

PRESS RELEASE



South West Garo Hills Celebrates National Sports Day with 10-KM Run

AMPATI, AUGUST 29: The District Sports Office, South West Garo Hills, Ampati, organised a 10-KM Run on August 29, 2026, as part of the observance of National Sports Day. The event was held with the objective of promoting physical fitness, healthy living and greater participation in sports and recreational activities among the people.



The run commenced from the Indoor Stadium near the District Sports Office, Ampati. Participants reported at 5:00 AM, while the race was flagged off at 6:00 AM.



The event witnessed the participation of sports enthusiasts, young people and members of the public, who took part in the run with enthusiasm and sporting spirit. The initiative provided an opportunity for participants to engage in physical activity while also creating awareness about the importance of maintaining a healthy and active lifestyle.

The 10-KM Run was organised to encourage people, particularly the youth, to take up sports and fitness activities as part of their daily lives. It also sought to promote the values associated with sports, including discipline, perseverance, teamwork and a spirit of healthy competition.



National Sports Day is observed every year on August 29 to commemorate the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players. The day serves as an occasion to recognise the contribution of sportspersons and to encourage citizens to embrace sports and physical fitness.



The District Sports Office expressed appreciation to all participants, officials and stakeholders who contributed to the successful conduct of the event.