

Fit India Super Hit India

National Sports Day is observed on 29th August every year to commemorate the birthday of Indian hockey legend Major Dhyan Chand. This day is celebrated to honor the legacy of Major Dhyan Chand and acknowledge the importance of sports in our life.



Every child has the right to enjoy the fun of playing sports, the joy of teamwork, the achievement of hitting a ball, making a goal, or crossing the finish line. Whether part of a team sport or enjoying an athletic activity geared for individuals, kids benefit from active pursuits. Many programs have been developed to get children and adults with disabilities in the game.

With a spirit of taking up fitness as part of daily lifestyle, to further the mission of healthier society and to support Para Olympics campaign, Star wellness and care foundation celebrated the eve of National Sports Day on 29th August, 2021.

Around 20 specially challenged young adults with special needs performed physical activities such as yoga and several other games, which they promised to adapt as part of their daily lifestyle for the prolonged well-being at Janakpuri, New Delhi.



Ms. Tanu Rajput is the founder of the organization and special educator too who encourages the children to do yoga and physical activities on regular basis.

These children aim to participate in Special Olympics which offer opportunities in a variety of sports for individuals with intellectual disabilities. It is a worldwide organization and is highly recognized.