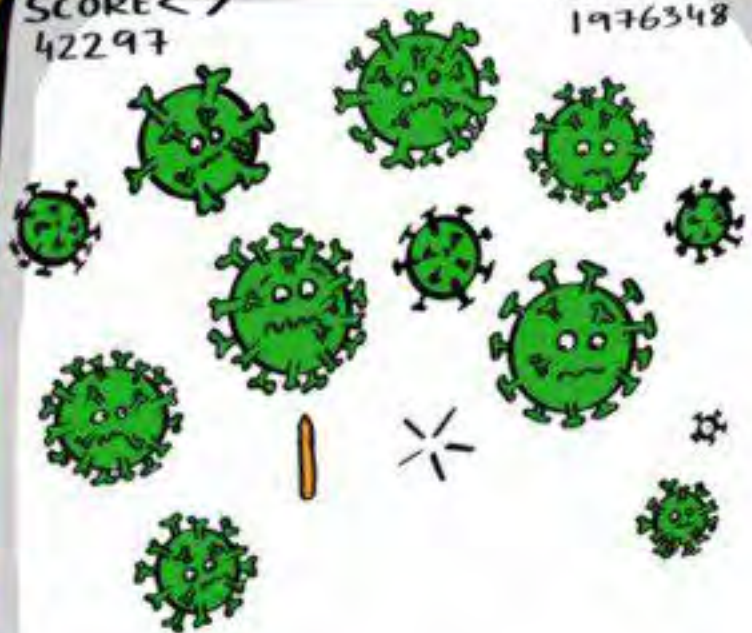


SCORE <>  
42297

HIGH SCORE  
1976348



WASH HANDS

KEEP SOCIAL DISTANCE

DON'T TOUCH YOUR FACE



SNEEZE ON ELBOW

nitasha





Avoid visiting crowded places.  
You never know who might be sick.

Get medical  
advice if  
you are sick.



Don't worry  
friends, take  
good care and  
stay safe.



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Supported by







...and wash immediately if you think you came into contact with a sick person or objects that might have been contaminated.

If you see a sick person, stay at a safe distance from them. Avoid touching them.



If someone is coughing or sneezing, ask them to cover their face with a tissue, handkerchief, or face mask.



Avoid touching any part of your face without washing your hands thoroughly.





# Safety Measures against Coronavirus



Dear friends,  
as you are aware,  
there is a major scare  
from the new virus  
called Coronavirus



It has been making people very sick, but please don't panic! We can all take preventive measures. Ok?



First, let me tell you how this virus spreads.







## While you are at home during COVID-19 lockdown

30 Mins  
daily

1 Hour  
daily



**WHO** recommends that all healthy adults do **30 minutes/day** of physical activity, and children should be physically active for **1 hour/day**

**#DefeatCoronaVirus**



And the winner is...



**BHEEM!**



What! He just stayed home and did nothing!



**Exactly!**

**STAY HOME AND WIN AGAINST CORONAVIRUS**



# SAFETY MEASURES AGAINST **CORONA VIRUS**



**WASH  
YOUR  
HANDS**



**COVID-19 has RNA strands covered in an oily lipid hence soap is its biggest enemy!**



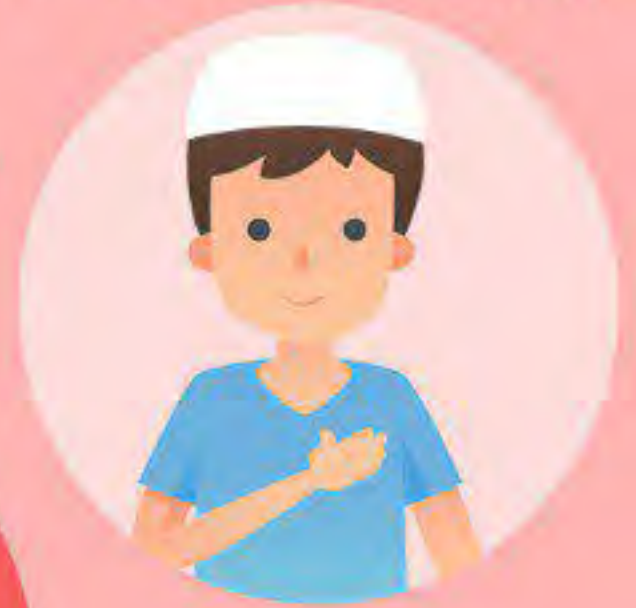
# Traditional Way of Greeting



Hello



As-Salaam-Alaikum



Let's greet like this!



Namaste



Sat-Sri-Akal

**#DefeatCoronaVirus**



# Handwashing Steps

Bheem! How do I keep my hands clean?

Its easy, wash your hands frequently with Soap or use sanitizer.

Wash thoroughly even under your nails and in between your fingers.

