



CBSE/DIR(Acad)/Circular/2020

3rd April, 2020
Circular No Acad-23/2020

All the Heads of Schools Affiliated to CBSE

Subject : COVID 19 Stay Safe

Ref. : D.O. No. Secy(HE)/MHRD/2020 dated 3rd April 2020 of Secretary, Departments of Higher Education/School Education & Literacy, MHRD, Govt. of India

Dear Principal,

In continuation of the efforts to contain the spread of COVID-19, the following initiatives of the Government may be brought to the notice of all the teachers, students and staff members of your institution today itself by using the communication channels available with the school in the interest of health and safety of all.

1. **AROGYA SETU APP** : This App has been developed to fight against COVID -19 which is useful for Students, parents, teachers , other staff and their family members. This App can be down loaded 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. **PROTOCOL FOR IMMUNITY BOOSTING**: Ministry of AYUSH has developed a protocol for immunity boosting measures for self care of kids. A detailed brochure of the same is enclosed for the use of students, teachers, other staff and their family members. This brochure may be shared with them as downloadable e-format. Teachers may also explain its contents to the students through the available channels of communication.
3. **LIGHTING OF CANDLE on 05-4-2020 at 9 P.M.:** As addressed by the Hon'ble Prime Minister to the Nation on 3rd April 2020, students, teachers, other staff of the school and their family members may **light a candle, diya or torch of their mobile for 9 minutes at 9 PM on 5th April, 2020 Sunday at their HOUSES** to realise the power of light and to highlight the objective for which the whole nation is fighting together. Please note that no one should assemble in colonies or road or anywhere outside their houses.

In this context, it is requested that all Principals will inform all teachers of their schools regarding this by 5 PM today. Similarly all Principals and Teachers will ensure that all students of the school are informed in this regard by tonight.


(Dr. Joseph Emmanuel)
Director (Academics)

Encl: Detailed Brochure





Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160 017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. 13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries/ Analysts (Academic, Training and Skill Unit), CBSE
15. In charge IT Unit with the request to put this circular on the CBSE Academic website
16. The Senior Public Relations Officer, CBSE
17. PPS to Chairperson, CBSE
18. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (P.E.), CBSE

Director(Academics)



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.



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



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

SIMPLE AYURVEDIC PROCEDURES

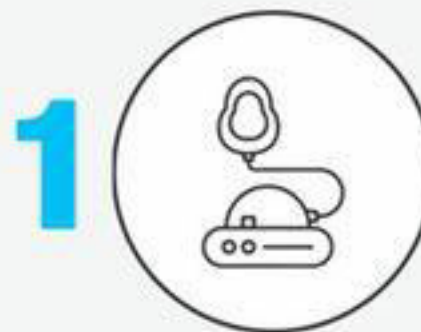


Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



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