



## National Sports Day 2024

### Celebrating Fitness and Sports Culture in India

August 28, 2024

#### National Sports Day: An Overview

National Sports Day is an annual celebration on August 29th in honour of Major Dhyan Chand, India's iconic hockey player. Known as "**The Hockey Wizard**," Dhyan Chand's unparalleled skills and dedication to the sport left an indelible mark on the world of hockey. Over a career that spanned from 1926 to 1948, Dhyan Chand scored more than **1,000 goals, leading India to three consecutive Olympic gold medals in 1928, 1932, and 1936.**



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<sup>1</sup> <https://fitindia.gov.in/national-sports-day-merchandise-creatives-2024>

Major Dhyan Chand's legacy extends beyond his extraordinary achievements on the hockey field. He redefined Indian sports on the global stage, showcasing the country's dominance in hockey during an era of fierce international competition. His contributions to Indian sports are not only remembered for his victories but also for the inspiration he provided to future generations of athletes.

### **The Celebration of National Sports Day**

National Sports Day reminds people of the importance of physical fitness, sports, and overall well-being. States like Haryana, Punjab, and Karnataka, among others, organize various sporting events and seminars to spread awareness about the significance of physical activities and sports in daily life. Over the years, the government has utilised this day as a platform to launch various sports schemes, such as the Khelo India movement, which was announced by Prime Minister Narendra Modi in 2018.



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<sup>2</sup> <https://fitindia.gov.in/national-sports-day-merchandise-creatives-2024>

National Sports Day is also an occasion to honour India's sporting heroes with prestigious awards. During a special ceremony held at the Rashtrapati Bhavan, the President of India confers national sports awards, including the Major Dhyan Chand Khel Ratna (formerly the Rajiv Gandhi Khel Ratna), the Arjuna Award, the Dhyan Chand Award, and the Dronacharya Award. These recognitions celebrate the achievements of athletes and coaches who have significantly contributed to Indian sports.

### **National Sports Day 2024**

In celebration of National Sports Day 2024, the Union Minister of Youth Affairs & Sports and Labour & Employment, Dr. Mansukh Mandaviya, has called upon all citizens to participate in outdoor sports for at least one hour. Dr. Mandaviya emphasized the importance of the Fit India Movement, noting that it is the responsibility of every Indian to maintain their health and stay active. "Play any sport, stay fit!" the Minister urged, encouraging everyone to join this nationwide initiative.

Dr. Mandaviya also highlighted that National Sports Day reminds us of the vital role sports play in maintaining a balanced and healthy life. He appealed to everyone to engage in sports with their family and friends on this occasion and take a step towards building a fit and active India.