Wash for 20 Seconds



LATHER



SCRUB



SPREAD



WASH



RINSE





**I Will  
Wear a  
Mask in  
Public**

**#IndiaWillWin**

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# MAKING YOGA A PART OF DAILY LIFE FOR HOLISTIC HEALTH



Skill India Mission Trains  
Over 96,000 as Yoga  
Instructors & Trainers



96,196 candidates trained as Yoga instructors & trainers under PM Kaushal Vikas Yojana



Courses include Yoga Instructor (NSQF 4), Yoga Trainer (level 5) & Senior Yoga Trainer (level 6)



Top 5 states with skilled yoga candidates are from UP, Maharashtra, Karnataka, MP & Odisha



B&WSSC\* to start vocational courses in Yoga for class XI CBSE schools from 2020-21

\*Beauty & Wellness Sector Skill Council





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# Yoga

This crisis has reducing access to coping methods for many people. This leads to increased stress. Yoga is a good stress management tool that we can do in our homes. It needs little or no equipment and can be practised alone.



# Bhujangāsana

(The Cobra Posture)



## Benefits

Relieves **stress**, reduces abdominal **fat**, and relieves **constipation**

Helps to relieve **backache** and **bronchial** problems



# Pāda-Hastāsana

(The Hands-to-Feet Posture)



## Benefits

Makes the spine **flexible**, improves **digestion**, and helps in overcoming **menstrual** problems



# Ardha Chakrāsana

(The Half Wheel Posture)



Makes the spine **flexible** and **strengthens** the spinal nerves & muscles

Helps in management of **cervical spondylitis**



**I Will Wash  
My Hands  
Frequently**

**#IndiaWillWin**

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# DO's of being a RESPONSIBLE CITIZEN

APPRECIATE EFFORTS  
of PEOPLE PROVIDING  
ESSENTIAL SERVICES  
and BE SUPPORTIVE



THANK YOU!

SHARE ONLY the  
AUTHENTIC  
INFORMATION

AVAILABLE on the  
WEBSITE of MINISTRY  
of HEALTH and FAMILY  
WELFARE, Govt. of INDIA  
or the WORLD HEALTH ORGANISATION.



fake news  
authentic  
information



CROSS CHECK any  
INFORMATION  
RELATED to COVID-19  
from RELIABLE  
SOURCE before  
FORWARDING ANY  
MESSAGES on  
SOCIAL MEDIA.



SHARE POSITIVE STORIES  
of those WHO have  
RECOVERED from COVID-19



# RECIPE for STAYING SAFE

during COVID-19 times

## INGREDIENTS:

MASKS



SANITIZERS

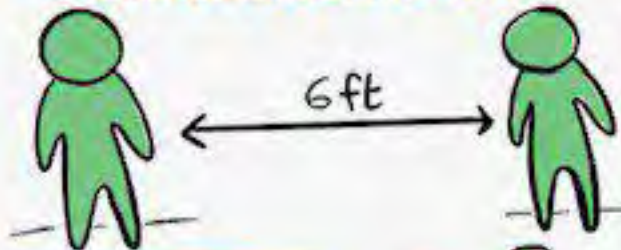


SOAP



## METHOD:

SIX FEET of  
SOCIAL DISTANCING



IF UNWELL -  
KEEP YOURSELF AT  
HOME UNTIL  
FULLY RECOVERED



20 SECONDS  
of WASHING HANDS



A PINCH  
of GOING  
OUT ONLY  
AS PER  
REQUIREMENT



KEEP  
CHECKING  
YOUR TEMPERATURE  
DURING this  
PROCESS





ACCESSORY

ACCESSORY

ACCESSORY



**NOT AN ACCESSORY!**

**WEAR YOUR MASK CORRECTLY!**



nitasha



**STOP  
SPITTING  
IN PUBLIC!**



Britasha



# #ApnaMask

**Not all heroes wear capes  
Most wear MASKS**





# I Will Work From Home When I Need To

#IndiaWillWin

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# Aarogya Setu

Aarogya Setu is an open-source Indian COVID-19 contact tracing, syndromic mapping, and self-assessment digital service, primarily a mobile application, developed by the National Informatics Centre under the Ministry of Electronics and Information Technology.





