

MY Bharat Organises 1,174 Programmes Across 36 States and UTs Under Fifth Week of Nasha Mukta Yuva Abhiyan

3.43 Lakh Youth and Citizens Participate in Yoga, Meditation and Drug-Free India Awareness Activities

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As part of the *Nasha Mukta Yuva for Viksit Bharat* Abhiyan, Mera Yuva Bharat (MY Bharat) organised the fifth week of the 100 Weeks Campaign on the theme **“Yoga & Meditation for Nasha Mukta Yuva”** and *“Nasha Mukta Yuva for Viksit Bharat Par Charcha”* (Neighbourhood Youth Parliament) on 17 October 2026. Organised in collaboration with spiritual organisations, university associations and industry associations, the initiative covered 36 States and Union Territories, witnessing the participation of **3,43,288 youth and citizens across 1,174 programmes**.



The programmes featured a range of activities, including the Nasha Mukta Yuva Pledge, yoga and meditation sessions, awareness discussions and youth engagement activities. These initiatives aimed to encourage healthy lifestyles, promote physical and mental well-being, and raise awareness about the prevention of substance abuse. The Neighbourhood Youth Parliament discussions also provided a platform for dialogue and youth participation in advancing the vision of a drug-free India.

The campaign was organised in collaboration with partner organisations, including Heartfulness, Project Point, CIPU, ASSOCHAM, FICCI, CII and Brahma Kumaris. Their participation reflected a collective effort by spiritual institutions, industry bodies and other stakeholders to strengthen awareness and encourage young people and citizens to adopt healthier lifestyles.



Across the campaign, **3,380 activities were organised and 3,43,288 pledges were taken**, reflecting the extensive engagement of youth and citizens in reaffirming their commitment to a drug-free India. The programmes brought together diverse stakeholders to encourage collective responsibility in preventing substance abuse and promoting awareness at the community level.

The widespread participation across States and Union Territories, supported by public representatives and partner organisations, reinforces the importance of sustained community engagement in building a healthier and drug-free society. Through the 100 Weeks Campaign, MY Bharat continues to encourage youth participation and collective action towards the vision of *Nasha Mukta Yuva for Viksit Bharat*.

Pawan Singh Faujdar

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