



Union Sports Minister Dr. Mansukh Mandaviya & Gujarat Dy CM Harsh Sanghavi Lead 'Sundays on Cycle' in Surat, Strengthen PM Modi's call of Nasha Mukht Yuva for Viksit Bharat Sankalp Abhiyan

Over 5 Million Participants Join Nationwide Movement from Across 25,000+ Locations

Union Sports Minister, Gujarat Dy CM and Top Athletes Join 'Sundays on Cycle'; Administer Nasha Mukht Pledge to Youth

New Delhi Edition Marks Teachers' Day, Honours Coaches and Educators

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The 89th edition of Fit India Sundays on Cycle was organised in Surat today with the theme "Nasha Mukht Yuva for Viksit Bharat," bringing together athletes, fitness enthusiasts, students, youth and citizens to promote a healthy, active, and substance-free lifestyle.

Union Minister of Youth Affairs & Sports Dr. Mansukh Mandaviya and Gujarat Deputy Chief Minister Shri Harsh Sanghavi, along with the participants, took the Nasha Mukht Pledge, reaffirming their collective commitment to building a healthier, safer and drug-free India.



The pledge strengthened the Hon'ble Prime Minister's message of collective resolve under the Nasha Mukti Sankalp Abhiyan, inspiring citizens, particularly the youth, to stay away from substance abuse and contribute to the vision of a Nasha Mukti Bharat.

The 89th Sundays on Cycle in Surat commenced early morning at the Sardar Patel Statue, Mangadh Chowk, with participants engaging in fitness activities, yoga, zumba, and various challenges before embarking on a cycling ride towards the Sarthana Zoo.



Addressing the gathering, Dr. Mandaviya said, "Prime Minister Shri Narendra Modi's 'Fit India' movement has led to the nationwide 'Sundays on Cycling' campaign. A healthy population is essential for a developed nation, and cycling contributes to a healthier society," he said.

"It offers key benefits: it is an effective form of exercise, it supports the 'Nasha Mukh Bharat' campaign, it helps address pollution, and it reduces fuel consumption, thereby conserving the environment," he said.

"Cycling should not be limited to Sundays; people should incorporate it into their daily routines, especially when travelling to nearby workplaces. This will further strengthen the vision of a 'Fit India," he added.



The 89th edition was held across the country, with more than 5 million young people participating at over 25,000 locations, promoting the message of drug-free youth for a developed India.

Several distinguished athletes joined the 6km ride to create awareness on the importance of a Nasha Mukh Sankalp Abhiyan.



Among them were Padma Shri awardee and Major Dhyan Chand Khel Ratna & Arjuna Awardee Shri Achanta Sharath Kamal, Arjuna Awardee and former World No. 1 wrestler Ms. Sarita Mor, Arjuna Awardee and Commonwealth Games gold medallist Shri Harmeet Desai, U-23 World Championships silver and gold medallist Ms. Shivani Pawar, and Commonwealth Championship and World Cadet Championship gold medallist Shri Rahul Mann.

The event also witnessed the participation of fitness personalities and influencers, including Shri Vispy Kharadi, Shri Rakesh Saini, Ms. Urvi Parwani, Shri Pankaj Pasi and Shri Bhishma Madani, among others.



Meanwhile, in the national capital, New Delhi, the 89th edition of Fit India Sundays on Cycle was celebrated at the Major Dhyan Chand National Stadium with a special Teachers' Day theme, honouring the invaluable contribution of teachers and coaches in shaping the lives and careers of young people.

Around thousand students, youth and fitness enthusiasts participated in the 89th edition of Fit India Sundays on Cycle.

The programme was graced by Ms. Monica Bhola (Fit India Champion); Ms. Monika Sharma (Yoga Instructor & Fit India Ambassador); and Hav. Sanjay Singh (International Athletics Coach).

Cycling ON ✓

Nasha OUT ✗

Youth FIT 💪

India HIT 🇮🇳 #SundaysOnCycle

📍 Surat, Gujarat pic.twitter.com/6vCyoqK6EJ

— Dr Mansukh Mandaviya (@mansukhmandviya) September 6, 2026

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).

Over 6000 NAMO Fit India clubs also organise the cycling initiative nationwide every week.

Ayushman Kumar

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