

3. Event Format

Duration: August 29–31, 2025

Team-Based Approach:

- Organise Sports Assembly on August 29th 2025 in institutions where students will give tribute to Major Dhyani Chand and take a pledge
- Participants to be grouped into 2, 4, or 6 balanced teams (ensuring gender equality).
- Teams may be named after freedom fighters or iconic Indian sportspersons.
- Maintain a medal tally; the highest-scoring team wins the Major Dhyani Chand Trophy.
- Promote on social media with the aforementioned tagline and hashtags

Dress Code: Participants to come in sports attire. Sample designs with Fit India branding to be provided.

4. Implementation Schedule

Date	Activity
29th Aug	Tribute to Major Dhyani Chand in morning assembly across institutions, Fit India Pledge, and 60 mins of Team Sports & Recreational Games
30th Aug	School/College-level Sport Debates, Fitness Talks, Sports Competitions around Indigenous Games, Indoor Sports
31st Aug	Pan-India participation of the citizens at Sundays on Cycle

Institutions may add their own formats or adapt the above based on infrastructure and interest.

5. Activities

Organisations can choose from local, indigenous, or contemporary games based on locally available infrastructure.

Age-Wise Activities Suggestions

Open Category	Senior Citizens
Tug of war	300m Speed Walk
Race - 50 m, relay run, marathons, spoon race, sack race	1 Km Walk
Yog	Yog
Cricket	Breathing Exercises