



مولانا آزاد نیشنل اردو یونیورسٹی  
**MAULANA AZAD NATIONAL URDU UNIVERSITY**

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College Of Teacher Education,  
Bhopal

کالج آف ٹیچر ایجوکیشن،  
بھوپال

کॉलेज ऑफ टीचर एजुकेशन,  
भोपाल

## REPORT

OF

## National Sports Day Celebration

29th August, 2025



**MARKING THE BIRTH ANNIVERSARY OF  
MAJOR DHYANCHAND**



**National Sports Day**

**2025**



## National Sports Day Celebration (Marking the birth anniversary of Hockey legend Major Dhyanchand) 29th August 2025

### Event Overview:

On the occasion of National Sports Day, the College of Teacher Education organized an exciting and insightful event to celebrate sports and the legacy of Major Dhyanchand, India's hockey legend. The event aimed to raise awareness about the importance of physical fitness and encourage students to embrace sports as part of their daily lives.

### Key Speakers:

**Prof. Naushad Hussain (Principal):** He began the event by remembering the great Major Dhyanchand and his achievements, inspiring students to look up to his dedication to sports and use his journey as motivation for their own personal growth.

**Mrs. Neeti Dutta (Assistant Professor):** Mrs. Dutta shared how sports should be viewed as a lifestyle rather than just a competitive activity. She encouraged students to make physical activity a regular part of their routines to achieve long-term health benefits.

**Mr. Faheem Mohd Khan (Physical Education Expert & International Hockey Umpire):** Drawing from his extensive experience, Mr. Khan highlighted the importance of physical fitness and shared valuable insights on how to stay mentally and physically strong through sports.



### Event Highlights:

#### Inaugural Ceremony:

Prof. Naushad Hussain officially launched the event with a heartfelt tribute to Major Dhyanchand, setting an inspiring tone for the day.

#### Honouring Sports Excellence:

The event recognized Mr. Habeeb Hasan, an NIS-certified hockey coach and Vishwamitra Awardee from the MP Government, for his dedication to the sport. His efforts in promoting hockey at the grassroots level were celebrated.





### Fitness Workshop:

Mr Faheem Mhd Khan and Ms. Neeti Dutta led a practical workshop, giving students tips on maintaining physical health through a balanced diet, regular exercise, and mental wellness practices.



### Sports Quiz:

A fun and competitive sports quiz tested the knowledge of students. The winners received prizes, motivating everyone to stay engaged with the world of sports.



### Marathon Race:

A lively marathon race challenged students' endurance, promoting a healthy and active lifestyle. The race was a reminder of the importance of pushing oneself to achieve personal goals.



### Impact:

The event successfully highlighted how sports are not only about physical fitness but also play a significant role in personal development. Students were encouraged to adopt a healthy lifestyle, focusing on fitness, teamwork, and mental strength. The activities created a sense of community and helped foster a deeper appreciation for sports among all participants.

### Conclusion:

The National Sports Day event was a huge success, inspiring students to make sports an essential part of their lives. It reinforced that sports are not just about competition but are a tool for building a healthier, more balanced life. The College of Teacher Education continues to be a leading institution in promoting the importance of fitness and sportsmanship among students.

### Key Takeaways:

Sports promote holistic growth, improving both physical health and mental well-being. Teamwork and perseverance learned through sports contribute to success in all aspects of life. Incorporating sports into daily life helps maintain a healthy mind and body. This event was a fitting tribute to Major Dhyani Chand, and it reinforced the message that sports are an essential foundation for a healthy and productive life. National Sports Day Celebration.

Convener  
Dr. Talmeez F. Naqvi

Co-convener  
Dr. Shabana  
Ashraf

Coordinator  
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Dr. Mohd  
Faheem

Designed by  
Dr. Tarannum Khan

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Prof. Noushad Husain