



गोंडवाना विद्यापीठ गडचिरोली

महाराष्ट्र शासन अधिसूचना क्रमांक २००७/(३२२/०७) विशी-४ महाराष्ट्र विद्यापीठ अधिनियम १९९४ (१९९४ चा म.हा. ३५) च्या कलम ३ च्या पोटकलम (२) अन्वये दिनांक २७ सप्टेंबर, २०११ रोजी स्थापीत व महाराष्ट्र सार्वजनिक विद्यापीठ अधिनियम, २०१६ (सन २०१७ चा महाराष्ट्र विद्यापीठ अधिनियम क्रमांक ६) द्वारा संचालित राज्य विद्यापीठ)

(कुलसचिव कार्यालय)

एम.आय.डी.सी. रोड, कॉम्प्लेक्स, गडचिरोली — ४४२६०५
फोन/फॅक्स नंबर ०७१३२-२२३१०४ E-Mail : gug.registrar@gmail.com
जा.क्र./गोंवीग/कुसका/ ४४०५ / २०२० दिनांक ०३/०४/२०२०

परिपत्रक

प्रति,

गोंडवाना विद्यापीठाशी संलग्नीत
सर्व महाविद्यालयाचे प्राचार्य,
पदव्युत्तर शैक्षणिक विभागाचे प्राध्यापक, सहयोगी प्राध्यापक, सहा. प्राध्यापक
तसेच विभागांचे शाखाप्रमुख.

विषय :- COVID - 19 : STAY SAFE

संदर्भ :- यु.जी.सी. चे पत्र क्रमांक F.No.1-1/2020 (Secy) दि.०३.०४.२०२०

महोदया/महोदय,

उपरोक्त संदर्भीय पत्राचे अवलोकन करावे, देशासह कोरोना विषाणूच्या प्रादुर्भावामुळे संकटकालीन परिस्थिती उद्भवली आहे. या परिस्थितीवर मात करण्यासाठी आयुष मंत्रालय, भारत सरकार यांनी काही मार्गदर्शक सूचना सुचविलेल्या आहेत. तसेच मा. प्रधानमंत्री यांनी दिनांक ०३/०४/२०२० रोजी सकाळी ९.०० वाजता दिलेल्या संदेशानुसार दिनांक ५ एप्रिल, २०२० रोजी रात्री ९ वाजता ९ मिनीटांकरीता सर्व लाईट बंद करून दिवा, कॅन्डल किंवा मोबाईलच्या लाईटचा प्रकाश आपल्या दरवाज्यात किंवा गॅलरीमध्ये करण्यास सूचना केलेल्या आहेत.

करीता आपणास कळविण्यात येते की, घरी सुरक्षीत राहून सोबत संलग्नीत प्रपत्रानुसार कार्यवाही घ्यावी.

(डॉ. ईश्वर मोहुले)

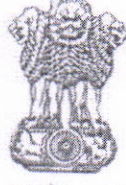
कुलसचिव

गोंडवाना विद्यापीठ, गडचिरोली



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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F. No.1-1/2020(Secy)

3rd April, 2020

Subject: COVID -19 : STAY SAFE

Request for sharing information about:

- Ministry of Ayush's immunity boosting measures for self-care
- Aarogya Setu, mobile app Ministry of Electronics and IT
- Hon'ble PM's appeal to switch off lights, and light candles, diya, or torch of their mobile etc. on 5th April, 2020

Ref : Secretary (HE) letter DO No Secy(HE)/MHRD/2020 dated 3rd April, 2020

Dear Madam/Sir,

As we all jointly fight COVID-19, the Ministry of Ayush, following the adage, prevention is better than cure, has come up with a set of immunity boosting measures for self-care. (copy attached for ready reference).

In addition, the Ministry of Electronics and IT, has launched the Covid-19 tracking mobile app, **Aarogya Setu**, which is available in 11 languages, and can easily be downloaded on smart phones on Android through https://play.google.com/store/apps/details?id=nic.goi.aarogyasetu&hl=en_GB and on IOS through <https://apps.apple.com/in/app/aarogyasetu/id1505825357>.

The Hon'ble Prime Minister in his address to the nation today has urged the citizens of the country to express solidarity in fight against COVID-19 by switching off lights, and light a diya, candle or hold a mobile torch on 5th April, 2020 at 9 pm for 9 minutes. This should be done within the confines of our homes and no one should assemble in colonies or roads.

I request you to share and disseminate the details of the self-care guidelines, the Aarogya Setu App and Hon'ble Prime Minister's appeal to switch off lights, and light candles, diya etc as above with Students, Faculty members, Researchers, Non-Teaching staff members and others to enable them to gain maximum benefits and be partner in our resolute fight against COVID-19.

With kind regards,

Yours sincerely,

(Rajnish Jain)

Enclosed as above

To
The Vice Chancellors of all the Universities
The Principals of all the Colleges

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
3.4.2020
(Amit Khare)

Encl. As above

Copy to:

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

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

Graphic: 2/4

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



सत्यमेव जयते
MINISTRY OF AYUSH

**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

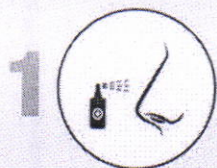
Note: Ayurveda is a totally plant-based science.



MINISTRY OF AYUSH

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

SIMPLE AYURVEDIC PROCEDURES

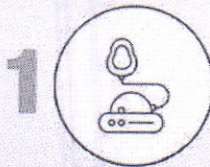


Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



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

Graphic: 4/4


MINISTRY OF AYUSH