

Press Release From Department of AYUSH, Namchi District Hospital

Namchi, 28 July : The Department of AYUSH, Namchi District Hospital, has successfully organized an Ayurvedya School Health Programme at Government Secondary School Mickkhola, Namchi on 28th July 2026

The objective of the programme is to create awareness about AYUSH System of Medicine and the career opportunities available in the AYUSH Sector as well as session rise awarness about mental health by addressing common myths and facts, early warning signs, and healthy coping mechanisms. Students and teachers were also sensitized to the AYUSH system of medicine and informed about various career opportunities in AYUSH disciplines.

Information on available mental health support services, including the Tele-MANAS helpline, was shared. The programme concluded with a quiz competition, followed by prize distribution and dissemination of IEC materials.

Resource Persons: Dr. Neelima Thatal and Dr. Kavita Thapa, Department of AYUSH, Namchi District Hospital.