

53rd Edition of Fit India Sundays on Cycle rolls into Goa; armed forces, actors, athletes and citizens join in large numbers

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The 53rd edition of 'Fit India Sundays on Cycle', a nationwide fitness movement launched in December 2024 by the Union Ministry of Youth Affairs and Sports, was organised at Miramar, Panaji, Goa, today, December 14. The campaign promotes cycling as a sustainable, inclusive, and an eco-friendly form of exercise with numerous health benefits.



The event at Miramar witnessed enthusiastic participation from the armed forces as the 53rd edition was dedicated to Vijay Diwas, in honour of the heroes in the forces.

The cycling rally was flagged off amidst great enthusiasm, covering the route from Miramar Beach Circle to Dona Paula and back, offering participants a unique blend of fitness, community bonding, and Goa's natural beauty. The morning witnessed a lively atmosphere with yoga sessions, energetic Zumba routines, live Goan music, and mass participation, reinforcing the idea that fitness can be joyful, inclusive and sustainable.



The Chief Guest of the event, Dr. Ramesh Tawadkar, Hon'ble Sports Minister of Goa, while addressing the gathering, said that it was the responsibility of the sports enthusiasts to take forward the Fit India movement. "Fit India movement plays an important role in the Viksit Bharat mission of our Hon. Prime Minister Shri Narendra Modi. Echoing the vision of the Hon'ble Prime Minister and the leadership of the Hon'ble Union Minister of Youth Affairs & Sports Shri Mansukh Mandaviya, we must organise Sundays on Cycle regularly across Goa, making it a weekly habit for citizens," he said.

Talking about the need to strengthen sports culture in the country, the minister highlighted how cycling has become an integral part of daily life in several European countries, with thousands commuting on bicycles every day. "We must cultivate a similar culture. A true behavioural shift towards fitness is possible when the public in large numbers joins the campaign" he said.

The event was also attended by eminent actors including Telugu film actor Shri Manchu Manoj Kumar and actor Mohammed Ali. Speaking on the occasion, actor Mohammed Ali expressed his happiness at seeing people from all walks of life coming together for fitness. "I am glad to be part of a movement that encourages citizens to actively work towards a healthier nation," he said.



Manchu Manoj Kumar, while addressing participants, lauded the Fit India Movement and the visionary leadership of the Hon'ble Prime Minister Shri Narendra Modi, saying that such initiatives are crucial for the country's future as they play a key role in inspiring the youth to adopt healthier lifestyles.

Prominent sportspersons such as Boxer Subedar Manish Kaushik, Arjuna Awardee Bruno Coutinho, Padma Shri and Arjuna Awardee Brahmanand Sankhwalkar, and former Indian women's football team head coach Maymol Rocky were felicitated at the event.



Shri Santosh Gunwantrao Sukhadeve, Secretary (Sports), Government of Goa, and Dr. Ajay R. Gaude, Director of Sports & Youth Affairs, Government of Goa, also joined the movement along with athletes, defence personnel, NCC cadets, Fit India Ambassadors among others.

Riyas Babu/Parshuram Kor

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