



ज्ञान-विज्ञान विभुस्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
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F.No.1-14/2020(Website)

19/03/2020

Subject : Precautions to be taken in the light of Novel Coronavirus (COVID-19)

Ref : Secy(HE)/MHRD/2020 letter dated 18/03/2020

Dear Madam/Sir,

UGC has been issuing advisories from time to time (05.03.2020 and 14.03.2020) for universities and their affiliated colleges regarding preventive measures to be undertaken in the wake of Novel Coronavirus (COVID-19).

Further, reference above, a communication dated 18th March, 2020 has been received from the Secretary, Higher Education, Ministry of Human Resource Development, that adequate precautionary measures are to be taken by the institutions to face the situation arising out of COVID-19. Therefore all the Universities are requested to take the following precautionary measures:

1. All ongoing University examinations may be rescheduled after 31st March, 2020.
2. All evaluation work may be rescheduled after 31st March, 2020
3. All Educational Institutions to maintain regular communication with the students and teachers through electronic means and keep them fully informed so that there is no anxiety amongst the students, teachers and parents.
4. All Educational Institutions to notify helpline numbers/emails which students can access for their queries.

All Universities and Colleges are further requested to advice the students, parents, teachers and staff not to panic, and take preventive and precautionary measures to combat COVID-19.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To

The Vice Chancellors of All Universities

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



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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)

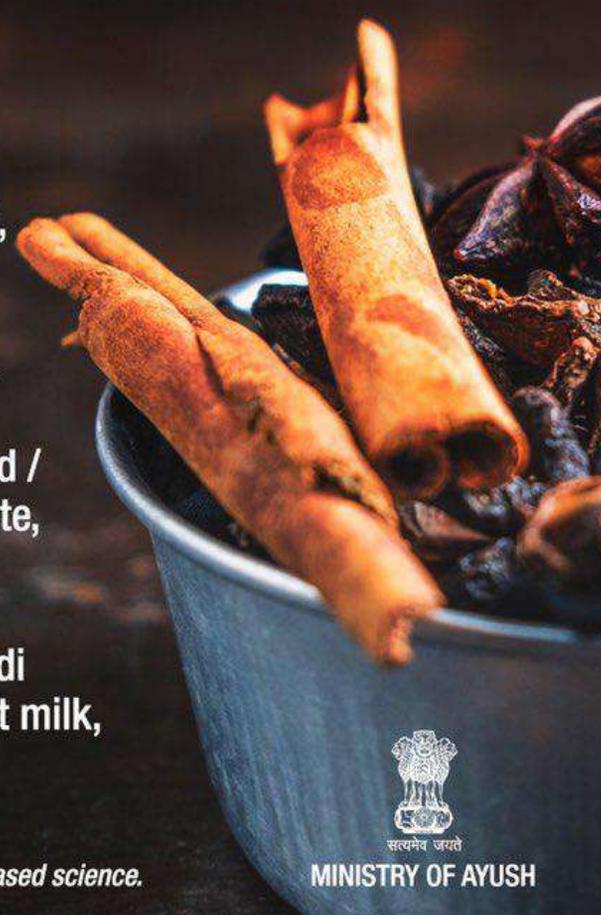
3  Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day

Graphic: 3/4

Note: Ayurveda is a totally plant-based science.



MINISTRY OF AYUSH



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

SIMPLE AYURVEDIC PROCEDURES

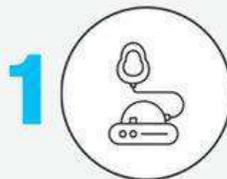


Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening



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

संघमिदं जगदी
MINISTRY OF AYUSH



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F.No.1-14/2020(Website)

21/03/2020

Subject: Preventive measures to achieve 'Social Distancing' - Permission to Teaching and Non-Teaching staff to work from home

Reference: Secy(HE)/MHRD/2020 letter dated 21/03/2020

Respected Madam/Sir,

In continuation of UGC's letter dated 19th March, 2020 whereby all the ongoing examinations and evaluation work were required to be postponed till 31.03.2020 in the light of Novel Coronavirus (COVID-19), a communication dated 21st March, 2020, reference above, has been received from the Secretary, Higher Education, Ministry of Human Resource Development. In order to ensure safety of the Faculty members / Researchers / Non-Teaching staff of Higher Education Institutions, the following further precautions should be taken:

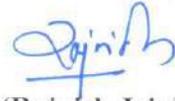
1. Faculty members/Researchers/Non-Teaching staff under your University should be permitted and advised to work from home till 31.03.2020.
2. Faculty members/Researchers should utilise this period for various academic activities such as:
 - a) Development of on-line content, on-line teaching and on-line evaluation.
 - b) Prepare lesson plan and develop instructional material for the courses to be offered during next academic year/ next semester.
 - c) Carry on Research
 - d) Write articles, papers etc.
 - e) Prepare innovative questions for "Question Bank".
 - f) Prepare innovative projects on "Ek Bharat Shreshtha Bharat" and other topics.
3. The said period shall be counted as being on duty for all the Faculty members/Researchers/Non-Teaching staff including Ad-hoc and contract Teachers whose contracts are valid at least upto 31.03.2020.

