



Vananchal Dental College & Hospital
(Run Under-Vananchal Educational & Welfare Trust)
Approved by Dental Council of India, New Delhi
Recognized by Ministry of Health & Family Welfare, Govt. of India
N.O.C by Govt. of Jharkhand
Affiliated to Nilamber Pitamber University, Medininagar
Farathiya, Hoor, Garhwa, (Jharkhand) – 822114
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Letter No - VDCH/104/20

Date- April 7th, 2020

From
Principal
Vananchal Dental College and Hospital, Garhwa

To
The Secretary
Ministry of Human Resource Development, Govt. of India

Dear Sir,

Subject: In relation to **Letter No.D.O.No.Secy (HE)/MHRD/2020 dated 3rd April, 2020**

This is for your kind information that we have given the necessary information to the students and Faculty members of the Institute regarding the **Arogya Setu App** developed by the **Ministry of Human Resource Development** to fight against the **COVID-19 outbreak** and have provided the necessary links for further information as per your guidelines in relation to your **Letter No.D.O.No.Secy (HE)/MHRD/2020 dated 3rd April, 2020**. The same has been put-up on college website for information as well as the necessary Help Cell created at Institutional level.

Thanking you.

Yours sincerely,


Principal
Vananchal Dental College & Hospital
Farathiya, Garhwa-822114, Jharkhand



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For Information Related to COVID-19

This is for general information of all concerned that as per the provisions made by the Govt. of India, there is no reason to panic on the situation related to COVID-19 and that the students are free to take help of any kind, if required, by taking a call at the following contacts provided, as per the need.

Also, the Faculty members as well as the students are requested to maintain discipline and be in a healthy state of mind and take all the necessary measures to boost the immune system of the body taking guidelines on the portals available from the **Ministry of Health and Family Welfare, Govt. of India** and the **Department of Ayush, Govt. of India** for further information and needful.

Minding our minds during the COVID-19

<http://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>;

Practical tips to take care of your Mental Health during the Stay In

<http://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>; and

Various Health Experts on how to manage Mental Health & Well Being during COVID-19 outbreak

<http://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

Furthermore, the **Ministry of Human Resource Development** has developed an **ArogyaSetu App** which will be helpful for the students, Faculty members/teachers as well as their families to fight against **COVID-19**. The same can be downloaded from the below mentioned links:

iOS: [itms-apps://itunes.apple.com/app/id505825357](https://itunes.apple.com/app/id505825357)

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

Wish you all a good health.

Stay Indoors, Stay Healthy, Stay Safe.

For nay needful, contact:

Mrs.Meena Singh- Rector- Girls Hostel- 96614 62506/6206297213

Mr.Harinder Kumar Singh- Rector- Boys Hostel- 62994 82160

Dr.Abhishek Singh N.- Faculty- 62064 02866/98509 04067

Dr.Divya Singh- Faculty- 99732 61435/91232 66559

Thanking you.

Yours sincerely,



Principal

Vananchal Dental College and Hospital, Garhwa

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



सर्वमेव 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.



सत्यमेव जयते

MINISTRY OF AYUSH

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

SIMPLE AYURVEDIC PROCEDURES

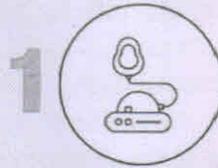


Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



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