

- the original handle -

WORLD BICYCLE DAY (JUNE 3)



Peddle a learning from your past :)

Concept, Design & Compilation by

KRISHNA PRAKASH



"That which made me succeed with the bicycle was precisely what had gained me a measure of success in life – it was the hardihood of spirit that led me to begin, the persistence of will that held me to my task, and the patience that was willing to begin again when the last stroke had failed.

And so I found high moral uses in the bicycle and can commend it as a teacher without pulpit or creed.

She who succeeds in gaining the mastery of the bicycle will gain the mastery of life."

Frances E. Willard
How I Learned To Ride The Bicycle (in 1895)

After this introduction, we would get to read what many people expressed on BICYCLE through their social handles for a post on World Bicycle Day 2021.



From the desk of Life ~~Catalyst~~ Cyclist...

The evening of 2nd July 1989 my mother gifted a bicycle for my birthday. I was surprised as my birthday was still 3 weeks after that. It was then my grandpa mentioned that due to spike in demand the shop keeper urged them to book in advance.

The news was broken to me after lunch on the 2nd July as I was required to visit the anna (elders are generally called thus!) who assembles and repairs cycles in the pavement near our home. As I write this piece, this anna is still on the job at the same place!

Sometimes you can get delivery of the bicycle but the one who assembles would have a waiting list! The seat & handle covers, bell, mud guard and dynamo are all considered as extra fittings. So, I got to choose the colour of these fittings wherever applicable.

32 years have passed. I am fortunate to buy / sell / exchange many vehicles after that but the feel and pride of that day on receiving the bicycle is unparalleled.

Lessons are many...

Life is like riding a bicycle. To stay on-course we need to know when to pedal, when not to pedal and when to give lift to someone and when to be alone. It taught the art of periodic maintenance, discipline and self-reliance as we need to know basic repairing techniques. The handle bars gave the feeling that our life is in our hands :)

Now I realize that more than social handles (Linkedin, FB, Instagram etc.,) we can call bicycle handle as 'the

original handle' as to manage that we do not need internet, we don't need to give a hood to the opinions of others and it gives us the freedom to manage the direction that we wish to take in life...

Krishna Prakash

Life Catalyst Cyclist

June 3 & 4, 2021

a World Bicycle Day release



*There is beauty in silence and there is silence in beauty and
you can find both in a bicycle!*

Mehmet Murat ildan

- the original handle -

1. Vishal Dilawari



My earlier memory of bicycle was from the days I started to learn to ride a bicycle from my father ...

I was barely 7 yrs old ... the memory comes flashing back these days when I make my kids learn to ride a bike ... they very thoughtfully (and competitively) ask by what age I had finished learning to ride a cycle ...they want to beat that age 😊😊 kids these days 😊😊

Another thing I still remember is not the fastest cycling race but the SLOWEST one .. (my kids give an astonished 😲 look) on hearing this ... as they have no clue that there used to be a slowest cycle race in which the last one to finish line wins the race ...

Some great memories of past reliving thru my kids childhood days in making them learn to ride a cycle

Vishal is a respected Product Management & Marketing Specialist who has worked with brands like Panasonic, LG etc., as well as large format stores like Al-Futtaim. He presently operates out of Dubai, UAE. Just look at his photo to know how he views life. Grateful that he chose to be the first to comment on this [post](#).



To possess a bicycle is to be able first to look at it, then to touch it. But touching is revealing as insufficient; what is necessary is to be able to get on the bicycle and take a ride. But this gratuitous ride is likewise insufficient; it would be necessary to use the bicycle to go on some errands...Finally, as one could foresee, handing over a bank note is enough to make a bicycle belong to me, but my entire life is needed to realize this possession.

Jean-Paul Sartre

- the original handle -

2. Ra Chandiramouliswara



When I was around 3 years of age, my grandma told "try cycle(tricycle)." I tried till my knees started hitting the handles.

Even otherwise it was a big joint family. Our grandma had 9 children and I happened to be the first grandson of the family!! Hence pressure to vacate the cycle seat starts within 6 months!! My next cousin ready to try!!!

Then my grandma said buy cycle... (bicycle) ... my height was insufficient and I could do only Monkey pedaling with many ground kissing namaskaarams (falls) with scratches on the full body and sprains that will prohibit further trials. However, I pretend that nothing happened to me lest my seat(cycle) will be permanently allotted to cousin _in-line!!!

