

Press Release From Department of AYUSH, Namchi District Hospital

Namchi, 4 July : The Department of AYUSH, Namchi District Hospital, successfully conducted the Ayurvediya School Health Programme at PM Shri Government Senior Secondary School, Namchi on 4th August 2026.

The programme created awareness about the AYUSH system of medicine, career opportunities in AYUSH, mental health, the importance of Yoga365, healthy lifestyle practices, and the prevention of substance abuse under the Nasha Mukta Bharat Abhiyan. Information on Tele-MANAS mental health support services was also shared.

The programme concluded with an interactive quiz competition, prize distribution, and dissemination of IEC materials.