

District De-Addiction Centre (DDAC), Leh conducted a series of awareness camps under the Nasha Mukta Bharat Abhiyaan and Nasha Mukta Bharat Saptah from 15th June to 20th June 2026 across the Changthang region.

The week-long awareness campaign covered all Government Higher Secondary Schools and High Schools in Tangtse, Sato Kargyam, Chushul, Anley, Puga, Nyoma, Chumathang, and Liktsay, as well as community members and parents.

During the programme, students were sensitized about the harmful effects of drug and substance abuse, the importance of adopting healthy lifestyles, and the role of youth in building a drug-free society. Interactive discussions were also held with teachers, who shared their experiences and concerns regarding substance abuse prevention among adolescents.

Separate sessions were conducted with parents, focusing on the importance of positive parenting, effective communication with children, early identification of risk behaviours, and the crucial role families play in preventing substance abuse.

The campaign witnessed active participation from students, teachers, parents, village representatives, and community members. All participants took the Nasha Mukta Bharat Pledge, reaffirming their commitment to staying away from drugs and working together towards a Drug-Free Ladakh and a Drug-Free India.

The awareness programme was successfully conducted by the DDAC Leh team comprising Ms. Nilza Angmo, Manager-cum-Incharge; Ms. Rigzin Yangdol, Project Coordinator; Ms. Deachen Chuskit, Trainer-cum-Supervisor; and Ms. Mephram Yangdol, who actively facilitated the sessions and engaged with students, teachers, parents, and community members throughout the campaign.

