Report from IIT Bombay on "Celebration of National Sports Day 2025"

IIT Bombay celebrated National Sports Day during August 29-30, 2025with a vibrant line-up of events organized by the Institute's Sports Council to commemorate the birth anniversary of hockey legend Major Dhyan Chand.

Keeping with the theme **एक घंटा खेल के मैदान में (Ek Ghanta Khel Ke Maidan Mein),** the day brought together students, faculty and sports enthusiasts to promote the spirit of fitness, teamwork and active lifestyles through a series of engaging activities across multiple sports:

Kabaddi workshop: Introducing participants to techniques and strategies of the traditional sport.

Mixed Hockey League: Encouraging inclusivity and teamwork in a fast-paced format.
A Mixed Hockey League was organized at the Indoor Cricket Turf for the students. This event aims to pay tribute to one of India's greatest sports icons while fostering camaraderie and sportsmanship among participants.Open registration form was floated for campus students to participate in a team with 6 members. The teams participated in the tournament, each team having a female player. Participants played with true team spirit and the celebration of National Sports Day echoed in Court.

Wall Slam tournament: Testing endurance and precision among players.
Wall Slam tournament was organised at the Indoor Wall Practice area. It was a unique and challenging indoor tennis competition that brought a fresh twist to the sport, with its own innovative rulebook, and saw immense participation from campus residents. The competition was open for both men and women, and it aimed to test a player's precision and control. Following a series of highly competitive matches, the winners were announced and awarded for their stellar performances. Wall Slam not only provided a platform for students to compete but also fostered a spirit of camaraderie, highlighting the vibrant sports culture at IIT Bombay.

The first-ever Triangle Cup 3v3 Basketball Tournament: Fostering mixed gender sports on the court
Triangle Cup 3v3 Basketball Tournament event brought together students, staff members, and campus residents in a spirited celebration of sport, camaraderie, and resilience. This inaugural edition saw enthusiastic participation with 12 boys' teams and 5 girls' teams, making it one of the most inclusive basketball events on campus. The matches were filled with high-energy dribbles, sharp shooting, and intense defence, while the cheers from the audience created a charged atmosphere throughout the tournament.

A talk on mental resilience among athletes was also organised with the national Badminton player Lakshya Sen. The talk involved his journey as a student and how athletes at an international level tackle mental challenges ending with a note on how sports can improve the quality of mental health and integrate into the academic atmosphere in the campus. This event also provided the Inter IIT Badminton team, along with campus residents, an opportunity to compete against the seasoned a athlete.The talk was attended by over 600 campus residents.

Dean (Student Affairs) Prof. Suryanarayana Doolla, Associate Dean (Student Affairs) Prof. Atul Srivastava and Chairman Sports Prof. Himanshu Bahirat felicitated Lakshya Sen during the talk.

Body Composition Camp: Offering BMI, fat percentage and health screenings to promote physical awareness along with guidance on improving them**.**

Institute Sports Council conducted a free of cost Health Assessment camp for athletes in the Indoor Basketball Courts. The test was conducted by experienced professionals on clinically tested machines. The report provided detailed insights into various health parameters, including muscle mass, body fat percentage, lean body analysis and more. These results can help guide training and nutritional strategies, enhancing athletic performance and overall well-being. Open registration form was floated for campus students to participate in the camp. Over 400 students took the 70-second test.

A highlight of the celebrations was the collaboration with **Red Bull,** which brought their sponsored athlete, **Lakshya Sen**, **the renowned Indian badminton player, to campus.** He delivered an inspiring talk to students and played an exhibition match with IIT Bombay's Inter-IIT badminton team, drawing an enthusiastic response from the audience.

The large turnout across events underscored the growing awareness of sports as an essential part of a healthy and balanced lifestyle, something IIT Bombay continues to nurture on campus.

After the highly competitive match concluded, winners were announced and awarded with trophies and Emerging player of the tournament award was also given. The coaches inspired the students with their words of wisdom and encouraged everyone to keep participating in sports, keep active and exhibit punctuality and discipline during practice sessions in preparation for the upcoming Inter-IIT sports meet in 2025.













Photographs link: *https://drive.google.com/drive/folders/1j-VItV6wIwaGAlVa3Cvcm8MDOCItm3Jp*

Social Media handles:

Facebook Link: https://www.facebook.com/share/p/172HiRZt9E/

LinkedIn Link: https://www.linkedin.com/posts/indian-institute-of-technology-bombay_khelegadeshkhilegadesh-nsd2025-activity-7368887010545008640-JyIs?

X Link: https://x.com/iitbombay/status/1963121005871902982