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# Boost Immunity

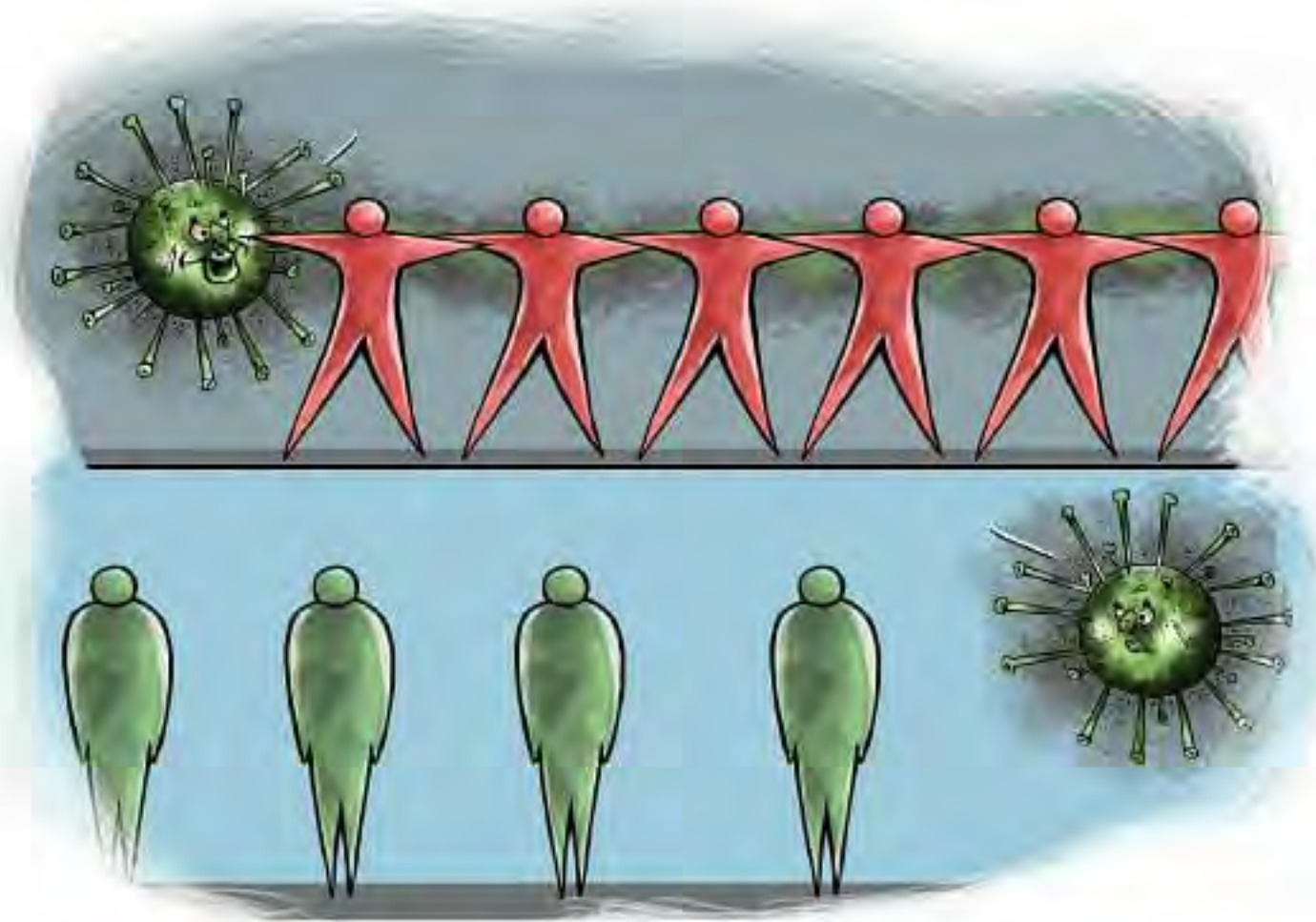
Your body's immune system protects you against illness. Keeping your immunity high helps fight COVID-19. To boost your immunity, eat fruits and vegetables like mushrooms, carrots, tomatoes, oranges, lemons, bell peppers, broccoli, spinach, and more.





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# Distancing

COVID-19 is a transmissible virus. It can spread from person to person through droplets from the nose or mouth. Physical distancing is the most effective action against the virus. Staying at least 1 metre away from other people reduces chances of falling ill.





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# Emergency

The COVID-19 outbreak was called a “Public Health Emergency of International Concern.” It has affected normal life and caused fear and panic in society.





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# Coronavirus

Coronaviruses belong to a large family of viruses that cause illness in humans and animals. The newest is the virus we are currently battling, known as COVID-19.





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# Fact Check

An Info-demic is an epidemic of misinformation and fake news on the current COVID-19 crisis. Fake news leads to panic and mistrust. To fight fake news, you must fact check. Visit [transformingindia.mygov.in](https://transformingindia.mygov.in) to stay updated about the latest official information on COVID-19.





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# Knowledge

It is very important to have basic knowledge of the virus. The Government of India has launched COVID Gyaan. It is a scientific portal with resources and information about the outbreak.





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# Journey

It is very important to avoid all non-essential travel. Do not use public transport if avoidable, and do not travel to public places. If you have to travel, wear a mask at all times and use an alcohol-based hand sanitizer frequently.





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# Journey

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# Lockdown

Lockdown is an emergency protocol that prevents people from leaving a specific area. It is important to make sure the virus does not spread quickly from person to person.





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# Myths

It is important to not spread myths about the virus. Weather does not have any effect on the spread of the virus. Substances like alcohol, chlorine, or garlic cannot kill the virus. A simple mask is sufficient, you do not need a N95 mask unless you are a healthcare worker or doctor.





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# Infection

The COVID-19 infection spreads through droplets of saliva or discharge from the nose. Everyone should practise basic etiquette - cover your mouth and nose while coughing or sneezing.





