

Office of the Chief Public Relations Officer  
Jamia Millia Islamia

Press Release

**JMI celebrates World Bicycle Day 2025; Special Edition of "Sundays on Cycle" held**

New Delhi, June 2, 2025

The Games & Sports Department, Jamia Millia Islamia, in collaboration with the National Cadet Corps (NCC), Jamia Millia Islamia (JMI), observed World Bicycle Day-2025 by holding a special edition of the "Sundays on Cycle" event under the slogan "*Fitness ki Dose, Aadha Ghanta Roz*" on 1<sup>st</sup> June, 2025, early in the morning at 7:00 A.M. With the aim of combating obesity and eliminating lifestyle diseases under the "FIT INDIA MISSION," an initiative of the Ministry of Youth Affairs & Sports, Government of India, along with a special partner, the Association of Indian Universities (AIU), the main objective behind the celebration was that of integrating fitness into one's daily routine towards the larger vision of building a healthier nation.

Prof. Mazhar Asif, Hon'ble Vice-Chancellor, JMI, and Prof. Abuzar Khairi, Offg. Registrar, JMI, along with Prof. Nafis Ahmad, Hony. Director (Games & Sports), JMI, Prof. Mohd. Asad Malik, Chief Proctor, JMI, Mr. Syed Abdul Rashid, Security Advisor, JMI, Dr. Mohammad Abid, Hony. Dy. Director (Games & Sports), JMI, Dr. Rihan Khan Suri, Professor (TPO), JMI, Dr. Mohsin Ali, D/o Persian, JMI, Coordinator of NSS, JMI, other faculty members, and non-teaching staff of JMI participated in the event. The cycling started at 7:00 A.M. sharp from the Centenary Gate (Gate No.13) of JMI and went to the Faculty of Law, took a roundabout, went to the Faculty of Engineering & Technology, and returned to the Centenary Gate (Gate No.13).

Prof. Mazhar Asif, Hon'ble Vice-Chancellor, JMI, emphasized the need to promote a culture of cycling, raise environmental awareness, encourage fitness, and support sustainable and eco-friendly activities. All participants expressed their enthusiasm and commitment to these goals, besides taking a pledge to make cycling a regular part of their daily routines.

Prof. Abuzar Khairi, Offg. Registrar, JMI, highlighted the role of physical exercise in daily life and encouraged the faculty and non-teaching staff members to take out at least 30 minutes every day to maintain fitness and a healthy lifestyle.

Prof. Nafis Ahmad, Honorary Director (Games & Sports), JMI, outlined a brief note on the "Sundays on Cycle" initiative, encouraging participation from faculty and staff members of JMI to foster healthy lifestyles, sustainable living, and strengthening community engagement within our campuses.

The cyclists rode for about half an hour on pedals under the slogan "***Fitness ki Dose, Aadha Ghanta Roz***" during the whole ride. The overarching goal of this campaign is to make cycling an integral part of the community's lifestyle, encouraging physical activities and fostering a culture of fitness and sustainability for a healthy and fit India.

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