

PRESS RELEASE FROM AYUSH DEPARTMENT-RAVANGLA PHC

AYUSH DEPARTMENT, RAVANGLA PHC, successfully conducted an AYUSH Outreach Screening Camp at Rayong PHSC on 13th August 2026.

The programme was organized to promote preventive healthcare and encourage early detection of common health conditions. Services provided included blood pressure screening, height and weight measurement, BMI assessment, hemoglobin (Hb) screening, health counselling and referral for further evaluation wherever required.

A total of 50 beneficiaries participated in the outreach programme.

Screening findings:

- * Blood Pressure: 33 screened; 5 had elevated BP
- * Random Blood Sugar: 17 screened; 4 had elevated RBS
- * Hemoglobin: 45 screened
- * Mild anemia: 11
- * Moderate anemia: 4
- * Severe anemia: 2
- * BMI: 50 assessed
- * Overweight: 9
- * Underweight: 5

Homeopathic OPD consultation and free distribution of Homeopathic medicines were provided. Participants also received dietary and lifestyle counselling, including advice on increasing green leafy vegetables and iron-rich foods, avoiding tea with meals, and appropriate dietary measures for NCDs.

Participants were encouraged to incorporate regular yoga and physical exercise into their daily routine. IEC materials were also distributed to promote health awareness.

The programme concluded successfully with a focus on preventive, promotive and holistic healthcare.