



[www.cycletofuture.com](http://www.cycletofuture.com)



# Cycle to Future for Health & Environment

in association with AIMS Group of Institutions,  
Bangalore

[www.cycletofuture.com](http://www.cycletofuture.com)

**Prof. Thothathri Raman**



## CYCLE TO FUTURE

Wheel the World

Vision: "Everyone should cycle"

[Home](#)[Cycle & Covid19](#)[Join US](#)[Eco-tourism](#)[Industry](#)[Top Events](#)[Gallery](#)[Blog](#)

## CYCLE TO FUTURE/CYCLE DONATION/ECO- TOURISM

Cycling has an universal appeal. It is gender and age neutral. Cycling perhaps is also the most suited mode of transport in alignment with nature. In the world riven by an unprecedented pandemic Covid 19, cycling has become all the more significant to stay healthy & stay mobile especially those who are seniors of over 50 years of age. We planned this website with cycle eco-tourism especially in our picturesque coastal region and also promote Cycle donation keeping in view our vision that "Everyone should cycle". There would be industry insights, global news and views, tips and treats for the cycle enthusiasts and generally act as a hub to connect everyone who is wheeling the world today.

[www.cycletofuture.com](http://www.cycletofuture.com) a division of SEAA Trust, New  
Delhi [www.seaastandards.org](http://www.seaastandards.org)



SCHOOL OF  
BUSINESS

Presents a National Webinar on

16<sup>th</sup> June 2021  
Wednesday, 11:00 am

## Cycle to Future for Health and Environment



A Thothathri Raman,  
*Chairman, SEAA Trust New Delhi*



[www.theaims.ac.in](http://www.theaims.ac.in)



The image features a white background with several red, spherical coronavirus particles scattered around. Each particle is covered in small, pointed protrusions, giving it a spiky appearance. The particles vary in size and are positioned at different angles, creating a sense of depth and movement. The central text 'CORONAVIRUS' is prominently displayed in a bold, sans-serif font. The word 'CORONA' is in black, while 'VIRUS' is in red, matching the color of the virus particles.

