

## National Sports Day celebration 2023 @RDSDE/NSTI(W), Jammu

From 21<sup>st</sup> august 2023 to 29<sup>th</sup> august 2023



The **National Sports Day 2023** in India is celebrated on **29 August 2023**. This annual observance, held on **August 29** in India, is a tribute to the enduring legacy of **Major Dhyan Chand**. The day also serves as a reminder for all of us to recall the contributions, determination, and extraordinary achievements of the athletes and their influence in shaping societies.

RDSDE/NSTI(W), Jammu celebrated National Sports Day 2023. Joint Director Shri V. Babu, RDSDE, J&K along with all the staff members and trainees' paly indoor games like Chess and carrom and inspire them to live a healthy life along with his best wishes to all.

As per the instruction given by Ministry of youth affairs and sports and this institute uploaded the photos in their portal along with you tube video link and got the digital certificate





Shri Sunil. J. Wakde, Deputy Director delivered the Pledge followed by the staff members and the trainees.



## 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



All the staff members and the trainees march along with the banner awaring all to adapt Games and Sports in their daily life's. They also aware all that this will Provide physical and emotional benefits that can last a lifetime. Sports can teach valuable life lessons and foster a sense of discipline and commitment.

## National Sports Day 2023 Theme

The theme for National Sports Day 2023 celebration is **“Sports are an enabler to an inclusive and fit society”**.

