

Press Release from Department of AYUSH

AYUSH Outreach Health Camp Conducted at Power Department, Gangtok

Gangtok, 12 August 2026: The Department of AYUSH, Government of Sikkim, through the 10-Bedded AYUSH Hospital, Sochakgang, successfully conducted an AYUSH Outreach Health Camp at the Power Department, Gangtok, with the objective of promoting preventive healthcare and healthy lifestyles through AYUSH systems of medicine.

The camp provided general health consultations, free AYUSH medicines, blood pressure (BP) measurement, random blood sugar (RBS) testing, and haemoglobin (Hb) estimation.

A total of 230 beneficiaries were screened. Of these, BP was measured for 225 beneficiaries, RBS testing was conducted for 227, and Hb estimation was carried out for 227 beneficiaries. The screening identified 25 cases of hypertension, 10 cases of diabetes, 15 cases of mild anaemia and 28 cases of moderate anaemia. No cases of severe anaemia were detected.

Based on the screening results, beneficiaries requiring further care were provided appropriate medical consultation, health counselling, treatment and free AYUSH medicines, along with advice for follow-up and adoption of healthy lifestyle practices.

The camp was conducted under the guidance and dedicated efforts of Dr. Yamuna Sharma, Medical Officer (Homoeopathy); Dr. Barshana Sharma, Medical Officer (Ayurveda); and Dr. Swekritee Chettri, Medical Officer (Homoeopathy), with the active support of the AYUSH staff.

The Department of AYUSH continues to undertake such outreach initiatives to strengthen preventive healthcare and make AYUSH services accessible to the community.