



Goa to Host 'Nasha Mukta Yuva' Marathon on October 4

Youth Urged to Spread the Message of a Drug-Free and Healthy India

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Under the nationwide '**Nasha Mukta Yuva for Viksit Bharat – 100 Sundays Campaign**', **MY Bharat Goa** and the **Goa Olympic Association** will jointly organise a '**Nasha Mukta Yuva**' **Marathon** at Miramar, Panaji, on October 4, 2026.

The initiative aims to create awareness among youth about the harmful effects of drug abuse while promoting physical fitness, a healthy lifestyle, and active participation in society.

The marathon will start at **7:00 AM.** from **Miramar Circle**, and participants report by **6:30 AM.** The route will proceed towards **Caranzalem Park** and return to Miramar Circle. A medal distribution ceremony will be held following the run.

Rajya Sabha MP Shri Sadanand Shet Tanavade will be the Chief Guest for the event.

Around **400 young participants** from across Goa, including students, members of youth clubs, and representatives of various youth organisations, are expected to take part in the marathon.

The organisers have appealed to citizens, youth organisations, and educational institutions to actively support the campaign and help spread the message of a drug-free society.

Source: MY Bharat Goa / PIB Goa / NM / AY/PK

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