

Press Release from Department of AYUSH, Government of Sikkim

AYUSH Outreach Health Camp Successfully Conducted at Zimchung Monastery, Rumtek

Gangtok, 3 August 2026: The Department of AYUSH, Government of Sikkim, through the 10-Bedded AYUSH Hospital, Sochakgang, successfully conducted an AYUSH Outreach Health Camp at Zimchung Monastery, Rumtek, with the objective of promoting preventive healthcare and healthy lifestyles through the AYUSH systems of medicine.

The camp provided comprehensive health services, including general health consultations, free distribution of AYUSH medicines, blood pressure assessment, random blood sugar (RBS) testing, and haemoglobin (Hb) estimation. Participants were also counselled on adopting healthy lifestyle practices and encouraged to incorporate YOGA 365 into their daily routine for overall physical and mental well-being.

An awareness session on the harmful effects of substance abuse was conducted in alignment with the NASHA MUKT BHARAT campaign, emphasizing the importance of leading a drug-free and healthy life.

A total of 94 beneficiaries were screened during the camp. The following services and findings were recorded:

- * Total beneficiaries screened: 94
- * Blood Pressure (BP) measured: 81
- * Random Blood Sugar (RBS) tested: 77
- * Haemoglobin (Hb) assessed: 94
- * Hypertensive cases identified: 10
- * Diabetic cases identified: 2
- * Mild anaemia: 28
- * Moderate anaemia: 10
- * Severe anaemia: Nil

Based on the screening findings, appropriate medical consultations, counselling, and free AYUSH medicines were provided to all beneficiaries requiring treatment and follow-up advice.

The health camp was conducted under the dedicated efforts of Dr. Yamuna Sharma (Medical Officer, Homoeopathy), Dr. Tshering Youden (Medical Officer, Sowa-Rigpa), and Dr. Young Lepcha (Medical Officer, Yoga & Naturopathy), with the active support of the AYUSH staff. Their coordinated efforts ensured the successful implementation of the outreach programme and reinforced the Department's commitment to extending quality AYUSH healthcare services to the community.