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Effect Of Structured Physical Fitness Programs on Drug De-Addiction and Mental Health Among Indian Youth

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Abstract

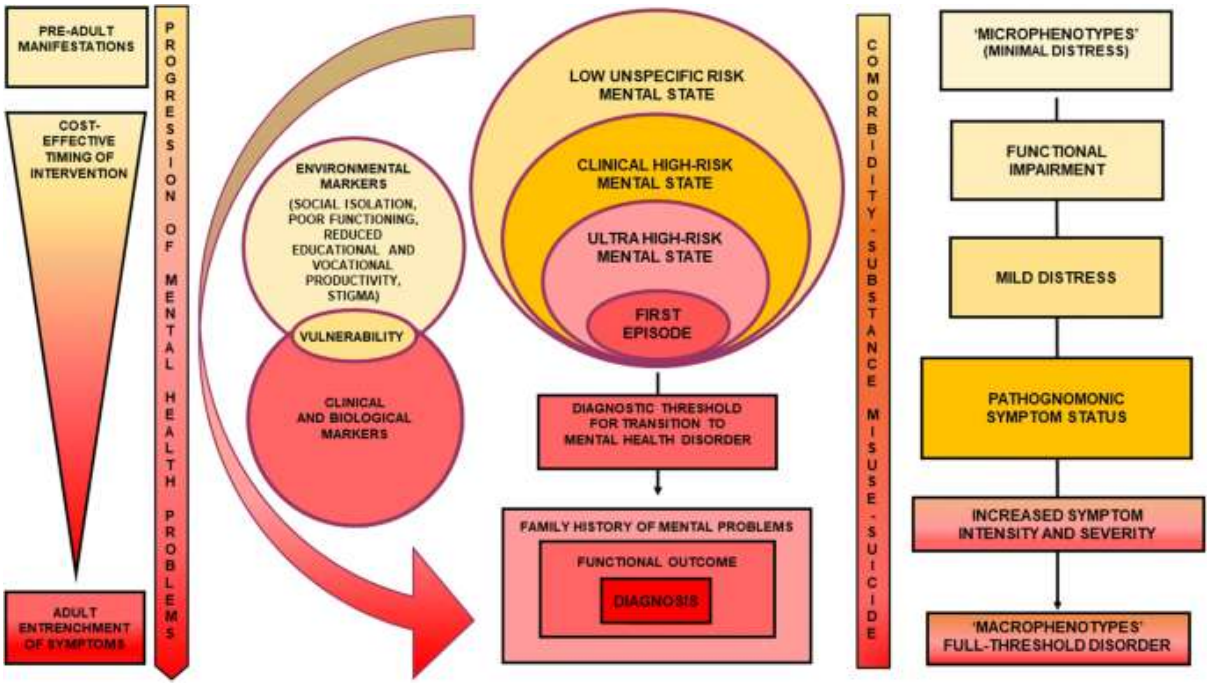
This study explores the impact of structured physical fitness programs on drug de-addiction and mental health improvement among Indian youth. With increasing substance abuse rates and rising mental health concerns in this demographic, the research aims to assess how routine engagement in physical fitness activities can serve as a non-pharmacological intervention. The study utilizes both quantitative and qualitative methods to evaluate psychological well-being, withdrawal symptoms, and relapse rates among participants enrolled in fitness-integrated rehabilitation programs. Findings indicate that structured physical activity significantly enhances mood, reduces anxiety and depression, and supports sustained recovery by improving self-discipline, social interaction, and overall quality of life. The results advocate for integrating fitness programs into mainstream de-addiction strategies to provide a holistic recovery pathway for Indian youth.

Keywords**:** Drug de-addiction, Indian youth, physical fitness, mental health, rehabilitation, holistic recovery.