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# H

# Hygiene

To protect yourself from the virus, it is important to maintain good hygiene at home. Make sure your surroundings are clean and sanitized. Sanitize all incoming packages. Wearing masks is essential while stepping out.





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# Guidelines

Wash your hands properly and often with soap and water. Use alcohol-based hand sanitizer if you don't have access to water. Avoid touching your face. Cover your mouth and nose while sneezing or coughing. Stay at home and wear a mask if you have to go out.





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# Naming

WHO announced "COVID-19" (previously known as 2019 novel coronavirus) as the name of this new disease on February 11, 2020. Guidelines were developed with the World Organization for Animal Health (OIE) and the Food and Agriculture Organization of the United Nations (FAO).





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# Old and Young

Older people and people with medical problems like high blood pressure, diabetes, heart disease, lung disease, or cancer are at high-risk. Even young children are very vulnerable to the virus. These groups may experience severe symptoms and illness.





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# Risk & Response

RCCE (Risk Communication and Community Engagement) Action Plan Guidance COVID-19 Preparedness and Response tool is designed to support risk communication between frontline workers, health authorities, and other partners to plan effectively against COVID-19.





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# Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients might have aches and pains, nasal congestion, runny nose, sore throat, or diarrhoea. Some patients show no symptoms, too. 1 out of 6 patients fall severely ill and have difficulty breathing.





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# Understanding Stress

Too much stress makes your body vulnerable to sickness. The best way to reduce stress is meditation as it calms the nerves and mind. Participating in hobbies like reading, games, or art are good ways to be engaged.





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# Track, Trace, Test

Finding the place and people infected and testing them can be done through this chain of track, trace, and test. This can contain the spread of COVID-19. All three parts are equally important.





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# Vaccination

Right now, there is no vaccination or medicine to prevent or treat COVID-19. Possible vaccines and specific drug treatments are under investigation. They are being tested in clinical trials before they can be widely used.

