

Press Release From Department Of AYUSH Namchi District Hospital

Namchi, 31 July : The Department of AYUSH, Namchi District Hospital, successfully organized the Ayurvedya School Health Programme at Government Junior high School, Gurungaon, Namchi, today.

The programme aimed to create awareness about the AYUSH system of medicine and the career opportunities available in the AYUSH sector. It also focused on promoting mental health awareness by addressing common myths and facts, identifying early warning signs of mental health concerns, and encouraging healthy coping strategies.

The session highlighted the importance of yoga, mindfulness, and simple relaxation techniques as part of the Yoga365 initiative. Students were encouraged to include these practices in their daily routine to improve physical fitness, emotional balance, and overall mental well-being.

The programme also emphasized the importance of adopting a healthy lifestyle and staying away from substance abuse, supporting the objectives of the Nasha Mukta Bharat Abhiyan.

Students and teachers were sensitized to the AYUSH system of medicine and informed about various career opportunities in AYUSH disciplines. Information on available mental health support services, including the Tele-MANAS helpline, was also shared.

The programme concluded with an interactive quiz competition, followed by prize distribution and the dissemination of IEC materials to reinforce the key messages delivered during the session.