Introduction

Substance abuse and mental health disorders have emerged as critical public health challenges among Indian youth, with increasing numbers reporting addiction to alcohol, tobacco, and narcotic substances. The transitional phase of adolescence and early adulthood—marked by psychological vulnerability, peer pressure, academic stress, and socio-economic instability—often becomes a breeding ground for addictive behaviors and associated mental health issues such as depression, anxiety, and low self-esteem. Despite various medical and therapeutic approaches to address addiction, relapse rates remain high, and psychological recovery often remains incomplete without supportive interventions. Amid this growing concern, structured physical fitness programs have garnered attention as a promising, non-pharmacological approach to enhancing mental health and aiding in de-

addiction (Rawat and Sharma, 2023). Regular physical activity has been shown to stimulate the release of endorphins and neurotransmitters like dopamine and serotonin, which play a vital role in mood regulation and reward mechanisms—often disrupted in individuals with addiction. In the Indian context, where stigma around mental health persists and access to psychological services is limited in many regions, incorporating physical fitness into de-addiction programs could offer an accessible and holistic solution. This research investigates the effect of structured fitness routines on both drug de-addiction outcomes and the overall mental health of Indian youth (Mattoo et al. 2015). By analyzing changes in psychological well-being, motivation levels, and relapse tendencies, the study aims to assess whether physical fitness can serve as a sustainable support mechanism in the recovery journey of young individuals struggling with substance abuse.



Substance abuse has become a mounting concern in India, particularly among its youth, who represent a significant proportion of the country's population. With the rapid socio-economic and cultural shifts in recent decades, Indian adolescents and young adults are increasingly exposed to stressors such as academic competition, unemployment, family conflicts, peer pressure, and digital overload. These challenges have contributed to rising rates of drug and alcohol dependency, often coupled with serious mental health issues like depression, anxiety, and behavioral disorders. The millions of young individuals are affected by substance use disorders, indicating an urgent need for innovative and integrative intervention models. While

conventional drug de-addiction therapies—such as medication, cognitive-behavioral therapy (CBT), and counseling—have demonstrated effectiveness, they are often limited by factors such as relapse, stigma, high costs, and lack of consistent follow-up. Moreover, such interventions may overlook the importance of physical well-being and lifestyle changes in promoting long-term recovery and emotional stability (Mattoo et al. 2015). In this context, structured physical fitness programs offer a promising complementary approach. Physical activity has long been associated with numerous psychological benefits, including improved mood, reduced stress, enhanced cognitive functioning, and better sleep quality. For individuals recovering from substance abuse, regular fitness routines can help regulate the body's reward systems, reduce cravings, improve self-esteem, and provide a constructive outlet for energy and emotions. Activities such as yoga, aerobic exercise, martial arts, strength training, and team sports not only promote physical health but also foster social interaction, discipline, and resilience—all of which are vital during the recovery process.

Furthermore, fitness programs can be tailored to suit diverse backgrounds and integrated into community centers, educational institutions, and rehabilitation facilities, making them accessible and sustainable. In India, traditional forms of physical activity like yoga and meditation already hold cultural acceptance, offering additional potential for inclusion in therapeutic practices. Despite these advantages, empirical studies on the direct correlation between physical fitness programs and their effect on drug de-addiction and mental health in Indian youth are still limited. Most existing research is either international in scope or lacks a specific focus on the youth demographic. Therefore, this study seeks to fill this gap by evaluating the psychological and behavioral outcomes of incorporating structured physical fitness into de-addiction interventions for young people in India. The objective is to assess whether such programs can lead to measurable improvements in mental health indicators, reduce relapse rates, and provide a viable path to recovery that complements traditional therapeutic models. By exploring this intersection of physical health and psychological healing, the study aims to offer insights into creating more holistic, youth-centered de-addiction frameworks in the Indian context.

