

## Cyberabad CP Participates in 'Sundays on Cycle' Special Edition



The '**Sundays on Cycle**' (SOC) program was organized on, **January 18, 2026**, at Gachibowli Stadium under the aegis of **Fit India** and the **Sports Authority**. The event was a joint initiative by the Fit India Mission, the Sports Authority of Telangana, and the Heartfulness Foundation. The cycling route stretched from Gachibowli Stadium to the University of Hyderabad.

This special edition of SOC was conducted with a focus on **Heartfulness**, alongside the theme of the upcoming **2030 Commonwealth Games** national celebrations to be held in India this year.

## **Key Highlights from Cyberabad Police Commissioner Dr. M. Ramesh, IPS:**

Speaking on the occasion, Commissioner Dr. M. Ramesh stated:

- The **Fit India Movement**, launched by Prime Minister Narendra Modi in 2019, continues to promote a healthy and active lifestyle across the nation.
- Alongside initiatives like the Fit India Freedom Run, Fit India Week, and National Sports Day, the 'Sundays on Cycle' program has gained immense public popularity.
- Since its launch in **December 2024**, SOC has been organized in over **1.75 lakh locations** nationwide, engaging more than **22 lakh cycling enthusiasts**.
- The program has evolved into a community fitness platform by incorporating activities like **Yoga and Zumba**.
- Notably, Prime Minister Narendra Modi praised this initiative in the **117th episode of 'Mann Ki Baat'**.

## **Strengthening National Fitness**

**Mayank Srivastava, IPS, Deputy Director General of Fit India Mission**, noted that this program strengthens the role of community fitness, national sports promotion, and Heartfulness. He expressed optimism that the cooperation of the Cyberabad Police would continue in the mission to build a healthier nation.

The event saw participation from several high-ranking officials, including:

- **C.H. Srinivas, IPS** (DCP, Serilingampally)
- **Sanjeev** (DCP, CAR Headquarters)
- **Hanumantha Rao** (ADCP, Madhapur Traffic)
- **Chandrashekhar Reddy** (ACP, Madhapur Traffic)
- Other police personnel and staff.