**CORONAVIRUS**





# CORONA HAS CHANGED THE WAY WE LIVE AND WORK

CHAD CROWE







#EINSPURFUERSRAD

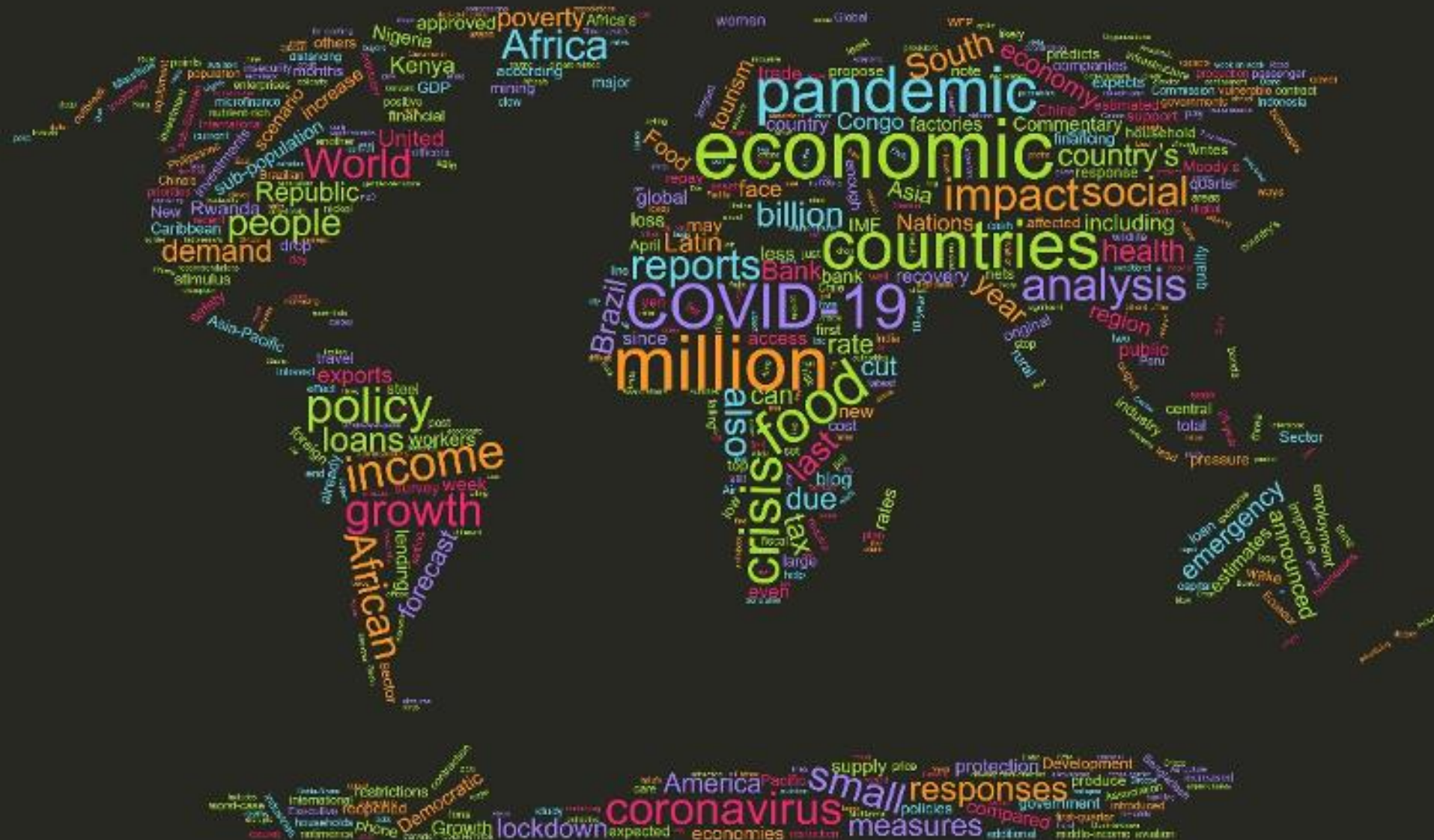
**Sichere  
Corona-**

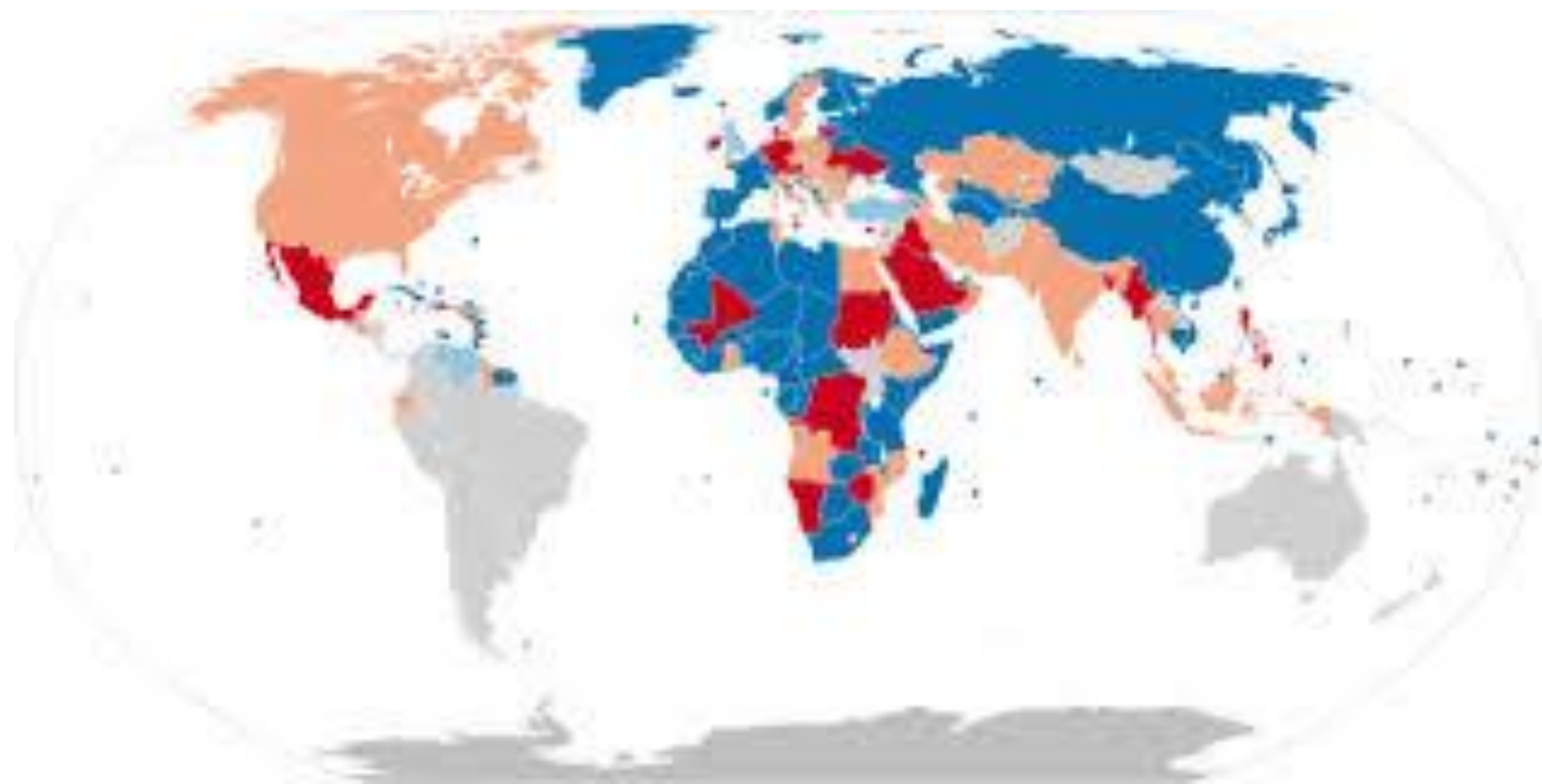


**BIKELANE**



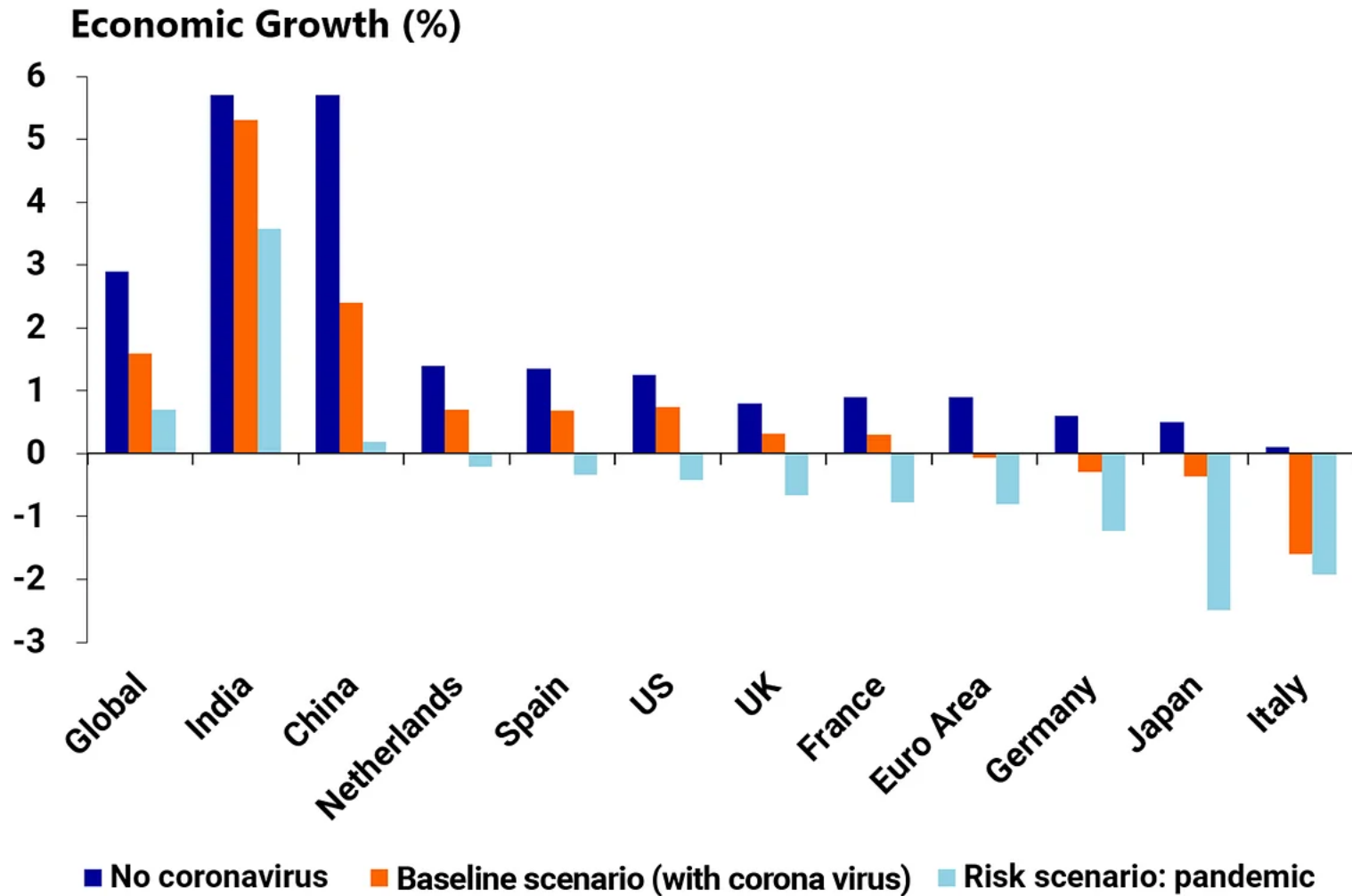








