भारत सरकार (GOVERNMENT OF INDIA)
रेल मंत्रालय (MINISTRY OF RAILWAYS)
(रेलवे बोर्ड RAILWAY BOARD)

No. 2012/E(GR)II/11/3 **New Delhi, Dated: 04.04.2020**

The Secretary General,
Indian Railway Promotee Officers Federation,
Room No. 268, Rail Bhavan,
Raisina Road,
New Delhi-110001.

The Secretary General,
Federation of Railway Officer's Association,
Room No. 256-A, Rail Bhavan,
Raisina Road
New Delhi - 110001

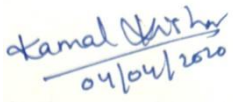
Sub: (i) Arogya Setu App; (ii) General measures to enhance body's natural defence system; (iii) Light Candles or Diyas, torches or mobile flashlights at 9.00 PM on 5th April,2020 for 9 minutes.

Ref: Railway Board's letter No. E(W) 2020/SC-2/1 dated 04/04/2020 (Copy enclosed).

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A copy of Railway Board's above referred letter is enclosed for information and necessary action.

DA: As above



(Kamal Kishor)
Deputy Director/Estt.(Gaz. Rectt.)-II
Railway Board
Tel: 011-23047261
Email: egr2.349@gmail.com

भारत सरकार (GOVERNMENT OF INDIA)

रेल मंत्रालय (MINISTRY OF RAILWAYS)

रेलवे बोर्ड (RAILWAY BOARD)

****

No. E(W)2020/SC-2/1 New Delhi, Dated 04.04.2020

General Managers
All Zonal Railways, PUs etc
including Metro Railway,
Kolkata

Sub.: (i) Arogya Setu App;
(ii) General measures to enhance body's natural defence system;
(iii) Light Candles or Diyas, torches or mobile flashlights at 9.00 PM on 5th April,2020 for 9 minutes.

Ref: Secretary MHRD's D.O. letter No. Secy.(HE)/MHRD/2020 dated 03.04.2020 and Press Information Bureau(PIB)'s release on PM's address to the nation dated 03.04.2020.

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Please find enclosed referred letter and press release.

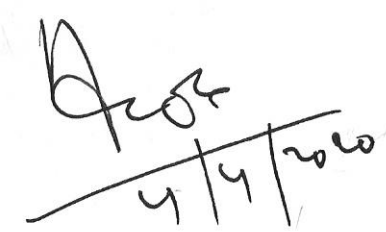
In this connection, Board has taken note of referred communications on the subject. It may please be noted that Arogya Setu App has been developed to fight against COVID-19. This app will be helpful to Railway Servants, students, faculty/teachers and their family members. This app can be downloaded from Google playstore/iOS app store as per the details given in the annexed letter.

2. Moreover, Ministry of AYUSH has developed a protocol for immunity boosting measures for self-care for Railway Servants and their family members. The same is enclosed (i.e. enclosure to MHRD's referred letter dated 03.04.2020) for downloading/use by our Railway Servants, students, faculty members, teachers and their family members

3. Furthermore, as addressed by Hon'ble Prime Minister on 3rd April, 2020, Railway Servants and their family members may light Candles or Diyas, torches or mobile flashlights for 9 minutes at 9 PM on the 5th of April(Sunday) 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.

4. Board desires that wide publicity should be given to aforementioned measures/activities.

DA: As above



(Alok Kumar)
Executive Director Estt(IR)
Railway Board

अमित खरे, भा.प्र.से.
सचिव
AMIT KHARE, IAS
Secretary
Tel. : 011-23386451, 23382698
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सत्यमेव जयते

