Press Release from AYUSH Department, District Hospital Singtam

AYUSH Department, District Hospital Singtam organises "World Heart Day" Awareness Programme at Transport and Motors dept Singtam.

The Department of AYUSH, District Hospital Singtam organized a World Heart Day Awareness Programme at Transport and Motor dept Singtam on 29.09.2026.

The main aim of the programme was to create awareness among the community regarding our vital organ Heart .Talk on heart functions,importance of regular monitoring of blood pressure , foods to take and avoid ,how quality of oil that we take everyday in our houshold affects in long term,how to select the type of oil,quantity to take.Role of salt in our diet,message on how tobacco smoking affects our heart and lungs and involving in physical activity helps our body were the points that was empasized .Along with that,topics like Dinacharya (daily regimen), Ritucharya (seasonal regimen)and yoga to relieve stress were also covered.

The programme emphasized the importance of healthy eating habits(mindful eating) and adopting a proper daily routine (Dinacharya) and seasonal routine (Ritucharya) to stay healthy and prevent lifestyle disorders.

The programme was led by Dr. Pramila Upreti, Medical Officer (Homoeopathy) Dr. Aradhana Sharma, MO (Yoga & Naturopathy) and Mrs. Reeta Sharma and Miss Manju darnal Attendant.

The programme was attended by 41 participants and as a part of World Heart Day screening for Blood pressure ,BMI(Body Mass index),Random blood sugar and Haemoglobin was done for all .Out of which Hypertensive-13
Obese-01
Overweight-02
Underweight-08
Pre-diabetic-09
Diabetic-01
Anaemia-Mild-09
Moderate-03