4. Students, who are still in the hostels, particularly foreign students, should be allowed to continue in their hostels and advised to take all necessary safety precaution.

All the Faculty members/Researchers/Non-Teaching staff should provide their contact details i.e. Mobile No, e-mail id etc. to their institutions so that they may be contacted in case of emergency.

With kind regards,

Yours sincerely,



(Rajnish Jain)

To

The Vice Chancellors of All Universities

UNIVERSITY GRANTS COMMISSION



Appeal from Prof. D.P. Singh, Chairman, University Grants Commission to combat CORONA Virus

As we all are aware, the entire world is passing through a difficult phase. Several people have already lost their lives due to Corona Virus. In our country also, about 200 people have been infected with the Corona Virus.

This is an hour of crisis for our country as well as for the whole mankind. Prevention is better than cure. Therefore, necessary timely precautions observed can save the mankind from this calamity to a large extent.

At this crucial juncture, I appeal to the Honourable Vice Chancellors of all the universities, Principals of our about forty thousand colleges, fourteen lakh teachers, non-teaching staff and three crore seventy four lakh students to maintain patience and take all possible precautions to save themselves.

I also appeal to you to help your family members, relatives, friends, colleagues and all sections of the society by spreading awareness amongst them.

Teachers are nation builders and they have great responsibility towards the nation and the society. At this hour of crisis, I appeal to all the teaching fraternity to come forward and fulfil their responsibility by making the society aware of the preventive measures.

I call upon all my dear students also to take special care of themselves, the elderly and the children and also make them aware with the preventive and precautionary measures from Corona virus.

By keeping ourselves fit, we can help others to remain fit. Let all of us from the educational fraternity join hands in this mission to arrest the spread of Corona Virus.

Date : 21/03/2020



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F.No 1-14/2020(Website)

25/03/2020

Subject: Let COVID 19 not stop you from learning - ICT initiatives of MHRD and UGC

Dear Students and Teachers,

As we jointly combat COVID 19 by taking preventive and precautionary measures, maintaining social distancing and staying in the confines of our homes/hostels, we can utilise this time productively by engaging in **On-line learning**. There are several ICT initiatives of the MHRD, UGC and its Inter University Centres (IUCs) - Information and Library Network (INFLIBNET) and Consortium for Educational Communication (CEC), in the form of digital platforms which can be accessed by the teachers, students and researchers in Universities and Colleges for broadening their horizon of learning. Following is the list of some of the ICT initiatives along with their access links:

1. SWAYAM On-line Courses:

<https://storage.googleapis.com/uniquecourses/online.html> provides access to best teaching learning resources which were earlier delivered on the SWAYAM Platform may be now viewed by any learner free of cost without any registration. Students/learners who registered on SWAYAM (swayam.gov.in) in the January 2020 semester can continue their learning as usual.

2. UG/PG MOOCs: http://ugcmooocs.inflibnet.ac.in/ugcmooocs/mooocs_courses.php hosts learning material of the SWAYAM UG and PG (Non-Technology) archived courses.

3. e-PG Pathshala epgp.inflibnet.ac.in hosts high quality, curriculum-based, interactive e-content containing 23,000 modules (e-text and video) in 70 Post Graduate disciplines of social sciences, arts, fine arts and humanities, natural & mathematical sciences.,

4. e-Content courseware in UG subjects : e-content in 87 Undergraduate courses with about 24,110 e-content modules is available on the CEC website at <http://cec.nic.in/>

5. SWAYAMPARBHA: <https://www.swayamparbha.gov.in/> is a group of 32 DTH channels providing high quality educational curriculum based course contents covering diverse disciplines such as arts, science, commerce, performing arts, social sciences and humanities subjects, engineering, technology, law, medicine, agriculture etc to all teachers, students and citizens across the country interested in lifelong learning. These channels are free to air and can also be accessed through your cable operator. The telecasted videos/lectures are also as archived videos on the Swayamparbha portal.

6. CEC-UGC YouTube channel: <https://www.youtube.com/user/cecedusat> provides access to unlimited educational curriculum based lectures absolutely free.

