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भारत सरकार
Government of India
मानव संसाधन विकास मंत्रालय
Ministry of Human Resource Development
उच्चतर शिक्षा विभाग / स्कूल शिक्षा एवं साक्षरता विभाग
Departments of Higher Education/
School Education & Literacy
122 'ए' विंग, शास्त्री भवन, नई दिल्ली-110 001
122 'A' Wing, Shastri Bhawan, New Delhi-110 001

D.O. No. Secy(HE)/MHRD/2020
3rd April, 2020

To

Chairman, UGC/Chairman, AICTE/Chairman, AIC TE/Chairperson, NCTE/ Chairman, NIOS/Director, NCERT/Director General, NTA/Commissioner, KVS/ Commissioner, NVS

COVID-19 : STAY SAFE
Information about
1. **Arogya Setu App**
2. **General Measures to enhance body's natural defence system**
3. **Light candle at 9.00 PM on 5th April, 2020 for 9 minutes**

Dear Madam/Sir,

This is to inform that Arogya Setu App has been developed to fight against Covid-19. This app will be helpful to students, faculty/teachers and their family members. This app can be downloaded from:

IOS : itms-apps://itunes.apple.com/app/ id1505825357

Android : https://play.google.com/store/apps/details?id=nic.gov.arogyasetu

2. Further, Ministry of AYUSH has developed a protocol for immunity boosting measures for self care for kids. The same is also enclosed for downloading by our students, faculty members, teachers and their family members.

3. As addressed by Hon'ble Prime Minister on 3rd April, 2020 students may light a candle, diya or torch of their mobile for 9 minutes at 9 PM on 5th April, 2020 to realize the power of light and to highlight the objective for which we all are fighting together. However, no one should assemble in colonies or road or anywhere outside their houses.

Yours sincerely,

(Amit Khare)

End. As above

Copy to:

Health Secretary / Secretary (AYUSH) / Secretary (MoIT&Y) for information.

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

SIMPLE AYURVEDIC PROCEDURES

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening
2. Oil pulling therapy - Take 1 tablespoon sesame or coconut oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day

DURING SORE THROAT/ DRY COUGH

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day (It is best to consult a doctor if symptoms of dry cough and sore throat persist)

Note: Ayurveda is the science of life and it propagates the gifts of nature in maintaining healthy and happy living

Graphic: 4/4

MINISTRY OF AYUSH

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of *"Dinacharya"* - daily regimes and *"Ritucharya"* - Seasonal regimes to maintain healthy life. It is a totally plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends certain self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

Graphic: 1/4

MINISTRY OF AYUSH

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

GENERAL MEASURES TO ENHANCE THE BODY'S NATURAL DEFENCE SYSTEM

1. Drink warm water throughout the day
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes
3. Use Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking

Note: In Ayurvedic practice, preventive care revolves around "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes

Graphic: 2/4

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