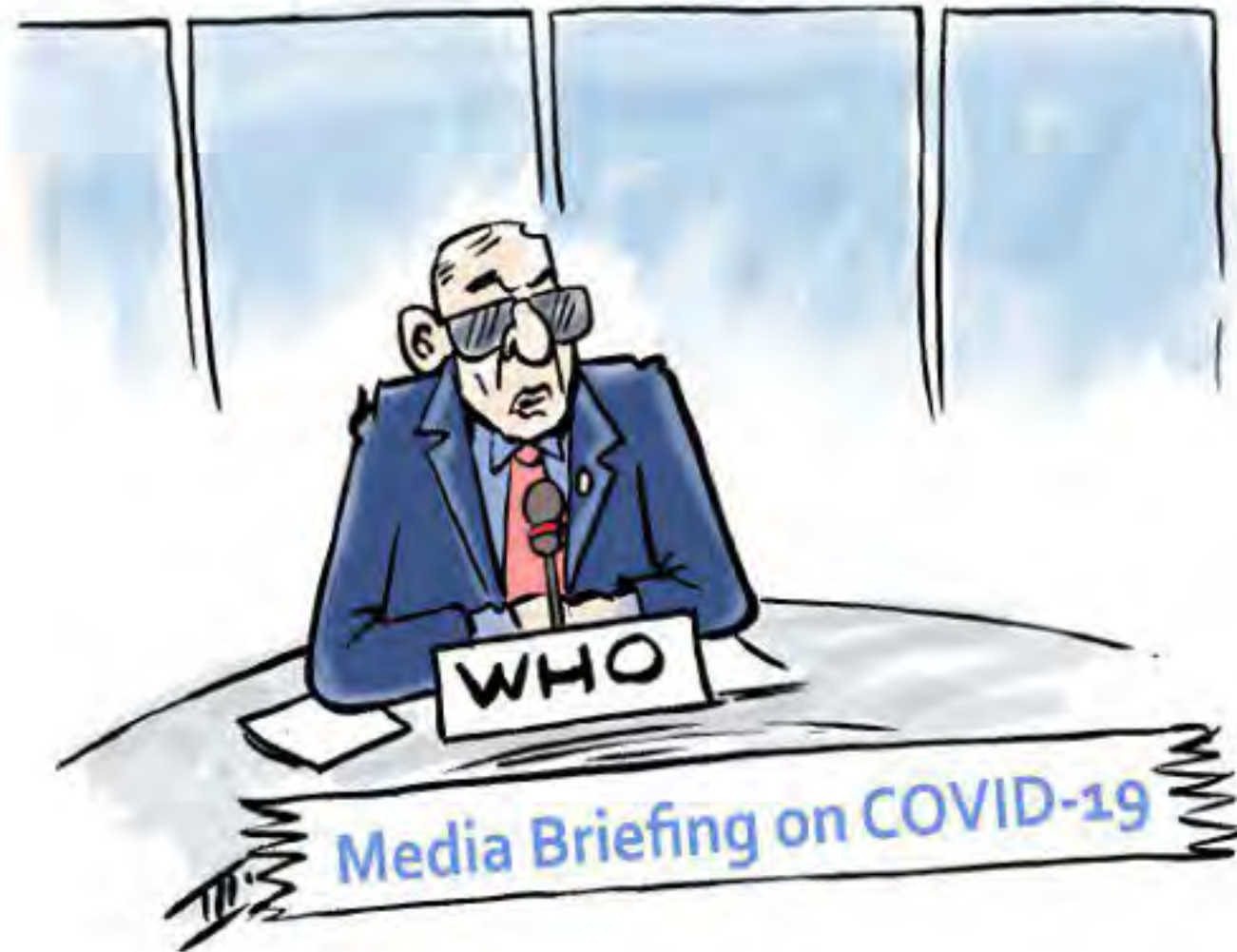




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# WHO

WHO is the World Health Organisation. It is at the forefront of the global fight against COVID-19. It provides updated information about the virus as clinical trials keep happening. WHO is responsible for coordinating and sharing timely and correct information to overcome this global health crisis.





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# Xenophobia

Xenophobia is the dislike of people outside your community or country. It has increased worldwide against certain people since this crisis began. The impact of verbal xenophobia has become very negative especially during such uncertain times.





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# Zoonotic

Zoonotic diseases are caused by germs spread between animals and people. COVID-19 is assumed to have zoonotic origins. Animals can appear healthy even while carrying these germs but can make people sick.





**I Will Sanitize  
My Hands  
Frequently**

**#IndiaWillWin**

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# New Normal Etiquettes to Combat COVID-19

## Do's



Greet people without  
physical contact



Maintain physical distance of  
minimum 1 meter



Wear reusable  
face-cover/mask  
at all times



Maintain respiratory hygiene,  
cover nose & mouth while  
coughing/sneezing



Wash hands frequently or use  
alcohol based hand sanitizer



Clean and disinfect frequently  
touched surfaces regularly



# New Normal Etiquettes to Combat COVID-19

## Don'ts



Avoid unnecessary travel



Don't spit in public places



Avoid touching eyes, nose  
and mouth



Don't discriminate COVID-19  
patients/caregivers/ others  
fighting against COVID-19



Keep number of guests to the  
minimal if social event  
cannot be postponed



Do not visit crowded places/  
avoid mass gatherings



# New Normal Etiquettes for Vendors at Marketplace (2/2)



Ensure proper **arrangement for disposal** of face masks & gloves

Ensure display of helpline nos of **State, helpline 1075 & psychological no. 08046110007** at prominent spaces

Ensure all **staff & buyers maintain physical distance** of at least 1 meter

Ensure buyers **do not touch any items or commodities**

**Do not entertain** any buyer not wearing a mask





# New Normal Etiquettes for Public at Parks

## Do's



Wear reusable face mask while going out



Greet others without any physical contacts



Maintain a physical distance of 1 meter from others



Do not touch your face or mask from the front



Wash your hands before leaving home. Carry a sanitizer with you & use frequently



Disinfect your personal items (keys, mobile, etc) once you return home



In case of any COVID related symptoms, call 1075 or state helpline no. immediately



# New Normal Etiquettes for Public at Parks

## Don'ts



Do not gather in large numbers

---



Do not eat in the park or litter around

---



Avoid touching surfaces with bare hands

---



Do not share your belongings with anyone

---



Do not spit. Spitting in public places is a punishable offence



# New Normal Etiquettes

## for Students at School/Colleges

### Don'ts



Do not gather in large numbers in canteen or other common places



Do not touch your face or mask from the front



Do not spit in the open. Spitting in public places is a punishable offence



Avoid sharing personal belongings with others



Do not discriminate against anyone. Voice out against any form of rumours/fake news regarding COVID-19



# New Normal Etiquettes for Students at School/Colleges

## Do's



Greet others without physical contact



Maintain physical distance of 1 meter from others



Wear reusable face mask or cover at all times



Wash your hands frequently with soap and water.  
Carry a sanitizer at all times



Disinfect your personal items (keys, mobile, etc) once  
you return home



Be mindful of forwarding any social media or  
WhatsApp message with unreliable information



In case of any COVID related queries or symptoms, call  
helpline no. 1075 or state helpline no immediately



# New Normal Etiquettes for Public at Parks

## Do's



Wear reusable face mask while going out



Greet others without any physical contacts



Maintain a physical distance of 1 meter from others



Do not touch your face or mask from the front



Wash your hands before leaving home. Carry a sanitizer with you & use frequently



Disinfect your personal items (keys, mobile, etc) once you return home



In case of any COVID related symptoms, call 1075 or state helpline no. immediately



**I Will  
Wear a  
Mask in  
Public**

**#IndiaWillWin**

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# SAFE ONLINE LEARNING IN TIMES OF COVID-19

