



RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
(INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO. 35/2012)
MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVERNMENT OF INDIA
SRIPERUMBUDUR, TAMIL NADU - 602105, INDIA

A REPORT

CYCLOTHON@RGNIYD

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE 2022



Organized by
Department of Social Work
&
Department of Public Administration

Report Prepared by
Prof. Inderjeet Singh Sodhi, Dr. Rambabu Botcha & Dr. S. Kumaravel

Background of the Programme

World Bicycle Day is observed on June 3. The day is marked to spread awareness about the benefits of using a bicycle. According to the United Nations, the day highlights the “uniqueness, longevity and versatility of the bicycle”. The day is observed since 2018 after a resolution was passed by the United Nations, during its 72nd Regular Session of the United Nations General Assembly. World Bicycle Day talks about the “benefits of using the bicycle - a simple, affordable, clean and environmentally fit sustainable means of transportation.”



World Bicycle Day is a special day meant to be enjoyed by all people regardless of any characteristic. The bicycle as a symbol of human progress and advancement "[promotes] tolerance, mutual understanding and respect and [facilitates] social inclusion and a culture of peace." The bicycle further is a "symbol of sustainable transport and conveys a positive message to foster sustainable consumption and production, and has a positive impact on climate." World Bicycle Day is now being associated with promoting a healthy lifestyle for those with Type 1 and Type 2 diabetes.

Cyclothon@RGNIYD

The Cyclothon@RGNIYD started at 8:30 a.m. near New Academic block on 3rd June 2022. All the students of various Departments of the Rajiv Gandhi National Institute of Youth Development gathered near the new academic block. The coordinators include Prof.Indrajeet Singh Sodhi, Head Department of Public Administration, Dr S Kumaravel, Assistant Professor from the Department of Social Work, Dr.Rambabu Botcha, Assistant Professor from the Department of Social Work and Mr. P. Mohanraj Physical Instructor arranged all the required resources for the smooth conduct of the Cyclothon. A set of instructions were given to the participants of the event by the coordinating team before the commencement of the Cyclothon. All the participants of the Cyclothon had two rounds within the Rajiv Gandhi National Institute of Youth Development, Sriperumbudur Campus. The Cyclothon was successfully completed by involving all the participants with the available bicycles on the campus. Every participant enthusiastically took part in the event and they also understood the need and significance of cycling in their daily life. Apart from the Student participants all the faculty members, non-teaching staff, and residents of the campus have also participated with a lot of energy and enthusiasm. The Cyclothon@RGNIYD was very successful as everybody voluntarily came and participated in the event with a lot of enthusiasm and energy throughout the event.



Prof. Inderjeet Singh Sodhi briefed the participants of the Cyclothon about the World Bicycle Day and its importance. Further, He explained the need and significance of cycling on everyday basis and its advantages. Prof.Sodhi mentioned that we need to be healthy without any health problems. Everybody needs to spend a reasonable amount of time for daily exercises and activities like cycling. He also told that the priorities in the society have been changing every day, now majority of the people in the society believe that health is wealth therefore, all of us should give utmost priority for health.

Prof. Sodhi also explained that the youth of the nation are the biggest strength for countries like India and this particular segment of population also needs to concentrate more on their fitness and health. He advised the young participants of the event to give minimum of half an hour in a day for exercises and yoga in order to be fit and healthy.



Immediately after the Cyclothon, Mr. P. Mohanraj, Physical Instructor conducted a session on Yoga and Physical Exercises for fitness. In this session he demonstrated a couple of warm up physical exercises and a set of Yogasanas for fitness to all the participants.

Dr. S. Kumaravel, Assistant Professor, Department of Social Work provided various health tips to the participants as part of the Cyclothon at Rajiv Gandhi National Institute of Youth Development. In his session he told that the youth of the institute should follow the guidelines properly in order to be fit and healthy. Further, he advised that everyone should take proper diet, spend minimum 30 minutes every day for exercises and also practice yoga and meditation so that we will not have any health related problems.



