



REPORT ON “SUNDAYS ON CYCLE”

ORGANISED BY : FIT INDIA MISSION

DATE : 30th March 2025 (Sunday)

Venue: Jawaharlal Nehru Stadium, New Delhi.

PARTICIPATED BY: 12 Students with Mr Dinesh Bist (PGT P.Ed) & Ms Rani Negi (PRT P.Ed)

Bal Bharati Public School, Noida Shines at the Cycle Marathon

“Physical fitness is not only one of the most important keys to a healthy body, but it is also the basis of dynamic and creative intellectual activity.” –
John F. Kennedy



Bal Bharati Public School, Noida, proudly participated in the Cycle Marathon as part of the FIT INDIA initiative under the Khelo India Scheme. Held on 30th March 2025, this remarkable event, A Nationwide Movement for Fitness was conducted under the guidance and support of our esteemed Principal, Mrs. Asha Prabhakar, with the active participation of twenty enthusiastic students. The initiative was spearheaded by dedicated sports teachers Mr. Dinesh Bist and Ms. Rani Negi and it was truly a Display of Enthusiasm and Sportsmanship





The Fit India Cycling Drive, inaugurated on 17th December 2024 by the Hon'ble Union Minister of Youth Affairs & Sports and Labour & Employment in New Delhi, has become a nationwide movement promoting health and well-being. Initially involving 500 cycling enthusiasts, this campaign has now transformed into a national initiative titled “Sundays on Cycle”, held in over 4,200 locations across the country, engaging nearly 2 lakh cyclists. The event’s impact has even been recognized by the Hon’ble Prime Minister in the 117th episode of ***Mann Ki Baat***, further reinforcing the importance of fitness in daily life.



The Cycle Marathon on 30th March 2025 witnessed an extraordinary display of team spirit, determination, and sportsmanship from our students. Their commitment to physical fitness and endurance was truly inspiring. As they pedalled their way through the challenge, their resilience and enthusiasm illuminated the event’s success. Under the expert guidance of their sports teachers, the students exhibited exceptional energy and focus, ensuring a memorable and enriching experience.

<https://drive.google.com/drive/folders/17SNMCiQ0-SXvqFVkwT8IokR5dcAeIR8W?usp=sharing>

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” – Edward Stanley

Participation in the Cycle Marathon provided students with valuable insights and life lessons, including:

✅ **Endurance & Discipline:** The rigorous cycling challenge helped students build stamina and self-discipline, reinforcing the need for consistency in fitness.



- ✅ **Teamwork & Camaraderie:** Encouraging and motivating each other, the participants demonstrated exceptional teamwork and unity.
- ✅ **Environmental Awareness:** By embracing cycling as a sustainable mode of transport, students contributed to a greener future and environmental conservation.
- ✅ **Commitment to a Healthy Lifestyle:** The event reinforced the importance of regular exercise, fostering a culture of wellness among students.

The excitement among students was palpable, and they shared their thoughts on this transformative experience:



📢 *“The Cycle Marathon was an unforgettable event! It pushed my limits, but the encouragement from my friends and teachers kept me going. I now realize how important it is to stay fit and active.” – A student participant*

Our respected sports teacher, Mr. Dinesh Bist, added:

📢 *“It was truly fulfilling to see our students embrace the challenge with such dedication. Events like these instil the values of perseverance, endurance, and fitness, which will benefit them for a lifetime.”*

Bal Bharati Public School, Noida, remains dedicated to promoting a holistic approach to education, integrating health and wellness into the lives of its students. The Cycle Marathon was more than just an event—it was a step toward a healthier and more active future, A Commitment to a Fitter Tomorrow. We are incredibly proud of our students for their enthusiastic participation and look forward to more such initiatives that nurture physical fitness, teamwork, and discipline.



🚲💪 *Together, we ride towards a healthier tomorrow!* 💪🚲

Report Submitted By:
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