

Health Department Leh Observes World No Tobacco Day with Awareness Rally and Street Plays

Leh, June 1: The Health Department, Leh, observed World No Tobacco Day 2026 with a series of awareness activities, including a rally from SNM Hospital to Leh Main Market and street plays aimed at educating the public about the harmful effects of tobacco consumption.

The programme commenced at SNM Hospital, Leh, where Medical Superintendent Dr. Yangchan delivered the opening address. She emphasized the importance of the occasion and expressed hope that the event would lead to meaningful outcomes in raising awareness about the dangers of tobacco use.

Chief Medical Officer, Leh, Dr. Rinchen Chosdon, highlighted that World No Tobacco Day is not merely a day of observance but an opportunity to create lasting awareness within the community. She stressed the importance of collective responsibility and active community participation in making such initiatives successful. She expressed gratitude to the students and teachers for their continued support in awareness campaigns and noted that social pressures, stigma, and gossip within communities can sometimes negatively affect individuals and families, leading to stress and unhealthy coping mechanisms, including tobacco use. She emphasized the need to foster a supportive and understanding environment, encouraging positive dialogue rather than judgment, and urged everyone to contribute towards building a healthier and more compassionate society through positive personal and social change.

Cardiologist Dr. Lotus spoke about the increasing concern of tobacco use among adolescents. He explained that awareness efforts are particularly focused on students, as adolescence is a vulnerable period when many harmful habits begin. He stated that the growing consumption of tobacco is partly due to a lack of health consciousness in a rapidly developing society. He also elaborated on the various diseases caused by tobacco use and described cigarettes as one of the most addictive substances.

The chief guest of the event, Dr. Tashi Thinles, Director, Health Department, UT Administration of Ladakh, explained the psychological and physiological factors that lead to smoking and addiction. He encouraged students to develop strong willpower and make informed choices to resist tobacco use and other addictive habits.

As part of the awareness campaign, students of Moravian Mission School, Leh, performed a Nukkad Natak (street play) highlighting the harmful effects of tobacco and the importance of a tobacco-free lifestyle.

The awareness rally was flagged off by the Director, Health Department, with enthusiastic participation from students of various schools across Leh.

Following the rally, students of Lamdon Model Senior Secondary School, Leh, presented another Nukkad Natak at Leh Main Market along with an anti-tobacco rap performance, drawing significant public attention and reinforcing the message of tobacco prevention.

The programme concluded with a vote of thanks delivered by the District Health Officer, Dr Nurboo, SNM Hospital, Leh, followed by a felicitation ceremony for the students who participated in the street plays.



