

Administrative Secretary reviews DDAC Functioning, Drug Abuse Prevention Measures and Rehabilitation Initiatives in UT Ladakh

Leh, May 26, 2026: Administrative Secretary, Social & Tribal Welfare Department, UT Ladakh, Nidhi Malik chaired a comprehensive review meeting to assess the functioning and activities of the Drug De-Addiction and Rehabilitation Centres (DDAC) operating in Leh and Kargil districts under the National Action Plan for Drug Demand Reduction (NAPDDR) of the Ministry of Social Justice & Empowerment, Government of India. The meeting focused on the prevention, treatment and management of substance abuse cases in the Union Territory and reviewed the ongoing awareness and rehabilitation initiatives being undertaken at the district level by DDAC teams.

During the meeting, the Administrative Secretary thoroughly reviewed the detailed presentation prepared by the concerned departments and examined each component related to awareness, treatment, counselling, rehabilitation and outreach activities. She directed the concerned officials to ensure that all future presentations and records contain accurate, updated and district-wise information so that the data reflects the actual ground situation and supports effective monitoring and policy planning.

The presentation highlighted the operational work profile of DDAC Leh and Kargil and showcased the wide range of preventive, rehabilitative and awareness-based interventions being conducted across the Union Territory.

The report revealed that DDAC Leh and Kargil have collectively reached more than 16,000 beneficiaries through treatment, counselling, awareness programmes and outreach activities. The data presented during the meeting showed that 101 patients had been admitted under in-patient treatment facilities, while 337 individuals received OPD services and 53 beneficiaries had successfully recovered through rehabilitation and counselling support. The presentation further reflected the extensive outreach work being carried out in schools, colleges, villages and vulnerable communities by DDAC teams.

The Administrative Secretary reviewed in detail the status of patients at DDAC centres, patient distribution between Leh and Kargil districts, demographic profiles of in-patient cases and the pattern of substance abuse reported in different areas. The data indicated that the majority of admitted cases belonged to the youth age group between 20 to 30 years. In Kargil district, heroin and cannabis-related cases constituted a significant proportion of admissions, while cannabis-related cases were among the highest in Leh district. The presentation also highlighted counselling sessions, therapy support, medical treatment facilities and rehabilitation services being provided to affected individuals.

Special emphasis was laid on awareness and prevention activities being conducted under the Nasha Mukta Bharat Abhiyaan (NMBA) and other anti-drug initiatives. The presentation included details of awareness campaigns organised in collaboration with the Police Department, religious organisations, educational institutions and community stakeholders. Activities such as counselling sessions in schools and colleges, hotspot visits, door-to-door awareness drives, public pledge ceremonies, rallies, workshops, seminars and IEC distribution campaigns were reviewed during the meeting.

The Administrative Secretary appreciated the efforts of DDAC teams in conducting community-based programmes including peer-led “Yato Club” initiatives in schools, Navchetna capacity-building training programmes and awareness sessions in public gathering spaces. The presentation also showcased collaborative outreach programmes conducted with the Police Department and religious organisations in Kargil and Leh districts to sensitise youth and the general public regarding the harmful effects of substance abuse.

While reviewing the future strategy, Ms. Malik stressed the need for fact-based and follow-up-oriented documentation of success stories of recovered beneficiaries so that the actual impact of counselling and rehabilitation services can be effectively reflected. She instructed the concerned departments to ensure that all awareness activities, outreach programmes, NMBA campaigns, event venues, dates and action plans are properly documented with verified and measurable data.

The meeting also reviewed the coordination mechanism between DDAC teams, the Police Department, medical professionals and social welfare authorities in tackling the growing challenge of substance abuse in Ladakh. The Administrative Secretary directed all concerned departments to maintain updated records and accurate statistical information for strengthening policy interventions and ensuring better monitoring of cases.

During the discussion, doctors and officials suggested incorporating separate data related to women beneficiaries receiving treatment and counselling support in order to encourage more women to seek assistance without hesitation or fear of social stigma. The Administrative Secretary emphasised the importance of creating an inclusive, supportive and stigma-free environment for all individuals undergoing treatment and rehabilitation.

The “Way Forward and Action Plan” presented during the meeting outlined several targeted interventions for the coming months. These include mass awareness generation programmes involving multiple stakeholders, identification and mapping of hotspot and vulnerable areas, prevention programmes in schools and colleges, anti-drug awareness campaigns through QR codes and digital platforms, IEC distribution activities, public outreach drives and collaborative initiatives with religious organisations, sports clubs, educational institutions and civil society groups.

During the course of the meeting, the Action Taken Report regarding the establishment of a dedicated toll-free helpline for substance abuse support in Ladakh was also reviewed. Officials informed that BSNL has been directed to initiate the allotment process for a toll-free helpline number, while the proposal for an easy-to-remember short-code helpline is also under consideration. The Administrative Secretary, Nidhi Malik, directed the concerned departments to expedite the process so that counselling, referral and rehabilitation support services can be made easily accessible to the public across the Union Territory.

The meeting also discussed the Action Taken Report regarding directions issued under the chairmanship of the Chief Secretary, UT Ladakh, particularly concerning the establishment of a dedicated local helpline for substance abuse support and the creation of drug abuse prevention units at the block level involving social workers, pharmacists and Panchayat-level officials.

Following the review meeting, Nidhi Malik visited the DDAC Centre to inspect the available infrastructure, medical facilities and rehabilitation arrangements being provided to patients. She reviewed the bedding arrangements, medical assessment facilities and counselling support systems and stressed the importance of ensuring a safe, supportive and dignified environment for individuals undergoing treatment and rehabilitation. She reiterated the commitment of the UT Administration towards strengthening institutional mechanisms and enhancing rehabilitation and prevention services to effectively address substance abuse in Ladakh.

The meeting was attended by Consultant Psychiatrist Padma Angmo, Director Social & Tribal Welfare Zahida Bano, DDAC managers, doctors and other concerned officials.

