

Press Release from Chief Medical Officer, Pakyong District

Pakyong, November 19: Health and Family Welfare, Pakyong District, Presents Tobacco Free Youth Campaign 3.0 and Conducts Awareness on Cigarettes and Other Tobacco Products Act 2003 at 26 -Aho Yangtam GPU

The 26 -Aho Yangtam GPU in Pakyong District organised an Awareness Programme on Menstrual Health and Hygiene, which also included the distribution of supplementary nutritious food to lactating and expectant mothers.

As part of the event, the Health and Family Welfare Department, Pakyong District, highlighted the objectives of the Tobacco Free Youth Campaign 3.0. A sensitisation session on the Cigarettes and Other Tobacco Products Act (COTPA) 2003 was also conducted to raise awareness about tobacco regulations and promote healthier, tobacco-free lifestyles.

The programme was attended by Chief Medical Officer Dr. Madan Mani Dhakal as the chief guest. In his address, Dr. Dhakal highlighted the crucial role of nutrition for expectant mothers and stressed the importance of exclusively breastfeeding infants for the first six months. He further underscored that maintaining proper hygiene is essential for good menstrual health.

Dr. Dhakal also emphasized that viral Hepatitis A and E are more prevalent during the monsoon season. In addition, he noted that Hepatitis B and C are serious infections that are transmitted primarily through bodily fluids and can lead to liver cancer if not addressed.

Dr. Digcha Shree Rai, Program Coordinator, NTCP, spoke on the objectives of the Tobacco Free Youth Campaign 3.0, describing it as a 60-day national campaign launched by the Ministry of Health and Family Welfare in October 2025 to curb and prevent tobacco use among youth. She also elaborated on the provisions, enforcement mechanisms, and violations under the COTPA 2003, reaffirming that Pakyong District stands united against the use of tobacco under this campaign.

The programme saw the presence of Panchayat President Diwas Chettri, Panchayat members, and local residents of the Aho Yangtam GPU, contributing to a successful and engaging community initiative.