

REPORT ON NATIONAL SPORTS DAY CELEBRATION

(29–31 August 2025)

Thakur Sen Negi Government College, Reckong Peo, District Kinnaur

The Department of Physical Education, in collaboration with My Youth India (MY Bharat), District Youth Office Kinnaur, successfully organized a three-day celebration of National Sports Day from 29 August to 31 August 2025 at Thakur Sen Negi Government College, Reckong Peo. The programme was conducted with the objective of promoting physical fitness, sportsmanship, discipline, and the overall holistic development of students.



HISTORICAL SIGNIFICANCE OF NATIONAL SPORTS DAY

National Sports Day is celebrated every year in India on 29 August to honour the birth anniversary of Major Dhyan Chand, one of the greatest hockey players in the history of world sports. Known as the “Hockey Wizard,” Major Dhyan Chand led India to three Olympic gold medals (1928, 1932, and 1936) and scored over 400 international goals in his career.

National Sports Day aims to spread awareness about the importance of sports, fitness, teamwork, and a healthy lifestyle. It also serves as a reminder of India’s glorious sporting heritage and encourages youth to engage actively in physical activities.

DAY 1: INAUGURATION AND INDOOR EVENTS (29 AUGUST 2025)

The celebration began with an inaugural ceremony. Principal Dr. Uttam Singh Chauhan served as the Chief Guest and addressed the gathering with motivating words. He administered the sports oath to the participants, inspiring them to uphold the values of fairness, dedication, and discipline.



Indoor sports events such as Chess, Carrom, and Table Tennis were conducted for both boys and girls. Additionally, a beautiful yoga presentation was performed by school children from Javahar Navodaya Vidyalaya school Reckongpeo, highlighting the importance of mental balance and physical well-being.

A detailed press note was released, recalling the life achievements of Major Dhyani Chand. The note highlighted his extraordinary contribution to Indian hockey, especially his iconic performance at the 1936 Berlin Olympics where he scored 3 goals against Germany, leading India to an 8–1 victory.

Principal Dr. Chohan encouraged students to adopt sports as a part of their routine life, stay away from harmful habits, and maintain discipline. He emphasized the crucial role of sports in personality development, team spirit, and mental strength.





DAY 2: OUTDOOR SPORTS EVENTS (30 AUGUST 2025)

The second day focused on outdoor sports activities, bringing enthusiasm and competitiveness to the campus. Events such as running races, volleyball matches, and tug-of-war competitions were held.

Teams from ITBP, the Police Department, DC office and college student groups actively participated, showcasing exceptional sportsmanship and energy.

The Chief Guest for Day 2 was Deputy Commissioner Kinnaur, Dr. Amit Kumar Sharma, accompanied by Superintendent of Police Mr. Abhishek Sekar and the SDM. Their presence encouraged students and added grandeur to the event. The dignitaries appreciated the college's efforts and motivated youth to pursue physical fitness and sports as essential aspects of life.



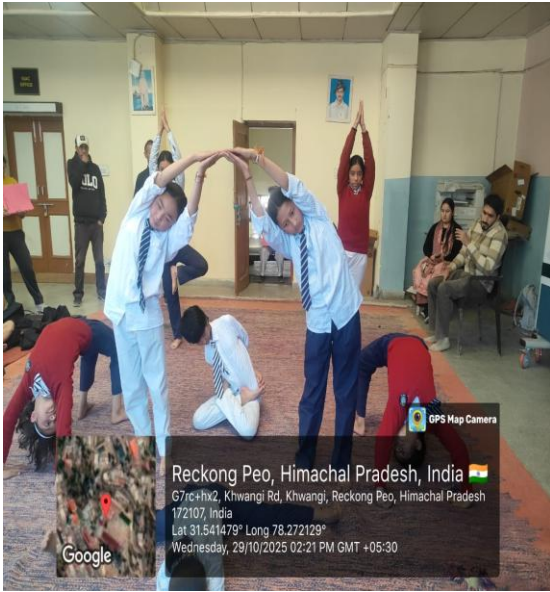
DAY 3: QUIZ COMPETITION & CLOSING CEREMONY (31 AUGUST 2025)

The final day featured an inter-departmental Sports Quiz Competition to test students' knowledge of sports history, rules, notable athletes, and physical fitness concepts. Participants showed excellent enthusiasm and team spirit.

The closing ceremony was held in the presence of Principal Dr. Uttam Chohan, who served as the Chief Guest and special guest SDM Kalpa. He congratulated all winners and participants for their dedication, discipline, and active involvement throughout the three days. Prizes, certificates, and trophies were distributed to the deserving students and teams.

In his closing remarks, he emphasized that such events are essential for creating a balanced academic environment where sports and studies go hand in hand.





SPECIAL MESSAGE

Convener of sports committee Prof. Tanzin Nargu said “National Sports Day” reminds us that sports are not just games they are a way of life. Sports teach resilience, leadership, teamwork, and the courage to face challenges. Major Dhyan Chand’s life continues to inspire millions across the country, reminding us that excellence comes from discipline, practice, and humility.

He also added, through this celebration, TS Negi Government College reaffirms its commitment to nurturing youth who are physically strong, mentally alert, and socially responsible.

CONCLUSION

The three-day National Sports Day celebration at Thakur Sen Negi Government College, Reckong Peo, was a grand success. The event promoted unity, enthusiasm, and a spirit of healthy competition among students.

The combined efforts of faculty members, MY Bharat volunteers, invited dignitaries, and student participants made the programme meaningful and memorable.

The celebration successfully conveyed the message that sports are an integral part of life and play a vital role in shaping the character and future of young India.

Sports committee convener

Prof. Tanzin Nargu

Members:

Prof. Dev Raj Negi

Prof. Abhishek

Prof. Yashwant Rana

Principal

TS Negi Govt College

Reckongpeo, Kinnaur