

GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
DEPARTMENT OF SPORTS

RAJYA SABHA
UNSTARRED QUESTION NO. 2137

ANSWERED ON 06.08.2026

PROMOTING SPORTS CULTURE AND HEALTHY LIFESTYLES AMONG YOUTH

2137. SHRI SATNAM SINGH SANDHU

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

- (a) the provisions under the new policy to promote sports culture and healthy lifestyles among youth;
- (b) the steps taken to ensure transparency, accountability and good governance in sports federations and associations as part of the policy reforms;
- (c) the focus areas in the policy related to sports science, sports medicine and technological innovation; and
- (d) the expected timeline for rolling out major components of the National Sports Policy across states and Union Territories?

ANSWER

THE MINISTER OF YOUTH AFFAIRS AND SPORTS

(DR MANSUKH MANDAVIYA)

(a): The Khelo Bharat Niti, 2025 seeks to promote sports as a people's movement and encourage a culture of regular physical activity and fitness across all age groups, particularly among youth. The policy envisages physical literacy initiatives, mass participation in sports and fitness activities, sports competitions at different levels, and the development of educational institutions as feeder institutions to inculcate sporting culture from an early age. Further, the policy emphasizes strengthening grassroots sports ecosystems, encouraging community participation, integrating sports with education in alignment with the National Education Policy, 2020, and promoting sports as a viable career option while contributing to the holistic development and well-being of youth.

(b): The Khelo Bharat Niti, 2025 places emphasis on strengthening governance and institutional frameworks in the sports sector. Besides, National Sports Governance Act 2025, along with National Sports Governance (National Sports Bodies) Rules 2026, issued on 12 January 2026,

under the provisions of the said Act, envisages promoting operational efficiency, professional management, transparency and financial sustainability of sports institutions, including National Sports Federations.

(c): The National Sports Policy, 2025 emphasizes strengthening sports science, sports medicine and technological innovation for scientific athlete development, performance enhancement, injury prevention, rehabilitation, and athlete health and well-being. In furtherance of these objectives, multidisciplinary sports science support is being strengthened through standardized assessment protocols, Standard Operating Procedure (SOP) development, performance evaluation, evidence-based recovery, research, and technology-enabled athlete monitoring. The Government also strengthens institutional collaboration through partnerships with leading academic and medical institutions.

(d): Implementation of the policy is a continuous process. The Government implements the Khelo Bharat Niti 2025 through its existing schemes and initiatives. Khelo Bharat Niti 2025 strengthens discipline-wise talent identification, structured training, sports science/medicine support and funding mechanisms in States.
