



April 2020

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Special Issue

As India and the world battle the dreaded Corona virus, people are forced to stay indoors and take extra precautions such as practice Social Distancing, wear masks and wash hands repeatedly. This issue of 'Odanaadi' is dedicated to helping fight COVID-19 by bringing you useful information and tips to help you manage your physical, mental and social health and stay positive during this time of crisis. Be strong. Stay home, stay safe!

Boost Your Immunity

General Precautions

1. Drink warm water only.
2. Practice Yoga, Pranayama and meditation for at least 30 minutes every day.



3. Use spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking.

4. Mix half a tea spoon of Haldi (turmeric) powder in 150 ml hot milk and drink once or twice a day.

5. Take Chyavanprash 10gm (1tsf) in the morning.

Nasal application - Apply sesame/coconut oil/ Ghee in both the nostrils in the morning and evening.

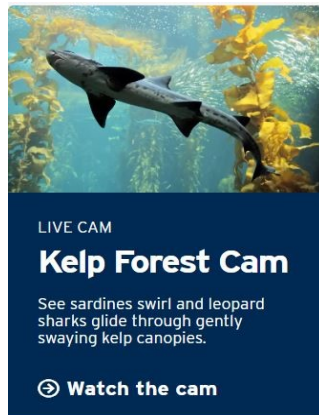
Oil pulling therapy- Take 1 table spoon sesame or coconut oil in the mouth. Do not drink it. Swish in the mouth for 2-3 minutes and spit it. Rinse with warm water. This can be done once or twice a day.

For dry cough/sore throat: Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) once in a day. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day. If these symptoms persist, consult a doctor.

Source: Ministry of AYUSH

Engage Your Mind

As the world physically shuts down due to the pandemic, it's also finding new ways to stay connected thanks to technology. All you need is a data/wi-fi connection to be mesmerised by the visuals of aquatic life in the Monterey Bay or watch the animals in the San Diego Zoo.



[https://www.montereybayaquarium.org/;](https://www.montereybayaquarium.org/)
<https://zoo.sandiegozoo.org/live-cams>

Continue your education online at the BBC's Bitesize website. <https://www.bbc.co.uk/bitesize> . It offers lessons, videos, activities from ages 3 to 16+. Choose your topics and start learning your lessons.

Explore Google's arts and culture page (<https://artsandculture.google.com/project/street-view>). It has a



Vincent Van Gogh's Starry Night

vast collection of interesting artwork, artist and also allows you to virtually tour renowned museums such as the MoMA (Museum of Modern Art, New York) <https://artsandculture.google.com/partner/moma-the-museum-of-modern-art>, Bradman Museum, Melbourne Cricket Ground etc. Click on 'View in Street View' to get the feel of walking through a museum.



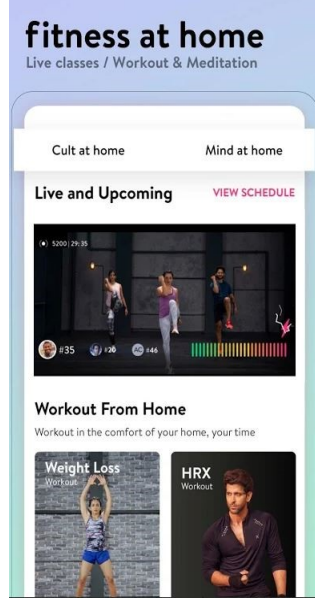
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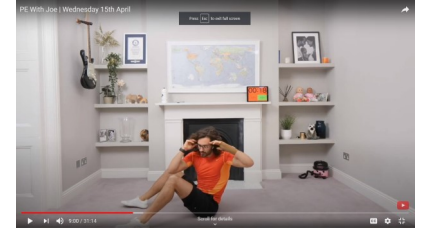
Download the Curefit app from Google playstore. You can join any of the various free workout sessions available—Dance, Yoga, Meditation, High intensity training, strength & conditioning, cardio, boxing, HRX etc. Register for a session and workout from home. You can also access the free videos on the app to workout at your own pace.



Take up fitness challenges with a group of friends. Set goals for 21 days—it could be the number of steps you take, crunches, lunges, surya namaskars etc. You form groups on Whatsapp/email to keep track of progress and encourage each other.

Alternately you could workout with these online coaches: <https://www.youtube.com/user/yogawithadriene>

PE with Joe on Youtube >>



Gratitude Exercise

Staying indoors for long in during a pandemic can be hard. It's natural that we start feeling low and pessimistic. But it is crucial that we stay positive and upbeat in these times.



One way to do this: the Gratitude Exercise. Studies have shown that gratitude can make us healthier, happier and more optimistic. Let's try it! Every day list three things that went right or that you are grateful for—it can be something as simple as a strong cup of coffee just when you needed it, or something very profound. Write them down on small bits of paper and put them in a glass jar or a cardboard box. Read these chits when you feel low.

Stay Connected

This is a good time to spend time with your family. Listen to stories. Share your thoughts. Get to know your parents, grandparents and siblings better. Use technology to connect with the larger family and friends. You can video call on various apps—Whatsapp, Google Duo, etc.

COVID-19 Helplines

COVID-19 State helpline number: 104

WhatsApp Chatbot on Corona: It is called MyGov Corona Helpdesk. Just say Hi on WhatsApp to 9013151515 and you will get automated response on queries related to Corona.

App: download Arogya Setu App for more information