

Pres Release From AYUSH Department, Health and Family Welfare Department, Namchi District
Namchi, 8 September: AYUSH Outreach Health Camp was successfully organized today at Turuk HWC along with the ongoing Nutritional Week, by the AYUSH team of Namchi District Hospital under the Department of AYUSH, Government of Sikkim.

Free AYUSH consultations and Homoeopathic medicines were provided. Health screenings including BP, haemoglobin and RBS were also conducted.

Awareness was given on balanced diet, proper nutrition, early detection and prevention of NCDs.

A total of 40 people benefited from the camp. Screening showed:

Mild Anaemia – 12

Moderate Anaemia – 5

Hypertension – 8

Obesity – 5

Diabetes – 1

IEC materials were also distributed to promote awareness about healthy living and preventive healthcare.