

World Bicycle Day celebrated at Aggarwal College Ballabgarh

Today, on June 3, 2022, World Bicycle Day was celebrated in Aggarwal College Ballabgarh under the able guidance of college Principal, Dr. Krishan Kant Gupta. It was organized jointly under the aegis of Sustainable Development Goals Club, St. John Ambulance Brigade and Youth Red Cross. On this occasion, Dr. Devender, Coordinator of Sustainable Development Goals Club told the students how cycling improves our mental and physical health. Cycling relieves from diseases like heart disease, mental disease, diabetes, arthritis etc. It reduces our obesity, improves digestion, increases our lung function, sleeps well, improves blood circulation and increases our immunity. He told that no fuel is used in the cycle, so it is an eco-friendly means of transportation. Cycling helps in reducing pollution and also helps in environmental protection. If we continue to drive the wheels of the cycle, then the wheel of our life will also continue to spin smoothly. A documentary movie was also shown to make volunteers aware of the benefits of cycling. It is worth noting that about 47 volunteers participated in this program. Principal Dr. Krishan Kant Gupta congratulated to Dr. Devender, Mr. Subhash Kailoriya, and Mr. Lovekesh, Department of Environmental Science.