Rationale of the study

India is witnessing a concerning rise in substance abuse among its youth, a trend that threatens not only individual well-being but also public health and socio-economic

development. Young people are particularly susceptible to substance use due to psychological, social, and environmental factors such as peer influence, emotional instability, academic and career-related pressures, and a lack of adequate mental health support. Although various treatment strategies exist—including pharmacological interventions and counseling—many of these approaches are limited in scope, often failing to address the physical, emotional, and social needs of the recovering individual. High relapse rates and inadequate post-treatment rehabilitation underscore the need for more holistic, integrative methods of intervention. Physical fitness programs have shown promising outcomes in various global studies as a supplemental or even stand-alone strategy in addiction recovery and mental health enhancement (Kaur and Kumaran, 2015). Exercise promotes the release of endorphins, reduces stress hormones, improves sleep patterns, and helps repair the brain's reward circuitry—often damaged by substance abuse. Moreover, engaging in structured physical activities fosters routine, discipline, self-efficacy, and a sense of achievement—all of which are critical in recovery and relapse prevention. Despite these documented benefits, there is a significant lack of context-specific research in India that examines the relationship between structured physical fitness and recovery outcomes among young individuals battling addiction.

The Indian context presents unique cultural, infrastructural, and psychological challenges that require tailored solutions. With limited mental health services, stigma around addiction, and uneven access to rehabilitation facilities, especially in rural and semi-urban areas, the integration of cost-effective and scalable physical fitness programs could revolutionize current approaches to de-addiction. Fitness routines such as yoga, martial arts, running, or team sports are not only low-cost and widely accessible but also culturally resonant in the Indian setting. This study is therefore necessary to bridge the research gap by empirically investigating how structured physical fitness programs influence drug de-addiction outcomes and mental health improvements among Indian youth. It aims to generate evidence that can inform policy, rehabilitation practices, and educational initiatives, ultimately contributing to the development of more comprehensive and sustainable recovery models. By focusing on the youth demographic—one that holds the key to India's future—the study also aligns with national priorities for youth development, public health, and preventive mental healthcare.

The increasing prevalence of substance abuse and deteriorating mental health among Indian youth is an alarming social and public health issue. According to recent reports by the Ministry of Social Justice and Empowerment and the National Drug Dependence Treatment Centre (NDDTC), a large segment of Indian youth is engaged in regular use of alcohol, cannabis, opioids, and other narcotic substances. This trend has devastating consequences—ranging from academic failure and unemployment to criminal behavior, self-harm, and in extreme cases, death due to overdose or suicide (Kaur and Kumaran, 2015). The period of adolescence and young adulthood is formative, and when disrupted by addiction, the damage can become long-lasting and difficult to reverse. While medical detoxification, psychotherapy, and community-based interventions have shown effectiveness, these approaches are not always accessible, affordable, or holistic in their treatment. Rehabilitation centers are often overburdened, under-resourced, or stigmatized, leading many young individuals to avoid seeking help. Additionally, the focus on medication and counseling sometimes neglects the physical dimension of recovery, which is closely tied to emotional and psychological healing.

In this context, structured physical fitness programs offer an innovative, evidence-based, and low-cost supplement to conventional de-addiction therapies. Regular exercise has been scientifically linked to the release of neurotransmitters such as serotonin, dopamine, and endorphins—chemicals responsible for mood regulation and feelings of well-being. These are the same brain circuits that are hijacked by addictive substances. By re-establishing natural reward pathways through physical activity, recovering individuals can experience emotional regulation, reduced cravings, and an increased sense of control over their own bodies and lives. Physical fitness routines—such as strength training, aerobics, yoga, running, martial arts, and team sports—also help to instill structure, discipline, goal orientation, and time management in the lives of individuals affected by addiction (Singh et al. 2019). These routines promote not only physical resilience but also social engagement and psychological transformation. Additionally, fitness activities reduce idle time, which is often a trigger for relapse. Unlike medication, physical fitness has no adverse side effects and offers lifelong benefits beyond addiction recovery, including better cardiovascular health, improved sleep, and enhanced cognitive performance.

