

Union Minister Dr. Mansukh Mandaviya leads youth in fitness activities, anti-drug pledge and a 5.5-km cycle rally

94th Fit India Sundays on Cycle in Varanasi Promotes 'Nasha Mukta Yuva for Viksit Bharat'

Posted On: 11 OCT 2026 1:37PM by PIB Delhi

Hon'ble Union Minister of Youth Affairs and Sports Dr. Mansukh Mandaviya led the 94th edition of Fit India Sundays on Cycle in Varanasi, bringing together over 500 cyclists and more than 1,000 participants to champion the message of a drug-free youth and a healthier India. The event, centred on the theme 'Nasha Mukta Yuva for Viksit Bharat', witnessed the participation of medallists from the 2026 Aichi-Nagoya Asian Games, including Ms. Prachi Chaudhary, Ms. Parul Chaudhary, Shri Jay Kumar and Shri Raj Kumar Pal.



The event commenced at 6:00 AM at Namo Ghat with a meditation session led by Dr. Nivedita Shreyans, Director, Youth Affairs, Heartfulness Institute, Kanha Shantivanam, Hyderabad, highlighting the importance of mental well-being alongside physical fitness in leading a healthy life. A vibrant Kathak performance and a high-energy Zumba session followed, bringing together cultural expression, movement and community participation to promote holistic well-being.



Addressing the gathering, Dr. Mandaviya called upon young people to make fitness a part of their daily routine and embrace healthy lifestyle choices. Reinforcing the importance of a drug-free society, the Minister and participants took the Nasha Mukta Bharat pledge, reaffirming their collective resolve to combat substance abuse and build a drug-free generation. Following the address, Dr. Mandaviya led the cycle rally from Namoo Ghat to Sampurnanand Sanskrit University, carrying the message of 'Nasha Mukta Yuva for Viksit Bharat' across the streets of Varanasi.



काशी की पावन धरती पर 'Sundays On Cycle' के माध्यम से युवाओं ने किया मोदी जी के '#NashaMuktYuva' संकल्प का जोरदार उद्घोष! 🚲 🇮🇳 📍 वाराणसी
<https://t.co/Kg2Km8Jps9>

— Dr Mansukh Mandaviya (@mansukhmandviya) October 11, 2026

The event also celebrated India's sporting achievements with the felicitation of distinguished medallists from the 2026 Aichi-Nagoya Asian Games. The felicitated sportspersons included Ms. Prachi Chaudhary, bronze medallist in the women's 400m; Ms. Parul Chaudhary, double bronze medallist in the women's 3000m steeplechase and 5000m; Shri Jay Kumar, silver medallist in the mixed 4x400m relay and bronze medallist in the men's 4x400m relay; and Shri Raj Kumar Pal, gold medallist as part of the Indian men's hockey team.



Their presence highlighted the values of discipline, perseverance and commitment that underpin sporting excellence, inspiring young participants to pursue fitness and make healthy life choices.



The cycle rally transformed the message of fitness into collective action, encouraging citizens to choose active lifestyles and become ambassadors of a drug-free society. By bringing accomplished athletes closer to communities, Fit India Sundays on Cycle also provided an opportunity for young people to interact with sporting role models and draw inspiration from their journeys.



The 94th edition reinforced the message that fitness goes beyond physical activity, it is a way of life that promotes discipline, mental well-being and responsible choices. Through the combined message of cycling, cultural expression, meditation and the Nasha Mukta Bharat pledge, the event called upon the youth to reject substance abuse, adopt healthy habits and play an active role in building a Nasha Mukta Yuva for Viksit Bharat.

Ayushman Kumar

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