

Press Release from AYUSH Hospital, Government of Sikkim, Gyalshing
Ayurvedya (AYUSH School Health) Programme Conducted at Darap Senior Secondary School
Date: 22 July 2026

The Department of AYUSH, Government of Sikkim, AYUSH Hospital, Gyalshing conducted Ayurvedya (School Health) Programme at Darap Senior Secondary School on 22nd July 2026.

The programme was led by Dr. Chadani Chettri (MO, AYUSH) The session commenced with an introduction to the various AYUSH systems of medicine followed by discussions on the importance of a balanced diet, proper nutrition, healthy lifestyle practices and adolescent health.

She also emphasized the significance of mental health and mental illnesses and educated the students on various coping mechanisms and stress management techniques.

The students were also provided with career guidance regarding the scope and opportunities in the AYUSH sector and were encouraged to explore various career options in these systems of medicine.

A small quiz session was conducted at the end of the programme during which the students participated enthusiastically and actively.

A total of 118 students participated in the programme.