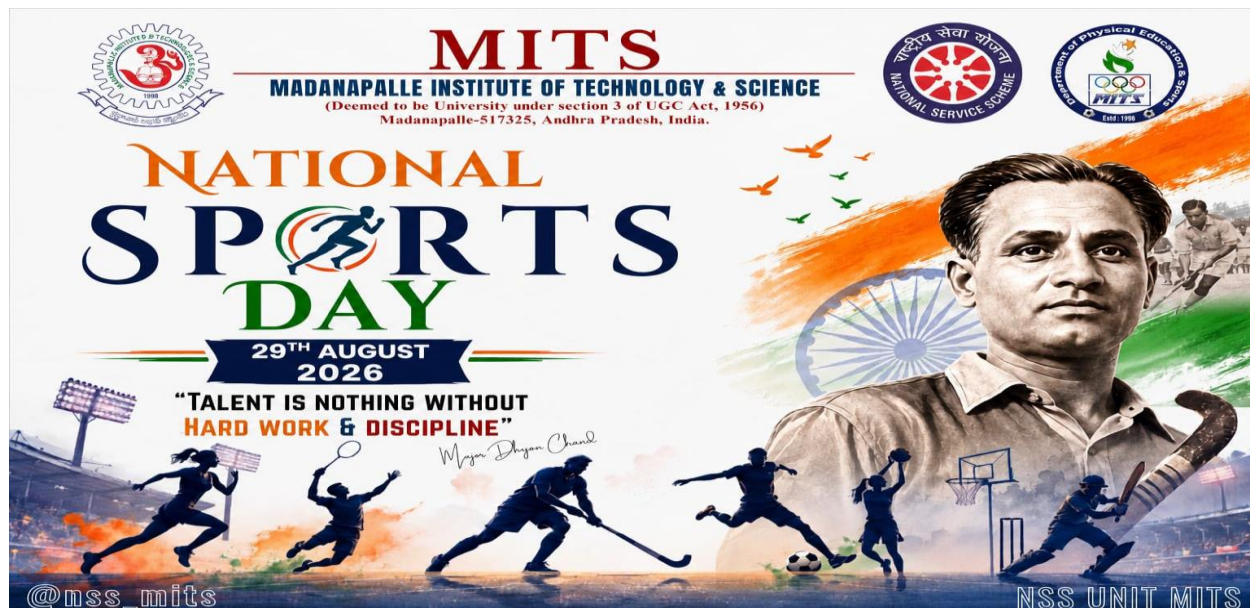


A Report on
“National Sports Day - 2026”
Organized by NSS CELL on 29-08-2026



Report Submitted by: Mr. Pujari Rajesh, NSS Programme Officer

Attendance: 52 participants

Introduction:

On 29-08-2026, the NSS Cell of MITS - Deemed to be University, Angallu, organized National Sports Day - 2026 in collaboration with the Sports Department. The programme commenced at 9:00 AM on the MITS campus with the objective of promoting physical fitness, teamwork, discipline, sportsmanship, and an active lifestyle among students. Dr. P Ramanathan, Principal was graced the event.

A total of 52 students participated. The event created an opportunity for students to understand the importance of sports in maintaining physical and mental well-being and in developing a positive team spirit.

The programme emphasized that participation in sports develops confidence, leadership, cooperation, and responsibility. It also motivated students to maintain a healthy balance between academic activities and physical fitness.

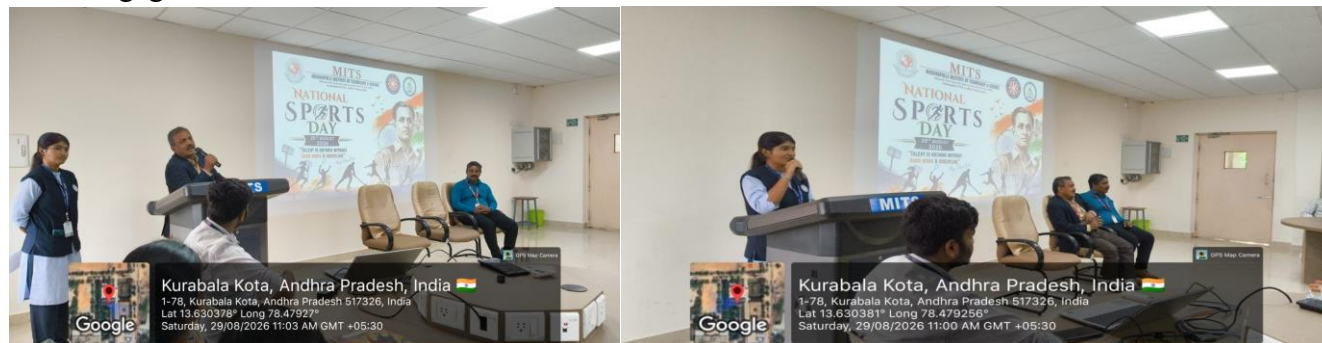
Event Process:

The programme began with the assembly of NSS volunteers and participating students at the MITS campus. The organizers welcomed the participants and explained the significance of National Sports Day. Students were encouraged to participate with enthusiasm and to uphold the values of fairness, discipline, and mutual respect throughout the programme.

An awareness session was conducted on the role of sports in student life. The session highlighted how regular physical activity supports health, concentration, confidence, leadership, and stress management. The participants were also informed that National Sports Day is observed to recognize the value of sports and the contribution of sportspersons to the nation.

The Sports Department and NSS Cell coordinated the programme and guided the participating students. The event encouraged students to work together, follow instructions, and appreciate the spirit of healthy participation. The programme also served as a platform for interaction among students from different departments.

Special emphasis was given to sportsmanship and teamwork. Students were encouraged to value effort, cooperation, and respect for fellow participants, rather than focusing only on winning. The programme reinforced the importance of balanced development through academics, physical fitness, and constructive social engagement.



The participation of students from multiple departments reflected the collaborative nature of the event. NSS volunteers supported the smooth conduct of the programme and helped create a positive, energetic atmosphere on the campus.

The programme concluded with a message motivating students to make sports and fitness part of their daily routine. The participants were thanked for their active involvement and were encouraged to continue practicing discipline, teamwork, and a healthy lifestyle.

The National Sports Day - 2026 programme conducted on 29-08-2026 at MITS - Deemed to be University, Angallu, was successful in creating awareness about the importance of physical fitness, teamwork, discipline, and sportsmanship. The active participation of 52 students made the programme meaningful and engaging. The event encouraged students to recognize sports as an essential part of overall development. It concluded on an inspiring note, motivating participants to adopt healthy habits, cooperate with others, and carry the spirit of sportsmanship into their academic and personal lives.



The participants were encouraged to use sports as a means of building resilience, self-confidence, and a sense of responsibility. The event highlighted the importance of regular exercise and a positive approach to health and well-being.

The programme also strengthened the bond between NSS volunteers and students from different departments. Their collective participation reflected unity, coordination, and an appreciation for the values promoted through sports.



An interactive student engagement session enabled participants to share their views on fitness, discipline, and teamwork. The session reinforced the message that a healthy body and a positive mindset are important for personal and professional growth.

The programme concluded with an appeal to students to remain active, support their peers, and practice sportsmanship in all aspects of life. The organisers thanked the participants for contributing to the successful observance of National Sports Day - 2026.

Conclusion:

The National Sports Day - 2026 programme conducted on 29-08-2026 at MITS - Deemed to be University, Angallu, was successful in creating awareness about the importance of physical fitness, teamwork, discipline, and sportsmanship. The active participation of 52 students made the programme meaningful and engaging.

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