



Report On World Bicycle Day - 2025

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

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

Venue: REVA University Main Gate to Akkayamma Betta Via Bagalur

Date: 14th June

Year: 2025

Time: 6.15 A. M. to 9.00 A. M.

Description of Event:

We are happy to inform you that, the Department of Physical Education and Sports, NCC, and NSS, Office of Students Affairs are jointly organizing **“World Bicycle Day on 14th June 2025 at Akkayamma hills, Bangalore North with the theme of Eco-Ride-Bicycle is a Symbol of “Promoting Health, Equity, and Sustainability through Cycling.”**

We extend our heartfelt thanks to our Honourable Chancellor, **Dr. P. Shyama Raju**, for his unwavering support and encouragement in the successful conduction of the **REVA World Bicycle Day 2025**.

We are grateful to our Pro Chancellor, **Shri Umesh Raju**, for his valuable guidance and support throughout the organization of the **REVA World Bicycle Day 2025**.

We also sincerely thank our Vice Chancellor, **Dr. Sanjay Chitnis**, for his continuous support and motivation for the **REVA World Bicycle Day 2025**.

A special note of thanks to our Registrar, **Dr. K. S. Narayanaswamy**, for his support and coordination in making this event a success

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/9r7mMTpw3Y>

Google map

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



Department of Physical Education and Sports

in association with
NSS, NCC, and the Office of Student Affairs

World Bicycle Day - 2025

Promoting Health, Equity, and Sustainability through Cycling



Date: June 14, 2025 | **Time:** 06:15 AM
Venue: REVA University Main Gate to
Akkayamma Betta via Bagalur and Back



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.

**Department of
Physical Education and Sports**

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Last Date of Registration: June 12, 2025

Note:

1. Participants are required to bring their own bicycles for the event.
2. Certificates will be provided to all participants.
3. The bicycle ride will cover a total distance of 20 km (up and down).
4. Refreshments will be provided to all participants after the event to help them stay energized and hydrated.

Scan for Registration

Total students/Staff Participation List

Sl.No	Name2	SRN/Employee Id	School/Department	Phone Number
1.	Gowtham reddy	R24ERO33	MECHANICAL	8121321568
2.	Avichetty Divya	R23SA004	School of Applied Sciences	9864686966
3.	SHREY S NAYAK	R23EU011	AGRICULTURAL ENGINEERING	7892285906
4.	Sanjana Paddambail	R22PBC02	Biochemistry/School of Allied Health Sciences	9901929793
5.	Saurabh Kumar	R21EF131	CSE	8660273878
6.	Piyush Sharma	R21EF025	CSE	6382067554
7.	D R Kumar Raja	REVA02256	School of CSE	9441449744
8.	Abdul Rashid	R22MB002	School of management studies	8617342323
9.	Dr Vivek Keshri	REVA02631	School of Applied Sciences, Department of Botechnology	9755806309
10.	Ritesh R21ED101	R21ED101	Civil engineering	7676307033
11.	Arnav Sharma	R23EF031	CSE	9148222241
12.	Gunesh.A	R23EF001	Cse	9980897154
13.	ARPITHA G R	R23SN002	Mathematics	8431566913
14.	Amruth Patil	R23ER005	Computer Science and Engineering	8660418389
15.	Shrihari Jagadish Betadur	R23EQ104	C&IT	8310116590
16.	Kesav Krishna	R24ER096	Mechanical	7795103034
17.	K AJIL	R23EJ056	CSIT A 4th sem	8320309371
18.	Harsha Vardan M	R24ED020	School of Civil engineering	9353269349
19.	Hasini	R24EP014	ECE	9866299733
20.	G Mythri	R22SA011	Applied sciences	8147669746
21.	Mohammed Touhid M	R23EF143	CSE	6363656451
22.	Priyanka	R22ES022	Mechanical	9741584902
23.	Sai durga	R24SE005	Reva university	9108205055
24.	Dushyanth hi	R24EF081	Cse (cse)	9353435484
25.	Abhishek.s.h	R23EF010	School cse	8310360381
26.	Bhoomika Mohan	R23LA006	Legal Studies	9606203606

World Bicycle Day Photos









Remarks from 2024–25 (This Year's Experience):

1. **Limited number of bicycles** was a major concern, which affected the participation rate.
2. There were **registration issues**, including delays and confusion among students.
3. Due to the above, several interested participants were **unable to join the event**.
4. Despite the logistical challenges, the event saw **good enthusiasm and response** from students and faculty.
5. These learnings will be taken into account to ensure better **planning and resource allocation** for next year.

Prepared by,

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