

**Government of NCT of Delhi**  
**DELHI DISASTER MANAGEMENT AUTHORITY**

No. F/02/07/2020/Pt. file-II/ 11 7

Dated 30.04.2020

**ORDER No.**

Whereas, Delhi Disaster Management Authority (DDMA) is satisfied that the NCT of Delhi is threatened with the spread of COVID-19 epidemic, which has already been declared as a pandemic by the World Health Organization and has considered it necessary to take effective measures to prevent its spread in NCT of Delhi;

And whereas, Delhi Disaster Management Authority has issued various orders/instructions from time to time to all concerned authorities to take all required measures to appropriately deal with the situation;

And whereas, 100 containment zones i.e. area of large COVID-19 outbreaks, or clusters with significant spread of COVID-19 have been demarcated in Govt. of NCT of Delhi as per the guidelines of Ministry of Health & Family Welfare, Govt.

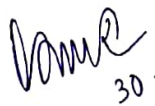
And whereas it is required to take special measures in the containment zones of GNCT of Delhi to prevent the spread of COVID-19.

Now, therefore, in exercise of the powers conferred under section 22 of the Disaster Management Act, 2005, the undersigned hereby issues following directions for strict compliance to prevent the spread of COVID-19 epidemic in containment zones:-

- (i) Screening of all residents of containment zones must be carried out at least three times within 14 days of issue of notification of the containment zone. The first screening of all residents within the containment zone, if not completed, should be concluded within three days of issue of this order. It should also be ensured that screening is conducted in a proper manner as per the prescribed protocol and under proper supervision of a Doctor/Medical Team.
- (ii) COVID-19 tests should be done as per protocol to keep a close check on spread of COVID-19 in the zones.
- (iii) Every person living in containment zones should be made aware of "Aarogya Setu" application, developed by Ministry of AYUSH, Govt. of India. All necessary steps may be taken and due publicity may be done to encourage the people in containment zones to download and use the app.
- (iv) A data base of senior citizens (above 60 years of age) and the persons having co-morbid conditions/ underlying medical conditions may be properly maintained for close monitoring and surveillance of such persons.

- (v) Wide publicity of guidelines issued by the Ministry of AYUSH, Govt. of India on 31.03.2020 (copy enclosed) should also be done in all containment zones as the same may prove to be beneficial for the people to increase their immunity.
- (vi) In cases of containment zones having population more than ten thousand (10,000), micro level planning should be done and strict implementation of the SOPs / protocols / instructions issued by the Govt. of India and Govt. of NCT of Delhi must be ensured/complied with.
- (vii) As conveyed by the Ministry of Home Affairs order dated 15.04.2020, the activities allowed will not be permitted in the containment zones. There shall be strict perimeter control in the area of the containment zones to ensure that there is no unchecked inward/outward movement of population from these zones except for maintaining essential services (including medical emergencies and law & order related duties) and Government business continuity.
- (viii) All protocols/SOPs prescribed by Govt. of India & Govt. of NCT of Delhi in this regard shall be followed in letter & spirit in the said Containment Zones

Encl: As above

  
30.4.20  
(Vijay Dev)

Chief Secretary, Delhi

To,

1. All District Magistrates, GNCT of Delhi
2. All District Dy. Commissioners of Police, Delhi Police

Copy for information to:-

1. Pr. Secretary to Hon'ble Lt. Governor, Delhi
2. Addl. Secretary to Hon'ble Chief Minister, Delhi
3. Secretary to Hon'ble Dy. Chief Minister, Delhi
4. Secretary to Hon'ble Minister (Health), GNCT of Delhi
5. Members, State Executive Committee, DDMA, GNCT of Delhi.
6. Commissioner (Police) Delhi Police Headquarters New Delhi-110002
7. Divisional Commissioner, GNCTD.
8. Pr. Secretary (Health & Family Welfare), GNCTD.
9. System Analyst, O/o Divisional Commissioner, Delhi for uploading the Order on website of Delhi Government.

## **Ministry of AYUSH**

### **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 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 the following 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.

### **Recommended Measures**

#### **I General Measures**

1. Drink warm water throughout the day.



2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

## **II Ayurvedic Immunity Promoting Measures**

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
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 tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

## **III 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 table spoon 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.

## **IV During dry cough / sore throat**

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.

2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

1 The above measures can be followed to the extent possible as per an individual's convenience.

2 These measures are recommended by following eminent Vaidyas from across the Country as they may possibly boost an individual's immunity against infections.

1. Padma Shri Vaidya P R Krishnakumar, Coimbatore

2. Padma Bhushan Vaidya Devendra Triguna, Delhi

3. Vaidya P M Varier, Kottakkal

4. Vaidya Jayant Devpujari, Nagpur

5. Vaidya Vinay Velankar, Thane

6. Vaidya B S Prasad, Belgaum

7. Padma Shri Vaidya Gurdeep Singh, Jamnagar

8. Acharya Balkrishna ji, Haridwar

9. Vaidya M S Baghel, Jaipur

10. Vaidya R B Dwivedi, Hardoi UP

11. Vaidya K N Dwivedi, Varanasi

12.Vaidya Rakesh Sharma, Chandigarh

13.Vaidya Abichal Chattopadhyay, Kolkata

14.Vaidya Tanuja Nesari, Delhi

15.Vaidya Sanjeev Sharma, Jaipur

16.Vaidya Anup Thakar, Jamnagar

***Disclaimer: The above advisory does not claim to be treatment for COVID 19.***