Press release from Jorethang CHC

Report on World Mental Health Day Awareness Programme

Namchi, 12 October: The AYUSH Department, CHC Jorethang, organised a Mental Health Awareness Programme at CCCT, Chisopani, on 10th October 2026, to mark World Mental Health Day.

An interactive session was conducted for the students, focusing on mental well-being, emotional balance and preventive mental healthcare.

The session highlighted the importance of Dinacharya (daily routine), Ritucharya (seasonal regimen), proper Ahara (diet), Vihara (healthy lifestyle) and Nidra (sleep) in maintaining physical and mental balance was also discussed. Students were introduced to simple practices such as gratitude journaling, grounding techniques and recognising early signs of stress and emotional distress.

The session also emphasised open communication, timely help-seeking and creating a supportive, stigma-free environment. The programme was interactive, with active participation from the students, and concluded with the message that mental health is an essential part of overall health and should be cared for proactively.