

Press Release From Department of AYUSH, Namchi District Hospital

Ayurvedya School Health Programme Conducted at Government Junior High School, Denchung Namchi, 5 July: The Department of AYUSH, Namchi District Hospital, successfully conducted the Ayurvedya School Health Programme at Government Junior High School, Denchung, Namchi District.

The programme aimed to create awareness among students about the AYUSH systems of medicine, promote healthy lifestyle practices, and encourage physical, mental, and emotional well-being. Students, teachers and Head master sir was also present.

The sessions covered the following topics:

1. An introduction to the AYUSH systems of medicine and their role in preventive and promotive healthcare.
2. Career opportunities available in the AYUSH sector.
3. A mental health awareness session focusing on recognising early warning signs of mental health, adopting healthy coping strategies, and understanding the importance of seeking timely help.
4. Practical relaxation techniques and stress-relieving breathing exercises to help students manage stress, improve emotional well-being, and enhance concentration in their daily lives.
5. Information on mental health support services, including the Tele-MANAS helpline number.
6. An introduction to the Yoga365 Campaign of the Ministry of AYUSH, which encourages people to make yoga a part of their daily lives rather than limiting its practice to the International Day of Yoga.

The campaign promotes year-round participation in yoga to improve physical health, mental well-being, emotional resilience, and overall quality of life.

The programme concluded with an interactive question and answer round, followed by the distribution of prizes to the winners. Information, Education and Communication (IEC) materials were also distributed to reinforce the key messages shared during the session.