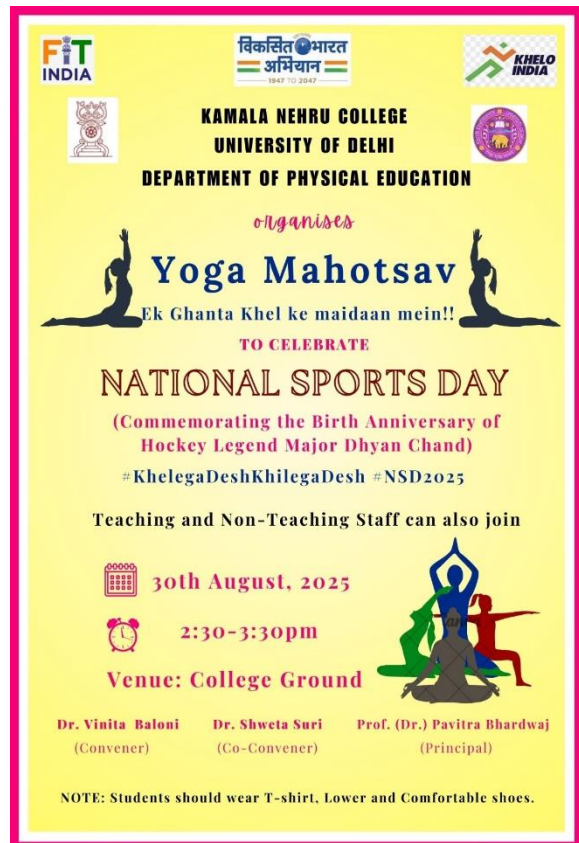


Department of Physical Education
Event Report

Poster - 29th August, 2025



Poster - 30th August, 2025



Report

Event Report: National Sports Day 2025 Celebration at Kamala Nehru College

Event Overview

Kamala Nehru College, University of Delhi, celebrated National Sports Day 2025 on the 29th and 30th August. The two-day event was organized by the Department of Physical Education, under the nationwide Fit India Mission initiative.

The celebrations were part of the Fit India Mission initiative, commemorating the birth anniversary of Hockey legend Major Dhyan Chand. This year's theme emphasized the Olympic Spirit, highlighting values of Excellence, Friendship, Respect, Courage, Determination, Inspiration, and Equality.

Event Details

Day 1 – 29th August, 2025

The celebrations began on 29th August 2025 with a special morning assembly at 8:30 AM. A tribute was paid to Major Dhyan Chand, followed by the Fit India Pledge and an hour of team sports and recreational games. The Pledge was followed with 2 KMs Obstacle Race held at the College Ground. Students participated with full enthusiasm in the race that was organized under the slogan “*Ek Ghanta Khel ke Maidaan Mein!!*”.

Day 2 – 30th August, 2025

The second day featured a Yoga Mahotsav at the College Ground from 1:30 PM to 3:30 PM. The event was open to both students and staff (teaching and non-teaching), encouraging inclusivity and collective well-being.

Led by a trained instructor, the session highlighted the role of yoga in maintaining physical fitness, mental balance, and emotional strength. Participants experienced the calming effects of yoga postures and breathing techniques, reinforcing the Fit India Mission’s goals.

Objectives and Impact

The events were organized with the following objectives:

- To pay tribute to Major Dhyan Chand and celebrate India’s sporting legacy.
- To encourage physical activity and fitness among students and staff.
- To strengthen inclusivity by involving teaching, non-teaching staff, and students together.
- To instill Olympic and Paralympic values of excellence, respect, and friendship through sports and yoga.

The 2 KMs Obstacle Race showcased stamina and team spirit, while the Yoga Mahotsav reinforced holistic well-being. Together, the events highlighted the balance between competitive sports and mindful fitness practices.

Conclusion

The National Sports Day 2025 celebrations at Kamala Nehru College were a resounding success. With enthusiastic participation across three days, the events not only honored the memory of Major Dhyan Chand but also strengthened the college’s commitment to promoting fitness, inclusivity, and national sporting values.

The efforts of the Department of Physical Education ensured well-executed programs that inspired students and staff alike. The celebrations stand as a testament to KNC’s dedication to holistic education and the Fit India Movement.

Geotagged Photos



