Through Web Portal/e-mail

No. EDN-H(3)F(4)-9/2025
Directorate of Higher Education
Himachal Pradesh.
Dated: Shimla – 171001, the, August, 2025

To

All the Principals,
Government Degree / Sanskrit Colleges
Himachal Pradesh.

शिक्षा निदेशालय उच्चतर हि०प्र०
27 AUG 2025
शिमला–1

Subject: **Regarding National Sports Day (NSD) 2025, Celebrations.**

Sir/Madam,

Please find enclosed herewith a copy of D.O. No. 5-163/2006-SC-3091(a), dated 22nd August, 2025 received from the Director, Youth Affairs & Sports (YSS) HP, Shimla-2 regarding the celebration of National Sports Day (NSD) on 29th August, 2025 and Fit India Mission activities.

In this context, you are directed to encourage mass participation in the suggestive sports and fitness activities w.e.f. 29th to 31st August, 2025 and also ensure to submit a brief report of the events, along with photographs and videos, via the given e-mail or through the Fit India Portal, under intimation to this Directorate.

Encl: As above.

Director Higher Education
Himachal Pradesh.

Endst. No. even dated Shimla-1 the August, 2025

Copy for information and necessary action to:-

1. The Director, Youth Affairs & Sports (YSS) HP, Shimla-2 w.r.t. D.O. referred above.
2. The Registrar HPU Shimla-5/Sardar Patel University Vivekananda Bhawan, Paddal, Mandi HP to take similar action .
3. In charge IT Cell Directorate of Higher Education requested to upload the same on department website.
4. Guard File.

शिक्षा निदेशालय उच्चतर हि०प्र०
27 AUG 2025
शिमला–1

Director of Higher Education
Himachal Pradesh

Phone No. 0177-2653120, Fax : 0177-2812882, e-mail dhe-sml-hp@gov.in

हि0प्र0 सरकार

Shivam Pratap Singh , IAS
Director (YSS)

PS Cell
DHE..
131089
26 AUG 2025
Gen. by
Branch

Reply and circulated 26/08/25

अर्धशासकीय पत्र संख्या ..3.091(9)

युवा सेवायें एवं खेल निदेशालय,
हिमाचल प्रदेश, शिमला-171 002.

D.O. 5-163/2006-SC-

Dated: 22 August, 2025

Respected Sir,

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 national 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 admiration to the Olympic Spirit and the core values of Excellence, Friendship, and Respect.

In this regard, Fit India Mission, under the aegis of Ministry of Youth Affair & Sports, proposes to celebrate NSD 2025 with a vibrant series of nationwide sporting and fitness activities. The Secretary, Government of India, Department of Sports, Ministry of Youth Affairs & Sports has requested to support this initiative to encourage mass participation in sports and fitness activities which may be organized by various State Departments and all subordinate offices/ autonomous bodies during 29th to 31st August, 2025.

The following activities are to be organized during the NSD celebrations:-

i) Fun and competitive games on 29th August to build camaraderie among employees.

ii) Departments may invite former champion athletes or may organize debate, conclave, conferences on sports or sports related issues, like Olympic movement etc. or may takeup any other activity as given in the SOP to the NSD Celebrations.

iii) Conclude the NSD celebrations with a special **"Sundays on Cycle"** event on 31st August, 2025, engaging citizens in community cycling to promote fitness and fight obesity.

A suggestive toolkit and detailed SOP is enclosed for your kind reference.

Further, the participating institutions are requested to submit a brief report of the event celebrations, alongwith photographs, videos, either via email to 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 sports and building a Viksit Bharat.

Yours sincerely,

(Shivam Pratap Singh)

No enclosure 26.08.25

Vacant

Sh. Amarjeet Singh,
Director,
Higher Education, Lalpani, Shimla-171001.

