

## **"Use Cycle... Save Petrol.... Save Nature... Lead Healthy Life" : (03.02.2022)**

Vinayaka Mission's College of Pharmacy, Salem is a constituent college of Vinayaka Mission's Research Foundation (Deemed to be University) has organized awareness speech about **"Use Cycle... Save Petrol.... Save Nature... Lead Healthy Life"** to NSS Unit Volunteer's for creating interest and getting benefits from cycling. Mr.B.Thangaraj Rase Rajan, a journalist by profession has delivered sensational and motivational speech about **Use Cycle... Save Petrol.... Save Nature... Healthy Life** on 03-02.2022. He set to enter @ Guinness World Records by covering 40,000 km on cycles across the country and he is a strong believer in "Use Cycle, Save Petrol & Save Nature", he started his journey from Tamil Nadu. The programme was initiated and appreciated by Prof. Dr. B.S.Venkateswarlu, M.Pharm., Ph.D., Principal. It is organized by Dr. L.Janarthanan Assistant Professor, NSS Programme Officer and Mr.P.Senniappan, Assistant Professor, RRC Programme Officer, over 50 NSS Volunteers participated in this Programme.





No. 7-B, Yercaud Main Rd, Kondappanaickenpatti, Salem, Tamil Nadu 636008, India

Salem  
Tamil Nadu  
India

2022-02-03(Thu) 03:43(pm)

31°C  
88°F



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**USE CYCLE...SAVE PETROL...SAVE NATURE...**

**RASE RAJAN'S TOUR DE INDIA ( YOUTUBE ID )**

FIRST, CHOOSE THE **CORRECT TYPE OF CYCLE** FOR YOUR HEIGHT , WEIGHT AND PURPOSE  
USE CYCLES FOR **WORK PLACE , SCHOOL , MARKET , PLAY GROUND , TEMPLE , FRIEND'S HOUSE**  
CYCLING IS THE BEST AND VERY ECONOMIC MEDICINE TO **CURE SUGAR AND OBESITY**

FOLLOW "**CYCLING TRAFFIC RULES...**"

**"ALLWAYS KEEP LEFT..."** , THAT IS THE "GOLDEN RULE OF CYCLING..."

USE **TAPE CHEPPAL (SANDAL)** FOR CYCLING, NOT RUBBER CHEPPAL

**TAKE WATER** WITH YOU WHILE CYCLING

SET YOUR SEAT HEIGHT PROPERLY

FIX YOUR **BREAKS** PROPERLY

MAKE "**SMALL CYCLE TOURS...**" TO YOUR SORROUNDING VILLAGES

NO SIDE BY SIDE RIDE , MORE THEN 2 CYCLE....

**DAILY 10 KMS CYCLING GIVES " GOOD BREATH "**

**DAILY 20 KMS CYCLING " MAKES YOU SWET "**

**DAILY 30 KMS CYCLING WILL " BURN YOUR FAT "**

**DAILY 40 KMS CYCLING GIVES " GOOD DEEP SLEEP "**

**DAILY 50 KMS CYCLING " MAKES YOU AN EXPEDITIONER "**

**CLEAN YOUR CYCLE WEEKLY ONCE**

**CLEAN THE CHAIN WITH DIESEL AND SOAP WATER**

**SAVE YOUR HUB AND BOTTON FROM WATER**

**WEAR HELMET WHILE RIDE THE CYCLE**

**DRINK ATLEAST HALF LITRE WATER AFTER 10 KMS RIDE...**

**FB ID : RASE RAJAN    contact : 883 870 9102**

**# We are giving good online counseling for buying suitable cycles\***