



GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SPORTS & PHYSICAL EDUCATION BRANCH  
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009  
No F.42(15)/2023/PE&NI/Sports/2023-24/376-84 Dated: 09/07/24

### CIRCULAR

**Subject: Organization of sports and cultural activities of students in zonal and inter-Zonal sports and cultural Competitions.**

Every year sports and cultural activities of students are organized at Zonal level followed by State level and National level.

The organization of these sports and cultural activities at Zonal level is essential to pick up the real talents, to train them, and to prepare them for trials, and ultimately, to prepare them for the major state/national/international tournaments.

For proper conduct and smooth organization of the competitions at the district and zonal level, it is proposed that a District Level Committee and Zonal Level Committee would be constituted. The District Level Committee and Zonal Level Committee is as under :-

#### **DISTRICT LEVEL COMMITTEE:**

1. Dy. Director Education (District)	: Chairperson
2. Dy. Director Education (Zone)	: 01 (To be nominated by DDE)
3. S.P.E. (PE)	: 01 (To be nominated by DDE)
4. Convener (Sports & Culture)	: 02
5. Teacher (Secretary)	: 02 (To be nominated by DDE)

#### **ZONAL LEVEL COMMITTEE:**

1. Dy. Director Education (Zone)	: Chairperson
2. S.P.E. (PE)	: Organizing Secretary
3. Govt. School Principals	: 03 (To be nominated by DDE (Zone))
4. Aided School Principal	: 01 (To be nominated by DDE (Zone))
5. Private School Principal	: 01 (To be nominated by DDE (Zone))
6. Secretary (Sports & Culture)	: 03

However, the district authorities and zonal authorities may co-opt additional members, at their own level, as deemed fit. It should be ensured that the representation of Government Schools, Govt. Aided Schools and Private Recognized Schools is made appropriately. The said committee will also look into the grievances of the players and address them appropriately.

Further, General guidelines for promotion of sports; cultural and yoga activities in the schools, zones and districts of the Directorate. With a view to promote sports and physical education; cultural and yoga activities among the school students, the following guidelines are as under:-

1. The budget allocation for procuring sports; cultural and yoga material may be utilized as soon as possible. Similarly, the budget allocation for providing refreshment and conveyance to the school students for participating in zonal and inter-zonal activities may be utilized at the time of actual conduct of the competitions. For this purpose, the necessary administrative approval, expenditure sanction and approval for advance drawal should be obtained well in time from the Competent Authority. Simultaneously, all the Regional Directors of Education and Deputy Directors of Education of the districts are requested to convey the necessary approvals as early as possible so that the schools may use the funds at appropriate time.
2. The budget allocation for procuring sport material and meeting expenditure on providing refreshment and conveyance is made on an average basis. It does not, necessarily, mean that a particular school has to confine its activities within that allocated budget. The schools are at liberty to demand additional budget, if any, for these activities provided they have utilized the already allocated funds.
3. The Heads of Schools are suggested to procure the sports, cultural and yoga material, preferably, with the consent of the concerned Physical Education Teacher or Yoga Teacher of the school, as the case may be.
4. The budget allocated for providing refreshment and conveyance is to be met for the students of the school who are upto the 8th standard. For the participation of students from 9th class onwards, the Head of the Schools will continue to meet expenditure on refreshment and conveyance from their "VKS".
5. The Directorate of Education nominates its Delhi State School Teams for participating in National School Games in various age groups. The Rules of these games are available on the official website of School Games Federation of India. The same can be downloaded from [www.sgfibharat.com /rules](http://www.sgfibharat.com/rules) and regulations. It is urged that while undertaking school level and zonal level activities, these rules may be adhered to.
6. The certificate in the name and style of "Directorate of Education, Government of NCT of Delhi" will be issued. The other particulars like zone number, district etc. will remain the same.
7. All the District Deputy Director of Education are suggested to declare the Zonal Conveners with the consent of the concerned Supervisor (Physical Education) of the Zone. The Supervisor (Physical Education) of the Zone will continue to be the Organizing Secretary of the Zonal Sports and Cultural activities. It is also suggested that the convener should be appointed after convening a meeting of the Heads of the Schools of the Zone.
8. It is suggested that the following three zonal Conveners and three zonal Secretaries may be nominated for undertaking zonal sports and cultural activities:-
  - a) Convener (Sports)
  - b) Co-Convener (Sports)
  - c) Convener (Cultural)
  - a) Secretary (Girls Sports)
  - b) Secretary (Boys Sports)
  - c) Secretary (Cultural)



