

## Report on

# “World Bicycle Day and Cleaning Program”

**School/Department:** Department of Physical Education and Sports/ National Service Scheme (NSS)/NCC/

**Venue:** REVA University Main Gate to Akkayamma Betta Via Bagalur

**Date:** 10<sup>th</sup> June

**Year:** 2023

### Description of Event:

We are happy to inform you that, the Department of Physical Education and Sports, NCC, and NSS are jointly organizing "World Bicycle Day and Cleaning Program" on 10th June 2023 at Akkayamma hills, Bangalore North with the theme of **Eco-Ride-Bicycle is a Symbol of Sustainable Transportation Fostering the Message of Sustainable Consumption and Production.** Time: 6.15 A. M. to 9.00 A. M.

cycling for its myriad benefits to health and the environment, including increasing physical activity, reducing non-communicable diseases such as cancer and diabetes, and decreasing air and noise pollution. Like governments worldwide, it also recognizes cycling as a facilitator of achievement of many Sustainable Development Goals, including those on education, energy, employment, cities and inequalities. The underlying premise is that in order to unleash the potential of cycling, roads must be safe. In line with World Bicycle Day.

### Registration Link:

[https://forms.office.com/pages/responsepage.aspx?id=wWVFR6S8lUKi9bDH2\\_JZHEUyYlAmcpNNI9buo50fWOhUM1o4MFFaUE1ZTEI1TUpXNE0wTjFHRUFCNS4u](https://forms.office.com/pages/responsepage.aspx?id=wWVFR6S8lUKi9bDH2_JZHEUyYlAmcpNNI9buo50fWOhUM1o4MFFaUE1ZTEI1TUpXNE0wTjFHRUFCNS4u)

### Google map

<https://goo.gl/maps/NnytEQgvxMDUegXp9>

## Importance of Bicycle day

Cycling is a kind of aerobic activity in which the heart, blood vessels, and lungs all get a workout. It will increase the overall fitness level by experiencing increased body temperature via cycling.

- It increases muscle strength and flexibility.
- It decreases stress levels.
- Increases cardiovascular fitness.
- It improves the mobility of joints.
- It improves posture and coordination.
- It strengthened bones.
- It helps in decreasing body fat levels.

- It helps in the prevention or management of diseases.
- It helps in reducing anxiety and depression.
- Obesity and weight control.

Therefore, World Bicycle Day encourages that cycling is a great exercise, environment friendly, and enhances the fitness level and well-being

## Photos: -







### **Coordinators:**

**Dr. Deepak C S**  
**Director, Department of Physical Education**  
**Mob: 99809 85677**  
**Capt. Dr. M Munegowda**  
**NCC officer**  
**Mob: 99723 03399**  
**Prof. Madhu B P**  
**NSS coordinator**  
**Mob: 98454 03168**  
**Mr Murukan**  
**Mrs. Spoorthi C K**