



DAV SCHOOL IITH CAMPUS, KANDI(V)

SANGAREDDY DISTRICT – 502285

AFFILIATED TO CBSE Vide No.- 3630382

SCHOOL No - 56379



National Sports Day Celebration 2021

“Aim for the sky and you’ll reach the ceiling. Aim for the ceiling and you’ll stay on the floor.”

The National Sports Day (also called Rashtriya Khel Divas) is celebrated on 29 August, on the birth anniversary of Indian hockey legend Major Dhyhan Chand. This day marks the birthday of Major Dhyhan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936. He scored 570 goals in his career, from 1926 to 1949. He was a legendary figure in the Indian and world hockey. The most noted memorials for him were the Major Dhyhan Chand Award, the highest award for lifetime achievement in sports and games in India, and the National Sports Day celebrations on his birthday. First National Sports Day was celebrated in India on 29 August 2012.

On this day, multiple awards like the Rajiv Gandhi Khel Ratna, Arjuna Award, Dhyhan Chand Award and the Dronacharya Award are conferred to sporting heroes to honour their contribution to sports. Various programs, events, seminars etc. are organized by the government to raise awareness about the significance of physical activities and sports in life.

National sports day was celebrated virtually in our school this year. Competitions were conducted virtually (Classes 3-9) and winners were awarded prizes (to be included in CCA competitions under sports category). Competitions include musical chair, yoga (Suryanamaskara postures), skipping. Children were encouraged to participate in online chess competitions.

On National sports day a video was shared with children of our school (<https://www.youtube.com/watch?v=aQxYzAd6Jfg>). Master Daniel Abhishek of Class 8 explained the importance of the celebration of National Sports Day. He further highlighted that sports can develop multiple qualities like sense of togetherness, leadership skills, stamina, planning, patriotism and teamwork. The video also highlights the sports activities carried out in our school. Sathvika of Class 8 explained the importance of sports in an individual’s day-to-day life. The quote by table tennis player Mr. Harmeet Desai highlights the necessity of sports in everyone’s life.

"Sports teaches you to overcome failure, make you humble, keeps you fit and so many more things in life. It is very important for every human being to make sports an integral part of his/her life."

Children are the future citizens of India. Sports and games offer children a change from the monotony of daily life. They are also a useful means of entertainment and physical activity for

them. Let us motivate them and ensure that they become physically and mentally fit and strong to make India as Aatma Nirbhar Bharat.

