



Dr. Mansukh Mandaviya to Lead 94th Fit India Sunday on Cycle in Varanasi

Varanasi Pedals for Fitness with Asian Games Medallists at 94th Fit India Sunday on Cycle

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New Delhi/Varanasi, 10 October 2026: Reinforcing the message of fitness, youth empowerment and a drug-free India, the 94th edition of Fit India Sundays on Cycle will be organised in Varanasi on 11 October 2026, along the route from Namohat to Diksha Mandap, Sampurnanand Sanskrit University from 6:00 AM onwards. Centred on the theme "Nasha Mukh Yuva for Viksit Bharat," the initiative will bring together young people, fitness enthusiasts, citizens and sporting icons to promote an active lifestyle and encourage youth to stay away from substance abuse.

The event will bring together citizens, young people, fitness enthusiasts and members of the sporting community to promote cycling as a simple, accessible and sustainable way to embrace an active lifestyle. Through collective participation, the initiative aims to strengthen the message that fitness is a daily commitment and that sports and physical activity can play a vital role in building a healthier, stronger and drug-free India.

94th Edition Of

SUNDAYS ON CYCLE

Varanasi Step Up for
One Pedal, One Purpose

Nasha Mukta Yuva for Viksit Bharat

Venue
Namo Ghat, Varanasi

Date
11 October 2026

Time
6:00 AM

Chief Guest
Dr. MANSUKH MANDAVIYA
Hon'ble Minister of Youth Affairs and Sports and Labour and Employment




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Dr. Mansukh Mandaviya, Hon'ble Union Minister of Youth Affairs and Sports and Labour and Employment, will grace the occasion as the Chief Guest. The event will also feature sportspersons whose performances at the 2026 Aichi-Nagoya Asian Games brought laurels to the nation. Prachi Chaudhary won bronze in the women's 400m, while Parul Chaudhary secured two bronze medals in the women's 3000m steeplechase and 5000m events. Jay Kumar won silver in the mixed 4x400m relay and bronze in the men's 4x400m relay and Raj Kumar Pal won a gold medal as part of the hockey team.

Their participation will bring a special sporting dimension to the event, offering young participants an opportunity to engage with athletes who have represented India at the highest levels of competition. Their journeys reflect the importance of discipline, perseverance, regular training and a commitment to excellence—values that resonate with the message of Sundays on Cycle.

Pedal towards fitness and a drug-free future with Sundays on cycle ! Join us for the 94th edition of Fit India movement as we unite for "Nasha Mukta Yuva for Viksit Bharat" for a healthier, drug-free Viksit Bharat. 📍 Namo Ghat, Varanasi 📅 11th October 2026 | 6:00 AM <https://t.co/PZ6RYah1SP>

— Fit India Movement (@FitIndiaOff) October 9, 2026

Along with the participation of the athletes, the event will feature a range of fun and fitness activities at Namo Ghat, including yoga sessions, energetic Zumba, fun games and exciting interactive activities, offering participants an engaging platform to embrace

fitness and wellness.

The campaign aligns with the broader vision of building a Fit India and a drug-free society, encouraging citizens to make cycling, walking and other forms of physical activity part of their daily routines. It also reinforces the message that the fight against substance abuse requires collective action, with families, communities, educational institutions and sporting icons playing an important role in guiding young people towards positive choices.

With Varanasi joining the 94th edition of Sundays on Cycle, the event will carry forward the spirit of collective fitness, youth participation and sporting excellence-bringing people together around one shared purpose: a healthier, fitter and drug-free India.

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 6,000 NAMO Fit India Clubs also organise the cycling initiative nationwide every week.

Ayushman Kumar

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