

ਦਫਤਰ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ,ਸਿੱ) ਬਠਿੰਡਾ

ਵੱਲ

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ

ਸਰਕਾਰੀ / ਪ੍ਰਾਈਵੇਟ / ਏਡਿਡ / ਮਾਨਤਾ ਪ੍ਰਾਪਤ ਸਕੂਲ ,

ਜਿਲ੍ਹਾ ਬਠਿੰਡਾ ।

ਪੱਤਰ ਨੰ : ਜਿਲ੍ਹਾ ਖੇਡ ਕੋਆਰਡੀਨੇਟਰ ਬਠਿੰਡਾ/ 2025/ 407

ਮਿਤੀ :- 25-07-2025

ਹਵਾਲਾ ਪੱਤਰ ਨੰ:- Memo No. E559867 / Sports / 2025 243638 Date: 22-08-2025

ਵਿਸ਼ਾ:- ਮੇਜਰ ਧਿਆਨ ਚੰਦ ਜੀ ਨੂੰ ਸਮਰਪਿਤ ਨੈਸ਼ਨਲ ਸਪੋਰਟਸ ਦਿਵਸ ਮਨਾਉਣ ਸੰਬੰਧੀ।

ਉਪਰੋਕਤ ਹਵਾਲਾ ਨੰਬਰ ਅਤੇ ਵਿਸ਼ਾ ਅਧੀਨ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਮੁੱਖ ਦਫਤਰ ਤੋਂ ਪ੍ਰਾਪਤ ਹਦਾਇਤਾਂ ਅਨੁਸਾਰ ਮੇਜਰ ਧਿਆਨ ਚੰਦ ਜੀ ਨੂੰ ਸਮਰਪਿਤ ਖੇਡ ਦਿਵਸ ਜੋ ਕਿ ਮਿਤੀ 29-08-2025 ਅਤੇ 30-08-2025 ਨੂੰ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾ ਕੇ ਮਨਾਇਆ ਜਾਣਾ ਹੈ ਅਤੇ ਰਿਪੋਰਟ ਸਮੇਤ ਸਿਲੈਕਟ 2-3 ਫੋਟੋ, ਵੀਡੀਓ dydirectorphyedupb@punjabeducation.gov.in ਅਤੇ dscbathinda2023@gmail.com ਤੇ ਸਮੇਂ ਸਿਰ ਭੇਜਣਾ ਸਕੂਲ ਮੁੱਖੀ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਹੋਵੇਗੀ ਅਤੇ ਸਕੂਲ ਦੀ ਫਿਟ ਇੰਡੀਆ ਤੇ ਰਜਿਸਟ੍ਰੇਸ਼ਨ (ਸਕੈਨਰ ਨਾਲ ਨੱਥੀ ਹੈ) ਕਰਨੀ ਯਕੀਨੀ ਬਣਾਉਣਗੇ। ਜੇਕਰ ਸਕੂਲ ਨੂੰ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨ ਵਿੱਚ ਕੋਈ ਮੁਸ਼ਕਿਲ ਆ ਰਹੀ ਹੈ ਤਾਂ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨ ਸਬੰਧੀ ਯੂ ਟਿਊਬ ਤੇ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ।

ਸਕੂਲ ਪੱਧਰੀ ਗਤੀਵਿਧੀਆਂ (29 ਅਤੇ 30 ਅਗਸਤ)

ਮਿਤੀ 29/08/2025 ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ

1. ਸਵੇਰ ਦੀ ਸਭਾ ਵਿੱਚ ਮੇਜਰ ਧਿਆਨ ਚੰਦ ਜੀ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ
2. ਫਿਟ ਇੰਡੀਆ ਪ੍ਰਣ
3. 60 ਮਿੰਟਾਂ ਦੀਆਂ ਟੀਮ ਖੇਡਾਂ ਅਤੇ ਮਨੋਰੰਜਨ ਖੇਡਾਂ

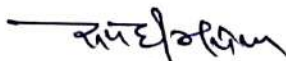
ਮਿਤੀ 30/08/2025 ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ

