



DE PAUL COLLEGE, MYSORE

ENLIGHTENING TO EMPOWER

Affiliated to Mandya University / AICTE Approved

Avverahalli, Belagola Post, Srirangapatna Tq, Mandya Dist, Karnataka - 571 606

Tournament organized by the Department of Physical Education (Sports and Adventure club 2024-25)

Department of Physical Education is organize an National sports day for the academic year 2024-25 on August 26,2024 at assembly area 2:30 pm.

Activities

- 1.Head spin
- 2.Kicking the ball
- 3.Folding the eyes and shoot the ball to the goal post
- 4.Throwing the ball

Program agenda :Assembly, Welcome , About sports day , Inguration , Speech by Principal, Vote of thanks

National Sports day 2024

Good afternoon to all of you. Today, we gather to celebrate National Sports Day, a day dedicated to honoring the spirit of sportsmanship, the pursuit of excellence, and the enduring legacy of sports in India. This day holds a special place in our hearts as it commemorates the birth anniversary of one of the greatest sports icons in our country's history—Major Dhyan Chand, the "Wizard of Hockey."

Major Dhyan Chand was born on August 29, 1905, and his contributions to Indian hockey are unparalleled. Under his leadership and incredible skill, India won three consecutive Olympic gold medals in 1928, 1932, and 1936. His ability to control the hockey ball with such finesse earned him worldwide acclaim and established India's dominance in the sport during that era. His legacy is not just in the records he set or the goals he scored but in the spirit of determination and excellence that he embodied. His life and achievements remind us that greatness is not merely about winning but about the passion, dedication, and relentless effort one puts into the game.

National Sports Day is more than a celebration of one individual. It is a tribute to all the athletes who have represented our country on various platforms, bringing laurels and making us proud. It is a day to reflect on the importance of sports in our lives, both as a nation and as individuals. Sports play a vital role in shaping character, fostering discipline, enhancing teamwork, and building resilience. They teach us to face challenges head-on, to rise after every fall, and to strive for excellence in every endeavor.

On this day, we also recognize the immense potential of sports to unite people, transcend boundaries, and bridge divides. Whether it's cricket, hockey, badminton, or any other sport, we all come together, cheering in unison, experiencing the highs



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and lows of each game as one. This unity in diversity is what makes sports a powerful tool for national integration and social harmony.

As we celebrate National Sports Day, let us remember that sports are not just for professional athletes or those aspiring to compete at the highest levels. Sports are for everyone. They are about enjoying the game, staying fit, and building a healthy lifestyle. Let us take this opportunity to encourage ourselves and each other to participate in sports and physical activities regularly. By doing so, we are not just nurturing our physical well-being but also contributing to a healthier, more active society.

In conclusion, let us honor the legacy of Major Dhyan Chand and all our sports heroes by embracing the spirit of sportsmanship and striving for excellence in all that we do. Let us commit ourselves to a life of discipline, dedication, and resilience, not just in sports but in every aspect of our lives.

Thank you, and let's make this National Sports Day a memorable one by celebrating the joy of sports and the spirit of unity it fosters.





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National Sports Day Celebration

Our students had an absolute blast celebrating National Sports Day! The excitement and energy were palpable as they participated in various sports activities, promoting teamwork, fitness, and fun!

A wonderful way to foster a love for sports and a healthy lifestyle!"

Principal