

## Hygiene

## Exercise



Keep yourself and your surroundings clean.

Do not spit in the open.



Helps others remain healthy by **coughing/sneezing in a handkerchief** or your elbow or wear a mask if you are sick.



**Wash hands often** with soap and water, especially before eating, after sneezing and using the bathroom.



20–30 minutes of **exercise every day** can flush bad bacteria out of lungs and alleviate stress.



**Practice yoga** and breathing exercises like pranayama.

## Get adequate sleep



**7 to 8 hours of sleep** is advised to offset the negative effects of sleep deprivation on the immune system.

## Manage stress



**Meditate** for at least 30 minutes every day to counter stress and uplift your mood.



**Destress** by engaging in your hobbies. Calling friends and watching movies can be refreshing too.

Do not indulge in drinking, smoking and chewing tobacco to deal with stress.



## Eat Healthy

To boost immunity, ensure your diet has adequate proportions of:



Whole grains, vegetables and fruit.



Carrots, sweet potatoes, mangoes, spinach, etc.

### Vitamin A

Oranges, capsicum, cauliflower, etc.



### Vitamin C



Fortified milk and oil, eggs, fish, etc. 30 mins of exposure to the sun between 10AM to 3PM is a great source of Vitamin D too.

### Vitamin D

Beans, chickpeas, lentils, nuts, seeds, dark meat, poultry and yogurt.



### Zinc



Milk, curd, cheese, lentils, eggs, fish, poultry, etc.

### Proteins

Bananas, onions, garlic, beans, etc.



### Probiotics and prebiotics

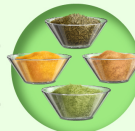
**BOOST YOUR IMMUNITY AND STAY HEALTHY**

## Tips from Ayurveda

**Drink warm water** throughout the day.



**Include spices** like turmeric (haldi), cumin (jeera), coriander (dhaniya) and garlic (lahsun) in cooking.



**Take 10gm chyavanprash** in the morning. Diabetes patients should opt for sugar-free chyavanprash.

**Drink herbal tea** made with basil (tulsi), cinnamon (dalchini), black pepper (kalimirch), dry ginger (shunthi) and raisin (munakka) once or twice a day.



**Golden milk**, i.e., half a teaspoon of turmeric in 150 ml hot milk is also recommended.

**Nasal application:** Apply sesame (til) oil/coconut oil or ghee in both nostrils in morning and evening.



**Oil pulling therapy:** Swish around 1 tablespoon of sesame or coconut oil in your mouth without swallowing. Spit out after 2 to 3 minutes. Rinse with warm water. Repeat twice or thrice a day.

Source: Ministry of AYUSH, Govt. of India



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