1. ਖੇਡਾਂ ਦੇ ਡਿਬੇਟ ਮੁਕਾਬਲੇ
2. ਤੰਦਰੁਸਤ ਅਤੇ ਸਿਹਤ ਸੰਬੰਧੀ ਭਾਸ਼ਣ
3. ਰਵਾਇਤੀ/ਸਭਿਆਚਾਰਕ ਖੇਡ ਮੁਕਾਬਲੇ
4. ਇਨਡੋਰ ਸਪੋਰਟਸ

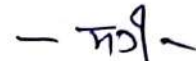
ਸਬੰਧਤ ਖੇਡਾਂ ਲਈ ਸੁਝਾਅ

ਰੱਸਾਕਸ਼ੀ, ਨਿੰਬੂ ਰੇਸ, ਬੋਰੀ ਦੋੜ, ਪਿੱਠੂ, ਖੋ-ਖੋ, ਰੱਸੀ ਟੱਪਣਾ

5. ਫਨ ਗੇਮਜ਼
6. ਸਕੂਲ ਦੇ ਪੁਰਾਣੇ ਸਟੇਜ ਜਾਂ ਨੈਸ਼ਨਲ ਖੇਡਾਂ ਵਿੱਚ ਮਾਣ ਹਾਸਲ ਕਰ ਚੁੱਕੇ ਖਿਡਾਰੀਆਂ ਨੂੰ ਬੁਲਾ ਕੇ ਬਾਕੀਆਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕਰਨਾ
7. ਸਿਹਤਮੰਦ (ਅਲਪ ਆਹਾਰ) ਸਨੈਕਸ
8. ਸਕੂਲ ਦੀ ਫਿਟ ਇੰਡੀਆ ਤੇ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਲਾਜ਼ਮੀ (ਸਕੈਨਰ ਨਾਲ ਨੱਥੀ ਹੈ)
9. ਰਿਪੋਰਟਿੰਗ ਫੋਟੋਜ਼ ਅਤੇ ਕਲਿੱਪਸ ਭੇਜਣੇ ਹਨ।



ਜਿਲ੍ਹਾ ਸਪੋਰਟਸ ਕੋਆਰਡੀਨੇਟਰ
ਬਠਿੰਡਾ



ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ(ਸੈ.ਸਿੱ)
ਬਠਿੰਡਾ।

OFFICE OF THE DIRECTOR SCHOOL EDUCATION (SECONDARY), PUNJAB
Complex: Punjab School Education Board, Phase-8, S.A.S. Nagar (Sports Branch)

To

All District Education Officers (Secondary/ Elementary Education),
Punjab.

Memo No.: E 559867 / Sports / 2025-243632

Date: 22-08-2025

Subject: Observation of National Sports Day – 2025

With reference to the Ministry of Education, Government of India, Department of School Education & Literacy, it is hereby directed that National Sports Day – 2025 will be observed from 29-08-2025 to 31-08-2025 on the occasion of the birth anniversary of Legendary Hockey Player Major Dhyan Chand Ji.

You are requested to ensure that activities at the school level and district level are organized as per the following instructions:

I. School-Level Activities for Elementary and Secondary education (29–30 August 2025)

1. 29-08-2025: Morning assembly tribute to Major Dhyan Chand Ji, Fit India Pledge, 60 minutes of team sports & recreational games.
2. 30-08-2025: Sports debates, fitness talks, competitions in indigenous games and indoor sports.
3. Suggested Games: Tug of War, lemon race, sack race, Pithoo, Kho-Kho, Rope Skipping.
4. Competitions must be held during school hours under supervision of the Head and teachers.
5. Fun games may be organized, with promotional activities to drive participation.
6. Former champion athletes may be invited to motivate students.
7. Healthy snacks only to be served (no chocolates/toffees).
8. Schools must register on the Fit India Portal (<https://fitindia.gov.in/national-sports-day-2025>) and upload a brief report with photographs/videos.
9. Reporting: A report with videography, photos, and clips must be submitted to dydirectorphyedupb@punjabeducation.gov.in by 03-09-2025.

