

Press Release from Department of AYUSH

Gangtok, 29th September 2026:

The 10-Bedded AYUSH Hospital, Department of AYUSH, Government of Sikkim, organised a Heart Health Awareness Programme at the Department of Psychology, Sikkim University, as part of the observance of World Heart Day.

The session was conducted by Dr. Siddarth Sharma, Medical Officer (Yoga & Naturopathy), with the objective of creating awareness among students about heart health, cardiovascular risk factors, prevention of heart diseases, and the importance of healthy lifestyle practices.

The seminar focused on understanding the major risk factors associated with cardiovascular diseases and highlighted how healthy eating habits, regular physical activity, stress management, adequate sleep and other lifestyle modifications can contribute to better heart health and overall well-being.

The session also highlighted the role of the AYUSH system in promoting preventive and holistic healthcare, with emphasis on the integration of healthy lifestyle practices, Yoga and other wellness approaches in maintaining physical and mental well-being.

The programme was attended by 40 participants, including undergraduate, postgraduate and PhD scholars, along with faculty members of the Department of Psychology.

The session was interactive, with students actively participating and raising questions related to heart health, lifestyle, stress and disease prevention. The discussion provided an opportunity for participants to understand the importance of adopting preventive health practices from an early age.

The programme concluded with an emphasis on the message of prevention, awareness and healthy living as important components of a healthier society.