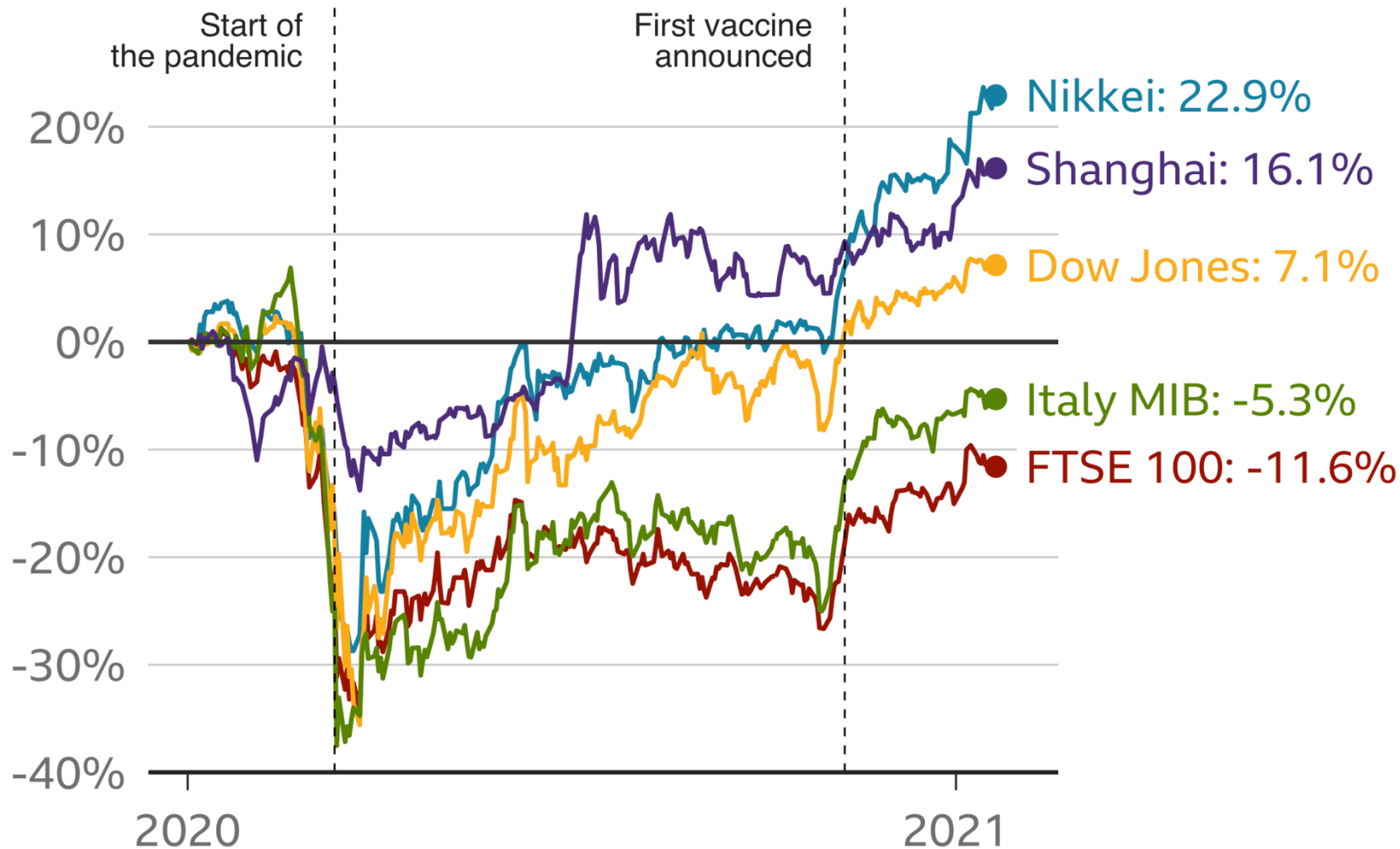
# Global Economic Impact Of COVID-19



Source: Rabobank, Macrobond

Bloomberg | Quint

# The impact of coronavirus on stock markets since the start of the outbreak



# Causes and Effects of Climate Change

## Causes

- Rapid industrialization
