभी अनुभाग प्रभारी वाक/रेस, टेनिस बॉल क्रिकेट, बैडमिंटन, चेस, टग ऑफ वॉर, लेमन रेस / स्नेक रेस, रोप जम्पिंग, खो-खो, लंगोड़ी & लंगड़ी, म्यूजिकल चेयर, सुई-धागा, कबड्डी इत्यादि खेलों का रोचक आयोजन किया जाना सुनिश्चित कराएँ।

सुश्री पाली बिस्वास प्र. अ., श्रीमती ज्योति बाला राठौर - प्र. अ., सुश्री हेमलता सैनी - व्या. अनु., सुश्री चन्द्रिका कुशवाह - व्या.अनु. तथा श्री. रामेन्द्र कुमार, जे.वी.सी. आपस में समन्वय कर उक्त खेल आयोजन करने - कराने तथा उसकी रिपोर्ट मय फोटो व वीडियो के साथ ससमय उपलब्ध कराएँगे।

सुश्री प्रगना एच रावत - स.नि.प्र. को उक्त खेल गतिविधियों को सफलतापूर्वक संपन्न कराने हेतु खेल प्रभारी के रूप में नामित किया जाता है। प्रत्येक अनुभाग प्रभारी अपने-अपने अनुभाग के प्रतिभागियों के नाम तथा खेल का नाम, खेल प्रभारी को सौंपेगे तथा किसी भी प्रकार की समस्या/चर्चा हेतु खेल प्रभारी से समन्वय स्थापित करें। इन खेल प्रतियोगिताओं का समापन 29 अगस्त 2023 को पुरुस्कार वितरण के साथ सम्पन्न होगा।

साकेत कुमार
23/8/2023

साकेत कुमार / SAKET KUMAR

सहायक निदेशक / Assistant Director

प्रतिलिपि :-

- 1 - सभी सम्बंधित अधिकारियों/कर्मचारियों को अनुपालनार्थ।
- 2 - कार्यालय आदेश फाइल।

संलग्न :- अंग्रेजी संस्करण संलग्न है।

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Cord-11012/50/2023-CORD
Government of India
Ministry of Skill Development and Entrepreneurship
(Coordination Section)

*1st Floor, Kaushal Bhawan,
New Moti Bagh, New Delhi-110023*
Dated: 18th August, 2023


OFFICE MEMORANDUM

Sub: Celebration of National Sports Day, 2023 reg

The undersigned is directed to enclose herewith a copy of the DO letter dated 11-08-2023 received from the Secretary, D/o Sports, M/o Youth Affairs and Sports, GoI regarding the Celebration of National Sports Day, 2023. It has further requested to organize sports and fitness activities from the 21st to the 29th of August and to encourage mass participation. A suggested SoP issued by Ministry of Sports, in this regard, has been enclosed therewith.

2. All the divisions /Attached Offices/Subordinate offices under MSDE are requested to take necessary action as per directions given vide ibid DO letter.

Encl: As above


(U.P.S. Negi)
Under Secretary (Coordination)

To:

1. All the Divisional Head/ Attached Offices/Subordinate offices

Copy to:

1. PPS to Secretary, MSDE
2. PPS to JS (Cord)
3. US(GA)

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