



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(MS)/2024

Date: 29.08.2024

Circular No: Acad-76/2024

All the Heads of Schools affiliated to CBSE

Subject: National Sports Day – reg.

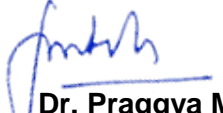
Dear Principal

National Sports Day (NSD) is celebrated to commemorate the birth anniversary of Hockey Legend Major Dhyan Chand. The Ministry of Sports, Govt. of India has planned a series of pan-India sports events, including traditional and indigenous games, and other engagement activities upto 31.08.2024. A suggestive SoP for the celebration is attached at Annexure A.

A brief report of activities and few photographs may be uploaded by the schools before 03.09.2024 at the link: <https://forms.gle/nyq4jUwyFPMYDip58>

In view of above, you are requested to organize sporting and fitness activities upto 31.08.2024 and encourage the students and teachers of your school to participate in the same, so as to promote sports and fitness culture in the country.

With Best Wishes


Dr. Praggya M Singh
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली –110002

‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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- Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
 13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
 14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
 15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
 16. DS to Chairperson, CBSE
 17. Secretary/ Controller of Examinations/ All Directors, CBSE
 18. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
 19. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
 20. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
 21. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
 22. In-Charge, Library
 23. Record File

Director (Academics)



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Annexure A

SOP for National Sports Day (NSD) 2024 Celebrations

1. Organize any sporting event like athletics, contemporary sports, indigenous sports, etc. as deemed fit as per age groups before 31st August 2024.
2. Salient features of the event:
 - Week-long celebration with the organization 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 sport attire. Sample t-shirt designs will be shared along with NSD branding.
3. The list of suggested competitive and fun games is:

S.N.	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

*The school 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 organize a FIT India Fitness pledge event where organizations may take the FIT India Fitness pledge.
5. Promote National Sports Day on their social media channels with **#Sports4Unity** and **#NationalSportsDay** through creatives, videos, write-ups, pictures of the events.
6. Adequate publicity for the program through social media, TV/Newspaper, etc.

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 MEMBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता हूँ/करती हूँ/

- एक सक्रिय और स्वस्थ जीवन शैली जीऊंगा/जीऊंगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूंगा/निकालूंगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूंगा/करूंगी
- फिट इंडिया मोबाइल एप्लीकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूंगा/लूंगी



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली -110002

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