- Energy use
- Agricultural practices
- Deforestation
- Consumer practices
- Livestock
- Transport
- Resource extraction
- Pollution



## Effects

- Rising temperatures
- Rising sea levels
- Unpredictable weather patterns
- Increase in extreme weather events
- Land degradation
- Loss of wildlife and biodiversity

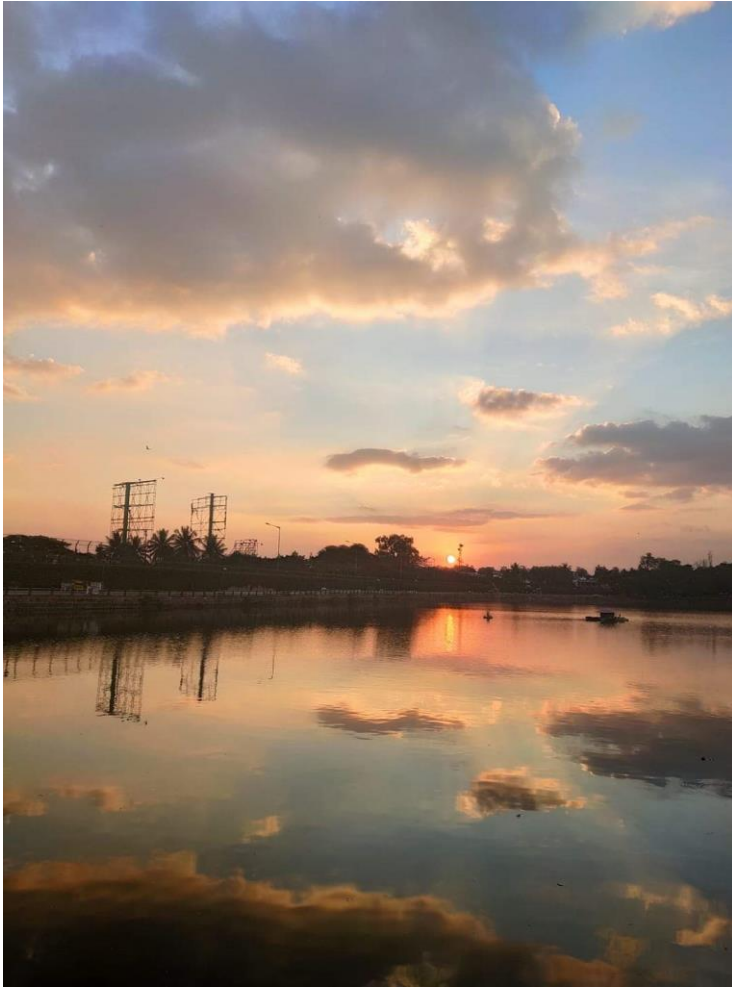
## What are the social impacts of climate change?

Displaced people. Poverty. Loss of livelihood. Hunger. Malnutrition. Increased risk of diseases. Global food and water shortages.





