

PRESS RELEASE



World No Tobacco Day 2026 Observed in West Khasi Hills District

NONGSTOIN, 8 October 2026: The Office of the District Medical & Health Officer (DM&HO), West Khasi Hills District, observed World No Tobacco Day (WNTD) 2026 at Nongstoin Complex Auditorium, New Nongstoin, with the theme “Unmasking the Appeal ... Countering Nicotine and Tobacco Addiction.”

The programme was organised to create awareness among students and the general public about the harmful effects of tobacco and nicotine use and the importance of preventing tobacco addiction.

Dr M.K. Sohliya, DM&HO, West Khasi Hills District, delivered the welcome address and highlighted the significance of World No Tobacco Day. The keynote address was delivered by Dr N. Mawrie, State Nodal Officer, NTCP and NOHP, who highlighted the need for sustained efforts to prevent tobacco and nicotine addiction, particularly among young people.



The Chief Guest, Shri Gabriel Wahlang, in his address, emphasised that life, family and health are precious and that decisions made during the early years of life can have lasting consequences in later years. He stressed that “health is wealth” and urged everyone to avoid tobacco in all forms, whether smoking or chewing, as its harmful effects can impact the entire body and mind. He encouraged the students and the public to make healthy choices and uphold the message, “Say Yes to Life, No to Tobacco.”

Dr B. Myrthong delivered an awareness session on “Tobacco Use: Is It Really That Bad?”, highlighting the health risks associated with tobacco consumption. The Police Department also conducted a brief awareness session on the Cigarettes and Other Tobacco Products Act (COTPA), 2003, highlighting key provisions relating to tobacco control.

A Debate Competition was also held as part of the programme. Kopalful Sohphoh of St. Joseph Seminary secured the 1st prize, Graceful Lyngdoh Marshyllong of Laitkseh Govt. UPS secured the 2nd prize, while Sanborlang Kharsyntiew of Seng Samla Siejlieh secured the 3rd prize.



As part of the programme, the NTCP Team distributed prizes to the district-level winners under the Tobacco-Free Educational Institutions (TOFEI) initiative, along with prizes for COTPA implementation and the Online Slogan competition.

The district-level TOFEI winners in the respective categories were Japung Pres LPS in the Primary category, St. Thomas RCUPS in the Upper Primary category, St. Thomas Secondary School Nongjri in the Secondary category and Nonglang Higher Secondary School in the Higher Secondary category.



Dr L.L. Mawsor, District Nodal Officer, NTCP & NOHP, West and Eastern West Khasi Hills Districts, was also present during the programme. The Education Department was represented by Smt. C. Kharbhih, DSEO, and Shri E. Marngar, SDSEO, who also attended the programme.

A pledge and graffiti activity were also conducted to encourage participants to reaffirm their commitment towards a tobacco-free society.

The programme was attended by officials from the Health and Education Departments, NTCP team, Police Department, students and other participants.

(DPRO Nongstoin)