



CYCLING ALSO IMPROVING OUR MENTAL HEALTH

India's many State Govt. projects encouraging youths for regular cycling ■ by ISHANI MULLICK

(1977); *Altered States* (1980); *Fear and Loathing in Las Vegas* (1998); *Requiem for a Dream* (2000) and *A Field in England* (2013).

The cycling community in Mangalore celebrated World Bicycle Day, falling on June 3, 2019, by organizing group rides on Sunday, to popularize the use of bicycles in daily life. Members of "Mangalore Bicycle Club" along with 30 Cycling Buddies participated in a 25-km group ride assembling at Lady Hill Circle at 6 a.m. and riding through the city and its periphery, including the beaches. Their objectives to create awareness among people about the benefits of cycling. About 20 children and 10 senior members were present in the group ride that was flagged off near Mangala Stadium at 6.30 a.m.

"Sabooj Sathi"

Backward Classes Welfare Department, Government of West Bengal received Champion of WSIS Prizes 2019 in Geneva from WSIS FORUM. Source- wbsaboojsathi.gov.in.

Hon'ble Finance Minister of W.B. Govt. Amit Mitra, in the Budget speech of 2015-2016, announced the scheme for distribution of bicycles to students of class IX to XII studying in Govt. run and Govt. aided Schools and Madrasahs of the State. The scheme is now well-known as "Sabooj Sathi" as coined by Hon'ble Chief Minister Mamata Banerjee herself and it reflects her ambition that bi-cycles provided under the scheme will empower the young students to achieve new feats in future. The

insignia of the scheme is also drawn by her and is firmly attached to the front basket of the bicycles. Hon'ble CM flagged off distribution in September 2015 from Paschim Medinipur.

Objective

Empower the students, especially the girls and reduce dropouts in higher education.

Under the scheme, approx 72 lakh bi-cycles had already been procured and distributed to target group students (Boys & Girls) of class IX, X, XI & XII. Bi-cycles will bear 10 special reflectors in accordance with the advisory issued by Hon'ble Supreme Court of India for rider's safety. Perhaps, West Bengal is the first to comply, statewide.

Database of Bicycle Distribution in India (State-Scheme)

West Bengal- Sabooj Sathi, Karnataka-Free Bicycle Distribution Scheme 2006-2007, Odisha- Free Bicycles to Students of Standard 10, 2016, Madhya Pradesh- Free Bicycle Scheme, 2005-2006, Punjab- Mai Bhago Vidya Scheme, 2011-12, Andhra Pradesh- Badikostha Bicycle Scheme, 2017, Assam-Free Bicycle Distribution under C.M.'s special schemes, 2010-2011, Rajasthan-2012-2013, Tamil Nadu-Free Bicycle Scheme Tamil Nadu for SC/ST Students, 2011-12, Bihar- Bicycle Yojana, 2006.

Offbeat Story

World tour by cycling in just 130 Days

The city has always produced several successful sportspersons and record

holders in various fields. Whether it's running or trekking or cycling, these unique personalities have put the city on the world map with their unique feats.

19-year-old student Vedangi Kulkarni is the new face of such extreme adventure enthusiasts in the city. The Pune born girl, who is currently studying B.Sc. Sports Management course at Bournemouth University, UK, has decided to cycle around the world in just 130 days. She traveled solo, without any support, and achieves the goal of cycling 29,000km through the most testing conditions. She is the youngest and fastest women cyclist in the world to achieve the feat to date.

The previous record was set by Italian women cyclist Paola Gianotti who had cycled around the world in 144 days in 2014. In the men's category, Mark Beaumont holds the record for completing the journey in 78 days. Even though no Indian man or woman has attempted to break the record, Vedangi is upbeat and is planning to break the record with a considerable margin.

Health benefits

Keeps your weight in check, Improves mental well-being, Helps those with Type 1 and Type 2 diabetes, and Lowers risk of heart disease, increased cardiovascular fitness. Increased muscle strength and flexibility. Improved joint mobility, Decreased stress levels. Improved posture and coordination. Strengthened bones. Decreased body fat levels. Prevention or management of the disease.