

‘Mera Swasthya, Mera Garv’ Activities Held at 400+ Locations Under Nasha Mukta Yuva for Viksit Bharat Abhiyan

Over 2.5 Lakh Youth and Citizens Participate in Health, Wellness and De-Addiction Awareness Activities

Posted On: 27 SEP 2026 9:08PM by PIB Delhi

The ‘Mera Swasthya, Mera Garv’ activities, organised under the Nasha Mukta Yuva for Viksit Bharat Abhiyan, were conducted by MY Bharat and its partner organisations at more than 400 locations across the country, witnessing the participation of over 2.5 lakh youth and citizens.



The nationwide initiative focused on promoting physical and mental well-being among young people while strengthening awareness about the harmful effects of substance abuse. The activities provided participants with opportunities to engage in health and wellness interventions and learn about the importance of adopting healthy and positive lifestyle choices.

As part of the campaign, health check-up camps, health expert sessions and meditation sessions were organised at participating locations. The health-focused activities encouraged young people to pay greater attention to their physical well-being, while expert-led sessions provided an opportunity to engage with health professionals and understand the importance of preventive health and informed choices.



Meditation and wellness sessions further complemented the health interventions by encouraging participants to focus on mental well-being and develop positive approaches towards managing everyday challenges.

Several programmes also featured the Nasha MukT Yuva Pledge, through which participants expressed their commitment to maintaining a healthy and addiction-free lifestyle. The pledge served as a collective expression of youth participation in the broader campaign for a Nasha MukT society.



The Nasha Mukat Yuva for Viksit Bharat Abhiyan seeks to promote sustained youth engagement through awareness, prevention, healthy lifestyles and positive community participation. The ‘Mera Swasthya, Mera Garv’ activities reinforce the campaign’s focus on making health and well-being an integral part of the Nasha Mukat Yuva movement.

Through the active participation of youth, citizens and partner organisations, the initiative continues to strengthen the message that physical well-being, mental wellness and informed choices are important foundations for building a healthier and Nasha Mukat society.

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(Release ID: 2315667) Visitor Counter : 161

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