

MY Bharat-NSS Organises Nationwide “Health Walk/Run” Under Nasha Mukt Yuva Abhiyan

Over 1.11 lakh youth participate in Health Walk/Run, Heritage Walk and Nasha Mukt Yuva Sankalp across 198 institutions

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The Ministry of Youth Affairs and Sports, through MY Bharat-National Service Scheme (NSS), organised a nationwide “Health Walk/Run – Step Up, Stay Addiction-Free” today as part of the “Nasha Mukt Yuva for Viksit Bharat” campaign. The activity marked the Week 3 intervention under the campaign’s Month 1 theme, “My Health, My Pride,” and was conducted across 198 targeted institutions and their adopted villages, mobilising youth and communities around the message of healthy and addiction-free living.



The nationwide initiative aimed to promote regular physical activity and healthy lifestyle choices while creating a visible demonstration of young people’s commitment towards an addiction-free society. The events commenced with guided warm-up sessions led by physical training instructors and fitness club

trainers, followed by flag-offs by local sports officials, youth leaders and other dignitaries. Participants then undertook designated walk/run routes, led by MY Bharat Youth Volunteers, along with community members and local stakeholders.

As part of the initiative, several locations also incorporated Heritage Walks, enabling participants to combine physical activity with an appreciation of local history and heritage. The walks provided an opportunity for youth to engage with their communities while promoting fitness, outdoor activities and a sense of pride in local heritage.



The events also featured the Nasha Mukta Yuva Sankalp, through which participating youth pledged to maintain a substance-free lifestyle and contribute towards creating awareness about the harmful effects of substance abuse. Volunteers used banners, placards and slogans along the routes and at event venues to reinforce the campaign message and shared information on available counselling and support services.

The nationwide drive witnessed 1,11,112 participants. The Health Walk/Run component recorded participation of 39,288 youth, comprising 19,012 male and 20,276 female participants, covering a cumulative distance of 712.3 kilometres. The Heritage Walk component witnessed participation of 30,986 youth, including 15,964 male and 15,022 female participants, covering a cumulative distance of 573 kilometres. In addition, 40,838 young individuals, comprising 19,885 male and 20,953 female participants, took the Nasha Mukta Yuva Sankalp.



The activity was implemented under the “Prevent” pillar of the Nasha Mukta Yuva for Viksit Bharat campaign, which focuses on prevention through awareness, positive engagement and healthy lifestyle choices. By bringing together youth, educational institutions and local communities, the Health Walk/Run encouraged physical activity, positive peer engagement, discipline and sustainable outdoor habits, contributing to the broader objective of promoting physical and mental well-being among young people.

The Nasha Mukta Yuva for Viksit Bharat Abhiyan seeks to build sustained awareness among young people about the risks associated with substance abuse and encourage them to make informed, healthy and responsible lifestyle choices. Through a series of nationwide interventions, MY Bharat and NSS are engaging youth and communities in activities centred on prevention, awareness and collective action..

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