Meanwhile we intensely pray that parents of next cousin come during school summer vacation and take him along to their place of stay!!! We wished that it happened regularly!! On the contrary sometimes it happened to be one ticket out but 2 tickets in!!!

Cycle taught me many things like. Life is a cycle. Some have it exclusively and some share. Sharing leads to caring. Cycles teach us balancing. Look straight, sit erect, don't lose balance etc., is valid for life.



*The bicycle is a curious vehicle.
Its passenger is its engine.*
John Howard

RCM or Chandra as he is fondly addressed by us is one of the widely travelled and vastly read person you could come across. His knowledge and encounters with Siddhas (adepts) is exceptional. As you rightly guessed he is a professional writer and writes on spirituality and positive living. He is a mentor to [Shrimath Yoga](#) team, an award winning residential Gurukul model Yoga School based out of rural Bangalore.

3. Amith Hegde



Thanks for bringing back the nostalgia, Krishna.

Long ago – Was just learning to balance. The first time I got the hang of it, was so overjoyed that I just went on pedalling. It was a long stretch & speed kept increasing trying to keep pace with my elation

Excitement about the new found mobility made a blur of other things. The wall at the end of our street seemed to magically pop out of nowhere & was approaching fast. Tried to brake, tried to turn but neither happened. It was direct impact & was thrown over the wall without my bicycle.

There was no thought at that time about any learning. My first reaction was 'hope my bicycle was alright' & promptly ran back to check on it. Maybe some lessons are learnt without too much thinking. Much later it was

obvious - had never bothered to learn proper braking nor a bit of turning.

Looking back, the first order of things was to get my balance going. Once that was achieved, got so lost in the moment that the fact of not knowing to brake or turn just went out the window.

The simplest lesson was when you are trying hard to master something, small wins can get us carried away. Mistakes happen and we fall. Get up, dust it off & go on to master it. Do not repeat the same mistakes & avoid new ones

Amith Hegde is someone who always puts us in the front and works magic in our lives from behind i.e. an ideal Leadership Coach. From corporates to entrepreneurs, he has been helping to future-proof with implementable insights

Imagreal, his entrepreneurial venture, works with corporates & individuals on branding, communication & strategy. An extremely gifted listener, strategist and very well-read that one can have meaningful as well as balanced conversations on any topic of one's choice

4. Sunitha Narayanan



Krishna Prakash love these mundane celebratory days!

Yes, learning how to get on a bike (with that middle handle-- a "boy's bike") was certainly a challenge for me and I couldn't have figured it out without Swaraj Krishnan's help.

My favorite memories are of bike rides and getting into trouble.

The lesson that has stayed with me - practice matters even when it seems no progress is being made.

Falling isn't fatal. Asking for help matters because there is always someone that will be willing.

Keeping simple pleasures in my life matters. Joy is within reach even on the most uneven of days.

Thanks for today's fun reflection.

Sunitha Narayanan is one of the precious gems I got through LinkedIn. When almost every other coach was trying to sell their expertise and services, she was one of the first Coach to ask me: *Please let me know how I can support your work. I look forward to building a relationship for the greatest good*

So, if you wish to get out of your own way to build sustainable and distinctive leadership legacy, then she is the one to look up to and connect with

I urge the readers to go through the post's comments section to read the conversations she had with Swaraj Krishnan. Simply awesome :)



*There may be a better land where bicycle saddles are made
of rainbow, stuffed with cloud...*

Jerome K. Jerome, *Three Men on the Bummel*, 1900

5. Smrithi Krishna



My tryst with "My cycle"

My cycle guru my sister 😊, with great difficulty made me learn how to ride a cycle.

Of course, lots of promises from her followed 😊 (eg: constantly holding the cycle, and the handlebar). Finally, the classes started. Three days later I was somewhat able to balance the cycle, turn the handlebar in the right direction and catch the break when needed!! By this time my sister almost lost 2 kilos of her weight running behind me.

Now for an unforgettable cycle accident which I am sure everyone has undergone - 5 days into the lesson, my sister decides not to hold the cycle anymore and I was completely unaware of it and blissfully talking to

her, I could not hear her replying hence I turn back and to my utter shock she was far away from me clapping with joy. The next thing ... I found myself inside a bush totally engulfed by thorns; didn't know how to come out. Now my sister comes running and asks me are you hurt (what a question to ask) she runs to Amma and gives her the details and they come with an axe to extricate me from the bush. I come out of it, they check for thorns on my body; my mother says "ah... now all ok, you can continue with your lesson!!"