II. District-Level Activities for secondary education (29–31 August 2025)

1. Venue Identification: The concerned DEO, shall identify a suitable venue for the competitions and community events (sports ground / stadium / track) and ensure necessary arrangements including refreshments (glucose, healthy snacks, drinking water etc)

2. Games: Each district shall conduct competitions in two games (from the Sports Calendar).
3. Semi-finals: 29-08-2025 (During matches, the SSP/Deputy Commissioner/Commissioner may be invited as Chief Guest). Zone-level winning players shall be included in district-level competitions.
4. Finals: 30-08-2025 (During matches, the Hon'ble MLA/ Minister for prize distribution).
5. Players' Kit: Shorts and T-shirts with "National Sports Day – 2025" printed. A sample design will be shared.
6. Students should be encouraged to involve their Parents/Grandparents: Activities for parents / grandparents should be organized on 30-08-2025, including games for mothers. Games may be selected from suggestive list (Suggestive Games :300m Speed Walk, 1 km Walk, Yoga, Breathing Exercises, Joint Movements, Chess, Stretching Challenge).
7. Cycle Rally: On 31-08-2025, "Sundays on Cycle" rally shall be organized only if a proper cycling track within a controlled environment is available. The rally shall not be conducted on public roads. The concerned District Education Officer (Sec.) may choose the venue where a track is available. Registration to be completed by 29-08-2025.
8. Medical Support: Request District Administration for presence of a medical team must be ensured at the District level venue.
9. Expenditure: To be met from the Sports Fund available at the district level adhering to Finance Department guidelines.
10. These competitions are specifically for National Sports Day celebrations and should not be merged with other district-level school games.
11. Reporting: A report with videography, photos, and clips must be submitted to dydirectorphyedupb@punjabeducation.gov.in by 03-09-2025.

III. Suggestive Itinerary for District-Level Events

Day 1 – 29 August 2025 (Semi-Finals)

Time	Activity	Responsibility
08:30 – 08:50 am	Arrival & registration of teams	DEO / Sports Officer
08:50 – 09:10 am	Arrival & welcome of Chief Guest (SSP/DC/Commissioner)	Organizing Team
09:10 – 09:30 am	Inaugural ceremony:	DEO Sports Officer

	Tribute to Major Dhyan Chand Ji, Fit India Pledge, Chief Guest address	
09:30 – 12:00 pm	Semi-final matches (two selected games)	Referees & Organizing Committee
12:00 – 12:15 pm	Vote of thanks & healthy snacks distribution	Sports Officer

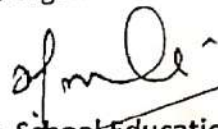
Day 2 – 30 August 2025 (Finals)

Time	Activity	Responsibility
08:30 – 09:00 am	Arrival & registration of finalists	DEO / Sports Officer
09:00 – 09:15 am	Cultural welcome (march past / NCC/NSS participation)	Host School
09:15 – 09:30 am	Welcome address & introduction of finalists	DEO / Sports In-charge
09:30 – 11:30 am	Final matches (two selected games)	Referees & Organizing Committee
11:30 – 11:50 am	Parents & grandparents' fun events	Teachers & PTI
11:50 – 12:10 pm	Arrival & welcome of Hon'ble MLA/Minister	Organizing Team
12:10 – 12:45 pm	Prize distribution ceremony	Organizing Team
12:45 – 01:00 pm	Vote of thanks, photographs & closing remarks	DEO / Sports Officer

Day 3 – 31 August 2025 (Community Event)

Time	Activity	Responsibility
07:00 – 09:00 am	"Sundays on Cycle" rally, flagged off by dignitary Distance: • 1 KM for Parents/ Grand Parents • 3 KM for students	DEO / Sports officer
09:00-10:00	Refreshments	DEO

All District Education Officers are directed to ensure successful organization of National Sports Day – 2025 as per these guidelines.


Director, School Education(S)

Punjab

Enclosed: Detailed SOP of Government of India attached

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 29th 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 pithu	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
- Posters, teaser videos, creative countdowns using the mentioned taglines and hashtag - Mobilisation in schools, colleges, offices, PSUs, depts & ministries of government, housing colonies, and other organisations	- Live updates on social media - Use hashtags: #NSD2025, #KhelegaDeshKhilegaDesh - Use taglines: 1) Har Gali, Har Maidan, Khele Saara Hindustaan; 2) Khele Bhi, Khile Bhi - Reels, stories, photo carousels	- Recap videos, medal tallies - Digital certificates and event coverage

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



Oath/Pledge

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 ਉਲੰਪਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਅਪਣਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਾਂਗਾ।