



KHELEGA
KHILEGA **INDIA**

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“

The image of a country is not just about economic and military strength. The soft face of a country also makes a difference. Sports is one such soft power which can capture the world's attention to India.

”

Prime Minister Narendra Modi



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In search of dynamic, evolving sports policies

India is one of the most populous countries in the world, with a demographic population that lends itself to a diverse gene pool that has the ability to excel in sports. However, a field as dynamic as sport needed fine tuning of policies to match the dreams and needs of athletes. For decades, the policies, albeit well-intentioned, were intermittent and could not quite catch up with the rapidly evolving international sports ecosystem which may have hindered Indian athletes from reaching the pinnacle of excellence at the world stage.



Action from a Swimming event at the Khelo India Youth Games in Guwahati.



Action from the Table Tennis competition at the Khelo India University Games in Odisha.



Badminton star PV Sindhu holds the Indian flag aloft after winning the silver at the Rio 2016 Olympics

Sport: A strong soft power

The power of sport to transform a nation is huge. It has the ability to develop individual personalities of citizens on the one hand and put the nation on the global map as a sporting superpower on the other. There is huge national pride attached to success in sports and it has the ability to cohesively bind the country beyond caste, creed, religion and build a happier and healthier society. India's demographic advantage also holds the promise of a large pool of sporting talent who can be nurtured to represent India at the world stage.



Young athletes sweating it out during a track and field competition.

Reforms that transform

A need was therefore felt to completely revamp the existing sports ecosystem in the country, with focus on grassroots-level talent identification, infrastructure building, support to elite athletes and creating an overall sports culture that would provide equal opportunities to women, divyangs and youth from far flung areas. The result was the introduction of the following schemes.

▶ Khelo India Scheme: Turning a new leaf in grassroots sport; journey of Khelo India; how it came into being

The Khelo India Scheme was formulated by merging the existing, now erstwhile, schemes of Rajiv Gandhi Khel Abhiyan (RGKA), Urban Sports Infrastructure Scheme (USIS) and National Sports Talent Search Scheme (NSTSS). At their inception, RGKA envisaged creation of sports complex in all blocks across the country and conduct competitions, USIS was the pre-cursor to the infrastructure component of the Khelo India Scheme, the NSTSS envisaged searching and nurturing of sporting talent. However the schemes could not take off largely owing to the lack of co-ordination and a combined vision of the

Centre and the States. The National Games, the biggest event for grassroots-level talent identification were held at long intervals, leaving aspiring athletes to look for avenues to showcase their talent. The launch of the Khelo India Scheme 2016, corrected these anomalies. Taking from the experience gained in implementing the Scheme during the year 2016-17 and on the basis of consultations with major stakeholders, especially the State Governments and of inputs received from them, the Khelo India Scheme was revamped with 12 verticals in 2017. In 2022, the scheme has been strengthened further with 5 focused verticles.

Policies to harness true potential

The policies launched from the time of Independence created a handful of athletes who displayed sparks of brilliance. Through the 1950s till the turn of the millennium and for a decade after that, Indian sports icons who earned international recognition, were limited to names like Major Dhyanchand, Milkha Singh, PT Usha, among others. The lack of a focussed culture to strengthen a sports culture in the country, and nurture a wide base of talent reflected in our podium finish results in major International Sports Events in the past years. Even for elite athletes, focussed attention was limited, with many having to reach the highest level of sporting excellence with limited avenues of support from the prevalent Sports eco-system in the country. Sports infrastructure, the backbone of a sporting nation, primarily came up only in bigger cities and the urban areas, with large parts of the country, especially the far flung rural areas, deprived of basic infrastructure. It is however to be realized that potential avenues of sporting talents primarily lie in the nooks and corners of the country.



▶ **TOPS:** Sustained support to sporting excellence; journey of the reform

The Mission Olympic Cell (MOC) was formed in April 2016 to provide impetus to Indian athletes competing in the Olympics. It was realized that the MOC could be made more effective by further fine tunings such as increasing the involvement of National Sporting Federations, involving experts of various sporting disciplines, including sports science, and the appreciating and consideration of sports-specific nuances, while extending support to athletes. Therefore, to promote Sporting Excellence among elite athletes, the Target Olympic Podium Scheme (TOPS), which was initially formulated in 2014, was revamped completely to address the further requirements of the MOC. Consequently, professional teams, including research analysts, athlete relationship managers, sports science and sports-specific experts were brought on board to create a focussed support system for elite athletes.



Fencer Bhavani Devi

▶ **FIT India Movement:** Improving India's fitness quotient

It was the vision of the Hon'ble Prime Minister to enunciate path breaking measures to put India on a FIT Track on a Fast Track and thus began a people's movement, with the effort to promote the concept of: Fitness is Fun, Fitness is Easy, Fitness is Free. The FIT India Movement is the first-of-its-kind Reform in the History of India. Interactions with experts from the field of fitness, corporate companies engaged in promoting fitness and various Ministries such as

Education, Panchayati Raj, Health, Ayush, among others. The deliberations led to the creation of the framework for the Movement with focus on improving the fitness quotient of citizens through planned fitness activities. The deliberations took over a year before the Movement was formally launched by Hon'able PM in August, 2019.

Fundamental principles of reforms and achievements

▶ **Khelo India Scheme**

The Scheme's primary focus is to create a national-level platform for athletes to showcase their talent and to identify them for further grooming and financial support. The Khelo India Games has been a harbinger of this effort. From 2017 to 2020, 3 editions of Khelo India School and Youth Games and 1 edition of the Khelo India University Games have been hosted, giving talented young sportspersons a chance to win their way to a Khelo India Scholarship and be trained for higher levels of competition by the best coaches and in state-of-art sporting complexes. The Games have seen a participation of over 18,000 athletes, with close to 3,000 athletes identified as Khelo India Athletes (KIAs) who are currently training at Khelo India Academies, revamped SAI Centers and are given an Out of Pocket Allowance of 10,000 per month, besides being supported for training, equipment, diet and education.

360 degree support provided, a funding of ₹6.28 lakh per annum per athlete to 2,275 Khelo India Athletes (KIAs) which includes ₹10,000 per month out of pocket allowance for each KIA

To provide a higher per capita sporting infrastructure across the country

258 Academies have been accredited for training of Khelo India Athletes (KIAs) in **21 sports disciplines**. Besides, support has been extended to **500 private academies** under Khelo India Scheme in collaboration with National Sports Federations, so that athletes have access to sporting infrastructure all over the country and can train at a center most convenient to them.

Sports infrastructure projects

2010-2014 - 38

2016-2022 - 290

Khelo India Scheme creates a sports culture in India

Furthering collaboration with State Governments:

Sports being a State subject, the interest of a State to further its sporting ambitions is important. In a first-of-its-kind initiative made in 2020, the Ministry of Youth Affairs & Sports partnered with the States to create world-class sporting infrastructure which are being called Khelo India State Center of Excellence (KISCE). These State-owned sports complexes have been given financial support by the Ministry of Youth Affairs & Sports and each centre specializes in imparting training in one or two sporting disciplines, thus making them elite centers. Besides this, 1000 Khelo India Centers (KIC) are being setup at the district level to strengthen grassroots-level sports infrastructure in States and to provide a source of income for local sporting talent by engaging them as coaches in KICs.



To assess the fitness levels of school going children to identify future champions

Identifying sporting talent at a young age is advantageous since children best suited for a particular sport can be trained from an early age. To this end more than 23 lakh school going children in the age group of 5-18 years have been assessed using the Khelo India Mobile App. More than 82,000 physical education teachers have been trained to assess the sporting prowess of children.



Physical Fitness of **23 lakh school children** assessed to find future champions

To ensure maximum utilisation and access to playfields:

Access to playfields is crucial for young Indians to develop a love for sports and therefore build a sporting culture in India. A national inventory of playfields and sports infrastructure has therefore been prepared on a Geographic Information System (GIS) and more than 11,227 playfields have already been geo-tagged so that citizens can have easy access to them, and the number is growing with each passing week, as more playfields find mention in the GIS.

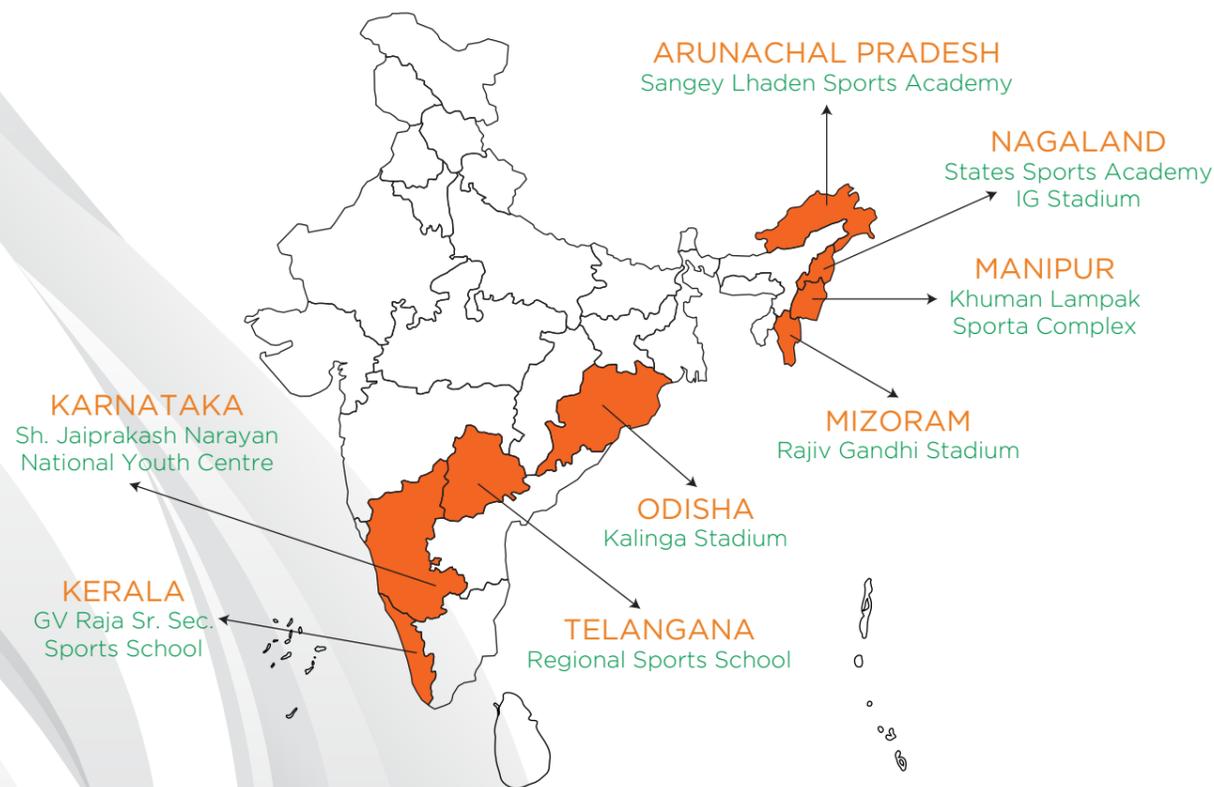
13,682 playfields geo-tagged to provide access to sporting facilities at grassroots

To create a strong network of community coaches:

Creating a proper pool of skilled coaches at the grassroots level is the most important aspect of identifying the right talent. Therefore efforts have been made to upgrade the skill set of physical education teachers and train them into community coaches in accordance with international best practices. More than 15,000 PE teachers have been trained as community coaches under the Khelo India Scheme.



15,000 PE teachers trained as community coaches to identify young talent





A track & field athlete during the Khelo India Youth Games in Guwahati

Sports for Women: Shakti se sashaktikaran

India's women athletes have been making a mark at the international sports forum consistently in the last few years. Badminton ace PV Sindhu winning the World Championship in 2019, Legendary Boxer MC Mary Kom bagging the World Championship title for the sixth time in 2018, are shining examples of the success of our women athletes. The support to women athletes at the grassroot and elite level takes on heightened importance given that 50 per cent of India's population is women. The participation of women athletes in major international competitions has risen steadily, compared to a decade before, owing to a plethora of schemes that have been introduced to provide focussed attention to the woman athlete.

Specialised Women's Only Leagues in Football, Basketball and Hockey have been introduced to provide a level playing field for women. At the grassroots level, women athletes identified through the Khelo India Scheme has seen a steady rise. The number of elite women athletes supported through the Target Olympic Podium Scheme has seen a significant rise too. **Financial impetus to support having international competitions for women in India has seen the hosting of the World Boxing Championship in New Delhi in 2018, with a grant of 3 crore, from Khelo India.**

Exclusive sports leagues for women at the grassroot-level

Support to elite women athletes has risen from 48 in 2015 to over 140 in 2022

Financial impetus to host international competitions for women

Sports for divyang athletes: Harnessing special abilities

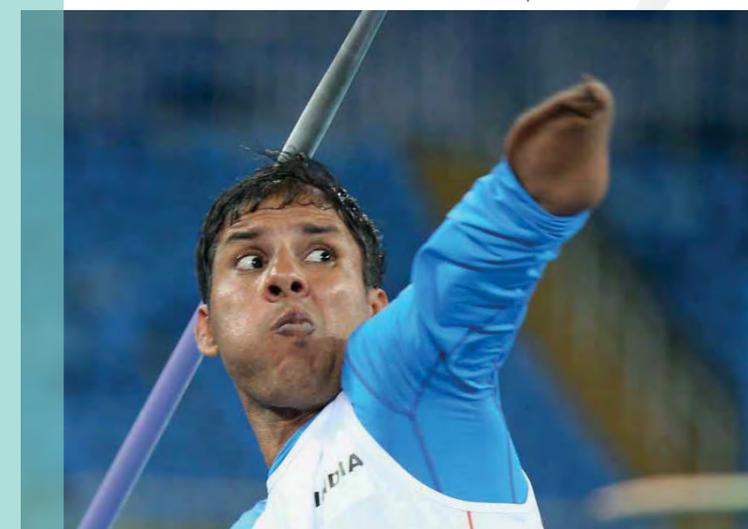
Indian para-athletes have been doing consistently well at international competitions. In the Asian Para Games in 2018 the Indian contingent won 72 medals, 39 medals higher than in 2014. This has been possible by creating specialised sports infrastructure for athletes with disabilities. The SAI National Centre of Excellence in Gandhinagar is a dedicated centre for para athletes. Besides, support to para athletes through the **TOPS Scheme has seen a significant rise, from 09 athletes in 2015 to 32 athletes in 2021.**

Besides on-ground support to para athletes through various schemes, financial assistance of **6 crore was also extended to Special Olympics Bharat, All India Sports Council of Deaf and Paralympic Committee of India for the year 2019-20**, to support District and State Games for Divyang athletes.

In a breakthrough decision to create an equal platform for para athletes, an **additional fund of 19.75 lakhs to conduct Indian Open Para Athletics Championship, 2018** was sanctioned.



Deepa Malik



Devendra Jhajharia

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If we talk about athlete centricity, every athlete who's qualified/probable for Tokyo is under SAI's trademark TOPS financial assistance program. PCI has 50 athletes who are under this scheme and we have equal representation as able bodied athletes.”

- Deepa Malik

President,
Paralympic Committee of India

Sports for peace and development: Sports unites all



Girls' football action from the Khelo India Youth Games

Sports has the ability to channelize the energy of youth in a productive manner. The reform principle has thus been to organise village-level competitions in respect of sports disciplines popular in the State of Jammu & Kashmir and Left Wing Extremism (LWE) affected States. In Gulmarg, Jammu & Kashmir, two editions of the Khelo India Winter Games have been conducted in March 2020, 2021. Athletes from all across India participated in the Games, creating an atmosphere of open exchange of sports and culture. A special package of 200 crore to build sporting infrastructure in Jammu & Kashmir, along with the sanction of 10 lakh per block to host sports competitions, have been some first-time initiatives. A Khelo India State Water Sports Academy was also inaugurated in Srinagar in March 2021 to make Jammu & Kashmir the hub of winter and water sports. A Khelo India Winter Games has also been conducted in Ladakh in February 2020. With an effort to support the youth living in LWE affected States, **95 districts in 14 States have been sanctioned 10 lakh** each to host sports competition and identify sporting talent.



Action from a handball game from the Khelo India Games



A training routine from the Jammu and Kashmir valley



Action from a girls' archery event



Indigenous games: Promoting a glorious legacy

The Indigenous games of India are an inherent part of its culture and heritage panning several centuries. Preserving these games and popularising it among India's youth as well as internationally therefore finds immediate merit. The Ministry of Youth Affairs and Sports has taken consistent steps to ensure that these games find a place of pride and have hosted 36 exclusive Indigenous Games championships across 19 venues of India under the Ek Bharat Shrestha Bharat Scheme in 2019-20. Besides, four popular sports, namely Mallakhamb from Maharashtra, Kalaripayattu from Kerala, Gatka from Punjab and Thang-Ta from Manipur have been identified for special support and have been included in the Khelo India Youth Games 2021, to give the sportspersons of indigenous games a national platform. Financial support in the form of a **monthly scholarship of 10,000 have been given to 335 deserving athletes.** The feather in the cap however, would be the recognition of Yogasana as a sport and the formation of the National Yogasana Sports Federation, which was achieved after a deliberation of over 5 years. Yogasana, India's gift to the World has now found its rightful place in India's sports ecosystem.

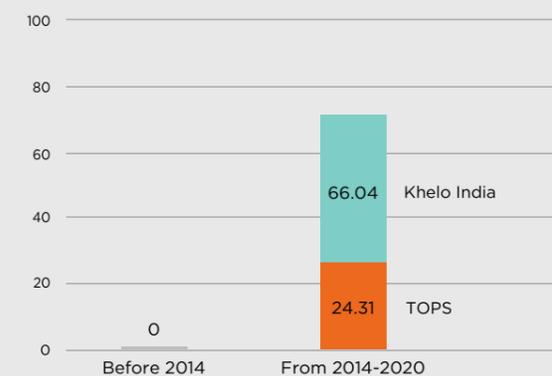
10,000
335 ATHLETES

Action from a Kabaddi event at the Khelo India Games

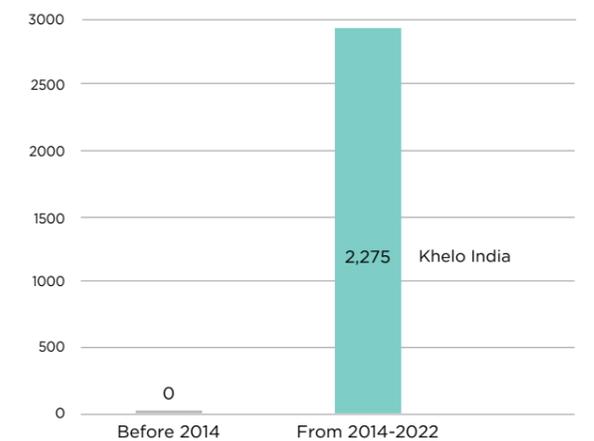
Impact of Khelo India

S.No.	Category	Before	After
1	Integrated mechanism to promote sporting culture and excellence in sports	Schemes were sporadic in nature and did not cater to the ecosystem as a whole	A comprehensive mechanism created through Khelo India to build a sporting culture by identifying and developing talent by providing annual competitive platforms, infrastructure across the country.
2	Platform for showcasing talent	Games were held only at the panchayat level. There were no national level competitions.	Through the annual Khelo India Youth Games and University Games, athletes of age groups of U17 and U21 have got a chance to showcase their sporting talent annually, at the national level. 18,000 sportspersons have already participated in two editions of KIYG and one edition of KIUG since 2018.
3	Talent identification and development	No structured mechanism to identify or groom talent from grassroots to excellence.	Talent identified annually through Khelo India Games. 2,275 athletes already identified since 2016. National Centre of Excellence developed across the country to train elite athletes. Talent developed through 258 SAI and non-SAI accredited Khelo India academies. Athletes trained in specific sport in 29 Khelo India State Centre of Excellence.
4	Promotion of indigenous games	No mechanism to promote indigenous games	Special scheme to promote indigenous games and athletes. Athletes of indigenous games are given Out-of-Pocket Allowance (OPA), training facilities in top-end centres.
5	Sports for inclusiveness	No specific scheme for women, divyang or athletes hailing from Left Wing Extremism affected (LWE) areas.	Specific schemes put in place to empower women to make a mark in sports as well as strengthened support to divyangs in the form of financial grants, better training facilities. Prize money for divyangs brought at par with able bodied athletes. Sporting infrastructure set up and competitions organised in areas like Jammu and Kashmir, Leh and Ladakh and several Left Wing Extremism affected areas of the country.
6	Sports infrastructure availability	Sports infrastructure was restricted to larger cities and towns, with aspiring athletes from Tier 2 and 3 cities not getting easy access to sporting infrastructure.	267 infrastructure projects sanctioned in SAI, State Governments and other eligible entities, including Khelo India Centre of Excellence in States and Khelo India Centres in districts to ensure athletes have access to infrastructure.

S.No.	Category	Before	After
7	Partnership with States	Association with States restricted to funding for sports projects	Continuous hand holding to build a robust sports ecosystem in the States. This includes capacity building of sports infrastructure, support with resources such as expert coaches, training equipment, sports science support. Bright examples include the Khelo India Centre of Excellence being built through State and Centre participation. The Khelo India Games are also organised hand in hand with States
8	Employment avenues for sportspersons	No planned career building opportunities, especially post their sporting career	1000 proposed Khelo India Centres to be set up in district level to employ ex sportspersons and coaches, while creating grassroots level talent pool of athletes.
9	Support to private players	No structured support to the private institutions of sports.	500 private academies in various sports disciplines being funded by the Sports Ministry to ensure eligible entities contributing to the sports ecosystem are amply supported.
10	Use of digital medium to transform sport	No such endeavours were made.	The Khelo India MobileApp launched by Hon'ble PM in 2019 has assessed the fitness parameters of more than 23 lakh school children, thus identifying future sporting talent from the age of 5 years.



Sports scholarship distributed to Identified Athletes (in crore)



Number of Identified Athletes

Nurturing sporting excellence

The natural progression of grassroots-level talent identification and nurturing is support to athletes who make it to the elite level. With an effort to give personalised support to elite athletes and to provide best-in-class training, coaching, equipment and sports science support to India's elite athletes, the following reforms have been put in place:

► Creation of National Centres of Excellence (NCOE):

The Sports Authority has upgraded **23 of its centres to NCOEs** across the country to train elite and development level athletes in Olympic sports. The NCOEs are established on the five pillars of players, coaches, sports science, equipment and infrastructure. World-class facilities have been provided in every NCOE with an enhanced budget to provide specialised training.



Boxer Lovlina Borgohain



Young shooters line up during a competition

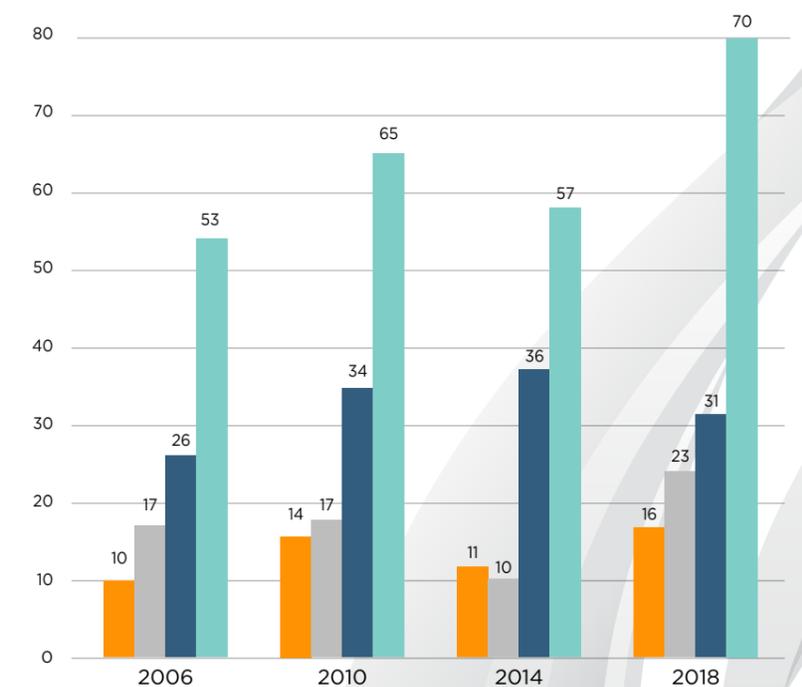
► Personalised support to Olympic-bound athletes through TOPS:

The Target Olympic Podium Scheme has created a seamless experience for elite athletes vis-à-vis funding support, specialized equipment support, foreign exposures and access to the best coaches in the world, along with an Out of Pocket Allowance of 50,000 per athlete, per month in the Core Group and 25,000 per athlete, per month in the Developmental Group. Currently 359 athletes

(115 in Core and 244 in Development) are supported under the scheme and the impact of TOPS support has been amply displayed with athletes bringing in the best-ever medal tally for India in Commonwealth Games (CWG) (in foreign soil), the Asian Games (AG), Asian Para Games and Youth Olympics in 2018. This was followed by India's best ever medal tally in Olympic and Paralympic Games at Tokyo in 2020.



Asian Games (AG)



Fit India Movement: Improving India's global fitness index

The Reform, launched for the first time as a People's Movement on August 29, 2019, is a result of the vision of Hon'ble Prime Minister. It was his clarion call to make India a Fit Nation that was the starting point of this Movement. A fit nation has fit citizens, who can make a greater contribution in the development. Since its launch, crores of Indians have participated in a range of fitness activities across the country. Even during the pandemic, virtual fitness sessions organised under this movement guided citizens on how to stay mentally and physically fit. The Movement engages citizens from all walks of life right from school children, working professionals, youth, housewives to senior citizens. Here's a look at all the events that citizens have taken up under the Movement:

FIT INDIA PLOG RUN

On 2nd October 2019-the 150th Birth Anniversary of Mahatma Gandhi, Fit India Plog Run was organized which saw a participation of over **30 lakh people** across the country.



India's plogman Ripu Daman poses during the Plog Run event

FIT INDIA CYCLOTHON

The first edition of the event took place in January 2020 and saw more than **15 lakh** participation. The second edition took place between December 2020 to January 2021 and saw a participation of **1.2 crore people**.



Young people taking part in the Fit India Prabhatpheri

FIT INDIA PRABHATPHERI

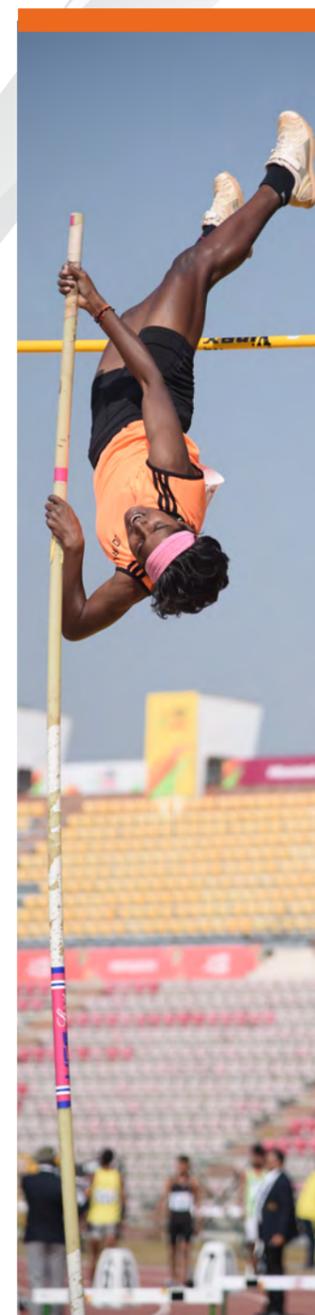
FIT INDIA Prabhatpheri was organized in December 2020 and saw a huge participation with more than **55,000 community** walks organized to create awareness on fitness.

FIT INDIA Freedom Run

The Inaugural edition of the Fit India Freedom Run was organized to celebrate our 74th Independence Day from 14th August till 2nd October 2020 (151st birth anniversary of Mahatma Gandhi). This virtual run, where people could run at a place and pace of their choice, witnessed **over 7 crore people participating**. The second edition was organized as part of Azadi Ka Amrit Mahotsav from 13th August to 2nd October 2021 and saw a mass participation of over 9 crore people.



People of all ages took part in the Fit India Freedom Run



Moment from a Pole Vault event

FIT INDIA School Week

Fitness as a way of life should start at a young age. With this in mind, the Fit India School Week was launched in 2019 with an effort to inculcate fitness habits among school children, while creating an awareness among parents and teachers. **Over 4.3 lakh schools** have participated in the 2nd edition from December 2020 to January 2021 of the Fit India School Week, which was organized virtually. The 3rd edition of the Fit India School Week organized from 14th November 2021 to 31st January 2022 saw a participation of more than 4.5 lakh schools.

FIT INDIA School Certification

Fit India Flag, 3-Star and 5-Star Fit India School certificates have been given to schools across the country, based on physical activities organised for children and sporting infrastructure available in schools. So far, a total of **4.52 lakh schools have been awarded with the FIT INDIA Flag, whereas over 43,294 and 13,048 schools** have registered for Fit India 3 Star and 5 Star School Certification respectively.

FIT INDIA Dialogue

On the 1st anniversary of the Fit India Movement, a first of its kind-"Fit India Dialogue" was hosted in September 2020 by the Hon'ble Prime Minister. In this unique event the Hon'ble Prime Minister interacted with notable top fitness influencers of the country, emphasizing the imperative need of fitness and gave the clarion call to Indians to spend 30 minutes daily on their Fitness, - "Fitness Ki Dose Aadha Ghanta Roz". The Fit India Dialogue has become the centrepiece for conversations about fitness.

In the 2nd edition, Hon'ble Minister of State (I/C), YA&S, Shri. Kiren Rijju interacted with celebrities and sports icons like Flying Sikh Late Sh. Milkha Singh, Sh. Anil Kapoor, Dronacharya Awardee Sh. Pullela Gopichand, Captain of Indian Women's Cricket team, Ms. Mithali Raj and Ex-captain of Indian Football team, Sh. Bhaichung Bhutia and it was telecast on 27th December 2020 on Zee News.



Fit India Quiz

Fit India Quiz, India's biggest quiz on sports and fitness for school going children with a prize money of Rs. 3.25 crores, was launched on 1st September 2021 as part of Aazadi Ka Amrit Mahotsav. Fit India Quiz, while providing a national platform to students to showcase their knowledge about fitness and sports, also endeavours to create awareness among students about India's rich sporting history.

It saw participation from 36,299 students from 13,502 schools. The preliminary round and state finals were completed and 36 teams, one from each State/UT selected to compete for title in the National Round planned in the coming month(s).

Fit India Mobile Application

To commemorate the 2nd anniversary of Fit India, the Fit India Mobile Application was launched on 29th August 2021.

The Fit India Mobile App is a one of its kind App wherein citizens can assess their fitness parameters through a series of simple tests and further get tips to improve their fitness on regular basis. Additionally, Fit India Mobile App has features like setting daily activity and fitness goals, activity tracker, water intake, calorie intake and sleep tracker etc. It is an extension of Fit India Age- appropriate fitness protocols launched by Hon'ble Prime Minister on the 1st Anniversary of Fit India Movement.

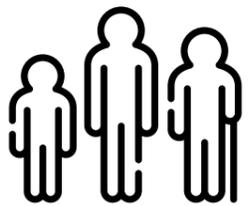
The Application is free of cost and is available both on Android and IOS.

Meet The Champions

A program envisioned by our Hon'ble PM, Sh. Narendra Modi to help school kids understand the importance of a balanced diet, proper nutrition and to encourage them to participate in sports activities. To accomplish

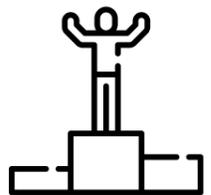
this, Tokyo 2020 Olympians and Paralympians will visit 75 schools until 15 August 2023 to help nurture the next generation of India and contribute towards making India a Healthy and Fit India.

S.No.	Athlete	School Name	City	State/UT
1	Neeraj Chopra	Sanskardham School	Ahmedabad	Gujarat
2	Bajrang Punia	Aarohi Model School	Panipat	Haryana
3	Varun Thakkar & KC Ganpathy	Vivekananda Vidyalaya Matric Higher Sec. School	Rameswaram	Tamil Nadu
4	Sharad Kumar	G.H.S.S for Girls Cotton Hills	Thiruvananthapuram	Kerala
5	Srihari Nataraj	RGV Girls School	Bengaluru	Karnataka
6	Mariyappan Thangavelu	Holy Angels Girls' Matric. Hr. Sec. School	Salem	Tamil Nadu
7	Devendra Jhajharia	Parakh Govt. Girls Senior Secondary School	Churu	Rajasthan
8	Yogesh Kathuniya	Govt. Girls Senior Secondary School	Patna	Bihar
9	Mirabai Chanu & Rani Rampal	Rainbow International School	Kangra	Himachal Pradesh
10	Maana Patel	Dr. K.B Hedgewar High School	Bambolim	Goa
11	Manoj Sarkar	Lalit Arya Mahila Inter College	Haldwani	Uttarakhand
12	C.A. Bhavani Devi	MCC Higher Secondary School	Chetpet	Chennai
13	Avani Lekhara	Shaheed Hemu Kalani Sarvodaya Bal Vidyalaya		New Delhi



Sports for All:

A systematic and consolidated policy intervention in the form of Khelo India that ensures availability of sports facility to every part of the country



Unearthing Champions:

Sustained support to proficient athletes from grassroot to development to elite stage. Hand-holding through their sporting journey through seamless support.

Excellence in Sports as National Pride:

Providing a holistic environment with world class facilities to resulting in Indian athletes getting podium finish, establishing India as a sporting powerhouse on the global map.



Sports from Extra Curricular to Regular Curriculum:

The alignment of the sports as an integral part of the school curriculum.

Impact going forward



Fitness in focus:

A distinct change in mindset around fitness owing to Fit India Movement . Fitness becomes way of life for every Indians

NEERU BHATIA

Superb gesture n response by @media_sai.

India Speaks

Neeraj Chopra

It's time to put the past to rest and focus on the future. Have arrived for my off-season training and look forward to restarting the process of getting better.

Immensely grateful to DG sir, @Media_SAI, the TOPS and @afiindia teams and everyone involved in making this happen

Srikanth Kidambi

Thank you @Media_SAI @DGSAI and TOPS for your continuous support even during my tough period. Will keep working hard to give my best for the country

SHILPA SHETTY KUNDRA

In today's fast- paced life, being fit is as important as breathing. So, I urge you all to join me in our Hon'ble Prime Minister, @PMOIndia's initiative, the 'Fit India' campaign. Pledge to make fitness a way of life today.

SURESH RAINA

Let's support the fantastic initiative of our PM @ narendramodi ji to give at least 30 minutes daily to physical activities & fitness.

AMANPREET KAUR CHAUDHARY

I am very happy to become part of Khelo India Youth Games 2019. These games and sports atmosphere inspired me a lot and my feelings in words are described as #EkThanksTohBantaHai.

SAIFUDDIN DHOONDIA

Khelo India was a great learning experience. A platform truly for future athletes as well as sports managers.

Avani Lekhara

The action of all stakeholders of Indian Sports gives me belief & assurance of mainstreaming of Para-sports in our country. I would like to thank the Govt, Ministry of Sports, Paralympic India, Hon Ministers & all involved

MANU BHAKER

Khelo India is the most dynamic sporting competition in the country. Thank you to everyone for bringing it to our home state. Shooting should be part of it.



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS AND SPORTS
GOVERNMENT OF INDIA

