

CONCEPT NOTE

ON

KAPURTHALA CYCLING CLUB, KAPURTHALA

[constituted under the aegis of District Red Cross Society, Kapurthala]



.....Pedal your way to health & happiness

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BACKGROUND

The times that we are living in – the Modern Age – is the one in which the changes are taking place at the speed of thought. Discoveries, scientific inventions and technological advancements in the last two centuries – the 19th and 20th – have radically altered our lives and the way we lead our lives.

Newspapers almost every day today are replete with news about the rapid strides being made in all the fields, most notably the fields of medicine, science and technology. What used to be perceived or thought as unthinkable and impossible yesterday, through the use of power of brain, has been made possible overnight. Supersonic passenger jets have made air travel faster than the speed of sound.

All this has not come without tremendous cost. With the advancements and inventions has come stress that almost every man today is reeling under. Epidemics and diseases hitherto unknown to the mankind are plaguing one region today, another region tomorrow and so on. Reports about violent incidents sadden us almost every other day. The big names in the world of crime are hogging equal limelight along with the explorers, scientists and other achievers & philanthropists whose discoveries, inventions and findings have changed the lives of millions.

Unhindered flow of information across continents, countries and classes has rendered the boundaries – physical, political as well as geographical



– meaningless. At the click of mouse or at the tapping of keyboard/keypad, the entire world, virtually, and the information is open and available to one and all. The flood of information, both good and bad, which is available on the plethora of websites and portals, newspapers, television, radio and various interactive social media like WhatsApp, Twitter, FaceBook to name a few, and lot many others, has made it all the important for the viewer/reader, to exercise his or her discretion carefully.

Because of our over-involvement in using the Internet and social media, we have become far too individualistic. Our one-to-one personal, group and social interactions (man to man interactions) have been replaced by interactions on the social media and Internet (man to machine interactions). The time we devote on physical exercise, sports and games has been eaten away by video games. The people are becoming more and more individualistic and lethargic.

As a result of the above changes and many others, the stress levels have increased manifold. It is against this background that Shri Mohammad Tayyab, IAS, Deputy Commissioner-cum-President, District Red Cross Society (DRCS), Kapurthala conceived the idea of forming Kapurthala Cycling Club (KCC), with the ultimate aim of involving common citizens to support district administration in creating awareness and social mobilization for rallying collective support against social evils such as drug abuse, dowry, female infanticide, child labour and child abuse. In addition, the Club intends to use cycling as the medium for spreading the virtues of having good health, cleanliness & hygiene, environmental protection & afforestation, peace &



communal harmony, women empowerment, traffic awareness and *Shramdaan* (voluntary work for common good) to name a few, with the overall objective of making our lives happier and contented.



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WHY CYCLING?

"Health is Wealth". We have grown up hearing this old adage since our childhood, repeatedly, from our parents and elders, teachers, friends and well-wishers. That good health and happiness are positively correlated has been proven by many scientific and psychological studies. And one feels happy, positive and motivated if one is healthy is also an established fact.

Changes over the years, as have been discussed in the previous chapter, have increased stress levels in today's world manifold. If money is lost, something is lost, but we can always make good the loss of money. But, if health is lost, it gives a feeling that almost everything is lost. Most of the organs of the human body are neither replaceable nor recoverable. Ask about the value of having good health from someone who is sick. The virtue or importance of having good health cannot be but overemphasized in today's fast-paced world. The over-dependence of the modern man over machines has undoubtedly made our lives better and much more comfortable, but this has come at the cost of health.

There are several ways of maintaining good health. Many alternatives are available to us. One can go to gyms or health clubs, or engage in individual sports like running and cycling, and team sports such as cricket, football or hockey. In some physical activities, one needs a trainer. In some, expensive equipment is required, which may not be within the reach of everyone. Cycling



is one of the few physical activities where no expensive equipment is required. One can find cycle almost in every household. And, cycling is one physical activity, which can be performed at anytime, anywhere and both individually or as a group. More than anything, it can be used as a source of entertainment as one can go out for excursion astride a bicycle. In the bargain, one ends up gaining health and happiness!



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KAPURTHALA CYCLING CLUB, KAPURTHALA

3.1 Formation

The District Red Cross Society (DRCS), Kapurthala aims at overall well-being of the masses. In addition to its main goal of helping the needy in distress, the Red Cross has also been undertaking many allied and connected activities, drives and campaigns of social nature since its inception, which are aimed at raising awareness in the society towards the importance of cleanliness & hygiene, environment, communal peace & harmony, literacy, women empowerment and traffic awareness. In addition to this, the Red Cross has undertaken several activities in creating awareness and rallying collective support against social evils such as drug abuse, dowry, female infanticide, child labour & child abuse, etc.

To give a fillip to the above efforts of the Red Cross with the involvement of common citizens, it is proposed to constitute Kapurthala Cycling Club, Kapurthala under the aegis of Kapurthala Cycling Club (KCC), Kapurthala.

3.2 Statement of Objectives of Kapurthala Cycling Club (KCC):

The KCC shall undertake activities to raise awareness in the Society towards the importance of:

1. Good health



2. Cleanliness & Hygiene
3. Environmental Protection & Afforestation
4. Peace & Communal Harmony
5. Women Empowerment
6. Traffic Awareness
7. *Shramdaan* (Voluntary Work for Common Good)

In addition, the Club shall also undertake activities to raise awareness in the Society against the social evils such as:

1. Drug Abuse
2. Dowry
3. Female Infanticide
4. Child Labour
5. Child Abuse

The activities of the KCC shall not be confined to the above specific objectives, which may be added later on as and when the need is felt.

3.3 Organizational Structure & Membership

The Kapurthala Cycling Club shall be constituted under the aegis of the District Red Cross Society (DRCS), Kapurthala. The proposed organizational structure is as below:

Office Bearers

- | | | |
|---|----------------------------------|--------------|
| 1 | Deputy Commissioner, Kapurthala | Chief Patron |
| 2 | Senior Superintendent of Police, | Patron |



	Kapurthala	
3	Addl. Dy. Commissioner (General), Kapurthala	Vice-Patron
4	Civil Surgeon, Kapurthala	Executive Member
5	Addl. Dy. Commissioner (Development), Kapurthala	Executive Member
6	Asst. Commisioner (General), Kapurthala	Honorary Secretary
7	Secretary, DRCS, Kapurthala	General Secretary
8	District Public Relations Officer (DPRO), Kapurthala	Media Secretary
9	Lead District Manager, Kapurthala	Executive Member

Honorary Members & Motivators

1	Gurmukh Singh Dhode
2	Gurbachan Singh
3	Prof. Sarabjit Singh Dhir
4	Principal Balwinder Singh Battu
5	Umesh Sehgal
6	Deepak Salwan

To institute a sense of seriousness amongst the members towards their association with the Club and its objectives, and for getting willing support of the members towards the efforts being undertaken by the Kapurthala Cycling Club (KCC), it is proposed that an one-time entry/membership fee of



Rs. 500/- (Rupees five hundred only) should be kept. The money so collected shall be in the name of "District Red Cross Society (DRCS) – Kapurthala Cycling Club, Kapurthala", which will be credited into a separate account. The money collected from the membership, in addition to voluntary contributions from the individuals/members or other groups/societies/organizations/any other entities, shall be utilized only on the activities of the Kapurthala Cycling Club (KCC), Kapurthala i.e. all the expenses made on account of organizing the events, campaigns, drives, etc. of the KCC, shall be met out of the KCC funds.