## What You Need to Know About Cyberbullying



**Posting hurtful, rumours** or comments on pictures & videos shared by others



**Uploading embarrassing photographs** online without consent



**Excluding individuals of different backgrounds** from online groups & forums



**Using someone's account password** & sending inappropriate messages to harass others

**Cyberbullying is a punishable offence under the IT Act, 2000 & the Indian Penal Code**



**Report cases of cyberbullying to Police (Dial: 112)**



# Ways to Counter and Prevent Cyberbullying

- **Do not respond to bullying** as it may make matters worse
- **Take a screenshot of suspected** cyber bullying & keep a record of it
- **Block and report immediately** if someone bothers you on social media platform
- Inform trusted adults about bullying incidents. **Seek help & never keep it to yourself**
- **Keep your privacy settings high** and do not connect with unknown person

For complaint:

**Call 155260/ 1098/ 112**

**Or Report to:**

cybercrime.gov.in  
complaint-mwcd@gov.in  
cp.ncpcr@nic.in  
www.childlineindia.org



# Simple Tips to Stay Safe Online



## Do's

- ✓ Create a strong password & change it frequently
- ✓ Read privacy settings carefully on social networking sites
- ✓ Communicate only with known people
- ✓ Be careful while posting information as digital footprints stay online forever
- ✓ Ensure only authorized personnel access your computer systems
- ✓ Report immediately to support team of networking site if your account is hacked or stolen
- ✓ Invest in a strong network security system
- ✓ Use only verified open source or licensed softwares & operating
- ✓ Set up your computer for automatic antivirus software & operating system updates

For Complaint:  
Call 155260/1098

or Report to:

[cybercrime.gov.in](http://cybercrime.gov.in)  
[complaint-mwcd@gov.in](mailto:complaint-mwcd@gov.in)  
[cp.ncpcr@nic.in](mailto:cp.ncpcr@nic.in)  
[www.childlineindia.org](http://www.childlineindia.org)



# Simple Tips to Stay Safe Online



## Don't

- ⊗ Don't reveal your password to anyone other than your parent or guardian
- ⊗ Don't reveal personal information like age, address, phone no., etc. as this can lead to identity theft
- ⊗ Don't post anything that could hurt someone's feelings
- ⊗ Don't post your friends' information on networking sites, which can put them at risk
- ⊗ Don't forward anything without verifying it from a trusted source
- ⊗ Don't leave your account unattended after login, log out when not using it
- ⊗ Don't create fake profiles on any social networking site
- ⊗ Don't use personal devices such as USBs or hard drives on public computers
- ⊗ Don't open links & attachment on social networking sites and block file extensions like .bat, .cmd, .exe, .pif by filtering software

For Complaint:  
Call 155260/1098

or Report to:

[cybercrime.gov.in](http://cybercrime.gov.in)  
[complaint-mwcd@gov.in](mailto:complaint-mwcd@gov.in)  
[cp.ncpcr@nic.in](mailto:cp.ncpcr@nic.in)  
[www.childlineindia.org](http://www.childlineindia.org)



# Taking Care of Children With Special Needs (CWSN) in Times of COVID-19



Do not skip or change the medicine routine if the child is on medication

---



Involve them in turn-taking activities like Ludo-Snakes, etc & simple activities like cleaning tables, watering plants

---



Involve the child in structured art activities like making crafts to promote reading, math & fine-motor skills, etc.

---



Caregivers/parents/family members to take turns in activities of the child

---



Maintain hydration by providing adequate amount of water & fresh fluids to beat the effect of changing weather



# Taking Care of Children With Special Needs (CWSN) in Times of COVID-19



Make predictable daily time table & do not break the routine-cycle of the child



Maintain a basic routine for sleep & wake up time, play time, TV time, etc. Keep the child's screen time to the minimum



Teach daily living skills. Involve them in doing activities like washing hands, brushing, dressing, etc.



Ensure that the child feels secure and not anxious, encourage activities that the child is familiar with & comfortable doing



Ensure adequate physical activity time. Include motor activities, play activities & structured simple home games



# ENSURING MENTAL HEALTH OF CHILDREN DURING COVID-19



Listen to their concerns & try answering their queries; **spend quality time with them**



Keep them in contact with their friends & loved ones **through phone/video calls**



Make them understand that **things will be better if we take proper care**



**Give them correct information** about what is happening around the world



Engage them in **indoor activities**; encourage them **to pick up a hobby**



Make a **routine learning at home** by giving them small assignments



**I Pledge**  
**That i will never step out**  
**Without**  
**Apna Mask.**



**ApnaMask Pehnega India**  
**Corona Se Ladega India**

#ApnaDeshApnaMask







आयुष मंत्रालय  
MINISTRY OF  
AYUSH



# The Ayush Sanjivani Pledge

Let's work towards Enhancing our  
Immunity during the COVID-19 crisis



Take the Pledge





**I Will Work  
From Home  
When I  
Need To**

**#IndiaWillWin**

TO KNOW MORE VISIT [MYGOV.IN](http://MYGOV.IN)





