

ARUNODAYA UNIVERSITY

NSS CELL



Ref No: AU/2025/NSS/NSD/1004

Date: 1st September 2025

Activity Report on

National Sports Day

Organized by: Arunodaya University NSS Cell

Venue: Campus Sports Ground

Date: 29th to 30th August 2025

Themes: Ek Ghanta Khel Maidan Mein

Occasion: Birth Anniversary of Major Dhyan Chand

❖ Introduction:

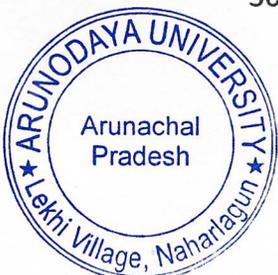
Arunodaya University proudly celebrated National Sports Day 2025 with great enthusiasm and participation, aligning with the nationwide theme "Ek Ghanta Khel Ke Maidan Mein." The event honored the legendary hockey player Major Dhyan Chand, whose birthday is commemorated annually to promote the spirit of sports and fitness across India.

❖ Event Highlights:

- A total of **89 students participated** in this activity.
- Inauguration Ceremony: The event commenced with a tribute to Major Dhyan Chand, followed by the Fit India Pledge, emphasizing the importance of daily physical activity.
- One-Hour Play Session: Students, faculty, and staff actively participated in a variety of sports including
- Venue: AU Block A and B

29-08-2025 = Badminton (10:00-11:00am)
Rope Skipping (11:00-11:30am)

30-08-2025 = Yoga (10:00-11:00am)
Marble and Spoon (11:00-11:30am)
Tug of War (11:30-12:00am)
Frog Jump (12:00-12:30am)



❖ Objectives Achieved:

- Promoted awareness about the importance of at least 60 minutes of physical activity daily to combat lifestyle diseases.
- Fostered a sense of community, inclusivity, and healthy competition among students and staff.
- Reinforced the Olympic and Paralympics values of Excellence, Friendship, Respect, Courage, and Equality.

❖ Winners declared in the games:

29-08-2025:

1. Badminton Singles (Female): Taba Yasa 1st and Logyo Sangte (Runners up).
Badminton Singles (Male): Jungam Riram 1st and Bamo Lendo (Runners Up).
2. Badminton Double (Female): Winner: Taba Yasa and Bomngam Gara.
Badminton Double (Male): inner: Bamo Lendo and Jungam Riram.
3. Rope Skipping (Female): Thingley Kamsar (1st), Osinam Tali (2nd), Dohu Dimin (3rd).
Rope Skipping (Male): Numkar Gashi (1s), Pekar Mara (2nd), Yumlam Siyang (3rd).

30-08-2025:

4. Yoga Session: Yoga Session was conducted. Instructor was Mr. Gorakshnath Fulare, where students, faculties, concerned authorities and non-teaching staff took active participation (10:30am-11:30am). Followed by:
5. Marble and Spoon Race: Boys: Tok Tani (1st), Olik Padung (2nd), James Kino (3rd).
Marble and Spoon Race: Girls: Jupi Karbi (1st), Lishi Gulam (2nd), Nabam Memin (3rd).
6. Toe Race: Boys: Karan Dolun (1st), Kardo Kena (2nd).
7. Tug of War: Both for Female and Male Groups were played.

❖ Conclusion:

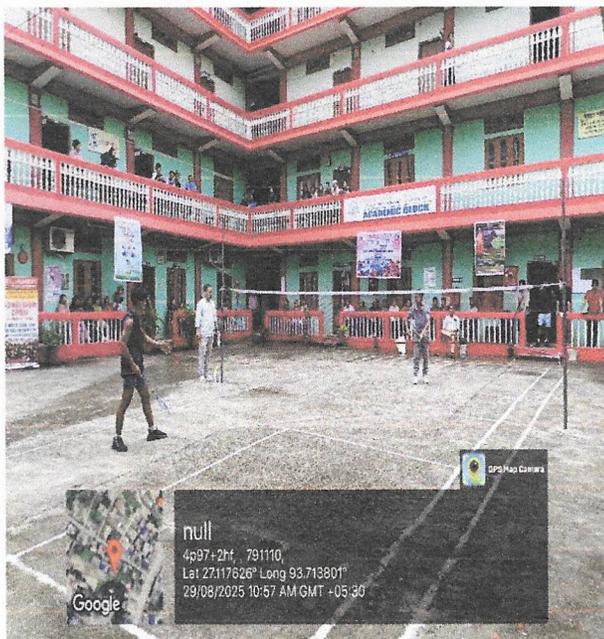
The celebration at Arunodaya University was a resounding success, echoing the national movement's motto: "Har Gali, Har Maidan, Khele Saara Hindustan." The event not only paid homage to a sporting legend but also inspired participants to embrace fitness as a lifelong commitment.