# **CLIMATE CHANGE HITS POOR THE MOST, SO DOES THE PANDEMIC! TOGETHER THESE WOULD HAVE DEVASTATING EFFECT ON PEOPLE**



**For the poor and vulnerable, the health impacts of climate change are already here . Unseasonably hot temperatures, disease-carrying mosquitoes , Corona virus and climate change threaten those with existing health conditions, while wealthier people generally save themselves owing to better access to medicine and healthcare.**

**UN's  
Intergovernmental  
Panel on Climate  
Change (IPCC)  
suggested cycling as  
one of the reliable  
options to aid the  
promised 1.5  
reduction in global  
temperature by 2030**

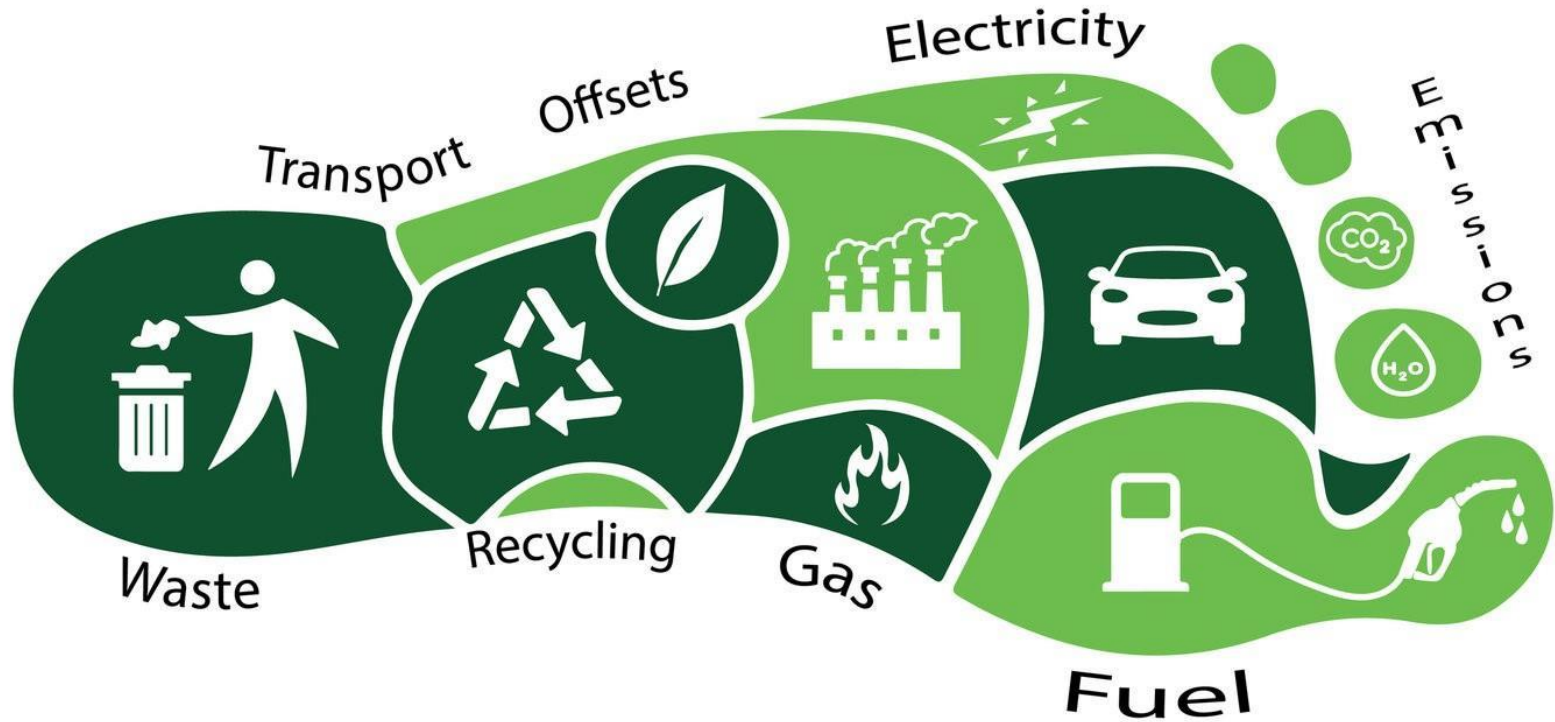




# **Empowering Individual Action To Fight Climate Change**

**Many thought leaders indeed espouse the mantra that true change will come via systematic and societal change rather than through shaming individuals for their actions. Indeed, reports have shown that over 70% of global emissions since 1988 have come at the hands of just 100 global companies.**

# Carbon Footprint



courtesy: Solar Tribune 2010



**REDUCE YOUR  
CARBON  
FOOTPRINT.  
RIDE A BIKE.**







A 2015 study by the Institute for Transportation and Development Policy concluded that a dramatic increase (about 20 percent) in cycling worldwide could “cut carbon dioxide emissions from urban passenger transport by nearly 11 percent in 2050. A 2011 study found that Barcelona’s bike-share program reduces carbon dioxide emissions in the Spanish city by about 9,000 metric tons each year.