7. National Digital Library: <https://ndl.iitkgp.ac.in/> is a digital repository of a vast amount of academic content in different formats and provides interface support for leading Indian languages for all academic levels including researchers and life-long learners, all disciplines, all popular form of access devices and differently-abled learners.

8. Shodhganga : <https://shodhganga.inflibnet.ac.in/> is a digital repository platform of 2,60,000 Indian Electronic Theses and Dissertations for research students to deposit their Ph.D. theses and make it available to the entire scholarly community in open access.

9. e-Shodh Sindhu <https://ess.inflibnet.ac.in/> provides current as well as archival access to more than 15,000 core and peer-reviewed journals and a number of bibliographic, citation and factual databases in different disciplines from a large number of publishers and aggregators to its member institutions including centrally-funded technical institutions, universities and colleges that are covered under 12(B) and 2(f) Sections of the UGC Act.

10. Vidwan : <https://vidwan.inflibnet.ac.in/> is a database of experts which provides information about experts to peers, prospective collaborators, funding agencies policy makers and research scholar in the country. Faculty members are requested to register on the Vidwan portal to help expand the database of experts.

It is hoped, that these ICT initiatives, which cover a broad range of subjects and courses and have been prepared by experts, will provide an excellent learning experience to all of you.

For any queries or clarifications UGC, INFLIBNET and CEC may be contacted at eresource.ugc@gmail.com, eresource.inflibnet@gmail.com and eresource.cec@gmail.com respectively.

With best wishes and regards,

Yours sincerely,



(Rajnish Jain)

To

**The Vice Chancellors of All the Universities and Principals of All the Colleges
with a request to upload this letter on their respective Institutions ' websites
and share with the teaching and student community via e-mail and other social media**



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F. No.1-1/2020(Secy)

27th March, 2020

Subject: Safety and Care of hostel residents

Respected Madam / Sir,

As you are aware that in view of our fight against COVID 19, time and again we have issued several advisories to ensure the safety and health of our stakeholders, which include the Students, Faculty members, Researchers, Non-Teaching staff members and others, by taking necessary precautions and providing required support.

I once again invite your kind attention to our communication dated 21.03.2020 with particular reference to the **accommodation and safety of the students still residing in the hostels.**

In the prevailing situation, I urge upon you to take appropriate measures for due care of all the students residing in the hostels through your team members (wardens, deans, other officials and support staff) covering all aspects from health care, safety, accommodation, food and hygiene.

Let us not be deterred by the prevailing circumstances and continue to work together for the welfare of one and all.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To
The Vice Chancellors of all the Universities
The Principals of all the Colleges

अमित खरे, भा.प्र.से.

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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](https://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
3.4.20
(Amit Khare)

Encl. As above

Copy to:

Health Secretary / Secretary (AYUSH) / Secretary (MeITY) for information.



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F. No 1-1/2020(Secy)

5th April, 2020

Subject: Mental Health & Well-Being of Students during and after COVID-19 outbreak

Ref: D.O. No Secy(HE)/MHRD/2020 dated 4th April, 2020

Dear Madam/Sir,

The University Grants Commission has been issuing regular advisories requesting HEIs to take all possible preventive and precautionary measures to ensure the safety and security of students, whether on campus in hostels or outside, as we confront the COVID-19 outbreak. During the period of national lockdown, it is equally important to address any kind of mental health and psychosocial concerns of the student community during and after COVID-19.

Therefore, in order to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-a-vis their studies, health and related issues, Universities and Colleges are requested to take the following measures for the mental health, psychosocial aspects and well-being of the students:

1. Set up help lines for mental health, psychosocial concerns and well-being of students in Universities / Colleges. To be regularly monitored and managed by Counsellors and other identified faculty members.
2. Regular mentoring of students through interactions, and appeals/letters by the Universities/Colleges to remain calm and stress free. This can be achieved through telephones, e-mails, digital and social media platforms.
3. Form COVID-19 help groups of students, headed by hostel wardens / senior faculty who can identify friends/classmates in need of help and provide immediate necessary help.

4. Share the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/> on your University/College website, and with students and faculty via e-mail, through social media like Facebook, WhatsApp and twitter etc.:

- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioural Health: Pschy-Social toll free helpline - 0804611007

The implementation of the above measures may be regularly monitored and actions taken in this regard may be submitted on the University Activity Monitoring Portal of UGC at ugc.ac.in/uamp.

Stay Indoors. Stay Healthy. Stay Safe.

With kind regards,

Yours sincerely,



(Rajnish Jain)

To

The Vice Chancellors of all the Universities

The Principals of all the Colleges