भारत सरकार
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

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

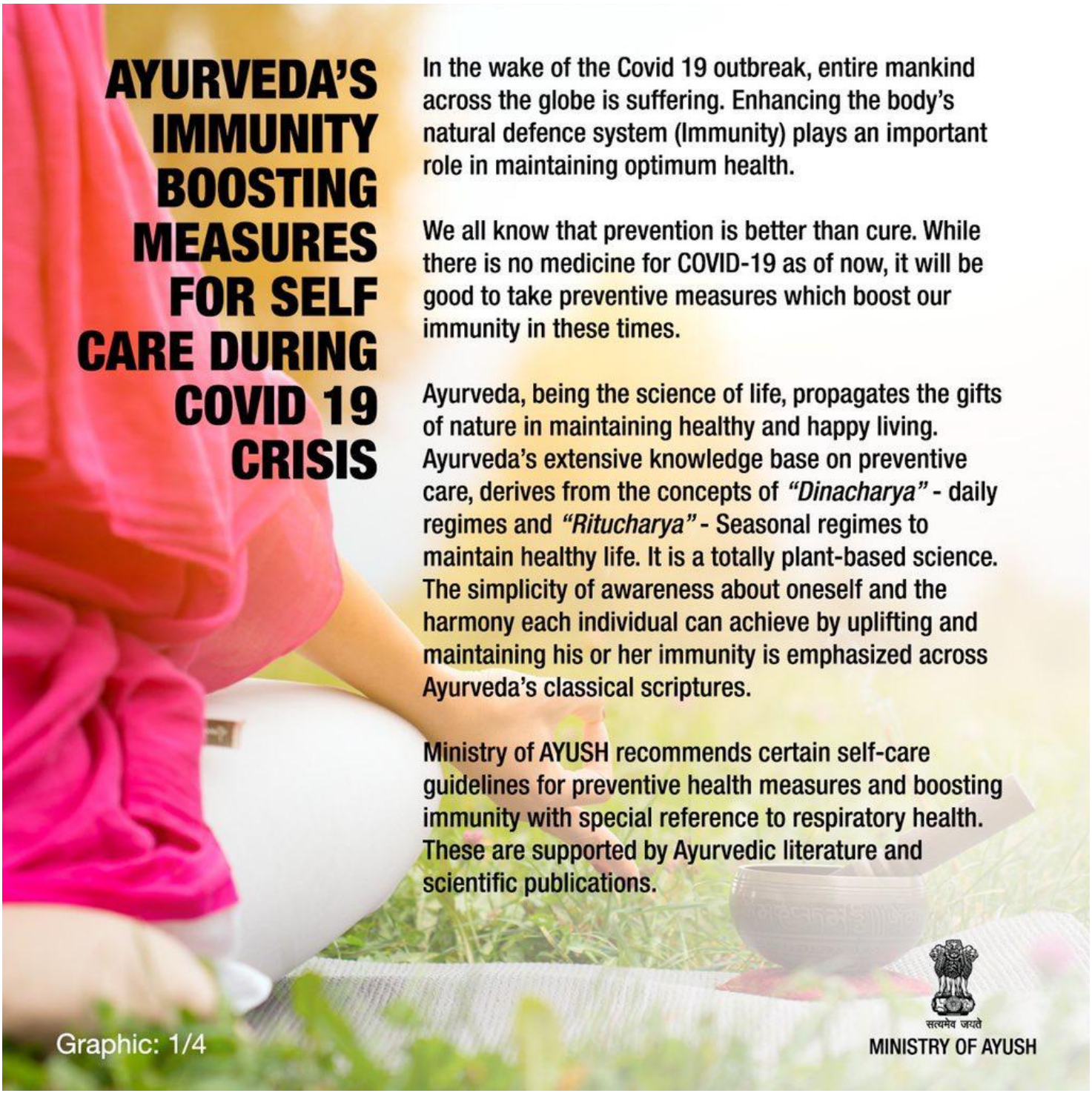
Yours sincerely,

(Amit Khare)

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.
सत्यमेव जयते
MINISTRY OF AYUSH
Graphic: 1/4


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

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



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

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



Graphic: 4/4

सत्यमेव जयते

MINISTRY OF AYUSH

Sent from my iPhone

Prime Minister's Office

Text of PM's address to the nation

Posted On: 03 APR 2020 9:22AM by PIB Delhi

My dear fellow citizens,

Today marks 9 days of the nationwide lockdown against the Corona pandemic. The discipline and spirit of service you have displayed during this periodis unprecedented, and embodies the true meaning of both.

