

Press Release from Department of AYUSH

AYURVIDYA School Health Programme Conducted at Government Senior Secondary School, Sichey Gangtok, 11th August 2026: The Department of AYUSH, Government of Sikkim, through the 10-Bedded AYUSH Hospital, Sochakgang, conducted the AYURVIDYA School Health Programme under the National AYUSH Mission (NAM) at Government Senior Secondary School, Sichey.

The programme focused on promoting preventive healthcare and healthy lifestyle practices among students through awareness on Dinacharya, Ritucharya, balanced nutrition, personal hygiene, physical fitness, mental well-being, stress management, and holistic health.

Interactive sessions highlighted the role of Ayurveda, Yoga, Sowa Rigpa, Homoeopathy, and other recognised AYUSH systems in disease prevention and health promotion. Students also received career guidance on AYUSH education and professional opportunities.

Awareness sessions on NASHA Mukta Bharat Abhiyan and Yoga 365 encouraged students to adopt a drug-free lifestyle and practise yoga regularly for improved physical and mental well-being. Simple de-stressing Yoga techniques were demonstrated.

An interactive quiz on AYUSH and healthy lifestyle practices was organised with prizes awarded to the winners. The programme was attended by 51 participants, including students and teaching staff.