Jokes apart I am extremely thankful to all of them because without them my life would be impossible.

Smrithi Krishna is the Co-founder of Shrimath Yoga. Since the inception in 2011, she has donned the hats of cook, housekeeper, gardener, tourist guide and Yoga teacher to students who come from 40+ countries to learn Yoga the traditional way. Her books on Yoga and Cookery are slated to release by July 2021

Smrithi takes active part in enabling and empowering rural kids and women at Arjunabettahalli, a village in Bangalore rural

6. Shankar M S



Thank you KP for this opportunity.

Whenever I think of my cycling experience to school, I can just say that it was one of the most memorable days indeed :) stop at any place, pick up anything to eat, chit chat with friends, never bother about how many miles you are riding on a daily basis.

The best memory that I have about cycling is that in my initial days I just knew how to ride a bicycle but didn't know how to stop :) always used to fall down. However, I figured out that when am about to fall, I can call my friends to hold me :) they indeed held me every time without any expectations or asking any questions. The trust that I had in my friends still continues and I am still in touch with those friends who held me at that time. Fascinating isn't it.

The greatest lesson would be to trust people and spread so much love and affection that they never get an opportunity to think about something in return :)

Shankar... if you ever wish to meet someone who despite accomplishments across various fields yet appears as if he didn't do anything, then it is Shankar. He helps organizations to streamline their finance so it allows them to focus on their core strengths. He helps them to raise funds and establish offices across globe. Lend me your ears... let me share a secret...

Lend your ears, let me share a secret ... Shankar is one of the internationally awarded wildlife photographers.



"[Commuting by bicycle is] an absolutely essential part of my day. It's mind-clearing, invigorating. I get to go out and pedal through the countryside in the early morning hours, and see life come back and rejuvenate every day as the sun is coming out."

James L. Jones,
former US Supreme Allied Commander Europe,
Barack Obama's former National Security Advisor

7. Priya R



Thank you for this opportunity. I would love to pen here on behalf of my 16 year old son's journey with bicycling.

Remember we gifting him his first bicycle when he was 3 and memories flash back now so vividly when he rode so happily with the support wheels. Months later when we removed the support somehow he had managed the balance and he just was on his own. Looking back I think he had an innate sense of how to cycle.

Years later when he was 9 we moved to the South of France where cycling became very much an integral part of his life ...as a prized possession that got stolen just after 2 weeks of being gifted on his 10th birthday ..the sadness the angst of getting stolen in a developed country.. Baffled he asked "Amma do you have robbers

even in a developed county like France” and the realisation thereafter.



From age 11 till date he bicycles to school and back irrespective of the rain, winter spring or summer he enjoys it and doesn't prefer being dropped by car ...in his words “cycling is more enjoyable.one can take different paths and be faster at times than cars .easy to maintain, one can enjoy nature and with friends better. One becomes more resilient and in harmony with nature that up-hills and kilometers do not really matter”

Priya R is a student of life and an amazing connect that happened during these pandemic times through the workshops we do on Indian Culture, Tradition and Yoga

Priya is a Certified Life Coach with strong roots & interest in Indic Knowledge Systems

8. Sajeev T



Some journeys on Cycle are worth the recollection Krishna Prakash.

Nice post to recollect the old days.

- a. Recollect the learning days during the fall, the toe had a hit on a stone and had bleeding all over the leg. To prevent lesser damage to the use of cycle, trying to cover up the whole episode. Even today the stitches remind of the day.

Learning - The need to take action during the critical time and never try to cover up.

- b. One day on a similar expedition with friends, a cop stops us in broad day light to claim that our cycle does not have a light and hence they would

like to seize the cycle. No amount of convincing the cop that it was broad day light did not help as we were small kids during the time. Cop was only trying to maximize his returns for the day.



Learning: The importance of Vehicle documents in today's life and the need to avoid unnecessary arguments with the law enforcement people etc.,

Sajeev T is a Bangalore based Leadership & Executive Development Coach with vast experience in guiding individuals and organizations alike

Sajeev is someone for whom coaching is natural and not just due to certifications. Catch up with him for crucial conversations before you take important career decisions



Riding a bike is everything to a cyclist. The friendship and camaraderie you have with other cyclists ...to a cyclist, it was the be-all and end-all of your life.