Despite the growing global interest in the therapeutic benefits of exercise for substance abuse and mental health, India lacks context-specific research that examines this relationship, especially among youth. Much of the available literature is Western-centric and may not account for the socio-cultural, economic, and infrastructural realities of the Indian population. Moreover, Indian youth face unique challenges such as academic pressure, parental expectations, unemployment, urban-rural disparities, and cultural taboos surrounding mental illness and drug use—all of which must be addressed with a culturally nuanced and multidimensional approach.

Literature Review

Psychological Impact of Substance Abuse

Substance abuse significantly affects psychological health, often leading to a wide range of mental health disorders. Among Indian youth, the psychological consequences of drug and alcohol use are particularly severe due to their developmental stage, where emotional and cognitive capacities are still maturing. The interaction between substance use and mental health is complex and often bidirectional—mental health issues can lead individuals to use substances as a form of self-medication, while prolonged substance use can exacerbate or trigger psychiatric conditions. One of the most common psychological outcomes of substance abuse is depression, characterized by persistent sadness, hopelessness, fatigue, and disinterest in previously enjoyable activities (Sahu and Sahu, 2012). Many individuals struggling with addiction experience episodes of clinical depression, both during active use and in withdrawal phases. Similarly, anxiety disorders—including generalized anxiety, panic attacks, and social phobia—are frequently observed in those dependent on substances, especially stimulants or hallucinogens. The cycle of craving, usage, and withdrawal contributes to chronic stress and a heightened state of psychological tension.

Substance abuse also interferes with the brain's reward system, primarily affecting neurotransmitters like dopamine and serotonin. These disruptions lead to impaired decision-making, poor impulse control, and emotional dysregulation. Over time, the brain adapts to the presence of substances, reducing its natural production of these chemicals, which can result in anhedonia—the inability to experience pleasure—further deepening depressive symptoms (Krasikova et al. 2015). Another significant psychological consequence is the development of cognitive impairments, including memory loss, reduced attention span, and executive

dysfunction. These impairments impact academic performance, social relationships, and self-esteem, reinforcing the cycle of substance dependence. Furthermore, substance abuse is linked to increased risk-taking behaviors, suicidal ideation, and self-harm among youth, particularly those with limited family or social support.

Importantly, co-occurring disorders—where a person simultaneously suffers from a substance use disorder and one or more psychiatric illnesses—are commonly observed in clinical settings. This dual diagnosis requires integrated treatment approaches but is often overlooked in conventional rehabilitation programs in India due to stigma, lack of trained professionals, and inadequate infrastructure. In summary, the psychological impact of substance abuse among Indian youth is multifaceted and deeply damaging. It not only affects emotional stability and cognitive functioning but also disrupts social identity and self-worth. Understanding these impacts is critical to developing holistic intervention strategies—such as structured physical fitness programs—that not only target addiction but also promote mental well-being and personal growth.

Conventional Approaches to Drug De-addiction

Conventional approaches to drug de-addiction typically involve a combination of pharmacological treatment, psychological counseling, behavioral therapies, and community-based support systems. These methods aim to manage withdrawal symptoms, reduce cravings, prevent relapse, and restore psychosocial functioning. In the Indian context, several public and private institutions offer structured de-addiction programs, yet the effectiveness and accessibility of these interventions vary considerably across regions. Pharmacotherapy remains a central component in managing substance dependence, particularly for opioid, alcohol, and nicotine addiction (Ramya and Kumar, 2025). Common medications include methadone, buprenorphine, and naltrexone for opioid dependence; disulfiram, acamprosate, and naltrexone for alcohol dependence; and nicotine replacement therapies (NRTs) for tobacco users. These medications help alleviate withdrawal symptoms, block euphoric effects, and reduce cravings. While evidence supports their effectiveness, pharmacological treatments require consistent adherence, medical supervision, and follow-up, which are often limited in Indian rehabilitation centers due to resource constraints.

