

## Report on CYCLE RALLY Event Held on 01.11.2021



Unit	29(A) Bn NCC, Army Wing
Name of the event	CYCLE RALLY
Date of the event	01-11-2021
Place of the event	Alipiri By Pass Route

## FIT INDIA RUN 2.0

## **OBJECTIVE:-**

Cycle rally spread awareness about environmental pollution. Cycle rally to increase awareness about health on "World Health Day" .Going for a cycle ride is good for heart and muscles and it may improve how you walk, balance and climb stairs. The main physical benefits of cycle rally:-

- 1) Cycling builds muscle
- 2) It helps with everyday activities
- 3) Pedaling builds bone
- 4) Its easy on the joints

29(A) Bn NCC organized a cycle rally on different routes and ends in Alipiri. Our College NCC Cadets nearly 43 are participated in this rally with high energy and enthusiasm. The aim of the rally is to raise awareness for the message of clean India, Green India. The rally aims to support the initiative Swachh Bharat Abhiyan which was launched by Prime Minister Sri. Narendra Modi. NCC has been an important part of the movement of cycle rally.

## **Event Pictures:**





