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भारतीय आयुर्विज्ञान अनुसंधान परिषद
INDIAN COUNCIL OF MEDICAL RESEARCH

स्वास्थ्य अनुसंधान विभाग (स्वास्थ्य एवं परिवार कल्याण मंत्रालय)
वी रामलिंगस्वामी भवन, अन्सारी नगर, नई दिल्ली - 110029
DEPARTMENT OF HEALTH RESEARCH (MINISTRY OF HEALTH & FAMILY WELFARE)
V. RAMALINGASWAMI BHAWAN, ANSARI NAGAR, NEW DELHI-110029

No.16/40/2023-Admn./E.Office161784

Dated:17/08/2023

To

The Directors/Directors-in-charge of
All Institutes/Centers of ICMR

Subject : National Sports Day Celebrations-reg.

Sir/Madam,

The undersigned is directed to forward herewith a D.O. No.20-4/SAI/FITINDIA/2023 dated 11.08.2023 received from Department of Sports, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi, on the subject mentioned above for information and adherence.

Yours faithfully

Jagdish Rajesh
Assistant Director General (Admin.)

Encl: As above

Copy to:

1. PS to DG/Sr. DDG(A)/Sr. FA
2. All Divisional Heads
3. DDG(A)/ ADG(A)
4. Head BMI-with request to upload the same on ICMR website

वी. रामलिंगस्वामी भवन, पोस्ट बॉक्स नं. 4911,
अन्सारी नगर, नई दिल्ली - 110 029, भारत
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क्रमांक.16/40/2023-प्रशासन/E.Office.-161784

दिनांक:17/08/2023

सेवा में,

निदेशक/प्रभारी निदेशक
परिषद के सभी संस्थान/केन्द्र

विषय : राष्ट्रीय खेल दिवस समारोह के संबंध में।

महोदय/महोदया,

अधोहस्ताक्षरी को उपर्युक्त विषय पर खेल विभाग, युवा कार्यक्रम और खेल मंत्रालय, शास्त्री भवन, नई दिल्ली के दिनांक 11.08.2023 के अर्ध शासकीय पत्र संख्या 20-4/SAI/FITINDIA/202 की प्रति सूचना एवं आवश्यक कार्यवाही हेतु अग्रेषित करने का निदेश हुआ है।

भवदीय,
जगदीश राजेश
17/08/23

जगदीश राजेश
सहायक महानिदेशक (प्रशासन)

अनुलग्नक:यथोक्त
प्रतिलिपि:

1. महानिदेशक/वरि.उपमहानिदेशक (प्रशा.)/वरि.वित्त सलाहकार के निजी सचिव
2. परिषद के सभी प्रभाग प्रमुख
3. उपमहानिदेशक (प्रशा.)/सहा. महानिदेशक (प्रशा.)
4. प्रमुख बीएमआई - आईसीएमआर की वेबसाइट पर अपलोड करने के अनुरोध के साथ।

Email

Office of Secretary DHR

3272243
11/08/2023**Meeting with GoI Ministries/Departments reg National Sports Day Celebrations****From :** Mission Directorate Sports Development <mdsd-myas@gov.in> Fri, Aug 11, 2023 05:13 PM**Subject :** Meeting with GoI Ministries/Departments reg National Sports Day Celebrations 1 attachment