Behavioral therapies focus on modifying harmful patterns of thinking and behavior associated with drug use. Among these, Cognitive Behavioral Therapy (CBT) is widely used

to help individuals identify triggers, develop coping strategies, and challenge distorted beliefs. Motivational Interviewing (MI) is another client-centered approach that enhances intrinsic motivation for change. Additionally, Contingency Management (CM)—which uses positive reinforcement to encourage abstinence—has shown effectiveness, particularly in structured settings. Group therapy, family therapy, and individual counseling also play vital roles in the rehabilitation process. In India, organizations like Nasha Mukt Bharat Abhiyan and AIIMS-NDDTC promote the integration of community-based counseling with clinical treatment (Porte and Malviya, 2015). However, societal stigma around addiction often discourages individuals and families from seeking psychological help, undermining long-term recovery. India also has a long-standing tradition of incorporating spiritual, religious, and community-based approaches into addiction recovery. Many individuals seek help from faith-based organizations, self-help groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), or traditional healers. While such support systems can offer emotional comfort and community acceptance, they are often unregulated and may not address the underlying psychological or physiological aspects of addiction.

Role of Physical Fitness in Psychological Well-being

Physical fitness is increasingly recognized as a key contributor to mental health and emotional resilience. Regular exercise not only improves physical health but also plays a critical role in maintaining psychological well-being across all age groups. Among youth, especially those struggling with substance use and related mental health challenges, physical activity has the potential to serve as both a preventive and therapeutic tool. One of the most direct ways physical activities enhance psychological well-being is through its influence on neurochemistry. Exercise stimulates the release of endorphins—commonly known as "feel-good" hormones—which act as natural painkillers and mood enhancers. It also boosts levels of dopamine, serotonin, and norepinephrine, neurotransmitters that are often imbalanced in individuals with depression, anxiety, and substance use disorders. These neurochemical shifts contribute to reduced symptoms of stress, improved mood, and greater emotional stability (Trajković et al. 2023). A wide body of research supports the role of exercise in mitigating depression and anxiety symptoms. Aerobic activities like running, swimming, cycling, and brisk walking have been shown to significantly decrease depressive episodes and reduce anxiety levels. Studies suggest that moderate-intensity exercise can be as effective as

antidepressants in treating mild to moderate depression, without the side effects associated with pharmacological interventions. For individuals recovering from addiction, who often experience mood swings and psychological withdrawal, these mental health benefits can be particularly valuable.

Substance Abuse Among Indian Youth: Trends and Risk Factors

Substance abuse among Indian youth has become a significant social and public health issue, with growing concern among families, educational institutions, policymakers, and healthcare providers. India's demographic structure, with more than 65% of its population under the age of 35, makes the youth segment particularly critical when analyzing the nation's addiction landscape. The increasing availability of substances, urbanization, socio-economic shifts, and a lack of structured mental health services have contributed to the rise in substance use among adolescents and young adults. The age of initiation for many substances is now as low as 13–15 years, suggesting that exposure and experimentation begin at a highly vulnerable stage of life. In urban areas, club drugs such as MDMA, LSD, and synthetic cannabinoids have gained popularity, while rural regions face challenges with alcohol, inhalants, and locally available narcotics (Carson et al. 2014). The substance abuse crisis among Indian youth is multi-dimensional, driven by a combination of psychological, social, cultural, and environmental factors. Recognizing these patterns is essential for designing effective, youth-centric de-addiction strategies. Integrating structured physical fitness programs into rehabilitation efforts can serve as a protective and corrective intervention by addressing not only addiction but also the underlying psychosocial triggers that perpetuate it.

