



आत्मा राम सनातन धर्म महाविद्यालय
ATMA RAM SANATAN DHARMA COLLEGE



ACCREDITED GRADE 'A' BY NAAC
All India 14th Rank By NIRF (MHRD)
(दिल्ली विश्वविद्यालय) (University Of Delhi)
धौलाकुआँ, नई दिल्ली-110021 DHAULA KUAN, NEW DELHI - 110021
फोन / Phone : (+91) (11) 24113436, 24117508 फैक्स / Fax : (+91) (11) 24111390
web : www.arsdcollege.ac.in

Ref. No.: 401

Dated: 05.04.2020

NOTICE

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**

All the staffs (teaching or non-teaching) as well as students are hereby informed that:

1. 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/id1505825357](https://itunes.apple.com/app/id1505825357)

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

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.

Link: Ayurveda's immunity boosting measures for self care during COVID 19 crisis (128.2 KB)

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 house.

Sd/-

(Dr. Gyantosh Kumar Jha)
Principal