9. It is suggested that the DDE Zone should finalize the duties of the Convener as well as the Secretary of the Zone in consultation with the Supervisor (Physical Education) of the Zone.
10. The protest money for the competition may be collected @ Rs.500/- per protest.
11. Every effort should be made to conduct all the cultural competitions at zonal level, inter-zonal level and district level.
12. For organizing the cultural competitions, the judges may be taken from outside the district.
13. Henceforth, one student is allowed to compete in one individual sports discipline and two team game disciplines at zonal and inter-zonal level in a particular year.
14. For organizing inter-district cultural activities, every effort should be made to minimize the expenditure by the venue in-charges.
15. It is emphasized that the district authorities and zonal authorities will act in a transparent manner. To all extent possible, the information relating to conduct of the competitions should be uploaded on the official website of the Directorate i.e. [www.edudel.nic.in](http://www.edudel.nic.in).
16. Each school should declare the schedule of sports and cultural activities in their school well in advance. It should be part of Annual School Calendar.
17. Parents and other local dignitaries should be invited to all such events so that they can appreciate the significance of such activities.
18. The sports events and cultural activities should be publicized with the message of Dignitaries, so that more and more students are inspired to participate. The template of the same is enclosed as Annexure-1.
19. All the School should maintain full record of the number of students participating in these events and a felicitation function be organized for all such students who represent Delhi.
20. All the school will organize Sports week in last week of August 2024, as 29<sup>th</sup> August is our National Sports Day.

The list of sports and cultural activities is as below:

**A) FOR ORGANISING ZONAL SPORTS ACTIVITIES**

S. No.	Name of the event						
1	Table Tennis	12	Football	23	Chess	33	Swimming
2	Badminton	13	Tennis	24	Gymnastics	34	Karate
3	Wrestling	14	Soft Ball	25	Judo	35	Wushu
4	Kabaddi	15	Net Ball	26	Base Ball	36	Rope Skipping
5	Volleyball	16	Throw Ball	27	Archery	37	Skating
6	Yoga	17	Hockey	28	Taekwondo	38	Marching Competition
7	Boxing	18	Mass P.T	29	Kick Boxing	39	Primary Athletic Meet
8	Kho-Kho	19	Cross Country	30	Jump Rope	40	Primary Sports Activities any 4 games
9	Basket Ball	20	Athletic	31	Jeet Kuaedo	41	Weightlifting
10	Handball	21	Cricket	32	Carrom	42	Kurash
11	Ball Badminton	22	Sqay Martial Art				



**B) FOR ORGANISING ZONAL CULTURAL ACTIVITIES**

S. No.	Name of the event	Remarks
1	Cultural Activities (students)	Activities may be decided by District Committee
2	Cultural Activities (students Distt. Level)	Activities may be decided by District Committee
3	Cultural Activities (Teacher, Distt. Level)	Activities may be decided by District Committee

The tentative schedule for Organization of sports and cultural activities of students in zonal and inter-Zonal sports and cultural Competitions is as under:

S.no.	Activities/Sports	Tentative dates	Remarks
1.	Zonal Level Sports and Cultural Activities	July 2024 to 31 August 2024	Detailed Date wise schedule may be decided in District Level Committee
2.	State level Sports and Cultural Activities	September 2024	Detailed Date wise schedule may be decided in State Committee
3.	National Games	Proposed in 1 <sup>st</sup> week of October 2024	

In addition to this, all the School/Zone/District level Sports along with Para sports activities for children with disabilities (CWDs) will be played on the pattern of School Games Federation of Delhi, Cut off date of the age group is as under:

Age Group (Boys & Girls)	Eligibility
Under 14 Years	Should be born on or after 01.01.2011
Under 17 Years	Should be born on or after 01.01.2008
Under 19 Years	Should be born on or after 01.01.2006

1. SPEs/ Convenor/ Secretary are advised to start Zonal tournaments with U-19, U- 17 and U-14 age groups and further directed to nominate District Coordinator (Special Education) in Zonal & District Sports/ Cultural Committee for smooth organization of Para Sports activities.
2. All Zones are directed to further send the contact number of concerned SPEs/Convenors Secretaries at [ddesportsdelhi@gmail.com](mailto:ddesportsdelhi@gmail.com).
3. List of 09 games of Para Sports activities for children with disabilities (CwDs) is at Annexure -2.
4. School Games in various age grounds. The Rules of these games are available on the official website of School Games Federation of India. The same can be downloaded from [www.sgsfibharat.com](http://www.sgsfibharat.com) /rules and regulations. It is urged that undertaking school level and zonal level activities, these rules may be adhered to.



