



PM credits Fit India Sundays on Cycle for creating greater fitness awareness

PM says people coming together to participate in programs like Fit India Sundays on Cycle

“Never witnessed a Prime Minister giving more clarion calls on health and well-being than Shri Narendra Modi”: Col. Rajyavardhan Rathore

51st edition of nationwide Fit India Sundays on Cycle held with Journalists as special guests

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Prime Minister Narendra Modi highlighted the ‘Fit India Sundays on Cycle’ initiative during his radio programme Mann Ki Baat today.

“There are many other competitions that are becoming very popular among our young friends. Many people are coming together to participate in programs like Fit India Sundays on Cycle. These are all ways to promote fitness,” Prime Minister Modi said his address in the 128th Episode of ‘Mann Ki Baat’ today.

Coincidentally, the 51st edition of the nationwide cycling drive was conducted successfully this Sunday, with Athens 2004 Olympic silver-medallist and Rajasthan Sports Minister Rajyavardhan Singh Rathore leading the event from the front in Jaipur.



Col. Rathore further acknowledged Prime Minister Narendra Modi's sustained encouragement to the nation in advancing a culture of better health and well-being.

"There are very few Prime Ministers in the world who make so many clarion calls, focusing on the health and well-being of its citizens. Shri Narendra Modi ji has time and again spoken about Fit India," Col. Rathore mentioned in the sidelines of the Sundays on Cycle event at the Amar Jawan Jyoti, Jaipur, this morning.



"From reducing our oil consumption to having millets (shree anna) and working dedicatedly on reducing obesity, our Hon'ble Prime Minister has always urged us to take all measures to be fit, be it through yoga, cycling, running, or other various ways. The movement created in the nation through

the Sundays on Cycle is an evident example of this. In Jaipur today, close to 1000 kids are taking part in it and there are cycles also available for them,” Col. Rathore, who holds the distinction of being the first Indian post-independence to win an individual silver at the Olympics, added.

The November 30 edition of the Fit India Sundays on Cycle saw journalists across India take part in the rally from their respective states and regions.



On the sidelines of the ongoing Khelo India University Games in Rajasthan, a special Fit India Zone is also set up at the Sawai Man Singh Stadium in Jaipur which brings together key fitness elements to create a dynamic, immersive, and interactive experience for all visitors.

The zone features three major elements including a high-energy Fitness Challenge Zone including zumba and rope skipping with exciting prizes, a dedicated Cycling Zone, and comprehensive Physical & Mental Fitness Assessments facilitated by Abhinav Bindra Target Performance.

The Fit India Sundays on Cycle began in December 2024, under the guidance of Honourable Union Minister of Youth Affairs and Sports Dr. Mansukh Mandaviya.

राष्ट्रीय एकता पदयात्रा के दौरान युवा साथियों संग प्रधानमंत्री श्री @NarendraModi जी के प्रेरणादायी #MannKiBaat को सुनकर ऊर्जा और उत्साह और बढ़ गया।#Sardar150 pic.twitter.com/ERaEGo3mGc

— Dr Mansukh Mandaviya (@mansukhmandviya) November 30, 2025

It is now a weekly event which reinforces the vision of Honourable Prime Minister Shri. Narendra Modi of "Fitness Ka Dose, Adha Ghanta Roz" and "Fight Against Obesity".

Today, Sundays on Cycle has grown into a true public movement, with common people taking the lead across the country.

Over 4000 NaMo Fit India Cycling Clubs, along with lakhs of everyday citizen, cycle regularly and participate every week, turning this initiative into a nationwide community-led fitness revolution. The event is conducted weekly by these clubs.



The Sports Authority of India (SAI) also ensures a strong nationwide footprint with SoC activities held across its network of SAI Training Centres (STCs) including Kokrajhar in Assam, Jagatpur and Badal in Punjab, Utlou in Manipur, Kargil in Ladakh and several others. It is also being organised across several Khelo India Centers including in Bhadrak, Jharsuguda, Dhenkanal, in addition to 23 SAI National Centres of Excellence (NCOEs) across the nation, every Sunday.

Ayushman Kumar

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