Tommy Godwin

Double bronze medal winner in the (1948 Olympics)

9. Sumit Mittal



Krishna, the daily bicycle ride from home to school and back was just 10mins each way only but some of us were inspired by the several young people in those days who would make cross country trips on their bicycles!

So, my most memorable bicycle trip was when a bunch of friends decided to do a ~6 hrs trip from Amethi to Ayodhya (UP heartland) and stopping at Ghaghara river (a tributary of the Ganges) ... hardy teenager days... wonderful memories.

Sumit is a dear friend for more than 2 decades now and steadfastly supports us in our efforts and interventions through Indic knowledge systems. After working with a leading publication house in India, he moved to the US and holds a senior position at an IT major.

Sumit is very focused individual, natural leader, strategic thinker, voracious reader with a balanced view of life and an inspiration to many of us.

10. Jayantika Ganguly



My first failure - age 5-6! No matter how much effort everyone else put in to teach me, no matter how I tried to take control of the bike, I kept falling off and was simply unable to learn to ride - and still can't. Probably the first time I learnt that it's ok to be unable to do something, too. Several years later, I won a bicycle at an art competition and that's still kept at home as a memento. Still can't ride a cycle, but it's not really a bad thing, because I've learnt an important lesson



When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking
 Arthur Conan Doyle, Scientific American, 1896

Jay Ganguly is the Secretary General of Sherlockian society of India. She is a Corporate Lawyer and a Life Coach. Jay trains aspirants to qualify in CLAT and mentors fresh law students. Jay has worked with the top 3 law firms of India. The entrepreneurial bug bit her last year [Our Aim: Happy at Work \(jayantika.net\)](http://jayantika.net)

- the original handle -

11. Aditya Krishna



Decades ago, learnt how to ride a cycle, first with 4 wheels, then 3 and then 2 through blood (literally), sweat and tears!

Recently rediscovered the joys of cycling by means of mountain biking!

Aditya completed his Doctorate in Acoustic Physics at CEA, France and right now works as a Data Scientist at Germany. He was a Karnataka state level Basket Ball player.

Aditya takes special interest in understanding the WHY of anything and everything. A good conversationalist and a great team player.



It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus, you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle.

Ernest Hemingway

12. Bharadwaj Parthasarathy



Thanks Krishna Prakash for reminding me of those carefree days. I clearly remember that once I learnt to ride a bicycle, for first 3 to 4 days I could somehow never get off the cycle in a smooth manner. I used to deliberately fall so that the bike would stop and I could get up. Really found it hard to get down. It used to really look hilarious.

Another thing, never realized back then but much later. When we used to cycle in a group to a place, it was never the fastest who reached first, but the one with the most consistent speed throughout the journey who always made it before others. I guess that is the value of consistency.

Bharadwaj has worked with renowned brands such as Sandisk and Sony apart from his entrepreneurial ventures. His present initiative is a boon to those looking for ERP solutions as customized, low cost and effective solutions are now possible.

13. Monikut Sharma



Racing the rain.

By some strange quirk, in our university campus at Guwahati, it would rain on one side of the road but not on the other. Or the rains would move

- like an army on the march.

Like any middle school student, a significant portion of our leisure activity was spent astride a Raleigh or a BSA or a Hero. And racing the rain gave a thrill akin to what one gets today playing counterstrike or PUBG. We would ride our cycles in front of the rain as it came charging in. Tantalisingly keeping the carrier just an inch out of harm way, was our cliff hanger moment. We felt no less than the skier skiing in front of an avalanche or a surfer riding the curl inside the monster wave when we did this.

We balanced not just the bicycles but the different domains of our existence. We were the hero in that story - body rooted in the reality of physical existence (legs pumping for all their worth, adrenaline shooting through the bloodstream) while the mind drifted off into the boundary less realm of imagination.

Drenched in sweat, sometimes in rain but mostly from the euphoria and happy exhaustion that swept over us, we wiped our cycles dry and parked it in the garage for the next such outing.

Monikut works at one of the Indo-Japanese heavy equipment ventures and heads the learning & development function there.

Monikut has been an ardent student of the applications of scriptural knowledge in corporate workspaces without compromising the ideals of either of them.



Few articles ever used by man have created so great a revolution in social conditions as the bicycle."

US Census Report, 1900

14. Rejimon Ravidas



Yes KP, whenever I remember, even now also I am experiencing the same excitement and thrill I underwent during my first ride without any hurt. Those days, width of village roads was not enough for a smooth ride though 😊

Thanks for providing opportunity to recall it again....