Photocopy Gallery



The Commencement of the event “Ek Ghanta Khel Ke Maidan Mein, Arunodaya University premises Day-1



Badminton (Single)



Badminton (Double)

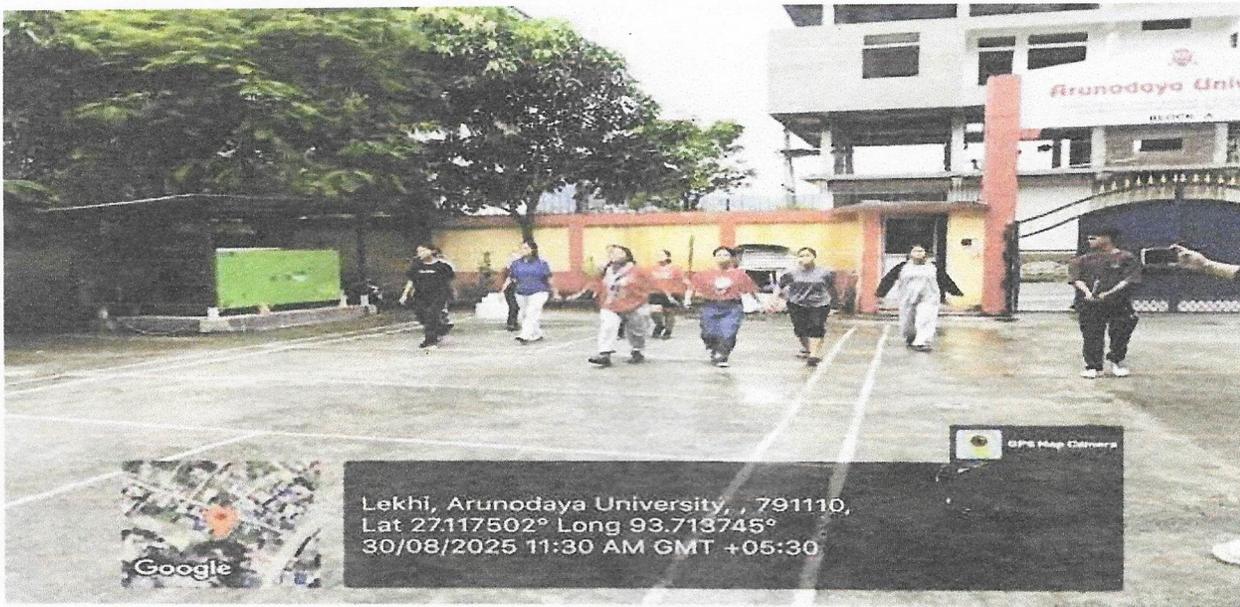




Yoga Instructor Mr. Gorakshnath Fulare addressing the participants



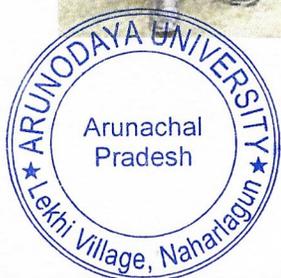
Students getting ready for Tug of War Game (Males)



Marble and Spoon Game



Prize Distribution ceremony and Winners





The participants and authorities with members of NSS UNIT after successful completion of the event
"Ek Ghanta Khel Ke Maidan Mein" - Day 2

===== Thank You =====

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Dy. Registrar
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