

CYCLE CLUB

Along with Physical health, cycling also helps to improve mental health. In the body, cycling liberates endorphins which decrease stress, and boost pleasure. Thus, it is a great mood elevator; Cycling outdoors is a best way to be one with nature and to feel the fresh air of the earth.

Cycling is an environmentally as well as ecofriendly mode of transport. Consumes Zero fuel, take a lot less energy to make than a Car/Bikes and don't require toxic batteries or motor oil.

Improve Your Heart Health Helps I Shedding Weight

Day by day, the cost of fuels is rising quickly. In such situation, cycling is a cheap mode of transportation, ideal for short local trips and make up several of our everyday journeys.

Cycle Club Activities:

- Motivating the Students to join in the "Cycle Club".
- Creating Awareness to the Students.
- Formation of students in to Groups.
- Organising the rallies on some important days.
- Maintaing of Group Photos and Programs photos.

Incharge:
Faculty:A.Balaji
Department:Statics