

DIET Leh Conducts Poster Making Competition on Adolescence Health under National Population Education NCERT.

The District Institute of Education and Training (DIET), Leh successfully organised a Poster Making and Painting Competition on the theme *Adolescence Health* under the National Population Education Programme NCERT New Delhi. The event was conducted at the Linshed Winter Residential Hostel with enthusiastic participation from students.

The primary objective of the programme was to create awareness among adolescents about physical, emotional, and psychological changes during the adolescence period and to promote healthy habits, positive thinking, and responsible behaviour.

Students actively participated in the poster making and painting competition, creatively expressing their understanding of adolescent health, hygiene, mental well-being, nutrition, and the importance of guidance and counselling. The colourful and thought-provoking posters reflected the awareness and sensitivity of the students towards this crucial stage of life.

On the same occasion, an awareness programme on the adolescence period was conducted by an expert clinical psychologist Ms Tsewang Stanzin who delivered an informative and interactive session. The expert sensitised students about emotional changes, stress management, peer pressure, self-confidence, and the importance of seeking guidance from teachers and parents. The session was highly engaging, allowing students to ask questions and clarify their doubts in a friendly and supportive environment.

The programme aimed to empower adolescents with correct knowledge and to remove myths and misconceptions related to this transitional phase of life. Sh Tsering Tundup Sr lecturer DIET Leh remains committed to promoting holistic education and ensuring the physical, emotional, and mental well-being of students through such meaningful initiatives under the National Population Education Programme.



