INTEGRAL UNIVERSITY

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# Report On "Cycle Run" to Mark the Occasion of World Bicycle Day – 1st June 2025 as Special Edition of “Sundays on Cycle” Under Fit India Mission at Integral University

2 messages

**Communication Cell IUL** <communications@iul.ac.in> Fri, Jul 25, 2025 at 6:52 AM
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In compliance with the directives of the Association of Indian Universities (AIU) and as part of World Bicycle Day, Integral University successfully organized a **"Cycle Run" on 1st June 2025**. This event was held as a special edition of the **“Sundays on Cycle”** initiative under the Fit India Mission. The event took place near the Sports Ground, Integral University Main Campus. It was conducted in collaboration with the Integral University Sports Academy (IUSA), under the aegis of the Dean, Students’ Welfare.

The objectives of the event were:

- **To promote physical fitness, mental well-being, and environmental consciousness**.
- To support the **"Fit India"** initiative, particularly the **“Sundays on Cycle”** movement encouraging **cycling as a regular fitness activity.**

The programme commenced with an inaugural address by Prof. Monowar Alam Khalid, Dean, Students’ Welfare, who led the participants in taking a fitness pledge, urging all faculty members to adopt a healthy lifestyle by dedicating at least 30 minutes daily to fitness activities. The event of “Cycle Run” was flagged off jointly by Prof. Monowar Alam Khalid, Dean, Students’ Welfare and Dr. Mohd. Zafar, Director, IUSA. Dr Khalid also emphasized involving family members and neighbors in this movement and encouraged everyone to take the Fitness Assessment Test quarterly through the Fit India Mobile Application. He encouraged students and faculty members to make use of state-of-the-art University Gymnasium available at Integral University, which is well equipped for taking care of their fitness regime. Faculty/staff members and students of the university enthusiastically took an oath for following a healthy and fit lifestyle through exercises and diet control. The event was well organized and witnessed enthusiastic participation from various departments including the Dept. of Education, Dept. of Languages, Dept. of Pharmacy, and the Dept. of Environmental Science, etc.

The Cycle Run was a resounding success, reflecting the university community’s commitment to health, wellness, and sustainable practices. The active participation and positive spirit displayed by the faculty members reinforced the importance of collective efforts in building a healthier and fitter nation.

**Few Glimpses of the Event/Gym:**

Warm regards,
**Prof. Monowar Alam Khalid**
Dean, Students' Welfare
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**Dean Student Welfare** <dsw@iul.ac.in> Fri, Jul 25, 2025 at 9:20 AM
To: Rubina Bano <rubinab@iul.ac.in>

**Prof. Monowar Alam Khalid**
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