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/aarogya-setu/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