

Press Release from AYUSH Department, Ravangla PHC

Ayurvedya (AYUSH School Health) Programme Conducted at Lower Rayong Secondary School

Date: 22 July 2026

The Department of AYUSH, Government of Sikkim, AYUSH Department , Ravangla PHC conducted Ayurvedya (School Health) Programme at Lower Rayong Secondary School on 22nd July 2026.

The session commenced with an introduction to the various AYUSH systems of medicine followed by discussions on the healthy lifestyle practices and adolescent health. The program also emphasized the significance of mental health and mental illnesses and educated the students on various coping mechanisms and stress management techniques.

An interactive session on mental health, covering common signs and symptoms of mental health issues, anxiety-relieving techniques such as Grounding technique, as well as activities such as ice breaker and Balloon Bursting were conducted.

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