

Standard Operating Procedure for World Bicycle Day Celebrations

As you are kindly aware, under the FIT India Movement, *Sundays on Cycle* has emerged as a nationwide campaign to promote cycling as a part of a healthy lifestyle. While **World Bicycle Day is officially celebrated on 3rd June**, this year we will mark the occasion on **1st June 2025** through the *Sundays on Cycle* initiative, which also celebrates its **25th edition (Silver Jubilee)** on the 1st June.

To ensure successful execution and widespread participation, the following points should be noted:

1. Encourage participation from all stakeholders, cycling clubs, schools, colleges, RWAs, families, and individuals—to promote cycling as a fun and community activity.
2. Finalise the route well in advance. Secure permissions from local authorities (traffic, police, etc.) and ensure essential medical support like first-aid kits and ambulance services are available at the event site.
3. Organisers are encouraged to select iconic or scenic locations for the ride to attract greater visibility and engagement.
4. All participants must strictly follow safety protocols—wear helmets and adhere to road safety norms.
5. Invite notable personalities or respected community figures to participate as guests and inspire others.
6. Promote the event widely through local media, posters, and digital platforms both before and after the event to maximise visibility.
7. Use official event creatives and branding materials available at: https://drive.google.com/drive/folders/1AV7_UBJSebBurew0gW3dDXGxIlyYi0nE?usp=sharing
8. Record participation data such as number of attendees, photos, videos, feedback, and any notable highlights. Please share on this link - <https://forms.gle/sc2mntGFNqMrknJw8>.
9. Post your event updates on social media handles using the following hashtags to amplify the message and contribute to national visibility:
#WorldBicycleDay #SundaysOnCycle #WBD2025 #WBD2025XSOC #Cycle4Bharat #FightObesity #Pedal2Fitness #PollutionKaSolution

For any assistance or clarification, please write to us at - **contact.fitindia@gov.in**

Your proactive participation will ensure that this Silver Jubilee celebration of *Sundays on Cycle* on World Bicycle Day becomes a powerful step towards a fitter, healthier, and more active India.

FIT INDIA PLEDGE

I take the pledge:

- To lead an active and a healthy lifestyle
- To takeout 30 minutes everyday for my fitness and health
- To encourage my family members and neighbours to stay fit and healthy
- To take the fitness assessment test on the FIT India Mobile Application quarterly
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मैं प्रतिज्ञा करता/ करती हूँ:

- एक सक्रिय और स्वस्थ जीवनशैली अपनाने के लिए
- हर दिन अपनी फिटनेस और स्वास्थ्य के लिए 30 मिनट निकालने के लिए
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करने के लिए
- फिट इंडिया मोबाइल एप्लिकेशन पर हर तिमाही में फिटनेस मूल्यांकन परीक्षण देने के लिए

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