Bicycle means simplicity and simplicity means happiness!
 Mehmet Murat ildan

Rejimon is an advocate of local health traditions and has been tirelessly working towards promoting this in the main stream. After 2 decades of consistent work he has become the Director at a unique university at Bangalore

Reji is an amazing pencil artist and an occasional poet with a heart for philanthropy and conservation of natural resources

15. Sachin Revankar



Come what I will learn to ride. It did not matter if I fall and get injured, I will ride. I am ready to fall and get back to start all over again. That's the essence that comes when I started my bi-cycle riding journey.

Now if I reflect back there is no concept of failure.



Whoever invented the bicycle deserves the thanks of humanity.

Lord Charles Beresford

Sachin is a techie in the weekdays and game designer for social change. He uses his weekend to play the role of changemaker in health and sustainability space.

An interaction with Sachin is highly recommended to all those who wish to understand how one can balance community service (giving back) and the highly demanding tech job (performing one's duty)

16. Dr Suresh Kaushik (Hons.)



Bicycle reminds me of my good old child hood days, I learnt riding a bicycle may be when I was 7 or 8 years; with help of my cousins as I grew up in a Joint family. It was so much fun then, the number of fall offs from the bicycle was painful but it was a part of the learning process.

Some scars are still there till date but the memories when you look at them are amazing. I still remember when ever mom wanted some house hold items I used to jump up and say you give me the bag and money I will fetch it for you from the nearest Kirana store, sabzi mandi or the milk parlour. Walking would take 10 mins but cycling would take 6 mins (maybe I was too lazy to walk). The traffic during those days i.e. 3 decades ago was way too less as to what it is now.

Sometime later till I think I was 12 we used to rent out cycles on per hour basis and use it for an hour, we used to ride till the nearest playground, park or may be up hill and come back.

That was so much fun then! 😊



The bicycle is the noblest invention of mankind.

William Saroyan
The Noiseless Tenor

Suresh is a trained Bharatanatyam dancer and organizes fusion as well as traditional themes to create interest and awareness in the present generation on the value of Indian Culture and its relevance in our lives

Suresh is an acclaimed human resource professional and also belongs to one of the revered textile business families of Bangalore

17. Dr Rekha Mandayam



When we were kids a learning to cycle, we didn't have our own bicycle. So, we would rent out a cycle on hourly basis and take turns to ride. We had to be the first ones at the bicycle shop so we would get the best ones in the lot. 4 in the evening was when the shop would open and we bunch of kids used to run to get there first. That itself was a fun activity. And when one of us would ride then rest would run with the cyclist. That's how we learnt to cycle. The best fun days!!!! Of course, when we learnt well, we got our own bicycles!!!! Guess the value of doing activities together and sharing is what we learnt unconsciously.

Dr Rekha Mandayam is the founder of The Dentaire, a first of its kind oral health solutions portal. She takes pride in the adage *prevention is better than cure* and strives to educate the masses on the importance of oral health care. She is a fantastic human being and is passionate about baking & long bike rides as well.

18. Kelsey De Waal



The most beautiful times on the cycle were those days when we went with the family for a cycling day in the Tulip season.

We cycled past villages, next to the beach, big old farm houses, and past colourful landscapes full of tulips. The sun was shining upon us and we stopped on the way to walk between the tulips, enjoy the scents and each other's company.

Time just seems to disappear when cycling, while enjoying the wonders of the world around me.

Kelsey is one of the most vivacious and mindful human being that one can come across. She had deep spiritual experiences and a practitioner of Yoga as well as other holistic systems in addition to being a qualified Life Coach.

Now she is on a mission to create change in the lives of women who wish to get their eating habits right with a *90 day* challenge!

19. Nagaraja Sirigeri



Very thoughtful to bring up the topic and the memories of learning of riding the bicycle Krishna Prakash.

Like many others even for me getting down from the cycle was always a challenge and I used to ask help from my friends for initial couple of rounds and they were really helpful without any hesitation.

But then when I realized I may not find my friends always at all times that thought prompted me to have second in line option to see if I can find any step or stone or footpath where it makes me easy to get down....

This gave a birth of an idea where I always have thought of different options to make myself to strive

towards having success in life and keep moving ahead in achieving things that needed.

Learning is a never-ending process; life always keeps teaching new lessons and I keep implementing them.



Cycling is possibly the greatest and most pleasurable form of transport ever invented.

