DIET Leh Commences Three-Day School Health and Wellness Programme for School Health Ambassadors toady on 10th of November 2026

Leh, November 10: The District Institute of Education and Training (DIET) Leh in collaboration with Health Department Leh, today commenced a three-day orientation programme under the Ayushman Bharat – School Health and Wellness Programme (AB-SHWP) for designated School Health and Wellness Ambassadors from different educational zones of Leh District. The programme is being conducted at DIET Leh in two batches, with approximately 95 participants taking part in the training along with zone adolescent councillors and DEO from different zone.

The programme is a joint initiative of the Ministry of Health and Family Welfare and the Ministry of Education, Government of India, aimed at promoting holistic health, well-being and healthy lifestyle practices among school-going children through structured, activity-based health education.

The inaugural session was graced by Shri SonamDorjey Namgyal, Principal, DIET Leh, in the presence of Dr. Rinchen Angmo, District Immunization Officer and Nodal Officer, RKSK, CMO Office Leh; Dr. Zahid, Paediatrician, SNM Hospital; Dr. Shaheena Parveen, Senior Consultant Psychiatrist, Tele-MANAS; and Ms. DeachenDolkar, District Programme Officer, RKSK. The dignitaries were warmly welcomed by the Principal, DIET Leh, with traditional Ladakhi khataks, reflecting the region's rich cultural tradition of honour and hospitality.

The first technical session introduced participants to the School Health and Wellness Programme, its objectives, implementation framework and operational guidelines issued by the Ministry of Health and Family Welfare and the Ministry of Education. The session was facilitated by Dr. Rinchen Angmo, District Immunization Officer, CMO Office Leh, and Ms. Tsering Angmo, Lecturer, DIET Leh, who highlighted the importance of the SHWP and coordinated efforts between the education and health departments in creating a supportive and health-conscious school environment.

The training subsequently delved into the thematic components of the programme, beginning with “Growing Up Healthy,” conducted by Dr. Zahid, Paediatrician, SNM Hospital. The session focused on children's physical growth, developmental needs and the importance of adopting healthy practices during the formative years.

This was followed by an insightful session on “Emotional Well-being and Mental Health,” facilitated by Dr. Shaheena Parveen, Senior Consultant Psychiatrist, and Dr. Sajad, Clinical Psychologist, Tele-MANAS. The session emphasised the significance of mental health awareness, emotional regulation, recognising psychological concerns and creating a safe and supportive environment where children feel comfortable expressing their feelings and seeking help.

The second half of the day continued with the session on “Interpersonal Relationships,” facilitated by Ms. Deachen Dolkar, Clinical Psychologist, Tele-MANAS. The discussion highlighted the importance of empathy, mutual respect, effective communication, positive peer relationships and nurturing healthy interactions among students.

The three-day programme will further explore all 11 thematic modules of the School Health and Wellness Programme, equipping participating teachers with the knowledge, skills and practical strategies required to effectively facilitate weekly health and wellness sessions in their respective schools.

Through this collaborative initiative, DIET Leh, in coordination with the Health Department, aims to strengthen the capacity of School Health and Wellness Ambassadors to act as facilitators, role models and advocates of health promotion. The programme seeks to empower teachers to nurture informed, emotionally resilient and health-conscious students while fostering a culture of well-being across schools in Leh district.

The initiative reinforces the vision of holistic education, recognising that a healthy child is better equipped to learn, grow, participate and contribute meaningfully to society.


AYUSHMAN BHARAT
SCHOOL HEALTH AND WELLNESS PROGRAMME
Three Day School Health and Wellness Ambassador Training
10th November to 13th November 2026
Venue: Exhibition Hall and SEE Learning Room
DIET Leh


SEE LEARNING
EMOTION TREE
DIET Leh, Ladakh - Cultivating Compassion Inside Out
Nourishing Emotions
JOY
LOVE
KINDNESS
GRATITUDE
COMPASSION
HOPE
PEACE
CURIOSITY
Roots of Compassion & Awareness
SEE Learning