



# INDRAPRASTHA COLLEGE FOR WOMEN UNIVERSITY OF DELHI



## Report on National Sports Day

The Department of Physical Education, under the initiative of the Ministry of Youth Affairs and Sports, Government of India, organized a three-day National Sports Day celebration from 29th to 31st August 2025, in remembrance of Major Dhyan Chand, the legendary "Wizard of Hockey." The event titled "Ek Ghanta Khel Ke Maidan Mein" was aimed at inspiring students to embrace sports, physical activity, and teamwork in their daily lives.

On 29th August, the celebrations commenced at 1:00 PM on the Sports Ground with indigenous games including skipping rope, pitthu tod, kho-kho, kabaddi, and tug of war. These activities fostered spirited competition and camaraderie, providing participants from all years an opportunity to showcase their skills and work together in teams.

On 30th August, a yoga session was held from 8:00 to 9:00 AM in the gymnasium. Under expert guidance, students practiced various yoga asanas and breathing exercises, focusing on holistic wellness, flexibility, and mental calm.

The final day, 31st August, was dedicated to cycling. Unlike a traditional group event, participants were encouraged to cycle at home, in hostels, or outdoors at any time throughout the day. Students submitted their geotagged cycling photos to the department, promoting independent participation, fitness, and environmental awareness.

The event was conducted under the patronage of Principal Prof. Poonam Kumria, coordinated by Prof. Seema Singh (Dept. of Physical Education), and co-coordinated by Ms. Sweety Gupta and Mr. Laxmi Narayan. E-certificates were awarded to all participants to recognize their enthusiasm and commitment.

National Sports Day at Indraprastha College for Women reinforced the message of sportsmanship and fitness through diverse activities, honoring Major Dhyan Chand's legacy and fostering unity, discipline, and well-being among students.



**Indraprastha College For Women**  
University of Delhi



## Department of Physical Education

under the initiative of  
Ministry of Youth Affairs and Sports, Government of India

cordially invites you to celebrate

# NATIONAL SPORTS DAY

in remembrance of

**MAJOR DHYAN CHAND**  
THE WIZARD OF HOCKEY

**“EK GHANTA KHEL KE MAIDAN MEIN”**

29 AUGUST '25

1:00 PM onwards  
Sports Ground

### Indigenous Games

Skipping rope, Pitthu  
Tod, Kho-Kho, Kabaddi,  
Tug of War

30 AUGUST '25

8:00-9:00 AM  
Gymnasium

### Yoga Session

31 AUGUST '25

**Cycling**  
To be done at  
home/hostel at any  
time of the day

Note : GeoTag photos for the  
Cycling event to be mailed at  
sports@ip.du.ac.in

\*E-certificates will be issued to all participants

#### PATRON

Prof. Poonam Kumria  
Principal

#### COORDINATOR

Prof. Seema Singh  
Deptt of Phy Edu

#### CO-COORDINATOR

Ms. Sweety Gupta  
Mr. Laxmi Narayan