Daniel Pemberton, *The Book of Idle Pleasures*

Nagaraja is one of the most reliable insurance and investment advisor that I have come across in the last 2 decades. He always puts the customer along with their long-term goals and aspirations first. He asks subtle questions on their preparedness to face, manage and overcome risks, and suggests us accordingly

In fact, he appreciated my medical insurance advisor Kalyan Devikumar for suggesting the right plan and asked me to continue with the same. He suggested apt policies to Shrimath team as well. To conclude, he is a good human being to be in touch with.

20. Diya Dinesh

MY CYCLE STORY

I love cycling. I have been cycling since 3 to 4 years with 3 wheels, then later once I became 6 to 7 years of age, my sister and I asked parents to get us cycles because that time cycling was the latest trend in my building. We bought cycles and enjoy riding it after that we shifted to Mumbai from Bangalore

Then in the move to Mumbai my cycle got a little damaged so we kept it unused for 2 years. One fine day we took it out and went to the cycle shop.

He said that we would have to remove the side wheels because I had grown up enough to ride with 3 wheels. I said no but we had no choice but to remove the wheels. After a long fuss, I agreed to remove them. There were a lot of kids in our building so I was shy to learn to drive in front of them



Then one day my mom told me that I should not care about what others think if I have to learn cycling or any other thing in life.

Though my father helped me to learn it entirely, it was my mother who helped me by giving that mental advice.

Then after that we decided to go in 7am daily to learn riding. Even though I crashed and fell many times, finally I learnt it!

Yes, now I love cycling and always will!

Diya is the youngest contributor to this initiative and she has this inborn sense of 'being just' as much as possible. I could see a leader in the making!

Diya is a standing example of how with right parenting kids could evolve into mature beings without losing their childlike-ness

21. Suresh Samtani



Firstly, thank you for this lovely opportunity for penning down some good old memories. I remember when I was in my teens, and was enthusiastic about learning to ride a cycle. I would go to a nearby cycle shop and those were the days when you could hire a cycle by the hours, Wow can't get over the excitement every evening used to hire a cycle and got the hang of riding.

My parents gifted me a cycle during my school days and every day I enjoyed riding through the busy roads, leaving all my friends behind who used to walk it up to school in those days. I still enjoy cycling till today and consider it the best mode of transport.

Lessons learnt...

Life is like riding a cycle, it teaches you the most important lessons in life and that is to maintain a balance in life, in everything you do.



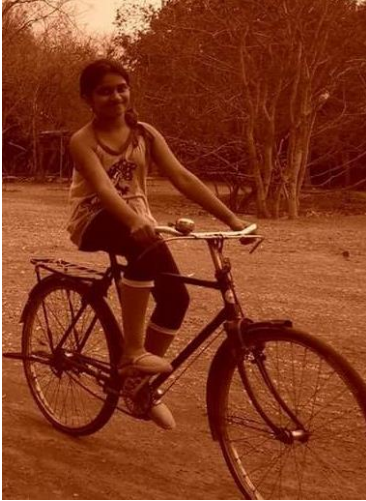
The bicycle is already a musical instrument on its own. The noise of the bicycle chain, the pedal and gear mechanism, for example, the breathing of the cyclist, we have incorporated all this in the Kraftwerk sound...

Maxime Schmitt

Suresh Samtani is an amazing human being with a varied work experience across sectors. Came in touch with him in 2018 and since then everyday he shares an inspiring message on life and living from the works of the great Masters as well as music composers. His is mostly the 1st message of the day that I read. Honoured to have received his piece on cycling.

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22. Advitha Dinesh



It was our summer vacation of 2015 and honestly speaking we would hardly be at home and this year (2015) was different as almost the entire building had gone out for vacation....and hardly 2 - 3 of us were there in our circle...!! So that's when we decided we will ride our cycles all around the colony without telling our parents!

But sadly, I was still the only one who had a cycle but didn't know to ride it....so these friends of mine took up the ultimate MISSION of their day to teach me cycling.....so actually they did was motivate me maybe show me once or twice....🌀..but it actually served it's purpose.....and its hard to believe I learnt CYCLING in just TWO HOURS !!!! and when my dad

came back from office I was all flaunting and showing off because I remembered him telling me he learnt cycling in his tenth grade...

Woah but the experience was THE BEST. I spoke about my ACHEIVEMENT all day and night for the next few months. I never played but would just cycle & cycle...