Help us to  
Help you

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#IndiaFightsCorona

# TIPS ON WORK FROM HOME

**FOLLOW A  
STRICT ROUTINE**



**AVOID FAMILY DURING  
WORKING HOURS**

**TAKE SCHEDULED  
BREAKS**



**STICK TO  
DEADLINES**

**DO AN  
ONLINE COURSE**



**CELEBRATE  
COLLEAGUE'S  
BIRTHDAYS**

**REKINDLE YOUR  
LOST HOBBIES**



**END YOUR DAY  
WITH A ROUTINE**



# PARENTING TIPS DURING LOCKDOWN

## Keep Calm & Stay Connected



Help your teen connect with friends through **video/phone call** to keep stress at bay



Since schools are closed, ensure that they have **regular habit of studying**



**Exercise or meditate together** daily; engage them on what they love to do



Make them aware about do's, don'ts & **rules of social distancing**



**With Teenagers**, talk about something they like - sports, music, celebrities



Create a flexible but **consistent daily routine**





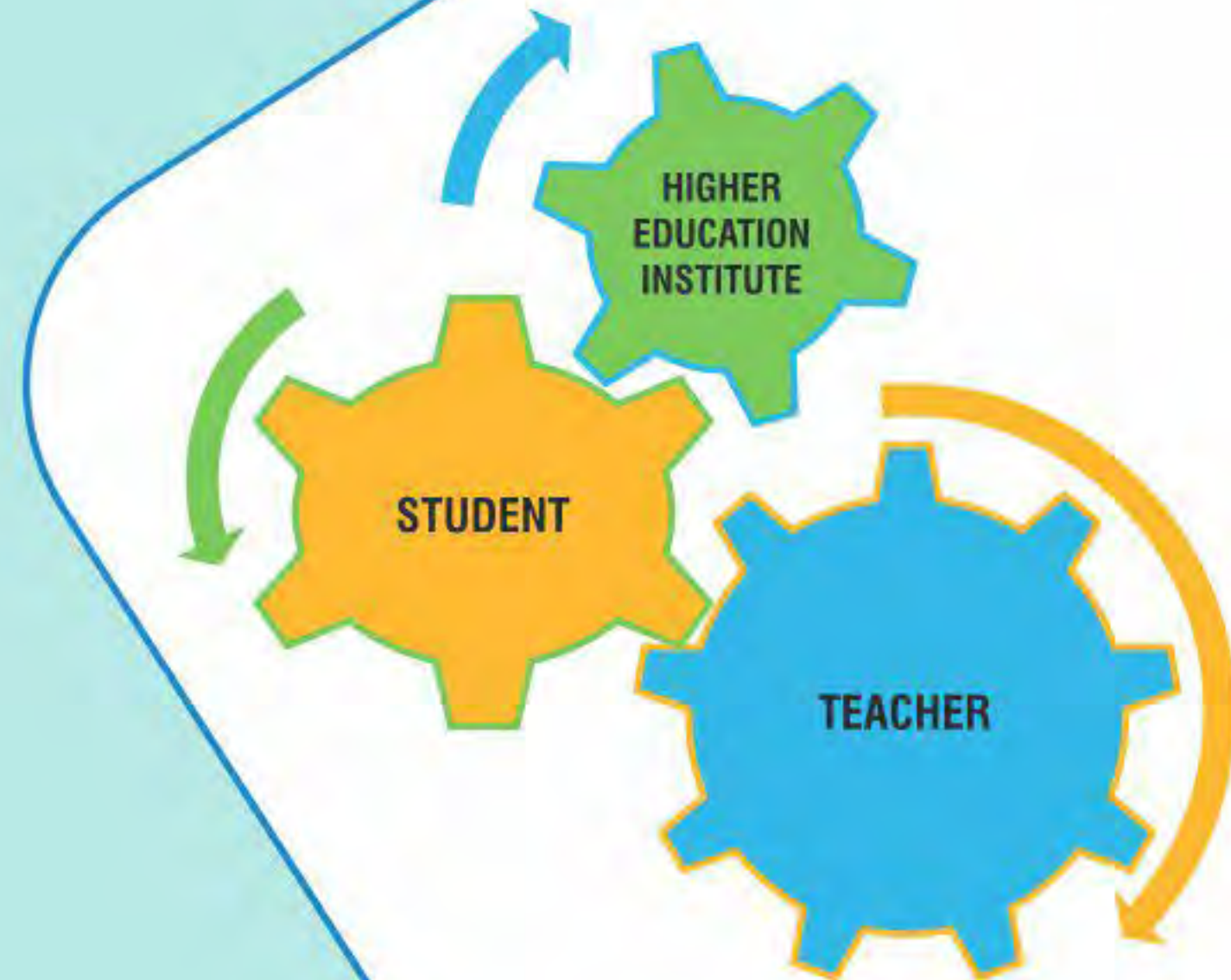
# Deeksharambh

## Student Induction Programme

An online guide  
to help students ease  
the process of entering  
the realm of  
**"Higher Education"**

Try this -> [t.ly/8c9c](https://t.ly/8c9c)

#अबOnlineपढ़ेगाIndia





Expanding Horizons of Age-Old Traditional  
Knowledge of Ayurveda with  
**AYUSH Sanjivani App**



