



# SWAMI DHARMBANDHU COLLEGE OF EDUCATION

(B.Ed. & D.El.Ed.)

(Recognised by: ERC-NCTE & Affiliated to Vinoba Bhave University, Hazaribag and JAC, Ranchi)  
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## Report on Cycle Rally

19.03.2024

A cycle rally was organized on March 19th 2024 in Swami Dharambandhu College of Education, to promote environmental awareness, healthy living, and sustainable transportation. The event, which started at college and covered a distance of Harhad, Mukundganj saw enthusiastic participation of session 2023-25. The rally was flagged off by college Principal Dr. Sarika Kumari. She lauded the efforts and said "Residents of the city who are now faced with an ever-increasing problem of traffic congestion and atmospheric pollution must seriously consider the option of cycling for short distances", and highlighted the importance of cycling in reducing pollution and promoting fitness. Cyclists, dressed in college Uniform and helmets, rode through major streets, spreading messages about eco-friendly transport. Volunteers and traffic police ensured a smooth and safe journey for all participants. During the event, participants carried banners and placards with slogans such as "Pedal for a Greener Future", "Cycle Chalo Paryavaran Bachao", "Save Fuel, Ride a Cycle." Students also expressed enthusiasm over the initiative and one of them said, "Riding a bicycle is always fun. Parking a Cycle is also so much simpler and easier. Since it requires no fuel, it is easy on the pocket."

### Objectives

To be fit and healthy a person needs to be physically active. Regular physical activity can help protect them from serious diseases, such as obesity, Heart Diseases, Cancer, Mental illness, Diabetes and Arthritis. Riding a bicycle regularly is one of the basic ways to reduce risk of health problems associated with a sedentary lifestyle. Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages from young children to older adults.

### Conclusion

The rally successfully inspired many to adopt cycling as a daily means of transport and fitness activity. The cycle rally was a grand success, achieving its goal of promoting environmental awareness and a healthy lifestyle. Participants expressed their enthusiasm to take part in more such events in the future.

21/03/2024

Sarika  
21/03/2024  
Principal

Swami Dharmabandhu College of Education  
Harhad, Mukundganj, Hazaribag



Fig : Cycle Rally.



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