



Smt. P.D. Hinduja Trust's

K.P.B. HINDUJA COLLEGE OF COMMERCE

Sindhi Linguistic Minority Institution: (Autonomous)

(Affiliated to University of Mumbai) : NAAC Re-Accredited With "A+" Grade: CGPA: 3.59

Current Address (Temporary): Sadhana House, 570, Pandurang Budhkar Marg,
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Prin. Dr. Navin M. Punjabi

Ref. No. :

NATIONAL SPORTS DAY AND THE JOURNEY TO WELL-BEING

K. P. B. Hinduja College of Commerce (Autonomous), Mumbai, marked National Sports Day on 29th August, 2026 with a thoughtful and purposeful **Meditation and Well-Being Workshop**, organised by the College Gymkhana Committee in association with **Himalayan Samarpan Meditation**.

The programme reflected the College's progressive understanding of sport and fitness, one that recognises that sporting excellence is built not only through physical training, but also through mental strength, emotional balance, concentration and resilience.

National Sports Day is observed every year on 29 August to commemorate the birth anniversary of legendary Indian hockey player **Major Dhyan Chand**, whose extraordinary skill, discipline and commitment continue to inspire generations of sportspersons. In keeping with the national spirit of the occasion, the College also aligned its celebration with the wider sporting vision represented by "**Khelo India Samvaad – Khel Ki Baat PM Ke Saath.**"

Organised under **MY Bharat, Department of Youth Affairs, Ministry of Youth Affairs and Sports**, the initiative sought to encourage young people to participate in conversations on India's growing sports ecosystem and to place their ideas, aspirations and experiences at the heart of the country's sporting journey. The programme also featured the virtual address of the **Hon'ble Prime Minister Shri Narendra Modi**, followed by activities promoting youth engagement, fitness and dialogue on sport.

Building on this national message, the College presented a programme that explored the inner dimensions of sporting performance and personal well-being. The event commenced with a warm welcome to the **Principal, Vice-Principal, Junior College Vice-Principal, Gymkhana Convenor, teachers, dignitaries, facilitators and members of the Gymkhana Committee.**

The workshop was conducted by **Dr. Shriya Sharma and Mr. Girish Borkar of Himalayan Samarpan Meditation**. Through guided meditation, mindfulness exercises, breathing practices and interactive activities, the facilitators introduced participants to practical methods for improving concentration, managing stress and developing a calm and focused mind.

The session underlined an important lesson for every student and sportsperson: physical fitness reaches its full potential only when supported by mental discipline. The practices demonstrated during the workshop encouraged participants to look beyond performance alone and to appreciate the role of inner balance in achieving consistency, confidence and resilience.



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Students and teachers participated enthusiastically throughout the session. Their active involvement and positive response contributed significantly to the success of the programme. The workshop added depth to the National Sports Day observance by bringing together the essential values of **sport, fitness, mindfulness and holistic development**.

The National Sports Day celebration reaffirmed the commitment of **K. P. B. Hinduja College of Commerce** to nurturing well-rounded students who are physically active, mentally alert and emotionally resilient. Through initiatives such as this, the Gymkhana Committee continues to strengthen the College's culture of sports, fitness and well-being, while promoting the belief that true sporting spirit begins with discipline within.