To : Manoj Ahuja <Secy-agri@nic.in>, Dr. Abhilaksh Likhi <secy-fisheries@nic.in>, Ms. Alka Upadhyaya <secyahd@nic.in>, chairman@dae.gov.in, head icpd <head.icpd@dae.gov.in>, RAJESH KOTECHEA <secy-ayush@nic.in>, Arun Baroka <sec.cpc@nic.in>, Ms S. Aparna <secy-pharma@nic.in>, Rajiv Bansal <secy.moca@nic.in>, Mr Amrit Lal Meena <secy.moc@nic.in>, secy-ipp <secy-ipp@nic.in>, Commerce Secretary Office <csoffice@nic.in>, Shri Apurva Chandra <secy-dot@nic.in>, Secretary Posts <secretary-posts@indiapost.gov.in>, ROHIT KUMAR SINGH <secy-ca@nic.in>, Shri Sanjeev Chopra <secy-food@nic.in>, Gyanesh Kumar <secy-coop@gov.in>, Secretary MCA <secy.mca@nic.in>, Govind Mohan <secy-culture@nic.in>, Secretary DP <sdpns@nic.in>, Shri Vijoy Kumar Singh IAS <secyesw@nic.in>, Shri Giridhar Aramane <defsecy@nic.in>, Mr Lok Ranjan <secydoner@nic.in>, Dr M Ravichandran <secretary@moes.gov.in>, Sanjay Kumar <secy.sel@nic.in>, K. Sanjay Murthy <secy.dhe@nic.in>, Secretary MeitY <secretary@meity.gov.in>, Ms Leena Nandan <secy-moef@nic.in>, SAURABH KUMAR <secyeast@mea.gov.in>, Dammu Ravi <secyer@mea.gov.in>, Sanjay Verma <secywest@mea.gov.in>, Dr. Ausaf Sayeed <secycpv@mea.gov.in>, Shri Ajay Seth <secy-dea@nic.in>, T.V. Somanathan <secyexp@nic.in>, Secretary DFS <secy-fs@nic.in>, Sanjay Malhotra <rsecy@nic.in>, Shri Ali R. Rizvi <secy-dpe@nic.in>, Secretary MoFPI <secy.mofpi@nic.in>, Sudhansh Pant <secyhfw@nic.in>, Office of Secretary DHR <secy-dhr@gov.in>, Shri Kamran Rizvi <shioff@nic.in>, ATAL DULLOO <secybm@nic.in>, SECRETARY,OL <secy-ol@nic.in>

Cc : Sandip Pradhan <dg-sai@gov.in>, Sujata Chaturvedi <secy-sports@nic.in>, Secretary SAI <secy-sai@gov.in>, Ekta Vishnoi <fitindia@gov.in>, ektavishnoi@gmail.com, Arun Kumar Yadav <dir.sports-moyas@gov.in>, OM PRAKASH <chanchal.op@gov.in>

Madam/Sir,

Please refer to D.O. letter No.20-4/SAI/FITINDIA/2023 dated 11.08.2023 by Secretary (Sports) to Chief Secretaries of State/UTs on the above mentioned subject.

In this regards it is to invite that, Secretary (Sports) will chair a meeting on **14th August, 2023 at 04.00 PM** to review preparations for celebrations of the National Sports Day, 2023, with the Central Ministries/Departments through hybrid mode {Secretary (Sports) Chamber}.

2. Meeting link, ID & password are given as below:

D.No-26/Admn
17/8/2023

JS(AN)/Sr.DDG ✓

Pl. Circulate to all Directors / Divi

16/8

So (A)

Title: Meeting with GoI Ministries/Departments reg National Sports Day Celebrations
Start Time: 14 August 2023 04:00 PM Asia/Kolkata
URL: <https://bharatvc.nic.in/join/8825586675>
Conference ID: 8825586675
Password: 970249

3. 3. It is requested to kindly make it convenient to attend the said meeting.
4. Nodal officers for further follow ups and quarries are
 - a. Ms. Ekta Vishnoi, DDG- SAI (+91 7588181543)
 - b. Mr. Arun Gupta, Director- Fit India, SAI (+91 9591010065)

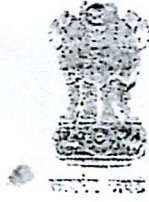
With regards,

Mission Directorate - Sports Development (MD-SD)
Department of Sports, Ministry of Youth Affairs & Sports
Hall No.109, Jawaharlal Nehru Stadium, New Delhi - 110003
Tel: 011-24361820, 24361821, 24361823, 24361325



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1 MB

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 Chief 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 massive 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 under the aegis of the Departments/Organizations under your State/UT which can be organized 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), who can be contacted for further details on the subject.

I shall be grateful for your support in this regard.

Best Regards,

Yours sincerely,

Me
11/8/23

(Sujata Chaturvedi)

Encl: As above

To : All the Chief Secretaries/Administrators (States and UTs)

Copy to : Additional Chief Secretary/Principal Secretary/Secretary (Sports) of all the States/UTs

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	Tagori & 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/19DQNf8SIO8X76Jz0ekzhKbGKDZlhpX_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