



National Sports Day 2024 and RESET Programme

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Why in News?

Recently, [National Sports Day \(NSD\) 2024](#) was celebrated on **29th August 2024** on the birth anniversary of [Major Dhyan Chand](#) to promote **sports and physical fitness** in India through various events and activities.

- On NSD 2024, the government launched the **Retired Sportsperson Empowerment Training (RESET) Programme**.

What are the Key Facts About NSD and the RESET Programme?

- **About:** It is a special **occasion dedicated** to marking the **spirit of sports** in India.
 - It aims to inspire individuals of all ages to participate in **physical activities**, cultivate and promote a sports culture, and honour the achievements of athletes.
- **Significance of National Sports Day:** It recognises the achievements of Indian athletes, celebrating their contributions to the **nation's pride and international stature**.
 - The government uses this day as a platform to launch various sports **schemes**, such as the [Khelo India movement](#) in **2018**.
 - The President of India presents prestigious sports awards, one of them being, the **Major Dhyan Chand Khel Ratna Award**.
- **About RESET Programme:**
 - **Aim:** To empower **retired sports persons** by empowering them with the necessary **knowledge and skills** and making them more **employable**.
 - **Eligibility:** **Retired athletes aged 20-50** who have won **international medals**, **participated** in international events, or achieved **national or state-level recognition**.
 - **Structure:** It will be of two levels based on educational qualifications viz., **Class 12th and above** and **Class 11th and below**.
 - **Lead Institute to Implement the Programme:** Lakshmi Bai National Institute of Physical Education (LNPE), Gwalior.

What are the Key Facts About Major Dhyan Chand?

- Major Dhyan Chand was a prominent **hockey player** in **India's pre-independence period**.
- He is famously known as the ["Wizard of Hockey"](#) and ["The Magician"](#) due to his stick work and understanding of the game.
- He played a key role in India's first **hat-trick of Olympic gold medals**, winning at the **1928, 1932, and 1936 Summer Olympics**.
- Between **1926 and 1948**, he played **185 matches** for India scoring over **400 goals**.
- He retired as a **Major** in the **Punjab Regiment** of the [Indian Army](#) in 1956.
 - He fulfilled his regimental duties during the day, so he used to **practise** in the **moonlight** earning him the title of **Chand**.
- He received the [Padma Bhushan](#), the third-highest civilian award in **1956**.
- In **2012**, the government of India decided to celebrate his birth anniversary as **National Sports Day** annually.

- To honour him, the Indian government renamed the [Rajiv Gandhi Khel Ratna Award](#) to the [Major Dhyan Chand Khel Ratna Award](#) in 2021.

What are the Various Sports Awards Given in India?

- **Major Dhyan Chand Khel Ratna Award:** It is considered **India's highest sporting honour**. The award is given for **outstanding performances** in sports spanning over a period of **four years** and the winners receive a **medallion, certificate and a cash prize**.
- **Arjuna Award:** It is awarded for **consistently good performance** over a period of **four years**. The winners of the Arjuna Award receive a **statuette of Arjuna, a certificate and a cash prize**.
- **Dronacharya Award:** It is India's **highest sports honour for coaches**. It is awarded to individuals for **producing medal winners** at prestigious international events.
- **Major Dhyan Chand Award:** It is another award named after India's hockey magician Dhyan Chand. It represents India's highest honour for **lifetime achievements** in sports.
- **Maulana Abul Kalam Azad Trophy:** It is given to an **institution or university** for top performance in **inter-university tournaments** over the last one year.
- **Rashtriya Khel Protsahan Puraskar:** It is awarded to organisations or **corporates (both private and public) and individuals** for playing a role in the area of sports **promotion and development** over the last three years

What are Government Initiatives to Promote Sports Culture?

- [Fit India Movement](#)
- [Khelo India](#)
- [SAI Training Centers Scheme](#)
- [Sports Talent Search Portal](#)
- [National Sports Awards Scheme](#)
- [Target Olympic Podium](#)

UPSC Civil Services Examination, Previous Year Questions (PYQs)

Prelims

Q.Consider the following pairs with regard to sports awards: **(2023)**

1. Major Dhyan Chand Khel Ratna Award	For the most spectacular and outstanding performance by a sportsperson over period of last four years
2.Arjuna Award	For the lifetime achievement by a sportsperson
3.Dronacharya Award	To honour eminent coaches who have successfully trained sports person or teams
4.Rashtriya Khel Protsahan Puraskar	To recognize the contribution made by sports persons even after their retirement

How many of the above pairs are correctly matched?

- (a) Only one
- (b) Only two
- (c) All three
- (d) All four

Ans: (b)

Q. Consider the following statements in respect of the Laureus World Sports Award which was instituted in the year 2000: **(2021)**

1. American golfer Tiger Woods was the first winner of this award.
2. The award was received mostly by 'Formula One' players so far.
3. Roger Federer received this award the maximum number of times compared to others.

Which of the above statements are correct?

- (a) 1 and 2 only
- (b) 2 and 3 only
- (c) 1 and 3 only
- (d) 1, 2 and 3

Ans: (c)

Q. Consider the following statements in respect of the 32nd Summer Olympics: **(2021)**

1. The official motto for this Olympics is 'A New World'.
2. Sport Climbing, Surfing, Skateboarding, Karate and Baseball are included in this Olympics.

Which of the above statements is/are correct?

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Ans: (b)