



## 53rd Edition of Fit India Sundays on Cycle Dedicated to Vijay Diwas Held in Goa

### Armed Forces, Actors, Athletes and Citizens Participate in Large Numbers

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The 53rd edition of Fit India Sundays on Cycle was organised today along the Konkan coast of Goa, with the Armed Forces as special partners, in observance of Vijay Diwas.

The mega cycling event marked a significant milestone for the Fit India Movement by taking the nationwide fitness initiative beyond the National Capital Region, signalling its expanding footprint across different regions of the country.

The event reflected the growing momentum of the Fit India Movement and reaffirmed its objective of promoting fitness as a mass movement.

The cycling rally was flagged off from Miramar Beach Circle and covered a scenic route up to Dona Paula and back, witnessing enthusiastic participation from citizens, defence personnel, NCC cadets, athletes, actors and fitness enthusiasts.

The morning programme included yoga demonstrations, Zumba sessions, live Goan music and large-scale public participation, reinforcing the message that fitness can be inclusive, enjoyable and sustainable.

The event was graced by Dr. Ramesh Tawadkar, Hon'ble Minister for Sports, Government of Goa, along with Santosh Gunwantrao Sukhadeve, IAS, Secretary (Sports), Government of Goa, and other senior officials.

Several eminent personalities, including actors, sportspersons, defence personnel and Fit India Ambassadors, also joined the event.

Addressing the gathering, Dr. Ramesh Tawadkar spoke about his journey of over two decades as a physical education teacher and cycling enthusiast. Emphasising the importance of strengthening the sports ecosystem and fostering a culture of fitness, he highlighted how cycling is an integral part of daily life in several European countries. He stated that India too must cultivate a similar culture, adding that when a large section of the population adopts fitness as a way of life, a lasting behavioural change is possible.

He further underscored the vision of the Hon'ble Prime Minister Shri Narendra Modi and the leadership of the Hon'ble Union Minister of Youth Affairs and Sports in promoting regular Sundays on Cycle across states, including Goa.

The event also witnessed participation from eminent personalities including Telugu film actor Shri Manchu Manoj Kumar, actor Mohammed Ali, 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, among others.

Speaking on the occasion, actor Mohammed Ali expressed happiness at seeing people from all walks of life coming together for fitness and appreciated the initiative for encouraging citizens to work towards a healthier nation.

Actor Manchu Manoj Kumar shared insights into maintaining fitness through discipline and consistency and commended the Fit India Movement for inspiring youth to adopt healthier lifestyles. He also lauded the leadership of the Hon'ble Prime Minister for promoting fitness-led initiatives across the country.

With active participation from NCC units, armed forces representatives, Fit India Ambassadors and fitness influencers, the 53rd edition of Fit India Sundays on Cycle in Goa showcased the impact of community-driven fitness initiatives supported by leadership and collective participation.

The initiative is conducted with Yogasana Bharat and MY Bharat as regular partners, further strengthening efforts to promote fitness and well-being nationwide.







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**Ayushman Kumar**

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