FIT INDIA

Standard Operating Procedure (SOP)

National Sports Day (NSD) 2025
Dates: August 29–31, 2025
Har gali har maidaan, Khele sara Hindustan

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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

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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 শারীরিকভাবে সুস্থ, মানসিকভাবে শক্তিশালী এবং আবেগগতভাবে ভারসাম্যপূর্ণ করবো। আমি আমার পরিবার এবং বন্ধুদের প্রতিদিন খেলাধুলা এবং ফিটনেস ক্রিয়াকলাপে অংশগ্রহণ করতে উৎসাহিত করব। আমি প্রতিটি খেলায় শ্রেষ্ঠত্ব, সম্মান এবং বন্ধুত্বের অলিম্পিক মূল্যবোধকে আত্মস্থ করার চেষ্টা করব।

Dogri

में एह् प्रण लैंदा आं जे में अपने-आप गी शारीरिक रूप कन्नै तंदुरुस्त, मानसिक रूप कन्नै मजबूत ते भावनात्मक रूप कन्नै संतुलित बनाई सकनां। में अपने परोआर ते दोस्तें गी हर रोज खेढें ते तंदुरुस्ती दियें गतिविधियें च खेढने ते हिस्सा लैने आस्तै प्रोत्साहत करांगा। में अपने द्वारा खेढे जाने आह्ले हर इक खेढै 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 बनाऊँगा। 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.

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Kashmiri

ہٕم چھس وعدٕ کران ز ہٕم بناو پنن پان جسمانی طور فٹ، ذہنی طور مضبوط تہٕ جذباتی طور متوازن۔ ہٕم چھس پننس خانٛدانس تہٕ دوستن پزیتھ دوہ کھیلن تہٕ تندرستی بٕزٕ سرگرمین مٕزٕ گنٛدنہٕ تہٕ حصہٕ ننہٕ خاطرٕ حوصلہٕ افضایی کران۔ ہٕم چھس کوٚشش کران پزیتھ کھیلس مٕزٕ بہترین کارکردگی، احترام تہٕ دوستی بٕزٕ اولمپک اقدار پانس مٕزٕ شامل کرنۍ۔

Maithili

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

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, സൌഹൃദം എന്നിവയുടെ
ഒളിമ്പിക് മൂല്യങ്ങൾ ഉൾക്കൊള്ളാൻ ഞാൻ ശ്രമിക്കും.

Manipuri

ꯑꯩ ꯃꯤꯂꯃꯗꯥ ꯐꯥꯑꯣꯕꯥ ꯑꯣꯏꯔꯤ ꯑꯃꯁꯨꯡ ꯑꯩꯈꯣꯌꯒꯤ ꯃꯤꯑꯣꯏꯕꯒꯤ ꯃꯇꯧ ꯑꯣꯏꯔꯤ, ꯑꯩꯈꯣꯌꯒꯤ ꯃꯤꯑꯣꯏꯕ ꯑꯁꯤ ꯂꯩꯕꯥ ꯑꯃꯁꯨꯡ ꯃꯤꯑꯣꯏꯕꯗꯥ ꯂꯩꯕꯥ ꯃꯤꯁꯤꯡꯒꯤ ꯃꯇꯧ ꯑꯣꯏꯔꯤ ꯑꯃꯁꯨꯡ ꯑꯩꯈꯣꯌꯒꯤ ꯑꯁꯤ

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 देहायारिथै गोख्रों, गोसोआरि गोख्रों आरो गोसोआरि समानथाय बानायगोना आं आंनि नखर आरो लोगोफोरखौ सानफ्रोमबो गेलेनो आरो गेलेमु आरो फिटनेस हाबाफारिफोराव बाहागो लानो थुलुंगा होगोना। आं गेलेनाय मोनफ्रोमबो गेलेमुआव साबसिन, सनमान आरो लोगोआरिनि अलिम्पिक बेसेनफोरखौ आजावनो नाजा।

