



F.No. 13-7/2019-20/GA
NATIONAL INSTITUTE OF EDUCATIONAL PLANNING AND ADMINISTRATION
(Deemed to be University u/s 3 of the UGC Act, 1956)
17-B, Sri Aurobindo Marg, New Delhi-110016

Dated: August 22, 2023

CIRCULAR

National Sports Day is celebrated on 29th August, 2023 on the birthday of the Hockey legend Major Dhyan Chand, to commemorate India's deep rooted tradition of Sports. The following events will be organized. The theme of the event is "Sports as an enabler for an inclusive and fit society.

The following events will be organized from 21st to 29th August, 2023 .The events will be held as per schedule in NIEPA. The Co-ordinator for the event will be Prof. Veera Gupta, NIEPA.

S.No	Event/Description	Date/Time/Venue
1.	Badminton	24.08.2023 to 25.08.2023 at 11.00 am, NIEPA Badminton Court
2.	Tug of War	28.08.2023 at 11.00 am-1:00 pm, NIEPA Park
3.	Race	28.08.2023 at 11.00 am-1:00 pm, NIEPA Park
4.	Lemon Race	28.08.2023 at 11.00 am-1:00 pm, NIEPA Park
5.	Sports Pledge	29.08.2023 at 11.00 am, NIEPA Ground Floor

A token amount of Rs.5000/-, Rs.3000/- and Rs.2000/- will be awarded to the best three participants in above activities and winner will be declared on 29.08.2023.

All faculty members, staff, students and project staff are requested to participate in all events. The Co-ordinator may register their event on Fit India portal i.e <http://fitindia.gov.in/> or Fit India Mobile App and upload details of participation pictures and videos of the event.

Systems analyst is requested to promote National Sports Day on the institute social media channels with #Sports4Unity and #NationalSportsDaythrough creatives, videos, write ups, pictures of the events.

This issues with the approval of the Competent Authority

(D.S. Thakur)

Administrative Officer (I/c)

To

Students /Faculty Members / Staff/ Project Staff

Copy to:

1. Sr. PS to VC for information of Hon'ble VC.
2. PA to Registrar for information
3. Administrative Officer (I/c)
4. Finance Officer
5. All Notice Boards
6. Systems Analyst – with the request to upload the circular on NIEPA Website – Staff Corner
7. IQAC /NAAC

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

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