



From Gondal to Hyderabad, Fit India Sundays on Cycle unites citizens nationwide in 57th edition

Union Ministers Dr. Mansukh Mandaviya pedals in Gujarat, G Kishan Reddy join Sundays on Cycle in Hyderabad along with sportspersons P Gopichand, Deepthi Jeevanji, Esha Singh as special guests

प्रविष्टि तिथि: 18 JAN 2026 4:47PM by PIB Delhi

The 57th edition of Fit India Sundays on Cycle was held across the country this morning, with Union Sports Minister Dr. Mansukh Mandaviya leading the event in Gondal near Rajkot and Union Minister Sh. Kishan Reddy flagging it off in Hyderabad alongside over 1,000 participants.

The Sundays on Cycle event at Gondal witnessed enthusiastic participation with a turnout of 250 cyclists, spreading the powerful message of fitness and sustainability.

"To make India fit, we have to participate on Sundays on Cycle," Dr. Mansukh Mandaviya posted on X today.

Speaking at the occasion, Dr. Mandaviya, who is a regular at the Fit India Sundays on Cycle event, said, "Cycling is the best exercise for all age groups. It also helps to reduce carbon footprints. We must all come together and take up cycling regularly. I enjoy cycling with some many people, it gives all of us a sense of community, which is very important. I urge Indians across the nation to join every Sunday in a location in your city."

Stressing on the importance to be physically and mentally fit, he added, "A country is only as strong as its citizens. If we have to create a Viksit Bharat of our dreams, we will have to ensure that every Indian is at their best physical and mental fitness so that everyone can contribute to the development of the nation. This is the vision that Honourable Prime Minister Shri. Narendra Modi has for us."

As the Union Minister interacted with participants, several stories highlighting cycling as a catalyst for community bonding emerged.

The Fit India Sundays on Cycle has grown into a nationwide 'jan andolan', recording participation of over 22 lakh citizens across more than 2 lakh locations.

The initiative aligns with the Hon'ble Prime Minister Shri Narendra Modi's vision of 'Fitness Ki Dose, Aadha Ghanta Roz' and addresses twin national priorities of fighting obesity and promoting sustainable, low-carbon lifestyles.

In this spirit, the event at Gachibowli Stadium in Hyderabad, organised in association with the Heartfulness Institute, was graced by several eminent dignitaries and sporting icons, including Union Minister of Coal and Mines Shri G. Kishan Reddy, Chairman of the Sports Authority of Telangana Shri Shiva Sena Reddy, and badminton legend Pullela Gopichand, Arjuna Award winning shooter Esha Singh

and Paralympic bronze medallist Deepthi Jeevanji, Dr. M. Ramesh Reddy, IPS, Commissioner of Police, Cyberabad City, as well as several other athletes, Fit India Ambassadors, Champions and cycling leaders from Hyderabad were felicitated for their contribution to spreading the fitness message.

Speaking on the occasion, Shri G. Kishan Reddy highlighted the importance of integrating fitness into daily life, noting how initiatives like Sundays on Cycle reflect Prime Minister Narendra Modi's vision of promoting a healthier and more active society.

"A Healthy India is our Hon'ble Prime Minister Shri Narendra Modi's ultimate goal, and through the Fit India Mission, we are working to reverse the health issues caused by modern lifestyles. Today, changes in our diet, lack of physical activity, and environmental factors are leading to rising obesity and mental stress. To combat this, the Prime Minister has even called on citizens to reduce cooking oil consumption. We must remember that while technology has made life easier, it has reduced the physical labour that kept previous generations healthy; we must consciously reintegrate movement into our daily lives," Kishan Reddy mentioned.

Pullela Gopichand, meanwhile, emphasised the role of consistent physical activity in building both sporting excellence and disciplined lifestyles.

The FIT India Movement was launched on 29th August, 2019 by Honourable Prime Minister with an aim to make fitness an integral part of our daily lives.







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