

## National Sports Day Celebrations (29th – 31st August 2025) Report

National Sports Day was celebrated in the school with great zeal from 29th to 31st August 2025 to commemorate the birth anniversary of the legendary hockey player Major Dhyan Chand and to promote fitness and sportsmanship among students.

The celebrations began on 29th August with the Fit India Pledge, where students and staff pledged to adopt a healthy lifestyle and encourage fitness in daily life. On 30th August, a Cycle Rally was organized to spread awareness about fitness, eco-friendly transport, and pollution control. Various sports events and fun activities were conducted over the three days. Students enthusiastically participated in cricket, basketball, and kho-kho matches, while a Mass PT session showcased the importance of daily exercise and discipline. Teachers too joined the celebrations by taking part in a friendly volleyball match and a three-legged race, adding to the excitement.

The Primary Block celebrated the occasion with equal enthusiasm. Children enacted the role of Major Dhyan Chand with hockey sticks and participated in a vibrant assembly program, portraying famous athletes and inspiring everyone with their creativity. The celebrations concluded with renewed commitment towards fitness and sports. The events not only reflected the spirit of the Fit India Movement but also instilled values of perseverance, discipline, teamwork, and responsibility towards health and environment.

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NATIONAL SPORTS DAY