

Ladies and gentlemen,
Esteemed guests,
And cycling enthusiasts,
SAI Officers,

I am delighted to flag off the 'Sunday Cycling' initiative organized by the Sports Authority of India (SAI). This event embodies the spirit of health, unity, and sustainability that our state and nation strive for.

Cycling is an excellent way to promote cardiovascular fitness, improved muscle strength and flexibility, Weight management and obesity prevention, Enhanced mental health through stress reduction, mental well-being, and environmental sustainability. By adopting cycling as a regular activity, we can reduce our carbon footprint, promote eco-friendly transportation, and foster a culture of physical activity.

The 'Sunday Cycling' initiative is a wonderful example of teamwork, camaraderie, and community bonding. It brings together people from diverse backgrounds, ages, and abilities, promoting unity and inclusivity.

I appreciate SAI's efforts in organizing this event, which aligns with our national outlook on sustainable development and promoting healthy lifestyles.

As we embark on this cycling journey, let us remember the values of discipline, perseverance, and mutual support. Let us work together to make Tripura a hub for cycling enthusiasts and promote a culture of physical activity and environmental sustainability.

I wish all participants a safe, enjoyable, and memorable cycling experience. Let the wheels spin, and the spirit of Sunday Cycling thrive!

Thank you, and let us get rolling!

Jai hind

