

**The District Institute of Education and Training Leh in collaboration With Health Department successfully concluded four days School Health and Wellness Programm started from 7<sup>th</sup> of January to 10<sup>th</sup> January 2026 for the Newly appointed School Health and Wellness LIIIambassadors, PEMs and PETs at DIET Leh.**

Leh,10 January 2026: A four-day workshop under the **School Health and Wellness Programme (SHWP)** jointly initiated by **the Ministry of Health and Family Welfare and the Ministry of Education**, aimed at strengthening Health education and holistic well-being of students studying in Government and Private schools of Leh District concluded successfully today.

The valedictory function was held in Presence of District Nodal Officer SHWP, Dr. Farhana Iqbal, Programme coordinators, Adolescent Wellness Centre Counsellors, and the participating Teachers. The dignitaries appreciated the active participation and enthusiasm shown by the trainees throughout the four-day Programme.

During the workshop, the participant gained an in depth understanding of the modules of the school Health and Wellness Programme, covering key areas such as Growing up healthy, Emotional wellbeing, Nutrition, Health and sanitation, Prevention and management of substance Misuse, promotion of Healthy lifestyle, Adolescent Health Issues, Reproduction Health and HIV prevention and Promotion of Safe use of internet, Gadgets and Media. The sessions were conducted through interactive lectures, discussions and with activities.

The sessions were conducted by resource persons including Dr. Farhana Iqbal, District Immunization Dr.Savita Poonia Gynaecologist; Ms. Rigzin Yangdol Nutritionist;Ms.Deachen Dolkar Adolescent Health and wellness counsellor, Ms Stanzin Chuskit and Ms Shafiya AHCW ; Mr Dawa Tsering RKS and Ms. Tsering Angmo Lecturer DIET Leh, who delivered comprehensive sessions on the different modules of the School Health and wellness Programme.

A special highlight of the concluding session was the creative presentation by participants, who demonstrate their understanding and learning through short skits and dramas. These performances effectively conveyed key themes of the school Health and wellness Programme. The innovative approach reflected participants clarity of the concepts and their readiness to implement the Programme in schools using participatory and child Friendly methods

The Valedictory function concluded with the distribution of certificates to 83 participants making the successful completion of the workshop. The Programme stands as a significant step toward strengthening children health and wellness initiatives in Leh District in alignment with National educational and health priorities

