

Press Release from Department of AYUSH, Pakyong District.

Observance of "World Mental Health Day 2025"

Pakyong, October 10: The Department of AYUSH, Government of Sikkim, commemorated World Mental Health Day 2025 at Taxi Stand, Rhenock, with the intent of augmenting public cognizance regarding psychological well-being and delineating the prophylactic virtues of Ayurveda, Yoga, and Naturopathy in preserving psychosomatic equilibrium. The event registered an attendance of 42 participants, reflecting commendable community engagement.

The programme was convened under the discerning guidance of Dr. Aswin J. Kharka, and meticulously supported by medical personnel Mr. Mahindra Rai, in collaboration with the President, Vice President, and supportive staff of the venue.

Core Highlights, 'Indicative Manifestations' : Depression: Pervasive melancholy, despair, anhedonia, somnolence or insomnia, and enervation. Anxiety: Restlessness, apprehension, irritability, and cognitive distraction. Panic Disorder: Episodic surges of fear, palpitations, diaphoresis, and loss of composure.

Preventive Paradigms : A sattvic nutritional regimen inclusive of fresh produce and grains; disciplined dinacharya encompassing yoga, meditation, and relaxation; adaptogenic herbs such as Ashwagandha, Brahmi, and Tulsi; Abhyanga (therapeutic oil massage) for nervous equilibrium; and maintenance of 7–8 hours of restorative sleep.

Concurrent to the awareness drive, a health screening camp was conducted wherein hemoglobin estimation for 30 individuals, RBS testing for 4, and blood pressure recording for 20 participants were accomplished. Furthermore, IEC pamphlets expounding mental health awareness and Homoeopathy - based preventive methodologies were distributed among attendees to augment health literacy.

The occasion underscored the intrinsic correlation between physiological and psychological health and reaffirmed the efficacy of AYUSH systems in cultivating comprehensive and sustainable well-being.