5. Any Student/Player who has passed 12<sup>th</sup> standard will not be eligible to participate in the sports irrespective of being in any age category.

**Instructions for Participation:**

1. The students of Kendriya Vidyalaya and those studying in below class VI are not eligible to participate in the above competition.
2. The copy of birth certificate of the student, issued by Municipal Authority, is to be enclosed. All Zonal SPEs Convenors/Secretaries must ensure the same.
3. It is mandatory for all the players to have AADHAR No. /10th Class marksheets/Date of Birth Certificate (Should be issued minimum 5 Years before), Official Entry & eligibility forms in new format duly signed/attested by the head of institute/principal.
4. In case of any dispute, protest can be lodged with protest fees of Rs. 500/- within one hour of completion of the event. No request would be allowed after the stipulated time.
5. Participant must possess a valid Aadhar number.
6. In case of need, a student might have to undergo medical examination for age verification from the Govt. hospital.
7. Decision of the Technical Committee would be final.
8. All SPEs are requested to conduct the games on Priority basis.

This issues with the prior approval of the Competent Authority.

*Nirmala Rani*  
09-07-2024  
(NIRMALA RANI)  
ASST. DIRECTOR OF EDUCATION (PE & NI)

**All the Principals/HOS of Govt./Govt. Aided/Pvt. Schools under Directorate of Education (THROUGH MIS), For strict compliance of above Instructions.**

No F.42(15)/2023/PE&NI/Sports/2023-24/ 376-84

Dated: 09/07/2024

Copy forwarded to:-

1. PS to Secretary (Education) Old Sect, Delhi
2. PA to Director (Education) Dte. of Education Old Sect, Delhi
3. The Addl. Director (Sports), Dte. of Education Old Sect, Delhi
4. All RDEs, Directorate of Education, Delhi.
5. The DDE (Sports) Chhatrasal Stadium, Model Town Delhi.
6. The DDE (PSB) Dte. of Education Old Sect, Delhi with the request to circulate the same in all Pvt. Schools.
7. All DDE Districts & Zones
8. All the SPE's Zones for strict compliance.
9. OS (IT) with the request to place the circular on website.

*Nirmala Rani*  
09-07-2024  
(NIRMALA RANI)  
ASST. DIRECTOR OF EDUCATION (PE & NI)

## सन्देश

सभी को मेरा नमस्कार!

खेल समारोह के इस अवसर पर मैं प्रधानाचार्य, शिक्षकगण और मेरे प्यारे दोस्तों का स्वागत करता हूं।

आज मैं सभी छात्रों से आग्रह करना चाहता हूं कि वे अधिक से अधिक खेलों तथा गतिविधियों में सक्रिय रूप से भाग लें और अपना हुनर दिखाएं। टच स्क्रीन, वीडियो गेम और टेलीविज़न के इस युग में, गेम खेलने के लिए बाहर जाने की आवश्यकता पहले से कहीं अधिक है खेल मनुष्यों में मानसिक थकावट और सुस्ती को खत्म करता है तथा ये व्यक्ति को ताज़गी का अनुभव करने में मदद करता है। ये सभी प्रकार की परिस्थितियों के लिए व्यक्ति को शारीरिक, मानसिक और भावनात्मक रूप से तैयार करता है।

खेल के महत्व को गंभीरता से लिया जाना चाहिए तथा इसे शिक्षा के बराबर समझा जाना चाहिए। बच्चों को उनके शुरुआती उम्र से ही इसके लिए प्रोत्साहित किया जाना चाहिए। छात्रों के बीच अधिक जागरूकता फैलाने के लिए नियमित अभ्यास और फिटनेस कार्यक्रम आयोजित किए जाने चाहिए। सभी स्कूलों को खेल के प्रति इच्छुक छात्रों को जिला, राष्ट्रीय और अंतरराष्ट्रीय स्तर पर आयोजित प्रतियोगिताओं के लिए तैयार करना चाहिए।

