TELANGANA UNIVERSITY

NIZAMABAD-503322

No. – TU/REGOFF/CIR/04/2020/001   Date: 07.04.2020

CIRCULAR

Sub: - COVID-19 –Conduct of Online Courses (Classes) in Lockdown period - Orders – Issued - Further Instructions – Issued - Reg.

Ref: 1. File No. CCE-AC/SPL/5/2020-ACADEMIC CELL, Commissioner Collegiate Education, TS.
2. F.No.1-14/2020 (Website), Dated: 25.03.2020 issued by the UGC on Line Learning-ICT initiatives of MHRD.
3. D.O.No. Secy (HE)/MHRD/2020 MHRD, dated 03.04.2020, issued by the Government of India.

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As we jointly combat COVID 19 by taking preventive and precautionary measures, maintaining social distancing and staying in the confines of our homes, we can utilize this time productively by engaging in **On-line learning (class work)** without affecting our **ALMANAC** to safeguard the interest of the student community.

- ✓ **Conduct of online classes using web sources (Like Swayam On-line Courses, UG/PG Moocs, e-PG Pathshala, SwayamPrabha, CEC-UGC YouTube channel, etc...) as cited in reference 2nd.**
- ✓ **Preparation of Video Classes by the entire faculty to conduct online classes (Try to create YouTube Channel in every department).**
- ✓ **Preparation of e-Tutorials (PPT's and Notes) as per the syllabus and publish in our website and social networking websites.**
- ✓ **To motivate all the NSS volunteers to create awareness in their respective villages to fight against COVID-19.**
- ✓ **To circulate Arogya Setu App (Both Android & iOS) to all the staff and students.**

In terms of the certain instructions of the Hon'ble Governor & Chancellor of Telangana State Universities Dr. Tamilisai Soundararajan has conducted video conference on 06.04.2020 with Chairman and Vice Chairman of TSCHE along with all the Registrars of all the State Universities on Exploration of conducting online classes, Research on COVID-19 by the University, Volunteering by NCC/NSS in creating awareness among the people and circulate Arogya Setu App Link. Under these circumstances, all the Principals of University Colleges/Govt./ Aided/Pvt colleges under the Jurisdiction of Telangana University shall follow the above said instructions. Further, the Principals of the respective Institutions are hereby informed to take necessary action and submit an action taken report.

Therefore, you are instructed to adhere to the guidelines scrupulously in order to conduct the online classes immediately to avoid delay in **ALMANAC** in the interest of student community.

Sd/-
REGISTRAR

Copy to:

1. All the Deans of Faculties, TU.
2. The Controller of Examinations, TU.
3. The Director, Directorate of Academic Audit Cell, TU.
4. All the Principals of Campus, TU.
5. All the Principals of Affiliated Colleges of TU.
6. All the Heads of Departments, TU.
7. All the Administrative Offices, TU.
8. The Public Relations Officer, TU.
9. Hostel Section, TU.
10. P.S. to the Vice-Chancellor, TU.
11. P.A. to the Registrar, TU.
12. Website Section.

GOVERNMENT OF TELANGANA
COLLEGIATE EDUCATION

From: To
Navin Mittal, IAS,   The Registrars of
Commissioner   1. Osmania University
Collegiate Education,   2. Kakatiya University
III Floor, Vidya bhavan   3. Palamuru University
Nampally,   4. Shatavahana University
Hyderabad.   5. Telangana University
                                                          6. Mahatma Gandhi University

Sir

Sub:- Collegiate Education. – COVID-19 – Closure of Universities / Colleges in
        Telangana State - Coursera's online Courses on the Coronavirus Pandemic –
        Availment of free Courses until July 31, 2020 – Intimation - Reg.
Ref:- Coursera's Response to the Coronavirus Pandemic

