

PRESS RELEASE



5K Cycle Rally Against Drug Abuse and Illicit Trafficking held at Nongpoh, Ri Bhoi District

Nongpoh, 25 June, 2026: To spread awareness and create a strong message against the use of intoxicating substances and harmful drugs, the Office of the District Sports Officer (DSO), Ri Bhoi, organised a 5-kilometre bicycle rally on Wednesday morning.



The rally started from Saiden and concluded at Nongpoh, with the participation of youths from the Nongpoh area. The event was also joined by Shri Bobby L. Nongbet, District Sports Officer, Nongpoh. The rally was flagged off by Smt. Ridashisha Lyndem, Senior Coach from the Directorate of Sports and Youth Affairs, Meghalaya.



After the completion of the bicycle rally, a brief awareness programme was held in front of Nongpoh Shopping Complex to highlight the objective of the campaign and to spread awareness about the collective efforts of various government departments in the district to eliminate the use of drugs and intoxicating substances that adversely affect public health.





The programme was attended by Dr. Abhishek Saini, IAS, Deputy Commissioner of Ri Bhoi, as the Chief Guest, along with Smt. NF Sunn, District Social Welfare Officer, J. Rabha, DSP Traffic Ri Bhoi, Smt. Ridashisha Lyndem, Senior Coach from the Directorate of Sports and Youth Affairs, Shillong, and other officials.