PRESS RELEASE FROM DEPARTMENT OF AYUSH, GOVERNMENT OF SIKKIM

World Mental Health Day Awareness Programme at Holy Cross School, Tadong

Gangtok, 10 October: On the occasion of World Mental Health Day, the 10-Bedded AYUSH Hospital, Sochakgang, Department of AYUSH, Government of Sikkim, conducted a mental health awareness programme at Holy Cross School, Tadong, for students of Classes IX to XII, with approximately 400 students participating.

The session was conducted by Dr. Siddarth Sharma and Dr. Younkenk Lepcha, Medical Officers (AYUSH), focusing on mental health awareness, emotional well-being, and healthy coping strategies among adolescents. Key topics included academic stress, examination pressure, emotional challenges, and the importance of seeking timely professional support.

The awareness session was followed by mindfulness practices aimed at promoting relaxation, improving concentration, and enhancing emotional stability. Students were introduced to simple techniques to incorporate into their daily routines for effective stress management.

The programme highlighted the importance of early mental health awareness and creating a supportive environment where students can discuss emotional challenges without stigma or judgment.

The Department of AYUSH, Government of Sikkim, continues to promote preventive healthcare and holistic well-being through awareness programmes, yoga, and mindfulness practices. The initiative concluded with the message that mental health is an essential part of overall health, and seeking help is a sign of strength, not weakness.