



Report from IIT Bombay on 'Sunday on Cycle' (Celebration of World Bicycle Day)

With reference to the attached circular received from the Association of Indian Universities' (AIU) No. AIU/2025/SoC/01 dated May 24, 2025, IIT Bombay enthusiastically observed World Bicycle Day and highlighted the advantages of riding a bicycle as a sustainable and healthy form of transportation.



World Bicycle Day is celebrated every year to raise awareness about the benefits of riding a bicycle. Cycling keeps you active and helps to shape a healthy lifestyle.

As part of World Bicycle Day, the Institute Sports Council, IIT Bombay conducted an exciting bicycle tour '**Sunday on Cycles**' in campus on **1st June 2025 (Sunday)** from 6:30 AM onwards, taking advantage of the pleasant early morning weather. The event was conducted under the aegis of the **Fit India Movement** fostering physical fitness, sportsmanship and environmental sustainability among the campus community. The event served as a vibrant reminder of the benefits of cycling – a simple, eco-friendly and effective means of staying active, cleaner environment and reducing one's carbon footprint.

The event was graced by the presence of the Director of IIT Bombay **Prof. Shireesh Kedare**, Deputy Director (FIA) **Prof. K.V. K Rao**, Associate Dean (Student Affairs) **Prof. Atul Shrivastava** along with other officials.

The event saw enthusiastic participation of approx **200 persons** from the campus community, including students, faculty members and campus residents, all coming together to celebrate the joy of cycling. The route spanned a total distance of 12 kilometers, mapped as a 6-kilometer loop completed twice, offering a well-paced and enjoyable experience for riders of all fitness levels.

Participants were flagged off in staggered slots to avoid congestion and maintain a smooth flow throughout the course. The organizing team efficiently managed check-ins, conducted warm-up activities and coordinated group starts, contributing to the smooth execution of the event.

To ensure the safety and comfort of all participants, two hydration points were set up - one near the Industrial Design Centre (IDC) and another close to Hostel 10, enabling cyclists to refresh themselves without losing momentum. By 9:00 AM, all riders completed the rally successfully. **'Sunday on Cycles'** concluded with vibrant energy, smiles all around and a renewed sense of community spirit. The celebration was a great success, inspiring many to embrace cycling not just as a form of fitness, but as a sustainable, practical lifestyle choice.

All participants who completed the tour received a complimentary gift as a token of appreciation for their involvement.

Fitness pledge: The Institute community took the following fitness pledge for the celebration of World Bicycle Day 2025 and as part of the Fit India Movement aimed at promoting collective well-being.

I take the pledge:

- To lead an active and healthy lifestyle.
- To take out 30 minutes everyday for fitness and health
- To encourage family members and neighbours to stay fit and healthy
- To take the fitness assessment test on the FIT India Mobile Application quarterly

मैं प्रतिज्ञा करता/ करती हूँ:

- एक सक्रिय और स्वस्थ जीवनशैली अपनाने के लिए
- हर दिन अपनी फिटनेस और स्वास्थ्य के लिए 30 मिनट निकालने के लिए
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करने के लिए
- फिट इंडिया मोबाइल एप्लिकेशन पर हर तिमाही में फिटनेस मूल्यांकन परीक्षण देने के लिए

Fit India Mobile App: A link to download the Fit India Mobile App email was sent to the Institute community. The Fit India Mobile App allows users to assess their fitness parameters through a series of simple tests. The app provides users with ways to improve their fitness levels regularly by setting daily activity and fitness goals, tracking activity, water, and calorie intake, and monitoring sleep.

App link: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>

Photographs Link:

<https://archive.library.iitb.ac.in/items/show/5362>

Social Media Handles:

Facebook:

<https://www.facebook.com/photo?fbid=1097564122402618&set=a.460133762812327>

<https://www.facebook.com/iitbombay/videos/681025298161254>

Twitter:

<https://x.com/iitbombay/status/1927982524657193229>

<https://x.com/iitbombay/status/1930140005566984475>

LinkedIn:

<https://www.linkedin.com/feed/update/urn:li:activity:7333747995298951169>

<https://www.linkedin.com/feed/update/urn:li:activity:7335904843695382528>