

**Report On
World Bicycle Day - 2024**

“Promoting Health, Equity, and Sustainability through Cycling.”

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

Venue: REVA University Main Gate to Akkayamma Betta Via Bagalur

Date: 08th June

Year: 2024

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 on 08th June 2024 at Akkayamma hills, Bangalore North** with the theme of **Eco-Ride-Bicycle is a Symbol of “Promoting Health, Equity, and Sustainability through Cycling.”**

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/r/uFRRF68Jfh?origin=lpLink>

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 helps in reducing anxiety and depression.
- It strengthened bones & Obesity and weight control.
- It helps in decreasing body fat levels.
- It helps in the prevention or management of diseases.

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

Total students/Staff Registration

SI No	Name	SRN/EMP ID	School	MOB
1.	Manoj j	R21ED099	Civil engineering	9353444743
2.	SIDDESHA M	REVA00158	APPLIED SCIENCES-PCM	9731025244
3.	Pallavi Biradar	REVA02297	CSE	8553872957
4.	T V YUVA RAJA GUPTHA	R23DD035	CSA	9513417395
5.	Arnav Sharma	R23EF031	CSae	9148222241
6.	D NAGASUMUKH	R23EF059	Cse	9448794069
7.	K Manish	R22MK301	REVA Business School	8884493968
8.	Harsha V	R22MK076	RBS	9019566243
9.	Sintu Kumar D	R22MK221	Reva business school	8618802865
10.	ATISH AITAWADE	REVA00655	REVA Business School	99161714152
11.	Amogh Pattanashetti	R23MK017	Reva business school	9380754320
12.	Santhosh Kumar K	R23MK223	REVA Business School	7204544665
13.	Varun Kumar C S	R22MK249	Reva Business School	9731388490
14.	DEEPAKRAJ S N	R22MK057	Reva business school	9535738889
15.	Vishwanath Y Goudar	R22MK290	Reva Business School	7353602318
16.	Mohammed Touhid	R23EF143	School of CSE	6363656451
17.	Suryagouda s	R22MK232	RBS	9448832640
18.	Farhaan A Dafedar	R22MK063	Reva business school	9945820050
19.	Anup Nadig	R22MK015	RBS	8884249457
20.	Chethan MP	R22MK050	REVA Business school	9353769727
21.	Joshua Calvine Dsilva	R22MK085	REVA Business School	9972699310
22.	Karthik SH	R22MK089	RBS	9353098916
23.	Manikandan.k	Reva02988	Department of sports & Exercise Science	8610953364
24.	Bhoomika Mohan	R23LA006	Legal Studies	9606203606
25.	Bheem Raj G S	R23MK037	REVA Business School	7899755574
26.	Diwakar S	R23MK066	REVA BUSINESS SCHOOL	8431930075
27.	Santosh Guranna Hattur	R23MK224	RBS	9380471091
28.	Rajesh	R23MK196	Reva Business School	8431710458
29.	Abhishek K J	RECS07041	Applied sciences	8904695455
30.	Thajmil	RA23HF007	Sports science	9080879661

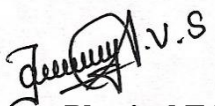
Total students/Staff Participation List

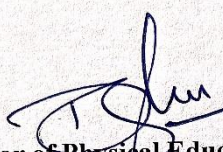
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9.	Bheem Raj G S	R23MK037	REVA Business School	7899755574
10.	Rajesh	R23MK196	REVA Business School	8431710458
11.	Diwakar .s	R23MK066	REVA Business School	8431930075
12.	Nagashree R	R22LA054	LEGAL STUDIES	9845202208
13.	Bhoomika Mohan	R23LA006	Legal Studies	9606203606
14.	Thajmil	RA23HF007	Sports science	9080879661
15.	Manikandan.k	Reva02988	Department of sports & Exercise Science	8610953364
16.	Benny Joyel	241104666	PUC	9739143670
17.	Pallavi Biradar	REVA02297	CSE	8553872957
18.	Shakti Sai	2023I0399	PUC	7975973975
19.	Prajval S	2023IC336	PUC	8296509994
20.	Aditya R Kumar	2023IC321	PUC	9980626056
21.	Spoorthi	REVA01371	SPORTS	7899957937
22.	Sharanbasappa S	REVA02977	SPORTS	8105867106
23.	Tanvi	-	RVK	9980985677
24.	Thanush	-	RVK	9980985677

World Bicycle Day Photos






**Assistant Physical Education
Director**


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