



‘Nasha Mukh Bharat’ the theme as Sports Minister Dr Mansukh Mandaviya leads nationwide 85th edition of Fit India Sundays on Cycle from Hanol in Gujarat with youth, MyBharat, NSS

प्रविष्टि तिथि: 09 AUG 2026 3:05PM by PIB Delhi

Hon'ble Union Minister of Youth Affairs & Sports Dr Mansukh Mandaviya led the nationwide 85th edition of Fit India Sundays on Cycle from here in Gujarat with a collective pledge from participants to stay away from substance abuse towards ‘Nasha Mukh Bharat’ with the slogan ‘Say yes to fitness, Say NO to drugs.’

Organised by the Ministry of Youth Affairs and Sports under the Fit India movement, the event placed India's youth at the forefront of the campaign against substance abuse. The initiative aimed to promote fitness as a positive alternative to harmful addictions and encourage young people to adopt a healthy and active lifestyle.

Labelling Sundays on Cycle as a mass movement, Dr Mandaviya said: “I am delighted that the initiative has evolved into a major movement to advance the Prime Minister's Fit India Movement. Young people across more than 10,000 locations nationwide have conveyed the message through cycling...”

Started in December 2024 by Dr Mandaviya, more than 30 Lakh people have participated in the Sundays on Cycle all across India.

In Delhi, the mega event was organised at the Major Dhyani Chand National Stadium. One of the key highlights of the programme was the collective ‘Nasha Mukh Bharat’ or ‘Drug Free India’ pledge, during which more than 1000 participants pledged to lead lives free from substance abuse and inspire their families, friends and communities to adopt healthier lifestyles.

The fitness activities began early on Sunday morning. By 5:30 AM, more than 1,000 citizens had arrived at the venue to participate in various fitness activities, including yoga and Zumba. Participants then embarked on a 5-kilometre cycling ride around the iconic India Gate and Kartavya Path. A dedicated game zone was also set up at the venue, featuring carrom, chess, ludo and badminton along with fitness activities including badminton, tug of war and an obstacle race.

The event also witnessed the participation of special guests Siddharth Nigam, Indian actor and model; Gurveer Singh, international squash player, Junior National Champion and World Junior team bronze medallist; Narendra Kumar, IRS & Fit India Ambassador; and Meenal Pathak, Fit India Champion and renowned Zumba instructor.

After completing the cycling ride, Siddharth Nigam, who acted in film Dhoom 3 and is a gymnast, said, “Coming out at 5 AM and seeing people across Delhi cycling with such energy and enthusiasm was a wonderful experience. The Fit India Sundays on Cycle event, with the theme ‘Nasha Mukh Bharat’, sends

a strong message that we should replace harmful addictions with the addiction to fitness, hard work and achieving our goals. As a sportsperson, gymnastics taught me that discipline is the key to becoming a better person. I urge everyone to stay away from drugs, cigarettes and alcohol, take care of their bodies, and dedicate at least 30 minutes every day to fitness. Fitness ka dose, aadhe ghante roz.”

Gurveer Singh praised the initiative and said, “Fit India and Nasha Mukta Bharat are excellent initiatives to inspire youth towards fitness and away from addictions. Everyone should dedicate at least 30 minutes every day to physical activity. Speaking about India’s performance at the Commonwealth Games, he said, “India’s 39-medal performance at the Commonwealth Games is also highly commendable, and our athletes have made the nation proud.”

Fit India Sundays on Cycle is organised by the Ministry of Youth Affairs and Sports (MYAS) in collaboration with the Cycling Federation of India (CFI), Raahgiri Foundation and MY Bharat.

The cycling drive is conducted simultaneously across all States and Union Territories, including at SAI Regional Centres, National Centres of Excellence (NCOEs), SAI Training Centres (STCs), Khelo India State Centres of Excellence (KISCEs) and Khelo India Centres (KICs) and thousands of Namo Fit India clubs from groups of cycling enthusiasts, schools and colleges.









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