

+91 9815591973 support@examlife.info



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## ***3rd June 2021***

# **Topic: Important Day**

**Importance: Prelims**

***World Bicycle Day***

***Why celebrate the bicycle?***

- Regular physical activity of moderate intensity – such as walking, cycling or sports – has important health benefits.
- According to the World Health Organization (WHO), safe walking and cycling infrastructure is another way to achieve greater health equity.
- Walking and cycling can provide some form of transportation while decreasing the risk of heart disease, stroke, some cancers, diabetes and even death.
- Cycling is a solution to helping cities decouple

population growth from increased emissions and to improve air quality and road safety.

## ***Cycling and Sustainable development:***

- World Bicycle Day draws attention to the benefits of using the bicycle, a simple, affordable, clean and environmentally-friendly means of transportation.
- A sustainable transport system that promotes economic growth, reduces inequalities while strengthening the fight against climate change is critical to achieving the Sustainable Development Goals.
- Targets 3, 11, 13, 15 of the SDGs are linked to cycling and sustainable development.

## ***Who declared this day?***

- United Nations General Assembly

(Source: UN Website)

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