To generate data on acceptance & usage of AYUSH measures & its impact on prevention of COVID-19



Promote AYUSH knowledge for larger good of the global community



Provide AYUSH advisories related to immunity boosting measures



To develop AYUSH interventions & solutions; to reach out to target of 50 lakh people



# Preventive Health Measures to **BOOST IMMUNITY**

Self Care Guidelines by Ministry of AYUSH



**Drink warm  
Water**  
throughout  
the day



**Daily practice  
of Yogasana,  
Pranayama &  
Meditation**  
for at least  
30 minutes



**Use spices like  
Turmeric,  
Cumin,  
Coriander  
and Garlic**  
in cooking





# Tapping into Age-old Wisdom of **AYURVEDA DURING COVID-19**

## Simple Ayurvedic Remedies



### Nasal application

Apply sesame oil/coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning & evening



### Oil pulling therapy

Swish your mouth with 1 tsp sesame or coconut oil for 2 to 3 minutes & spit it off, followed by warm water rinse (once or twice a day)



### For dry cough/sore throat

Practice steam inhalation with fresh Mint leaves or Caraway seeds (once a day)

Take clove powder mixed with honey (2-3 times a day)







MINISTRY OF  
**AYUSH**



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Help you



# TAPPING INTO AGE-OLD WISDOM OF AYURVEDA DURING COVID-19

## Natural Ways to Boost the Immune System

Take Chyawanprash  
10gm (1tsp) in  
the morning  
(sugar free Chyawanprash  
for Diabetics)



Golden Milk- ½ Tsp  
turmeric powder in  
150 ml hot milk  
(once or twice a day)



Drink herbal tea  
made from Basil,  
Cinnamon, Black  
pepper, Dry  
Ginger & Raisin  
(once or twice a day)







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Government of India



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GOV  
सेरी सरकात

# ENHANCE YOUR IMMUNITY WITH AYUSH KWATH

Formulation comprises of 4 medicinal herbs



**Tulsi Leaves**  
4 parts



**Dalchini**  
2 parts



**Sunthi**  
2 parts



**Krishna Marich**  
1 parts



## PREPARATION

Take all the ingredients in dry form & make coarse powder

Make sachets or tea bags of 3 gms or 500 mg tablet of aqueous extract of the powder



## USE

Consume like tea by dissolving in 150 ml of boiled water, once or twice daily

Add Jaggery/Raisins/Lemon Juice for taste







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मेरी सरकार

# STAY SAFE WITH AGE OLD WISDOM OF AYURVEDA

AYUSH Home Remedies for  
Dry Cough/Sore Throat



Steam  
inhalation with  
fresh Mint  
leaves/caraway  
seeds can be  
practiced once  
in a day



Clove powder  
mixed with  
natural  
sugar/honey  
can be taken  
two to three  
times a day



Consult a  
Doctor if the  
symptoms  
persist

Date 30 April 2020



# MyGov launches Saathi Chatbot

MyGov Saathi to bring citizens the latest News & Updates on COVID-19

visit: [MyGov.in](https://www.mygov.in)

#IndiaFightsCorona







# **DON'T** Stigmatise COVID-19 Survivors



**Social distancing & self-isolation** is free of ideology, religion & caste

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Stigmatisation of health workers, suspects & patients **only weakens the fight**

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Need to **generate awareness & build trust and confidence** among the people

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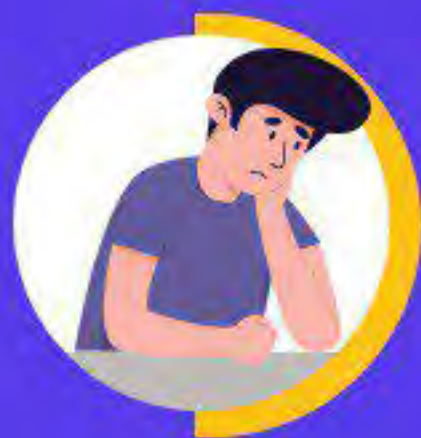
Reflect & think through the situation & **create conditions to enhance empathy & inclusiveness**





# SAY NO

★ **TO SOCIAL STIGMA**  
Faced by COVID-19 Survivors



Survivors often suffers from anxiety, **stress & trauma** due to social stigma



It is **unscientific & inhumane** to isolate people post recovery



It is **safer to interact with a person** recovered from COVID-19



A recovered person can **no longer spread the virus**



# DO'S TO PREVENT COVID-19 STIGMA



**Appreciate & be supportive** to people providing essential services



**Share only authentic information** from Govt sources, Health Ministry & WHO



**Cross check any information** related to COVID19 from reliable sources before sharing




**Share positive stories** of those who have recovered from Coronavirus





# AAROGYA SETU APP

a Bluetooth-based  COVID-19 tracker for everyone's safety



The app will **alert users if they come in proximity** to an infected person



**Inform users** about best practices & **relevant medical advisories**



**The App is privacy-first by design** & available in Android & iOS



The App has highly scalable architecture & is **available in 11 languages**