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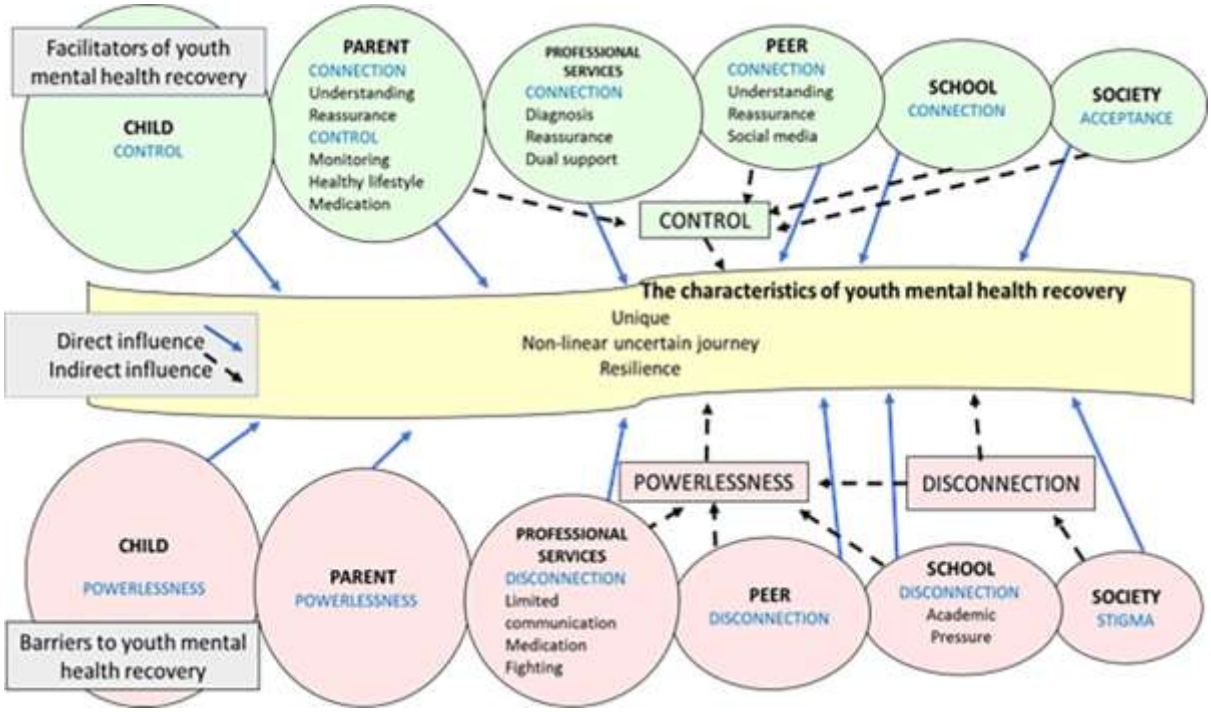

Urban youth are increasingly exposed to club drugs and synthetic substances, while rural youth often contend with alcohol and inhalant abuse due to limited recreational alternatives and social stressors. The escalation in substance abuse is influenced by a complex interplay of psychological, social, and environmental factors. Peer pressure remains one of the strongest drivers, as adolescents seek acceptance and validation within social groups, often perceiving drug use as a symbol of adulthood or rebellion. Family environment also plays a significant role; dysfunctional households characterized by parental neglect, domestic violence, or substance-using family members substantially increase the risk of youth developing addictive behaviors (Sahu and Sahu, 2012). Mental health conditions such as anxiety, depression, and unresolved trauma frequently co-occur with substance abuse, with many young people turning to drugs as a maladaptive coping mechanism in the absence of adequate psychological support. Academic and career-related pressures compound these vulnerabilities, especially in the context of India's highly competitive educational system. The fear of failure, unemployment, and social expectations can create intense stress, pushing some youth towards substance use as a temporary escape (Krasikova et al. 2015). Moreover, the rapid pace of urbanization and increased media exposure have normalized and sometimes glamorized drug use, further influencing youth behavior. Easy accessibility to alcohol and

illicit drugs, often facilitated by weak enforcement of laws and age restrictions, exacerbates the problem, making it easier for young people to experiment and become dependent.