A bicycle is a bit like a guitar in that they are both inert objects that only come alive and flourish when put in contact with a human being. Both have the ability to concentrate the mind. Just as when you are performing, you tend to lose yourself when you are on the bike. For those precious hours that you are in the saddle, nothing else matters except the bike and the road ahead.

Spandau Ballet's Gary Kemp
The Ride Journal, issue 3, November 2009

Advitha is appearing for the 10th grade. A talented, creative and grounded girl with interests in freestyle art and music.

Advitha released her tribute to Music Maestro Illayaraja on his 78th birthday this year, title: *how to name you*. Those interested to obtain a copy can <mailto:hariharan.dinesh@gmail.com>

23. Lidia Mahrus



I am 5 years old. I want to ride a bike just like my older sister. I beg my dad to teach me. We go outside. My dad asks my sister to stand 2 meters in front and await me with open arms, while he assures me that he is holding my back. I am scared by determined. All I see in front is my sister, while I know I will not fall because my dad is there. I will never forget the sense of freedom and joy for myself when my dad lets go of holding and I feel “OMG I go on my own” leaving all the fear behind me.

I asked my mom today, how she remembers it. She said, “You just sat and took off naturally.” I find after years what bike and life have in common. See where you are going and let that be stronger than any fear of taking your feet off the ground. Believe in yourself- you must

see it in your mind first. Don't be so rigid, because it will make you fall. Soften to be able to steer loosely and be firm enough to not be all over the place. When it takes you to the right and left you must concentrate on your vision and align yourself with a straight line in front of you. Hold on to it.

Views on the sides will change fast. Anytime you feel you are losing it, keep coming back. You will fall many times. Don't let it stop you. It's always comforting to know that your destiny will welcome you in its loving arms while NOW you are Safe to JUST GO, in every new beginning, and always you are protected by a caring, invisible holding hand.

Lidia is a born conversationalist and one who always has tried her best to be in rhythm with nature and truth. She is an accomplished martial arts teacher as well as an internationally certified Yoga & Yoga Nidra teacher.

Lidia is more qualified to share the depth of Yoga as her karma has many a times placed her in situations where she has applied the knowledge and concepts of Yoga & martial arts to come out successful every time. A great learner and inspiration to many.

24. Gajalakshmi Dinesh

If U knew riding bicycle U were considered a hero in my Railway colony & that too girls riding cycle was a still a great thing

It was 1991 & was my 8th std Summer vacation, after so much of begging, crying and pleading and pleasing my father got me a Hero cycle "Girls version" for me and the Boys one for my brother and both of us didn't know how to ride them.

My father explained us the basic principles: You shouldn't move your hips, the handle bar should be held straight and the left brakes should be applied first

As both my parents were working we started the cycle riding on our own the next day, pushed it along a few rounds in the morning, then tried monkey pedalling, for those who do not know what that means it's pedalling in the air without being seated on the seat

usually short people cycle this way or people who learn do this way or racers do it this way for speed! After a few hours of failing and falling I got the knack of cycling still the monkey way.

As I mentioned earlier mine being the girl version of the Hero cycle the I fell and hit very hard on the lowered bar in between the seat & the handle bar, at least a 100 times or God knows how many!

By then my younger brother already started to ride his cycle with the help of his friends who held his cycle at the back and pushed him to learn without falling.

No girl was there to help me. Boys would definitely not help me. The fire in me became more & I decided not to give up as it would wound my pride!!! *I think there is a fighter in each one of us, we just have to figure it out..*

Gajalakshmi studied hotel management and worked at one of India's leading airlines for many years. She is a certified fitness coach and Yoga instructor. She is also enabling her husband and children to pursue their goals.

25. Shubrata Shankar



Come summer & the neighbourhood cycle-shop would be teeming with young boys & girls. A meagre Re.1/- for an hour's ride. We were paid that princely sum for errands that we eagerly ran for elders in the family. Often, a happy, indulging granny or elder gave that coin out of sheer affection.

While cycling was a cakewalk for other kids, I could barely balance myself on the seat. A dozen kids in my neighbourhood lent me a helping hand.

Dad repeated one line daily, "It's only by falling a few times will you learn". That never made complete sense back then & each time I fell, I grinned because I would learn! My friends' patience wore thin & they breezed along while I was still struggling to pedal.

The days I refused to waste my coin, I was coaxed by my parents or by a 'kind' friend, who got a few minutes of free ride while demonstrating.

Each night I went to bed believing I'd learn one fine day. And one fine night, I dreamt! I dreamt that I was speeding in my cycle & that the entire neighbourhood was cheering me!

