

**“Cycling is not a sport, it's a lifestyle”.**

**Parivartan, the NSS Unit of Mata Sundri College for Women organised a cycling challenge on the occasion of "AZADI KA AMRUT MAHOTSAV". It was conducted on 24th October 2021 and a total of thirteen NSS volunteers participated in it. One needs to be fit and healthy to become physically active, regular physical activity helps to protect us from various serious diseases such as obesity, heart disease, cancer and diabetes. Riding your bicycle regularly is one of the best ways to reduce the risk of various health problems or diseases associated with a sedentary lifestyle.**

**Cycling is a low impact exercise which is healthy and is enjoyed by everyone, be it young children or adults. It is also environment friendly and therefore it is also advised to use cycle as a transport. Riding bicycle to your workplaces is one of the most time-efficient ways to combine regular exercises with your daily lifestyle. It is estimated that one billion people ride bicycles for transport, recreation and sport every day.**

**The health benefits of regular cycling include increase in cardiovascular fitness, increase in muscle strengths and flexibility, improvement in joint mobility, decrease in stress levels, improvement in body posture and coordination, strengthened bones, decrease in body fat levels, prevention and management of diseases and reduction in anxiety and depression.**

**Therefore, we all should include cycling in our lifestyle because cycling is a wonderful workout that keeps us active, it can help us shape a healthy lifestyle both physically and mentally. Keeping this in mind, the event was conducted by the NSS unit. The volunteers rode their bicycles around their neighbourhoods and shot their videos while doing so. The volunteers sent us their videos through the google drive link provided to them. Not only their videos but the volunteers also sent us pictures with their bicycles via the same google drive link.**