



CITY PUBLIC SCHOOL

(A Co-Educational Senior Secondary School)

Affiliated to CBSE (New Delhi) Affiliation No.: 2132172, School Code : 81826
Depot Road, Adarsh Nagar, Najibabad - 246 763, Distt. Bijnor (U.P.)

Date: 04.04.2020

Dear Students, Parents & Staff Members,

In continuation of the efforts to contain the spread of Covid-19, the Govt. has taken few steps further & introduced Arogya Setu App : Please download 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>

Ministry of AYUSH has developed a protocol for immunity boosting measures for self-care.

To enhance the body's natural defence system:

Drink warm water throughout the day,

Practice Yogasana, Pranayama & Meditation daily,

Use Turmeric, Cumin, Coriander & Garlic in cooking,

To Promote Immunity:

Take Chyavanprash in the morning,

Drink Herbal Tea/ Decoction (Kadha),

Drink 150 ml hot milk once or twice a day with half tea spoon of Haldi.

As in the address to the Nation, Hon'ble PM asked all of us to light a candle, diya or torch of our mobiles for 09 minutes at 09:00 p.m. on 5th April,2020 at our HOUSES to realise the power of light and highlight the objectives for which the whole nation is fighting.

Hon'ble PM along with his administration & dedicated team of doctors, police department, health workers, farmers, helpers, manufacturers, media, social workers & other agencies keep on making his hard efforts to protect all of us.

To support them let's join our hands together in fighting against Corona-19.

Be the strength of our Hon'ble PM & support all his team members by following the advisory given by them time to time.

Stay Home, Stay Healthy

Management

&

The Principal,