खेल, एक व्यक्ति को बेहतर और एक सही दिशा प्रदान करता है। खेलों को अच्छे इरादे के साथ खेला जाना चाहिए। एक जोरदार हिट आसानी से हड्डी तोड़ सकता है, इसलिए, खेल को गंभीरता और आननंद के साथ खेला जाना चाहिए तथा हार के साथ बहादुरी और मजबूती से निपटना चाहिए। खेल रोग और बीमारी के खिलाफ सुरक्षा प्रदान करता है। यह केवल उन बच्चों के लिए नहीं हैं जो खेल में शामिल हैं यह वयस्क के लिए भी जरूरी है, क्योंकि उनके लिए भी खेल उतना ही महत्वपूर्ण है। ये व्यक्ति में मनोरंजन, अवकाश, और व्याकुलता के प्रति उसकी सामान्य प्रतिबद्धता की भावना को पैदा करता है इसके कारण वो नकारात्मक विचारों से दूर, सकारात्मकता विचारों को उजागर करने में सक्षम हो पाते हैं। ये समुह में एक दुसरे के प्रति मित्रता की भावना विकसित करता हैं और संबंध स्थिर बनाए रखने में मदद करता है।

इसलिए, आज मैं आप सभी को अपने व्यस्त कार्यक्रमों में से कुछ समय निकाल कर खेलने और बाहर जाने की सलाह देता हूं। मेरा अनुरोध है कि आप किताबों और तकनीकी उपकरणों में अपने जीवन को सीमित ना रखें। बाहर की दुनिया में आपके जैसे कई और युवा खिलाड़ी मौजूद हैं जो कठिन परिश्रम कर अपना लक्ष्य प्राप्त करने की कोशिश में दिन-रात लगे हुए हैं। उसी प्रकार आपको भी एक लक्ष्य निर्धारित कर, कड़ी मेहनत करनी चाहिए क्योंकि यह आपको अपके जीवन को बेहतर संतुलित करने तथा भविष्य के उद्देश्यों को हासिल करने में आपकी मदद करेगा।

कभी भी हार को दिल पर मत ले,  
 हार से सीख ले क्योंकि कभी-कभी  
 एक अच्छा खिलाड़ी भी “शून्य” पर  
 आउट हो जाता हैं।  
 धन्यवाद!



## List of Games for Para Sports activities for children with disabilities (CwDs):-

S.No.	Name of Sports Activity	Type	Category	Level
1	Chess	Indoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Senior - Boys (under 19) Sub Junior - Girls (under 14) Junior - Girls (under 17) Senior - Girls (under 19)	Level I & II
2	Badminton	Indoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Senior - Boys (under 19) Sub Junior - Girls (under 14) Junior - Girls (under 17) Senior - Girls (under 19)	Level I & II
3	Table Tennis	Indoor	Senior - Boys (under 19) Senior - Girls (under 19)	Level I & II
4	Carrom	Indoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Sub Junior - Girls (under 14) Junior - Girls (under 17)	Level I & II
5	Race	100-meter race	Sub Junior - Boys (under 14) Sub Junior - Girls (under 14)	Level I & II
		200-meter race	Junior - Boys (under 17) Junior - Girls (under 17)	Level I & II
		400-meter race	Senior - Boys (under 19) Senior - Girls (under 19)	Level I & II
6	Discuss Throw	Outdoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Senior - Boys (under 19) Sub Junior - Girls (under 14) Junior - Girls (under 17) Senior - Girls (under 19)	Level I & II
7	Shot-Put	Outdoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Senior - Boys (under 19) Sub Junior - Girls (under 14) Junior - Girls (under 17) Senior - Girls (under 19)	Level I & II
8	Long Jump	Outdoor	Sub Junior - Boys (under 14) Junior - Boys (under 17) Senior - Boys (under 19) Sub Junior - Girls (under 14) Junior - Girls (under 17) Senior - Girls (under 19)	Level I & II
9	Wheel-Chair Race	Outdoor	Senior - Boys (Under 19) & Girls	Level I & II

