

Press Release from AYUSH Hospital, Sochyagang

Nutrition Awareness Programme Conducted at ICDS Centre, Tadong

Gangtok, 7 September 2026: As part of Nutrition Week, the 10-Bedded AYUSH Hospital, Sochyagang, conducted a nutrition awareness programme at the ICDS Convey Ground, Tadong, with the objective of promoting awareness on the importance of balanced and adequate nutrition among mothers, children, and the community.

The session focused on the importance of incorporating appropriate macronutrients and micronutrients into the daily diet through a diverse, balanced, and nutritious selection of locally available foods. Participants were sensitised on the role of proper nutrition in maintaining good health, supporting growth and development, strengthening immunity, and preventing nutritional deficiencies.

Special emphasis was placed on the importance of exclusive breastfeeding during the first six months of life, followed by appropriate complementary feeding practices. The session also highlighted the significance of maternal nutrition and health, emphasising that a healthy mother plays an important role in ensuring the health and well-being of the child and the family.

As part of the programme, a dedicated “Nutrition Corner” was set up to showcase locally available, affordable, and nutritious food options. An interactive activity was also organised for children, wherein they were encouraged to identify colours and locate the corresponding fruits displayed at the venue. The activity made the learning experience engaging and enjoyable, with small gifts distributed to participating children as a token of encouragement.

A total of 29 participants attended the programme. The gathering also provided an opportunity to create awareness about the AYUSH systems of medicine and their role in promoting health, wellness, healthy living, and preventive healthcare.

The programme concluded with an appeal to families to adopt healthy and balanced dietary practices and make good nutrition an integral part of everyday life, thereby contributing towards healthier families and a healthier community.