Government, administration and the public at large, have together made great efforts to manage the situation as best as possible.The manner in which you had expressed gratitude to all those fighting against the Coronavirus on Sunday 22nd March, has today become an example for all countries. Many are replicating it now.

Whether it is people's curfew, ringing bells, clapping hands or clanging plates;they have all made the nation realize its collective strength in these testing times. It has led to the deepening of the belief that the nation can unite as one in the battle against Corona. This collective spirit of yours, of the nation, can be seen manifesting itself during these times of lockdown.

Friends, today, when crores of people of this country are confined to their homes, it will be natural for anyone to question what they can do just by themselves.Some people may also be worried about how they are going to fight such a big battle on their own. Many will be concerned about how many more days they will have to spend like this.

Friends, this is certainly the time of a lockdown, and we most certainly are confined to our own homes, but none of us is alone.The collective strength of 130 crore Indians is with each one of us, it is the strength of each one of us.It is required for our countrymen, to from time to time,experience the greatness, majesty and divinity of this collective strength.

Friends, in our country the citizenry is considered a manifestation of God itself. Therefore, when the nation is fighting such a huge battle, one should from time to time keep experiencing this collective superpower manifesting itself in the form of the people.This experience boosts our morale, gives us direction and clarity, a common aim as well as the energy to pursue the same.

Friends, amidst the darkness spread by the Corona pandemic, we must continuously progress towards light and hope. We must continuously strive to take those of us most affected, our poor brothers and sisters, from disappointment to hope. We must end the darkness and uncertainty emanating from the crisis, by progressing towards lightand certainty. We must defeat the deep darkness of the crisis, by spreading the glory of light in all four directions.

And that is why, this Sunday, on the 5th of April, we must all together, challenge the darkness spread by the corona crisis, introducing it to the power of light.On this 5th of April, we must awaken the superpower of 130 crore Indians. We must take the super resolve of 130 crore Indians to even greater heights.

Onthe 5th of April, on Sunday, I want 9 minutes from all you, at 9PM.Listen carefully, on the 5thof April, at 9 PM, turn off all the lights in your homes, stand at your doors or in you balconies, and light candles or diyas, torches or mobile flashlights for 9 minutes.I repeat, light candles or diyas, torches or mobile flashlights, for 9 minutes at 9 PM on the 5thof April.

At that time, if you haveturned off all the lights of your homes, and each one of us in all directions has lit a diya; we will experience the superpower of light, clearly illuminating the common purpose we areall fighting for.In that light, in that lustre, in that radiance, let us resolve in our minds that we are not alone, that no one is alone!130 crore Indians are committed,through a common resolve!

Friends, I have one more prayer in this regard, that no one must assemble or gather anywhere while participating in this program. Please do not go out on to the roads, lanes or your localities, do it at the doorstep or balconies of your own homes. One must never cross the 'Lakshman Rekha' of Social Distancing. Social Distancing should not be breached under any circumstances.This is the only panaceato break the chain of Corona virus.

So, on the 5thof April at 9 PM.Sit in solitude for some time and reminisce about Maa Bharati, picture the faces of 130 crore Indians.Experience the collective resolve, the collective superpower of 130 crore Indians.This will give us the strength to fight, as well as the confidence to win, in this hour of crisis.

It has been said here that –

Utsaho Balwaan Arya,

Na Asti Utsaah Param Balam |

Sah Utsahasaya Lokeshu,

Na Kinchit Api Durlabham ||"

Meaning, there is no greater force in the world than our passion and our spirit.That there is nothing in the world that we cannot achieve on the basis of this strength.Come, let us come together and jointly defeat this Corona virus, and make India victorious.

Thank you very much!

*****

VRRK/KP

(Release ID: 1610559) Visitor Counter : 1887

Read this release in: Urdu , Marathi , Hindi , Bengali , Manipuri , Assamese , Punjabi , Gujarati , Odia , Tamil , Telugu , Kannada , Malayalam