

Press Release from AYUSH Department – Ravangla PHC

WORLD HEART DAY 2026

Date: 29 September 2026

Venue: Kunphenling Tibetan Settlement, Ravangla

Organised by: AYUSH Department, Ravangla PHC

On the occasion of World Heart Day 2026, the AYUSH Department of Ravangla PHC organised a health awareness programme to promote awareness about heart health and prevention of cardiovascular diseases.

The programme included an interactive “Know Your Heart Numbers” session, where participants were educated about blood pressure and blood glucose levels and the importance of regular monitoring. Awareness was also provided regarding major heart disease risk factors, including high blood pressure, high blood sugar, tobacco use, physical inactivity, unhealthy diet, excess salt intake and high cholesterol.

As part of the programme, screening for anaemia, hypertension, diabetes, BMI and random blood sugar (RBS) was conducted. A total of 60 participants were screened.

Screening findings:

- * Blood Pressure: 60 screened; 22 had elevated BP

- * Random Blood Sugar: 60 screened; 3 had elevated RBS

- * Hemoglobin: 60 screened

- * Mild anemia: 10

- * Moderate anemia: 3

- * Severe anemia: 0

- * BMI: 60 assessed

- * Overweight: 26

- * Underweight: -

Participants with abnormal findings were appropriately counselled and advised for further evaluation and follow-up as required.

Sessions on balanced diet and salt reduction were conducted, highlighting healthy food choices and the importance of limiting excess salt, sugar, unhealthy fats and processed foods. As part of the AYUSH component, participants were also introduced to Ritucharya and the importance of adapting diet and daily routines according to seasonal changes.

IEC materials on Yoga and healthy eating were distributed.

The participants were guided through gentle exercises and simple yoga practices suitable for older adults, along with awareness regarding the warning signs of heart-related emergencies and the importance of seeking timely medical attention.

The programme concluded with a brief recap of key heart-health messages.

The participants were very enthusiastic and interactive throughout the programme, actively participating in the discussions and activities and showing keen interest in maintaining a healthy heart and lifestyle.