



Vidyavardhaka Sangha®



VIDYAVARDHAKA LAW COLLEGE

Sheshadri Iyer Road, Mysuru

IQAC

NSS UNIT

Organizing

Special Lecture on Occasion of

World Bicycle Day



**Theme: Riding Together for a Sustainable
Future**

Distinguished Speaker



Sri. H.C. Ninge Gowda.

Assistant Professor of Economics.

VVLC, Mysuru

Date: 3-06-2023 Place: Room No 6

VIDYAVARDHAKA LAW COLLEGE, MYSURU

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Report of World No Tobacco Day-2023

The NSS unit and IQAC of VVLC has organised special lecture programme on “World Bicycle Day-2023” with the theme of ‘We Need a Food Not a Tobacco’ on 3-06-2023 at room no 9. Dr. Deepu. P., Principal welcomed the distinguished speaker of the programme Sri. Ningegowda. H. C., Assistant Professor of Law, VVLC, Mysuru. Prof. Vasudeva. K. B, Director of Legal Studies introduced the speaker to the students. Sri. Ningegowda. H.C, addressed the students expressed significance of the theme ‘Riding Together for a Sustainable Future’. Cycling is healthy, fun, and it is a form of exercise for all ages. Cycling is easy for daily routine to shops, park, school and colleges, and to workplace. He said that, cycling is not only popular form of transportation but also a fully professional sport. Cycling produces zero emissions, and eco-friendly mode of transportation. By choosing the bicycles over motor vehicles, individuals can significantly reduce their carbon footprint and contribute to fighting climate change. They enlightened students on benefits of cycling. Regular cycling provides many health benefits like cycling helps to heart, brain, bowels, lungs, bones, blood, energize muscle, helps to eyes, it controls the weight.

Cycling has increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased the body fat levels, prevention or management of disease. Reduced anxiety and depression. And it also protect from serious diseases such as stroke, heart attack, some cancers, diabetes, obesity, and arthritis. Further, they said, cycling not only helps to individual but also helps to control the air pollution, creates less noise, and results in fewer emissions that are warming the atmosphere. There are approximately one billion bicycles in the world. Country like Netherlands having the highest number of bicycles. Netherlands lives up to its cyclist friendly reputation and has the most bicycles per capita of any country in the world. China is the largest bicycle manufacturer in the world. Hence we the people of India also needs to take initiatives to use bicycle and should get benefits and indirectly it is an environmental friendly and benefits for future generation.

Finally they interacted with the students and clarified their questions. The programme was meaningful. More than 100 students were attended. Prof.

Vasudeva. K.B. Director of legal Studies, were also present. Dr. Kumara. N.J coordinator of the programme has rendered vote of thanks.

