



TELANGANA UNIVERSITY

NIZAMABAD-503322

No. – TU/REGOFF/CIR/03/2020/004

Date: 04.04.2020

CIRCULAR

Sub: - Telangana University-COVID-19-Arogya Setu App has been developed to fight against Covid-19.

Ref: D.O.No. Secy (HE)/MHRD/2020 MHRD, dated 03.04.2020, issued by the Government of India.

COVID-19: STAY SAFE

Information about

1. Arogya Setu App (Both Android and iOS).
2. General Measures to enhance body's natural defence system.
3. Light candle at 9.00 PM on 5th April, 2020 for 9 minutes.


1. The Government of India has issued D.O.No. Secy (HE)/MHRD/2020 MHRD 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 : <https://apps.apple.com/in/app/aarogyasetu/id1505825357>

Android: <https://play.google.com/store/apps/details?id=nic.goi.aarogyasetu>

2. Further, Ministry of AYUSH has developed a protocol for immunity boosting measures for self care for kids.
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.

Therefore, it is requested to widely circulate the same among all stakeholders including students, teachers, officials and parents for maximum participation. An action taken status in this regard may kindly be conveyed on the email ID registrar@telanganauniversity.ac.in urgently.


REGISTRAR 04.04.2020
REGISTRAR
TELANGANA UNIVERSITY
DICHPALLY, NIZAMABAD-503 322.

Copy to:

1. All the Deans of Faculties, TU.
2. The Controller of Examinations, TU.
3. The Director, Directorate of Academic Audit Cell, TU.
4. All the Principals of University Colleges, TU.
5. All the Principals of Affiliated Colleges of TU.
6. All the Heads of Departments, TU.
7. All the Administrative Offices, TU.
8. The Public Relations Officer, TU.
9. Hostel Section, TU.
10. P.S. to the Vice-Chancellor, TU.
11. P.A. to the Registrar, TU.
12. Website Section.

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.



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

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

MEASURES TO PROMOTE IMMUNITY



Take Chyavanprash 10 gm (1tsf) in the morning.



Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. (Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed)



Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day

Graphic: 3/4

Note: Ayurveda is a totally plant-based science.



सत्यमेव जयते

MINISTRY OF AYUSH



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

SIMPLE AYURVEDIC PROCEDURES



Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



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



Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day



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

अमित खरे, भा.प्र.से.
सचिव

AMIT KHARE, IAS
Secretary

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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
127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001
127 'C' Wing, Shastri Bhawan, New Delhi-110 001
D.O. No. Secy(HE)/MHRD/2020
3rd April, 2020

To

Chairman, UGC/Chairman, AICTE/Chairman, AICTE/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/ id505825357](https://itunes.apple.com/app/id505825357)

Android : <https://play.google.com/store/apps/details?id=nic.goi.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.

Regards

Yours sincerely,

Amit Khare
3.4.20
(Amit Khare)

Encl. As above

Copy to:

Health Secretary / Secretary (AYUSH) / Secretary (MeITY) for information.