



The National Sports Day will be observed from  
August 29 to 31, 2025

**Observation of National Sports Day**  
by the Students, Faculty, Officers and Staff of  
**Netaji Subhas Open University**  
Date : 31st August, 2025

SAI INDIA FIT INDIA

**NATIONWIDE CELEBRATION OF SPORTS, SPIRIT & UNITY**  
Ek Ghanta Khel Ke Maidaan Mein!!  
August 29 to 31

**NATIONAL SPORTS DAY**

**Venue :**  
Netaji Subhas Open University,  
Regional Centre, Jalpaiguri

By

**Netaji Subhas Open University  
RC – Jalpaiguri  
Jalpaiguri**

**Report: “Ek Ghanta Khel Ke Maidaan Mein!!” – Sports Day Celebration**

at

**Netaji Subhas Open University, Regional Centre, Jalpaiguri**

**Event:** Ek Ghanta Khel Ke Maidaan Mein!!

**Theme:** Nationwide Celebration of Sports, Spirit & Unity

**Duration:** August 29 to 31, 2025

**Venue:** Netaji Subhas Open University, Regional Centre, Jalpaiguri

**Date of Report Reference:** 31st August 2025

## **Report: “Ek Ghanta Khel Ke Maidaan Mein!!” – Sports Day Celebration**

**Netaji Subhas Open University, Regional Centre, Jalpaiguri**

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### **Introduction**

Netaji Subhas Open University, Regional Centre, Jalpaiguri, successfully organized a three-day sports event titled “**Ek Ghanta Khel Ke Maidaan Mein!!**” from August 29 to 31, 2025. The program was held as part of a nationwide initiative to promote sports, foster team spirit, and strengthen unity among participants. The program was held as part of a nationwide initiative to promote sports, foster team spirit, and strengthen unity among participants.

#### *Objective of the Program*

- To promote fitness as easy, fun, and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

### **Event Overview**

The event was designed to encourage physical activity, teamwork, and healthy competition among students, staff, and community members. True to its name— “One Hour on the Sports Field”—the event emphasized the importance of dedicating time to sports and physical well-being as an integral part of daily life.

## Highlights

- **Inauguration:** The event commenced on August 29 with a solemn tribute to Netaji Subhas Chandra Bose, whose portrait was garlanded in a mark of respect and inspiration. Following this, the Deputy Director of the Regional Centre, Jalpaiguri, delivered an inaugural address to all stakeholders. In his speech, he elaborated on the significance of the day, linking the values of discipline, courage, and unity exemplified by Netaji to the spirit of sportsmanship and collective effort.
- **Activities: A vibrant series of sporting events was organized over three days, including:**
  - ❖ Running (various distances)
  - ❖ Cycle Racing
  - ❖ Spoon Racing (balancing a ball on a spoon)
  - ❖ Speed Walking
  - ❖ Skipping (individual)

**These activities were carefully selected to promote agility, balance, coordination, and endurance, while also ensuring wide participation across age groups.**

- **Participation:** The event saw enthusiastic involvement from Learners', faculty, staff, and local community members, reflecting the spirit of inclusivity and collective celebration.
- **Awards & Recognition:** Participants who secured top positions in the various events were honoured with prizes in a formal ceremony. The awards were distributed by the faculty and senior staff, acknowledging not only achievement but also effort, enthusiasm, and sportsmanship.

- **Significance**

This event aligns with national efforts to promote fitness and unity through sports. By beginning with a tribute to Netaji Subhas Chandra Bose, the program rooted itself in ideals of patriotism and perseverance. The Deputy Director's address reinforced the educational and social value of sports, while the diverse activities encouraged teamwork and healthy living. The recognition of winners further motivated continued participation in physical endeavours.

- **Conclusion**

"Ek Ghanta Khel Ke Maidaan Mein!!" was a resounding success, reinforcing the role of sports in personal and community development. Netaji Subhas Open University continues to champion initiatives that integrate physical well-being with educational, social, and ethical growth.

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Prepared by

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**Date: 31.08.2025**