In addition, Prof. Sodhi has delivered a session on health tips for healthy India. In his session he mentioned that mental health problems predominantly influencing the young people of our nation. Every young person in the country should concentrate on the health and fitness and also mental health. He also mentioned that cycling plays vital role in an individual's life. To be healthy and fit, he advised all the students to spend half an hour to one hour in a day for exercises such as cycling, jogging, walking etc.



Dr. Rambabu Botcha, Assistant Professor in the Department of Social Work at Rajiv Gandhi National Institute of Youth Development proposed a vote of thanks. In his vote of thanks, he expressed his deep sense of gratitude to the Director of RGNIYD for his constant support and continuous motivation in organizing this kind of events, Prof. Inderjeet Singh Sodhi, Professor & Head, Department of Public Administration, for his active involvement and energetic participation in organizing the event and Dr. S. Kumaravel, Assistant Professor, Department of Social Work for his unstinted efforts in making the event as successful one.

Dr. Botcha also thanked Mr. P. Mohanraj, Physical Instructor, RGNIYD for his session on Yoga and Physical Exercises for Fitness. He also profusely thanked all the Heads of the department, faculty members and student participants who took part in the Cyclothon. He also acknowledged the active participation of the non-teaching staff, residents in the campus, and gardening and housekeeping staff of the institute. He made a special mention about the efforts made by Mr. Shaik Salman Asharaf for designing of the Banner, Poster and the Placards.



With the vote of thanks given by Dr Rambabu Botcha the Cyclothon@RGNIYD was ended. Immediately after the program was over, the refreshments for nearly 200 participants was distributed.



"Bicycle is a simple, affordable, reliable, clean and environmentally fit sustainable means of transportation, fostering environmental stewardship and health."

- UNITED NATIONS



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www.rgniyd.gov.in

ANNEXURE - 1
POSTER



WORLD BICYCLE DAY
JUNE 3



CYCLOTHON

03 JUNE 2022 | 08:00 AM

Venue: Gather at New Academic Block



Refreshments will be Provided.

ALL ARE WELCOME

ANNEXURE - 2 BANNER



राजीव गाँधी राष्ट्रीय युवा विकास संस्थान
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
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CYCLOTHON

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

03 JUNE 2022 | 08:00 AM

RGNIYD



PLACARDS



CYCLOTHON



ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

**PEDAL
YOUR
WAY
TO
FITNESS!**

#Fitness



CYCLOTHON



ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

**STOP
STRESSING
AND
START
RIDING!**

#Fitness



CYCLOTHON



ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

**RIDE
FREE.
LIVE
FIT.**

#Fitness



CYCLOTHON






ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

**SAVE
THE
PLANET.
RIDE A
CYCLE.**

#Environment

PLACARDS





CYCLOTHON

**BURN FAT,
NOT OIL.
ADOPT
BICYCLE!**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Fitness
#Environment





CYCLOTHON

**ZERO EMISSIONS,
ZERO EXCUSES-
RIDE A
CYCLE!**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Environment





CYCLOTHON

**GO GREEN,
THINK
GLOBALLY,
RIDE
LOCALLY!**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Environment





CYCLOTHON

**मोटापा घटाएं,
पेट्रोल नहीं-
साइकिल अपनाएं**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Health
#Environment








CYCLOTHON

**समाधान बनें, प्रदूषण
नहीं - साइकिल चलायें,
पृथ्वी बचाएं**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Environment





CYCLOTHON

**दोपहिया वाहन
अपनाएं, अच्छी सेहत
का लाभ उठाएं**

**ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE**

#Health
#Fitness

PLACARDS

CYCLOTHON



जीवन को
खुशहाल बनाएं,
साइकिल अपनाएं

#Health
#Fitness

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

CYCLOTHON



साइकिल की
सीट से दुनिया का
आनंद लें

#CycleDay

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

CYCLOTHON



सतत चलायमान,
अपना साइकिल
गतिमान

#AKAM

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

CYCLOTHON



साइकिल अपनाएं -
सतत विकास
में अपनी
भूमिका निभाएं

#SDG

ON THE OCCASION OF
WORLD BICYCLE DAY
3 JUNE

"To enjoy the glow of good health, you must exercise."

- GENE TUNNEY

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."

- WILHELM VON HUMBOLDT



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