Appeal to Students

Dear students,

As all aware of the current situation with regard to spread of Coronavirus in the country especially in Noida and NCR, it is important for your college/ institute to take necessary precautions for well being and good health of all students.

A novel coronavirus (CoV) is a new strain of coronavirus. The disease caused by the novel coronavirus first identified in Wuhan, China, has been named coronavirus disease 2019 (COVID-19) – 'CO' stands for corona, 'VI' for virus, and 'D' for disease.

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing), and touching surfaces contaminated with the virus. The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

Symptoms can include fever, cough and shortness of breath. In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal.

These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19.

So we appeal our students to take care of following points to overcome pandemic to avoid infection:

Wash your hands frequently using soap and Swater or an alcohol-based hand rub

When coughing and sneezing cover mouth and nose with flexed elbow or tissue
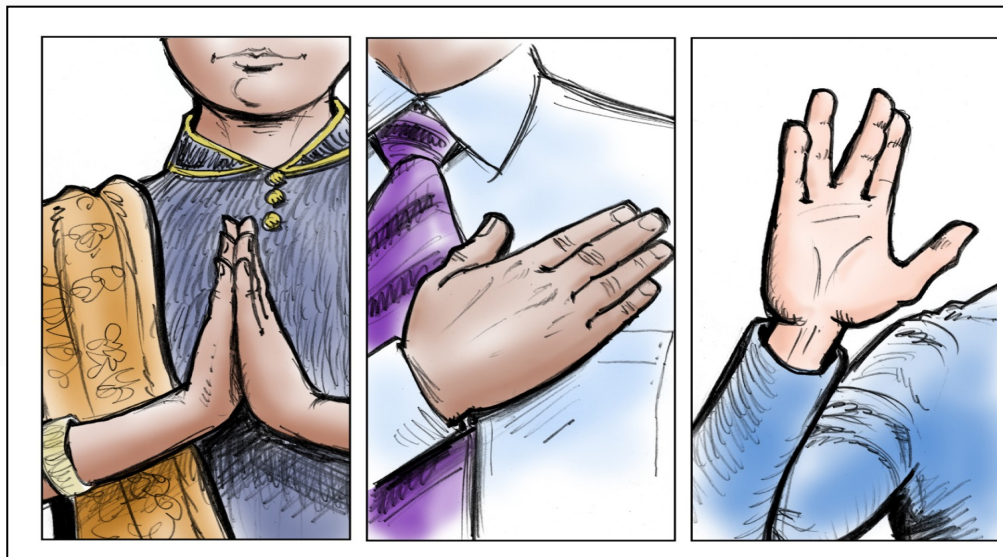
Throw tissue into closed bin immediately after use

Avoid close contact with anyone who has a cold or flu-like symptoms.

Seek medical care early if you or your child has a fever, cough or difficulty breathing

Minimize face-touching

Try alternatives to a handshake

Guidance for environmental cleaning of residences that may be exposed to the Novel Coronavirus

Items you will need:

Participate / engage yourself in online activities like teaching-learning using different modes, assignments, tutorials, sharing of learning material etc being conducted by your teachers.

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

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

Self Care During COVID-19

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

MINISTRY OF AYUSH

MEASURES TO PROMOTE IMMUNITY

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

2 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)

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

सत्यमेव जयते

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

MINISTRY OF AYUSH