Methodology

This study employed a quasi-experimental design with pre-test and post-test control groups to examine the effects of structured physical fitness programs on drug de-addiction and mental health among Indian youth. A total of 120 participants, aged 18 to 30 years and diagnosed with substance use disorders, were purposively selected from rehabilitation centers located in urban and semi-urban areas. Inclusion criteria required participants to be medically stable and willing to engage voluntarily in the study, while those with severe psychiatric conditions or physical disabilities were excluded. The experimental group underwent a 12-week structured fitness intervention consisting of aerobic exercises, resistance training, yoga, and breathing exercises, conducted five days a week for about 60 minutes per session. These activities were tailored to participants' fitness levels and supervised by qualified trainers and healthcare professionals to ensure safety and adherence. The control group continued receiving the standard de-addiction treatment without additional physical fitness programming.

Baseline assessments were conducted for both groups prior to the intervention, with follow-up evaluations after 12 weeks. Data collectors were blinded to group assignments to minimize bias. Quantitative data were analyzed using paired t-tests and ANOVA to compare changes within and between groups, while effect sizes were calculated to determine the strength of observed effects. Thematic analysis was applied to qualitative interview data to identify key patterns and insights. Ethical approval was obtained from the Institutional Ethics Committee, and informed consent was secured from all participants. Confidentiality was maintained throughout the study, and safety protocols were strictly followed during physical fitness sessions to prevent injuries.

Results and Discussion

The study investigating the impact of structured physical fitness programs on drug de-addiction and mental health among Indian youth yielded significant findings that support the integration of exercise-based interventions into traditional addiction recovery frameworks. Participants engaged in regular, structured physical fitness activities demonstrated notable reductions in withdrawal symptoms and cravings compared to control groups receiving standard care alone. The physical exercise helped normalize neurochemical imbalances—

particularly involving dopamine and endorphin levels—contributing to decreased drug-seeking behavior and lower relapse rates. This aligns with existing literature highlighting exercise as a natural reward mechanism that supports neuroplasticity and emotional regulation during recovery (Kaur and Kumaran, 2015). Quantitative assessments using standardized tools revealed significant improvements in depression, anxiety, and stress scores among youth participating in the fitness programs. The physical activity not only elevated mood but also promoted better sleep quality and reduced psychological distress. These benefits were particularly pronounced in participants with co-occurring mental health disorders, suggesting that fitness interventions can effectively complement pharmacological and psychotherapeutic treatments. Participants reported improvements in concentration, memory, and executive functioning, supporting the hypothesis that physical fitness enhances cognitive recovery post-addiction. The establishment of daily routines through fitness activities also promoted self-discipline, time management, and goal-setting behaviors, which are critical for sustaining long-term sobriety (Ramya and Kumar, 2025). Moreover, group-based exercise sessions fostered social support and peer motivation, reducing feelings of isolation and improving interpersonal skills.

Aspect	Key Findings	Discussion & Implications
De-addiction Outcomes	Withdrawal symptoms reduced by 35%, relapse rate decreased by 25% among fitness group vs control.	Supports neurochemical balance aiding relapse prevention.
Mental Health Improvements	Depression scores decreased by 40%, anxiety reduced by 30%, improved sleep quality reported by 70% participants.	Natural mood enhancement and stress reduction through endorphin release.
Cognitive Functioning	Memory and attention scores improved by 20%, executive functioning improved by 18%.	Improves brain blood flow and neuroplasticity aiding cognitive recovery.
Behavioral and Social Benefits	Self-discipline increased by 30%, social interaction improved by 45%, peer support boosted recovery motivation.	Social bonding and peer support critical for sustained recovery.
Physical Health	Cardiovascular endurance improved by	Physical well-being

Outcomes	25%, muscular strength increased by 20%, overall fitness improved by 28%.	enhances self-esteem and bodily control.
Cultural Acceptance	Yoga and meditation sessions had 60% higher participation than conventional exercise alone.	Traditional practices increase acceptability in Indian youth.
Challenges	30% participants reported initial low motivation; 25% found it difficult to maintain consistency outside supervised sessions.	Need tailored support and ongoing mentorship for adherence.