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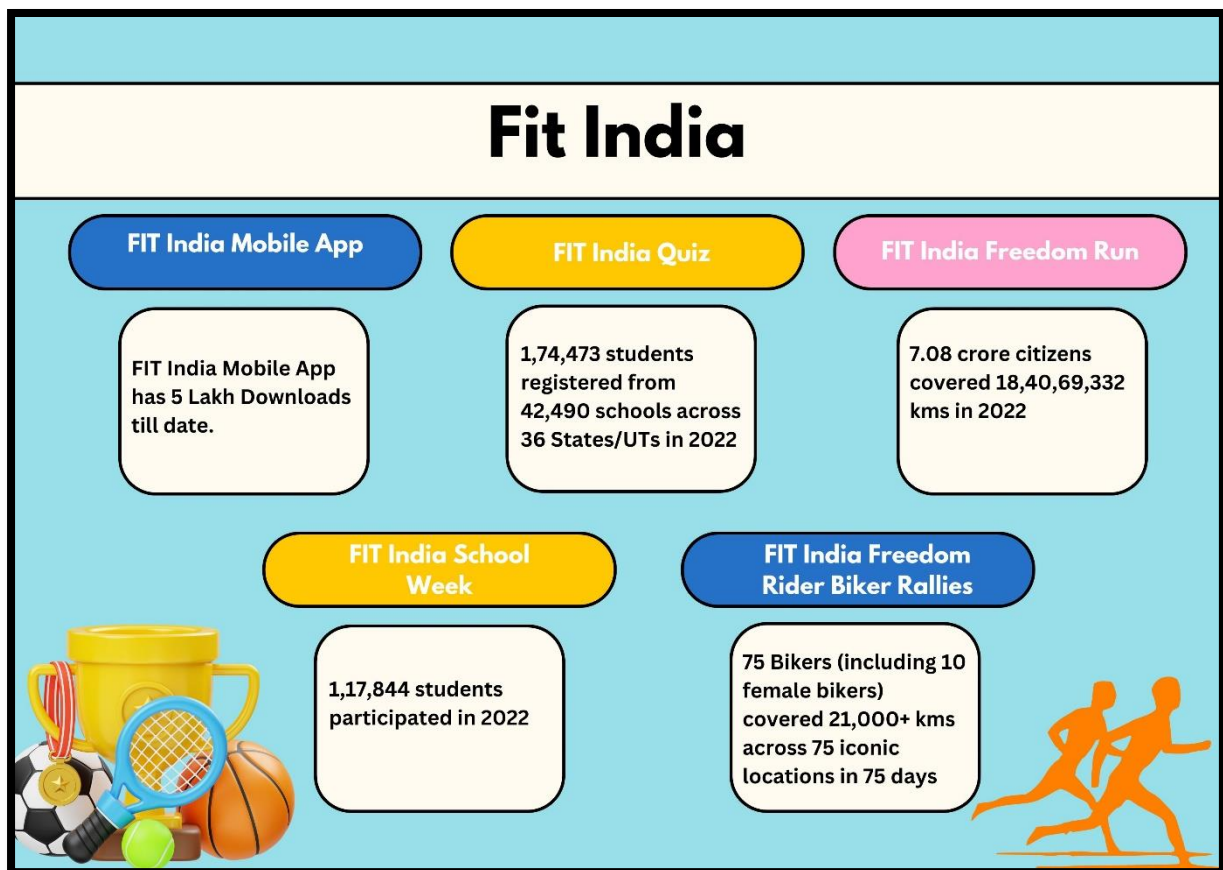
To further this mission, the Ministry of Youth Affairs and Sports, in collaboration with **Fit India** and **MyGov**, has organized a series of events and activities to celebrate **National Sports Day 2024**. All stakeholders are encouraged to organize sporting events and engagement

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<sup>3</sup> <https://fitindia.gov.in/national-sports-day-merchandise-creatives-2024>

activities—both fun and competitive—across the country. These events are scheduled **between August 26th and August 31st, 2024**. Additionally, organisations are invited to hold a Fit India Fitness Pledge event, where key stakeholders, including employees, can take the Fit India Fitness pledge.

One of the highlights of this year’s celebration is the “**Champions of India: National Sports Day Quiz 2024**.” This quiz is designed to remember the indomitable spirit of Indian athletes, their outstanding achievements, and the rich legacy of sports in India. It offers an exciting and educational experience for students, sports enthusiasts, and anyone passionate about India’s sporting history. Participants will be able to challenge themselves, test their knowledge, and compete with sports lovers from across the nation, making this quiz a truly inspiring event.



The Fit India initiative has seen tremendous participation and success since its inception. The **Fit India Mobile App** has achieved over 5 lakh downloads, while the **Fit India Quiz** in 2022 saw 1,74,473 students from 42,490 schools across 36 States and Union Territories participate. Additionally, the **Fit India Freedom Run** in 2022 covered an impressive 18.40 crore kilometres with participation from 7.08 crore citizens. The **Fit India School Week** saw 1,17,844 students participate, and the **Fit India Freedom Rider Biker Rallies** featured 75



bikers, including 10 female bikers, covering 21,000+ kilometres across 75 iconic locations in 75 days.

## **Conclusion**

National Sports Day is more than just a commemoration of Major Dhyan Chand's birth anniversary; it is a celebration of the spirit of sportsmanship, excellence, and dedication that he embodied. His legacy continues to inspire athletes nationwide, making August 29th a day of pride and reflection for all who value the importance of sports in society.

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