Santali

ᱥᱟᱭ ᱫᱚᱲᱚᱱ ᱦᱚᱱᱚᱛᱚᱱᱚ ᱡᱚᱠᱚᱱᱚ ᱯᱚᱨᱚᱥ ᱩᱞ, ᱥᱟᱭ ᱚᱢᱟᱜᱮᱞ جسمانی ᱯᱞᱚᱠᱚᱱᱚᱞ ᱫᱚᱱᱛᱚᱱᱮ, ᱩᱫᱮ ᱯᱞᱚᱠᱚᱱᱚᱞ ᱜᱚᱱᱟᱞ ᱚᱱᱟ ᱩᱫᱮᱞ ᱯᱞᱚᱠᱚᱱᱚᱞ ᱦᱚᱱ-ᱛᱚᱜᱦᱮᱱᱮ ᱨ ᱛᱞᱮᱱᱚᱛ ᱜᱚᱱᱟᱞᱨᱮᱱᱚᱜ-ᱚ । ᱥᱟᱭ ᱥᱟᱜᱚᱜ ᱚᱞᱚᱜ ᱭᱮᱞᱮ ᱡᱚᱲᱚ ᱚᱱᱟ ᱜᱚᱱᱚᱞ ᱦᱚᱱᱚᱛᱚᱱᱚ ᱜᱟᱱᱮ ᱜᱮ ᱦᱚᱱᱚᱛᱚᱱᱚᱜᱚ ᱚᱱᱟ ᱮᱱᱛᱮᱨᱮ ᱭᱮᱞᱮᱜᱚ ᱦᱚᱱ.ᱩᱥ ᱡᱚᱲᱚ ᱭᱮᱞᱮᱱᱚ ᱭᱮ ᱦᱮᱯᱮᱫ ᱯᱚᱱ.ᱜᱟᱜ ᱨ ᱨᱩ ᱨ ᱨᱩ ᱨ ᱨᱩ ᱨ ᱨᱩ ᱨ ᱨᱩ ᱨ ᱨᱩ ᱯᱮᱜᱚᱱ । ᱥᱟᱭ ᱦᱚᱱᱮᱱᱚᱩ ᱦᱚᱱᱚᱛᱚᱱᱚᱜᱚ ᱭᱮ ᱦᱚᱱᱚᱨᱮᱱᱚᱜᱚ, ᱩᱱ.ᱮ ᱱᱚ ᱜᱚᱱᱚᱨᱮᱱᱚᱜᱚ اولمپᱠ ᱥᱟᱦ ᱜᱚᱮᱚᱜ ᱦᱚ ᱚᱯ ᱜᱚᱜᱚ ᱯᱚᱱ.ᱜᱟᱜ ᱨ ᱱᱟᱦᱚᱱ.ᱨᱚᱱ ।

Konkani

हांव स्वताक शारिरीक रुपान तंदुरुस्त, 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 दरेक खेळांत उत्कृष्टताय, मान आनी इश्टागत हीं ऑलिंपीक मुल्यां आत्मसात करपाचो हांव यत्न करतलों.

FIT INDIA

ମୁଁ ପ୍ରତିଜ୍ଞା କରୁଛି ଯେ ମୁଁ ନିଜକୁ ଶାରୀରିକ ଭାବେ ସୁସ୍ଥ, ମାନସିକ ଭାବେ ଶକ୍ତିଶାଳୀ ଏବଂ ଭାବନାତ୍ମକ ଭାବେ ସନ୍ତୁଳିତ କରିବି। ମୁଁ ମୋ ପରିବାର ଏବଂ ବନ୍ଧୁମାନଙ୍କୁ ପ୍ରତିଦିନ ଖେଳ ଏବଂ ଫିଟନେସ୍ କାର୍ଯ୍ୟକଳାପରେ ଅଂଶଗ୍ରହଣ କରିବାକୁ ଉତ୍ସାହିତ କରିବି। ମୁଁ ଖେଳିଥିବା ପ୍ରତ୍ୟେକ ଖେଳରେ ଉତ୍କର୍ଷତା, ସମ୍ମାନ ଏବଂ ବନ୍ଧୁତ୍ୱର ଅଲିମ୍ପିକ୍ ମୂଲ୍ୟବୋଧକୁ ଗ୍ରହଣ କରିବାକୁ ଚେଷ୍ଟା କରିବି।

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 ਦੋਸਤਾਂ ਨੂੰ ਹਰ ਰੋਜ਼ ਖੇਡਾਂ ਅਤੇ ਤੰਦਰੁਸਤੀ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਵਿੱਚ ਖੇਡਣ ਅਤੇ ਹਿੱਸਾ ਲੈਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕਰਾਂਗਾ। ਮੈਂ ਹਰ ਖੇਡ ਵਿੱਚ ਉੱਤਮਤਾ, ਸਨਮਾਨ ਅਤੇ ਦੋਸਤੀ 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 ۾ 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

FIT
INDIA

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

FIMA App QR Code To Download

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
○ Posters, teaser videos, creative countdowns using the mentioned taglines and hastag ○ 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.