MY Bharat Engages Over 93,000 Participants Across 30 States/UTs During Week 7 of Nasha Mukt Yuva Campaign

Mini Marathons and Neighbourhood Youth Parliaments promote fitness, awareness and collective action against substance abuse

Posted On: 02 NOV 2026 8:56PM by PIB Delhi

Over 93,000 participants took part in 447 programmes and 1,002 activities organised across 30 States and Union Territories during Week 7 of the **'Nasha Mukt Yuva for Viksit Bharat'** campaign, according to the provisional report of Mera Yuva Bharat (MY Bharat), under the Ministry of Youth Affairs and Sports. The activities, which concluded on 31.10.2026, focused on promoting healthy lifestyles, raising awareness about substance abuse and mobilising young people against addiction.

The campaign covered several regions, including Delhi, Bihar, Himachal Pradesh, Gujarat, Haryana, Chhattisgarh, Odisha, Rajasthan and Uttar Pradesh, among others. Activities included Mini Marathons, pledge-taking ceremonies, mock youth parliaments and slogan-writing exercises. Five public representatives, including two State Ministers and three MLAs, attended the programmes.



As part of the campaign, MY Bharat, in collaboration with FIT INDIA, the Sports Authority of India (SAI) and partner organisations, organised 267 Mini Marathon programmes comprising 401 activities, with 70,566 participants. Partner organisations included Brahma Kumaris, Heartfulness, CIPU, ASSOCHAM and FICCI. In Delhi, Shri Ravinder Indraj Singh, Cabinet Minister, Government of Delhi, motivated youth during a Mini Marathon organised by MY Bharat South Delhi and New Delhi. In Gopalganj, Bihar, participants took a pledge and participated in a run in the presence of the District Magistrate.

At the grassroots level, Neighbourhood Youth Parliaments (NYPs) organised ‘Nasha Mukt Yuva for Viksit Bharat Par Paricharcha’ on 31.10.2026. A total of 180 programmes comprising 601 activities were conducted, with 22,488 participants. The discussions provided young people an opportunity to understand the challenges posed by substance abuse and discuss possible responses.



Each Neighbourhood Youth Parliament comprised four sessions covering the MY Bharat portal, substance abuse and the challenges before India's youth, tools to move from awareness to action, and stories of change towards a Nasha Mukt Bharat. An equal number of pledges – 93,054 – were also taken during the week's activities.

***

Gaurav Saini

(Release ID: 2331795) Visitor Counter : 130
Read this release in: Urdu , Gujarati , Kannada

Share

308 words | 1 min read