

World Sports Day Report

Occasion: World Sports Day

Date: 6th April

Organized by: KALYAN COLLEGE OF NURSING, RAJURA

Introduction

World Sports Day is celebrated every year on 6th April to promote the importance of sports and physical activity in maintaining health and fostering peace and development. The day was proclaimed by the United Nations to recognize the power of sport in bringing people together and promoting social change.

Theme : “ Sports to promote peaceful and inclusive societies”.

Each year, World Sports Day is celebrated with a specific theme focusing on inclusion, equality, and healthy lifestyles. The theme highlights how sports can contribute to sustainable development and peace worldwide.

Objectives

To encourage people to participate in sports and physical activities.

To promote physical and mental well-being.

To spread awareness about teamwork, discipline, and leadership.

To foster unity and peace among communities.

Importance of Sports

Sports play a vital role in maintaining physical fitness and reducing the risk of diseases such as obesity, diabetes, and heart problems. Regular physical activity improves mental health, reduces stress, and enhances concentration. Sports also teach important life skills like cooperation, patience, and respect for others.

Activities Conducted

Organizing sports competitions (running, relay race, football, cricket).







