

Union Sports Minister Dr Mansukh Mandaviya leads National Sports Day celebrations at Major Dhyan Chand National Stadium

Dr. Mansukh Mandaviya participates in ‘Ek Ghanta Khel Ke Maidan Mein’ initiative; calls for greater participation in sports and fitness

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The nation celebrated National Sports Day today to commemorate the 121st birth anniversary of legendary hockey player Major Dhyan Chand, whose contribution to Indian sport remains an enduring source of inspiration.

In New Delhi, a special sporting event was organised at the Major Dhyan Chand National Stadium, India Gate, in the presence of Union Minister for Youth Affairs and Sports Dr. Mansukh Mandaviya and Union Minister of Law and Justice Shri Arjun Ram Meghwal.



This year, the celebrations centred around the nationwide ‘Ek Ghanta Khel Ke Maidan Mein’ initiative, encouraging citizens, particularly young people, to dedicate at least one hour to sports and physical activity.

The programme began with the Ministers paying floral tribute to Major Dhyan Chand by garlanding his statue. Hundreds of participants joined the celebrations from 8:00 AM onwards, taking part in various sporting and fitness activities.

महान एथलीट मेजर ध्यानचंद जी को उनकी जन्म जयंती पर भावपूर्ण नमन।

आज राष्ट्रीय खेल दिवस पर मेरा देश के युवाओं से आग्रह है कि वे खेल और फिटनेस को अपने जीवन का अभिन्न हिस्सा बनाएं। pic.twitter.com/3SgegpeAje

— Dr Mansukh Mandaviya (@mansukhmandviya) August 29, 2026

Speaking on the occasion, Dr. Mansukh Mandaviya said that the nationwide ‘Ek Ghanta Khel Ke Maidan Mein’ initiative was aimed at strengthening the Fit India Movement and encouraging people to make sports a part of their daily lives.

“On the 121st birth anniversary of Major Dhyan Chand, celebrated as National Sports Day, the nationwide ‘Ek Ghanta Khel Ke Maidan Mein’ programme has been organised to promote the Fit India Movement,” he said.





“Lakhs of youth across the country have been actively participating in every street, on every ground, to come out to play for one hour. I am glad to say that under Modi ji's leadership, the country is changing, the country is moving forward, a new India is being built,” said Dr. Mandaviya.

“In fulfilling Modi ji's vision of building a new India, we must also envision everyone to be fit, society should be healthy. That is what will help us become a prosperous nation. Let's all spend one hour every week on the playing field, and pay attention to our health,” he said.



Shri Arjun Ram Meghwal extended greetings to the nation on National Sports Day and highlighted the importance of regular sports and physical activity in maintaining physical and mental well-being.

He said, “Sports have always been a part of my life, from kabaddi and football to playing badminton almost every day. My personal motto is ‘morning music and evening play’. Regular participation in sports keeps us physically fit, healthy and free from mental stress. Prime Minister Narendra Modi ji’s call to dedicate one hour to sports on National Sports Day is vital for India. It supports the ‘Hum Fit Toh India Fit’ initiative and plays an important role in building a developed nation.”



Cricket, football and tug of war were among the activities organised to promote participation, teamwork and an active lifestyle.



A cricket competition featured four teams — Ministry XI, SAI XI, Media XI and Influencers XI.

The Ministry XI, led by Dr. Mansukh Mandaviya and comprising Secretary, Department of Sports Shri Hari Ranjan Rao and officials of the Ministry, secured a convincing victory over Media XI in the opening cricket match. Influencers XI comprised prominent social media influencers and Fit India Ambassadors.



The National Sports Day celebrations at Major Dhyan Chand National Stadium reaffirmed the Government's commitment to promoting a culture of sports, fitness and active living across the country, while paying tribute to the enduring legacy of Major Dhyan Chand.



Ayushman Kumar

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