***

        Coursera is a reputed global online learning platform, offering 100% online
Degrees and Certificates, in partnership with Yale University, Illinois University,
Columbia University, ISB, IBM, INTEL etc. It may be recalled that the Coursera has
showcased its online course offerings in the 16th World Education Summit,
Hyderabad recently held in Feb. 2020, under the aegis of Elets. In response to
Coronavirus Pandemic due to which Universities / Colleges are closed down in
Telangana State, the Coursera is providing Universities/Colleges with free access to
its course catalog through Coursera for Campus due to the spread of COVID- 19 and
the potential impact of the outbreak of the Pandemic. The Universities/Constituent,
Affiliated Colleges offering P.G and U.G in Telangana State can sign up to provide
their enrolled students with access to more than 3,800 Courses and (400)
Specializations from Coursera's top University and Industry partners. These
institutions will have access until July 31, 2020, after which the Coursera plans to
provide month-to-month extensions depending on prevailing risk assessments.

        Therefore, the Registrars of Osmania University, Kakatiya University,
Palamuru University, Shatavahana University, Telangana University and Mahatma
Gandhi University are requested to advise the University/Constituent/ Affiliated
Colleges offering P.G and U.G Courses in Telangana State to sign up to
Coursera<**www.coursera.org**>, to provide their enrolled students with access to
more than 3,800 Courses and (400) Specializations from Coursera's top university
and industry partners.

Signature Not Verified
Digitally signed by NAVIN MITTAL IAS
Date: 2020.03.23 20:41:02 IST
Reason: Approved

Commissioner of Collegiate Education

प्रो. रजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary

विश्वविद्यालय अनुदान आयोग
University Grants Commission
(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

बहादुरशाह ज़फ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph :. 011-23236288/23239337
Fax : 011-2323 8858
E-mail : secy.ugc@nic.in

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://ugcmoocs.inflibnet.ac.in/ugcmoocs/moocs_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. **SWAYAMPRABHA:** https://www.swayamprabha.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 Swayamprabha 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

TELANGANA UNIVERSITY
NIZAMABAD-503322

No. – TU/REGOFF/CIR/03/2020/004   Date: 04.04.2020

CIRCULAR

Sub: - Telangana University-COVID-19-Arogya Setu App has been developed to fight against Covid-19.

Ref: D.O.No. Secy (HE)/MHRD/2020 MHRD, dated 03.04.2020, issued by the Government of India.

*****

COVID-19: STAY SAFE
Information about
1. Arogya Setu App (Both Android and iOS).
2. General Measures to enhance body's natural defence system.
3. Light candle at 9.00 PM on 5th April, 2020 for 9 minutes.

1. The Government of India has issued D.O.No. Secy (HE)/MHRD/2020 MHRD 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 : https://apps.apple.com/in/app/aarogyasetu/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.

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.

Therefore, it is requested to widely circulate the same among all stakeholders including students, teachers, officials and parents for maximum participation. An action taken status in this regard may kindly be conveyed on the email ID registrar@telanganauniversity.ac.in urgently.

REGISTRAR 04.04.2020
REGISTRAR
TELANGANA UNIVERSITY
DICHPALLY, NIZAMABAD-503 322.

Copy to:
1. All the Deans of Faculties, TU.
2. The Controller of Examinations, TU.
3. The Director, Directorate of Academic Audit Cell, TU.
4. All the Principals of University Colleges, TU.
5. All the Principals of Affiliated Colleges of TU.
6. All the Heads of Departments, TU.
7. All the Administrative Offices, TU.
8. The Public Relations Officer, TU.
9. Hostel Section, TU.
10. P.S. to the Vice-Chancellor, TU.
11. P.A. to the Registrar, TU.
12. Website Section.

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

सत्यमेव जयते

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

सत्यमेव जयते
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.

सत्यमेव जयते
MINISTRY OF AYUSH

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

SIMPLE AYURVEDIC PROCEDURES

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

2 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

1 Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day

2 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

सत्यमेव जयते
MINISTRY OF AYUSH

अमित खरे, भा.प्र.से.
सचिव

AMIT KHARE, IAS
Secretary

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Fax : 011-23385807
E-mail : secy.dhe@nic.in

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

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)

Encl. As above

Copy to:

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