



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS
सत्यमेव जयते



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN

Coimbatore - 641 043, Tamil Nadu, India

**Department of Physical Education
&
Avinuty Fitness Club
Campus - I & II organizes**

**FIT PEDAL RIDE – SUNDAYS ON CYCLE
30 MINUTES PEDAL & SPOT REVEAL CHALLENGE**

Pedal Towards Fitness, Fun & Eco-Friendly Living



Participants: Campus – I & II Students (UG/PG/Ph.D)

Ride From Your Own
Home / Native Place

Teaching & Non-teaching Staff



15 JUNE 2025; SUNDAY @ 6.00 - 9.00 AM



LEADERSHIP ENDORSEMENT - FIT PEDAL RIDE



Dear Avinashilingam Community, It gives me immense pleasure to extend my wholehearted support to the "FIT PEDAL RIDE" an initiative championed by the Department of Physical Education & Avinuty Fitness Club (Campus I and II) under the Aegis of the Fit India Movement - Sunday on Cycle. I encourage every Student and staff to participate in this meaningful 30 Minutes ride from your own locality on 15 June 2025. Warm wishes for a safe and joyful ride.

- Dr. V. Bharathi Harishankar
Vice Chancellor



Dear Students and Staff, As part of the Fit India Movement Initiative, our Institute proudly aligns with this campaign to embed fitness into rhythm of our lives "FIT PEDAL RIDE" on 15 June 2025. The Department of Physical Education & Avinuty Fitness Club has designed this activity to be inclusive, engaging & flexible by allowing participants to ride from their own house or home towns. let us take this opportunity to demonstrate our collective resolve to stay fit, stay aware and lead by example.

- Dr. H. Indu
Registrar

 **For Queries:**

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Students Council Co-chair: Roopika - 7358932753