**Choosing a bike over a car just once a day reduces an average citizen's carbon emissions from transport by 67%, according to research led by University of Oxford transport professor Christian Brand.**







## BENEFITS OF *Cycling*



REDUCES YOUR CARBON FOOTPRINT AND CONTRIBUTES IN PREVENTING GLOBAL WARMING



CYCLING IS ENVIRONMENTALLY FRIENDLY AS THE MODE OF TRANSPORT IS SILENT AND PRODUCES NO EMISSIONS.



RIDING YOUR BIKE TO WORK MAKES YOUR DAILY COMMUTE EMISSION FREE



GIVES YOU IMPROVED MUSCLE STRENGTH AND BETTER MOBILITY AND COORDINATION



REGULAR CYCLING REDUCES THE CHANCE OF SUFFERING FROM HEART DISEASE BY 50%

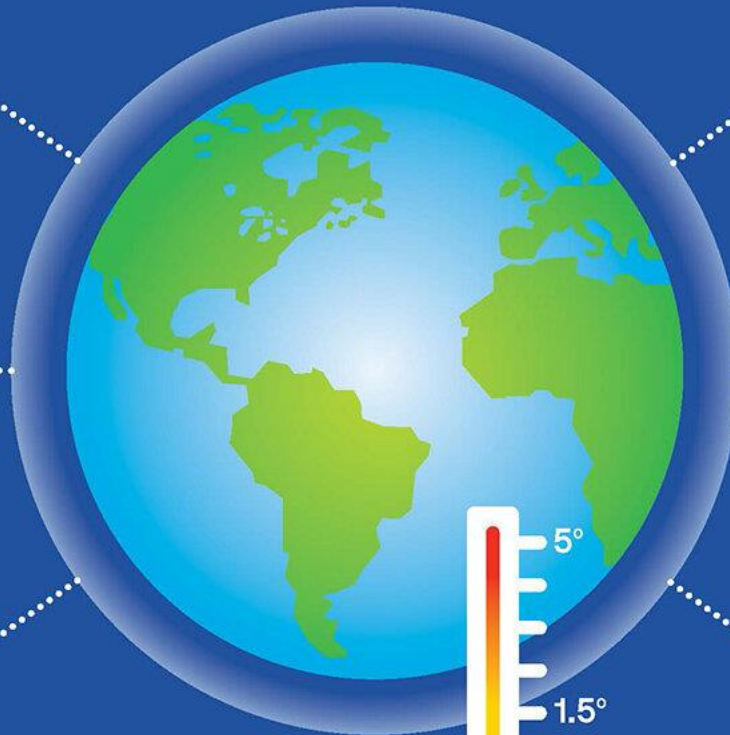
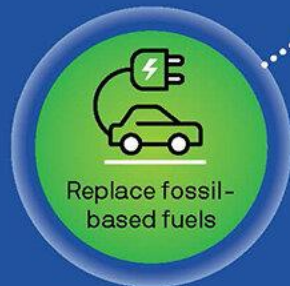
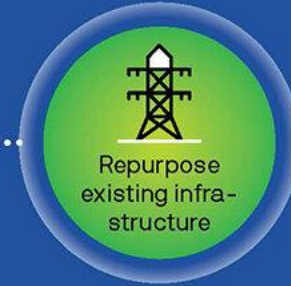
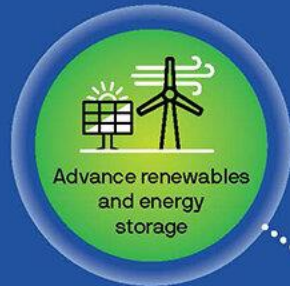


INCREASES CALORIE CONSUMPTION AND RAISES THE METABOLIC RATE, WHICH CAN HELP TO LOSE WEIGHT.

