

Monthly Health Mela Celebrated in Changthang Region on 14 February 2025

Leh, 14 February 2025 – The monthly Health Mela was successfully celebrated in the Changthang region of Leh District today, focusing on health awareness, preventive care, and balanced nutrition. Organized by AAM (Area Adoption Model) teams, the event emphasized the importance of a healthy lifestyle, regular check-ups, and early disease detection.

At AAM Tuklaphulak, awareness was provided on the benefits of a balanced diet to prevent chronic diseases, with 25 participants. NTPHC Korzok distributed SYP calcium, Vitamin D3, and hypertension medicines, alongside NCD screenings, with 10 participants. AAM Skitmang (Kesar) conducted NCD screenings and encouraged self-examinations for early disease detection.

AAM Mudh educated children on mental health issues like stress and anxiety, with 42 participants. AAM Hemya focused on NCD and TB screenings, along with health talks on maternal and child care, attracting 15 participants. AAM Kumdok, in collaboration with the Women Alliances team, raised awareness on self-breast examinations and followed up with NCD patients.

Other villages like AAM Tarchit, AAM Sumdho Puga, and Chumathang Centre emphasized personal hygiene, balanced diets, and cancer prevention. AAM Liktsky educated children on safety and cleanliness, while AAM Tsaga conducted health check-ups and promoted balanced diets.

The Health Mela successfully empowered communities in the Changthang region with essential health knowledge and services, reflecting the AAM teams' commitment to improving well-being in the area.





