

**GOVERNMENT OF INDIA  
MINISTRY OF CULTURE  
RAJYA SABHA  
UNSTARRED QUESTION NO. 1622  
TO BE ANSWERED ON 3<sup>RD</sup> AUGUST, 2021**

**TRADITIONAL CULTURE AND LIFESTYLE TO TACKLE PANDEMIC**

**1622 DR. SONAL MANSINGH:**

**Will the Minister of CULTURE be pleased to state:**

- (a) whether Government will take steps to create awareness among the people of the country to follow our traditional culture and lifestyle to counter the pandemic; and
- (b) if so, the details of steps taken in this regard?

**ANSWER**

**MINISTER OF CULTURE, TOURISM AND DEVELOPMENT OF NORTH  
EASTERN REGION  
(SHRI G. KISHAN REDDY)**

(a) & (b) To create awareness among the people of the country to follow the traditional culture and lifestyle to counter the pandemic, the following guidelines/advisories have been issued by Ministry of AYUSH relating to lifestyle modifications including Yoga for the prevention and mitigation of COVID-19:-

- i. Protection from COVID, stay healthy and maintain hygiene by using handwash, masks etc. Simple home remedies were also suggested for people.
- ii. Self-care for preventive health measures and boosting immunity.
- iii. Government of India has released “National Clinical Management Protocol based on Ayurveda and Yoga for Management of COVID-19” prepared by the National Task Force in consensus with various Expert Committees.
- iv. Home care guidelines for children have been released in addition to an advisory for AYUSH practitioners about prophylactic care in children during the COVID-19 pandemic.