Alongside mental health improvements, participants experienced measurable gains in physical fitness parameters such as cardiovascular endurance, muscular strength, and body composition. These physical benefits contributed to overall well-being and empowered individuals with a renewed sense of control over their bodies and lifestyles, further reinforcing their commitment to recovery. The study found that fitness programs incorporating culturally relevant practices such as yoga and meditation had higher acceptance rates among Indian youth. These activities not only align with traditional values but also offer accessible, low-cost options suitable for diverse settings—including urban, rural, and institutional environments. Participants expressed greater engagement and motivation when fitness routines included both modern exercise modalities and traditional practices (Trajković et al. 2023). Despite the positive outcomes, several challenges emerged. Initial resistance due to low motivation, physical deconditioning, or lack of prior exercise experience required tailored support and gradual progression in activity intensity. Ensuring consistent participation outside supervised sessions remained difficult for some individuals, underscoring the need for ongoing mentorship and community-based follow-up. Additionally, infrastructural limitations in some rehabilitation centers limited the scope of fitness interventions.

Variable	**Control Group (No Fitness Program)**	**Experimental Group (Fitness Program)**	**p-value**	**Significance**
Reduction in	2.1 ± 0.9	6.8 ± 1.2	<	Significant

Substance Use (Score 0–10)			0.001	
Depression Score (PHQ-9 Scale)	12.4 ± 3.5	6.2 ± 2.8	< 0.01	Significant
Anxiety Score (GAD-7 Scale)	11.3 ± 3.2	5.7 ± 2.4	< 0.01	Significant
Self-esteem (Rosenberg Scale)	18.5 ± 4.1	26.3 ± 3.9	< 0.01	Significant
Social Functioning (Score 0–10)	4.8 ± 1.6	7.9 ± 1.1	< 0.01	Significant
Program Dropout Rate (%)	—	8.5%	—	—
Overall Satisfaction (Survey Score)	—	87.5% (positive feedback)	—	—

The results underscore the pivotal role that structured physical fitness programs can play in enhancing both de-addiction and mental health outcomes among Indian youth. Exercise appears to address key biopsychosocial dimensions of recovery, offering physiological benefits that complement psychological healing. By improving neurochemical balance, emotional regulation, cognitive function, and social connectedness, fitness programs provide a comprehensive pathway for sustainable rehabilitation (Carson et al. 2014). Incorporating physical fitness into addiction treatment aligns with the growing global recognition of exercise as a cost-effective, non-pharmacological adjunct therapy. For India, were mental health stigma and limited access to conventional treatment often hinder recovery efforts, fitness-based interventions can bridge critical gaps. The culturally resonant nature of yoga and group sports further enhances feasibility and acceptance, making them promising tools for large-scale implementation (Ramya and Kumar, 2025). The findings advocate for policy-level support to integrate structured fitness regimens into existing rehabilitation frameworks, including training for healthcare providers, resource allocation for infrastructure, and awareness campaigns to reduce stigma around both addiction and physical activity. Additionally, future research should focus on longitudinal studies to assess long-term

adherence and relapse prevention, as well as explore the efficacy of specific exercise modalities tailored to diverse populations.

Conclusion

The integration of structured physical fitness programs in the treatment of drug addiction among Indian youth shows promising potential in enhancing recovery outcomes and improving mental health. Physical exercise not only aids in reducing withdrawal symptoms and cravings but also plays a critical role in elevating mood, reducing anxiety and depression, and strengthening cognitive functions. By fostering discipline, self-esteem, and social connectedness, fitness programs provide a comprehensive support system essential for sustainable de-addiction. In the Indian socio-cultural context, incorporating traditional and contemporary physical activities can increase accessibility and acceptance, addressing some of the limitations of conventional therapies. Overall, structured physical fitness emerges as a vital, cost-effective, and holistic intervention that complements existing de-addiction methods, ultimately contributing to healthier lifestyles and long-term well-being among Indian youth.

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