

Office of the Chief Public Relations Officer  
Jamia Millia Islamia

Press Release

**JMI holds "Sundays on Cycle" as part of 'Fit India Mission' of the  
Ministry of Youth Affairs and Sports, GoI**

New Delhi, May 6, 2025

To combat obesity and eliminate lifestyle diseases like diabetes, blood pressure, heart disease, and osteoarthritis among the teachers and staff members of the university, the Games & Sports Department, Jamia Millia Islamia (JMI), organized the eagerly awaited **"Sundays on Cycle"** event under the slogan ***"Fitness ki Dose, Aadha Ghanta Roz"*** on 4<sup>th</sup> May, 2025, at 6:15 A.M. . The cycling event was organized under the initiative of the **'FIT INDIA MISSION'** of the Ministry of Youth Affairs and Sports, Government of India in keeping with its objective of integrating fitness into the daily routine of every Indian, geared towards building a healthier nation.

Prof. Mazhar Asif, Hon'ble Vice-Chancellor, JMI, and Prof. Md. Mahtab Alam Rizvi, Registrar, JMI, along with Prof. Nafis Ahmad, Hony. Director (Games & Sports), JMI, and Coordinator of NCC, Deans of the Faculties, faculty members, and supporting staff of JMI participated in the cycling event with a lot of energy and zeal. The event started at 6:15 A.M. sharp, covering a scenic, circular route from the university's Centenary Gate (Gate No.13) going past the Faculty of Law, taking a roundabout to the Faculty of Engineering & Technology, and making an exit from Gate No.01 to enter the main road, then taking a U-turn to MMA Jauhar Marg and finally re-entering the Centenary Gate (Gate No.13).

Prof. Asif emphasized the need to promote a culture of cycling, encourage fitness, and support sustainable practices. Participants expressed their enthusiasm and commitment to the cycling event and pledged to make cycling a regular part of their daily routines. The Vice Chancellor hoped that many more cycling events would be organized in the months to come.

Prof Rizvi emphasized the significance of physical exercise in daily life and encouraged the faculty and staff members to take out at least 30 minutes every day from their schedules for physical fitness in order to lead a fit and healthy life.

Prof. Nafis Ahmad, in his note, briefly outlined the vision behind the "Sundays on Cycle" initiative (a weekly event), soliciting wide participation from the faculty and staff members of JMI. The cyclists rode for about half an hour on pedals under the aegis of the slogan "*Fitness ki Dose, Aadha Ghanta Roz*" throughout the ride. The overarching goal of this campaign is to make cycling an integral part of the JMI community's lifestyle, encouraging physical activities and fostering a culture of fitness and sustainability for a healthy and fit India.

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