



National Sports Day 2025

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National Sports Day is observed annually on **29th August** to commemorate the birth anniversary of one of the **greatest field hockey players of India, Major Dhyan Chand**.

National Sports Day

- **About:** This day was declared a **national observance in 2012**. In **2019**, the **Fit India Movement** was launched on this day, marking a milestone in **India's fitness and sports journey**.
- **Theme 2025:** Under the **Fit India Mission**, it will be celebrated with the theme "**Ek Ghanta, Khel ke Maidan Main**", encouraging citizens to devote **60 minutes daily** to **physical activity**.
- **Key National Sports Awards:** Annual award presented on **29th August** by **President of India** includes:

Award	Description
Major Dhyan Chand Khel Ratna Award	Highest sporting honour in India. Instituted in 1991-92 , earlier known as the Rajiv Gandhi Khel Ratna Award & renamed in 2021 to honour hockey legend Major Dhyan Chand .
Arjuna Award	Second highest sporting honour.
Dronacharya Award	Highest honour for coaches
Rashtriya Khel Protsahan Puruskar	For organisations promoting sports in the last three years.

Major Dhyan Chand (1905-1979)

- **Achievements:** Known as the **Hockey Wizard**.
- **Legacy:** Even after his retirement, India's hockey supremacy continued with Olympic golds in **1948, 1952, 1956, and 1964**, and a silver in **1960**.
 - Retiring as a **Major in the Army in 1956**, he was awarded the **Padma Bhushan**.

... DHYAN CHAND

Born	1905
Birthplace	Allahabad, Uttar Pradesh
Sport	Hockey
Position	Centre forward
Notable Awards	Olympic gold (1928, 1932, 1936); Padma Bhushan (1956)
Died	Dec. 3, 1979



► Joined the British Army – Punjab Regiment Services – at the age of 17; retired from the army as a Major.

► Scored over 400 international goals in a career spanning 22 years – from 1926 to 1948.

► Was offered German citizenship and a position in the German military by Adolf Hitler, after his impressive showing in the 1936 Berlin Olympics; he declined.

► The title of 'Chand' was given by the people of India because he shone like the moon; was also nicknamed 'The Wizard' and 'The Magician'.

Read More: [Major Dhyan Chand Khel Ratna Award](#)

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