NSS HEALTH WALK / RUN 2026 HELD ON 01-10-2026

Promoting a Healthy Lifestyle and a Drug-Free Youth

As part of Week 03 – "Nasha Mukt Yuva for Viksit Bharat," the National Service Scheme (NSS) volunteers of Malineni Lakshmaiah Women's Engineering College actively participated in the **NSS** Health Walk / Run 2026 on 01 October 2026. The initiative aimed to promote physical fitness, healthy habits, and awareness about the harmful effects of substance abuse among youth.

The walk/run encouraged students to embrace an active lifestyle, prioritize their well-being, and make informed choices for a healthier future. Through their enthusiastic participation, NSS volunteers highlighted the importance of fitness, self-discipline, and collective responsibility in building a drug-free society.

The initiative reinforced the message that a healthy youth population is essential for a strong and progressive nation. It also reflected the NSS commitment to creating awareness, encouraging positive lifestyle choices, and contributing to the national vision of Nasha Mukt Bharat and Viksit Bharat**.**

Healthy Youth | Drug-Free Youth | Strong Nation! *Let us walk and run together towards a healthier, safer, and drug-free India!*







NSS Volunteers Participating in the Health Walk / Run 2026 on 01 October 2026