The first thing I did when I awoke, was to narrate my dream to all & sundry.

Perhaps with a hope that my dream would come true, I once again took a cycle & gingerly perched myself on it. I replayed my dream mentally.

Lo & behold!! I first realized that I was able to balance myself! Then I began to pedal & found myself gliding effortlessly.

I called out to my family & displayed my feat. Elation was an understatement! I was delirious with joy. Could a dream really come true??

And then there was no stopping me. I cycled to my heart's content, sometimes speeding away like lightning!



After a long day on my bicycle, I feel refreshed, cleansed, purified. I feel that I have established contact with my environment and that I am at peace. On days like that I am permeated with a profound gratitude for my bicycle ...
Paul de Vivie, "Vélocio", Le Cycliste, France, 1911

Shubrata Shankar is Write, Astrologer, Feng Shui Practitioner, Tarot Reader and Blogger. Shubrata is a trained classical vocalist and excels equally in light music as well.

26. Jayashree Varadarajan



Nostalgia!

Reminiscence! Being taught to ride a bike by my dad in our village grounds in Ayikudy Kalam.

The village ground with heaped up freshly harvested rice kernels, The smell of fresh harvest, the buzzle of workers, my repeated fall, my grazed knees, exhilarating joy when I could balance for 60 long second/the fall again and the soaring flight! My lifeline - encouraging words of my dad after every fall to get up and soar!

And my first bike to school! The joy when my dad agreed to buy my own cycle. I remember to this day, when the cycle was delivered home!

- the original handle -

And how useful my bike riding skills proved to be! When I took the first part time voluntary job in London, with the bus ticket costing an astronomical disease Two pounds fifty cents, my second-hand bike proved to be of such a practical necessity.



Every time you miss your childhood, ride on a bicycle!

Mehmet Murat ildan

Jayashree Varadarajan lives in London loves gardening, travelling, following cricket and is a solicitor by profession. Picture – Jayashree with her dad Mr Seetharaman

27. Dr Srinivas Chirravuri



"Look straight... avoid looking at the handle. I'm holding the bicycle. I'm behind you. Continue pedalling" are the words (my cousin teaching me said) that echo in my head even today. Feeling confident & secure (inside & outside) comes with the thought there is someone for you.

Enabling others, being supportive and standing by people are the lessons that resonated with me as I reflect on my Bicycle Learning experience.

Thank You, Krishna Prakash Garu for the reflective opportunity.

Dr Srinivas or CH as he is popularly referred to by friends and associates refers to himself as *a Learning Doctor Coaching Leaders to Solve Problems for Business, Community & Customer Outcomes*. CH is as unique as the way he has defined himself. Thanks to [Aditya Kuchibhotla](#) for introducing amazing human beings like CH.



Acknowledgement

The quotes used in the original handle are from

1. Good Reads
2. Bike Boom



Bicycling...is the nearest approximation I know to the flight of birds. The airplane simply carries a man on its back like an obedient Pegasus; it gives him no wings of his own.

There are movements on a bicycle corresponding to almost all the variations in the flight of the larger birds.

Plunging free downhill is like a hawk stooping. On the level stretches you may pedal with a steady rhythm like a heron flapping; or you may, like an accipitrine hawk, alternate rapid pedaling with gliding.

If you want to test the force and direction of the wind, there is no better way than to circle, banked inward, like a turkey vulture. When you have the wind against you, headway is best made by yawing or wavering, like a crow flying upwind.

I have climbed a steep hill by circling or spiraling, rising each time on the upturn with the momentum of the downturn, like any soaring bird.

I have shot in and out of stalled traffic like a goshawk through the woods.

Birdwatching author Louis J Halle
 'Spring in Washington', 1947/1957

- the original handle -

WORLD BICYCLE DAY (JUNE 3)



Peddle a learning from your past :)

This is an attempt to collect memories from as many as people as possible in 24 hours of the idea to promote the World Bicycle Day that is observed every year on the 3rd of June.

This eBooklet has beautiful experiences, life long learning and a few quotes on cycling.

Conception to completion took 32 hours.

Krishna has been experimenting with various international as well as indic themes for the past few years. This is the first time co-creation was called for and it is now for you to read, recall, relish, relive and refresh your memories & life.

Krishna believes that this attempt would allow the reader to relax & rejuvenate during these pandemic times.



www.krishna-prakash.com