**World Health Organisation (WHO) recommends that adults aged 18-64 years should indulge in at least 150 minutes of moderate-intensity physical activity throughout the week to stay healthy. What many do not know is that a daily cycle ride of only 20 minutes is sufficient to achieve this target!**



# How do we keep global warming to **1.5°C**?





# Climate change **Solutions**

**Eliminating**



**forego fossil fuels**

**Use less**



**transportation**



**Stop cutting**



**trees**

**alternative  
Infrastructure  
Upgrade**



**Unplug  
gadgets**

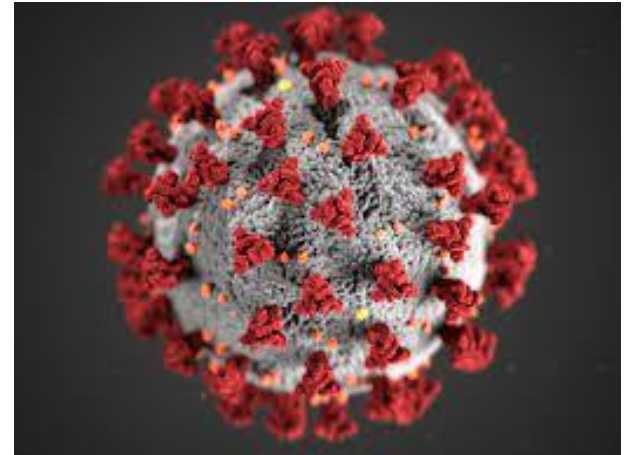
**[www.imsathya.com](http://www.imsathya.com)**

# CYCLES OR CARS?



**What changes are  
needed in healthcare  
and climate change  
according to you?**

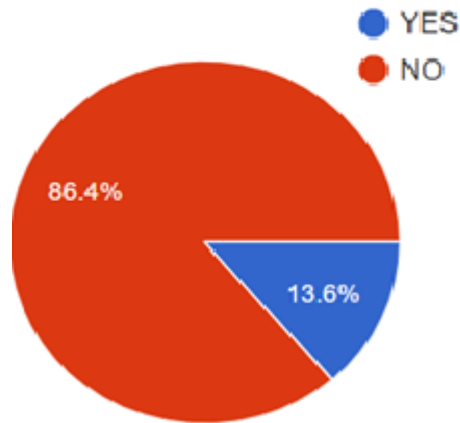
Place your comments in the Chat Box



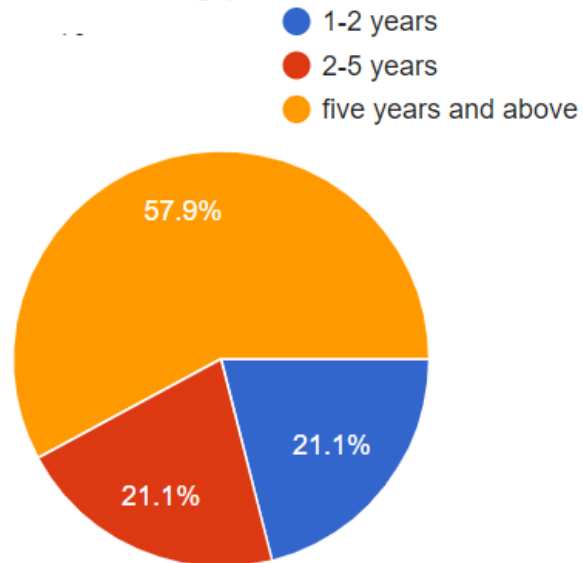


## Key findings from our survey!

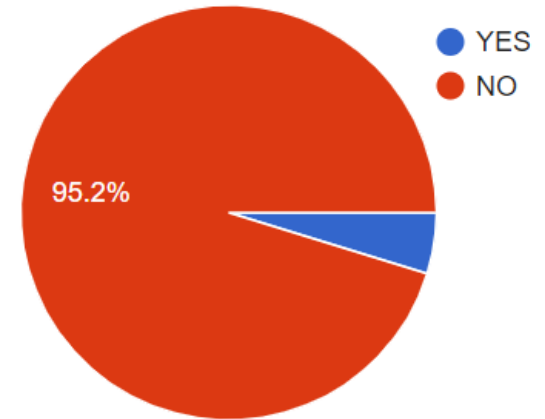
Are you a regular cyclist ?



How long you have been cycling



Have you participated in any cycling competition ?



The suggestions range from dedicate cycle lanes to shutting down automobile traffic on specific days in favour of cycling

Brand awareness of cycles is pretty low!

E-cycles are being favoured even though the normal cycles are expected to help in cardiovascular health



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# CYCLE TO FUTURE

Save your Health &  
also environment!

# Go cycling!

**Become member of Cycletofuture Forum!**

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