2020

The Year That Was, at MyGov
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2020 has been an unprecedented year for India and the world. But together, we fought back. From coming together at PM Modi’s clarion call for the Janta Curfew to strictly following the Lockdown guidelines.

From taking forward the vision of building an Aatmanirbhar Bharat to becoming one of the leading Global Pharma Manufacturing Hubs, we managed to showcase our grit to the world.

MyGov continues to play a significant role in spreading awareness and information about Covid19, and helping shape the PM’s vision of an Aatmanirbhar India.
The Aarogya Setu App became the World’s Most Downloaded Contact-Tracing App.

Did you know MyGov creates the content for the Setu app?

OVER 16.6 CRORE TRUSTED USERS!
Real Time Updates on COVID-19

MyGov.in/Covid19
All the accurate COVID information statistics/data at one single platform,
IN OVER 10 INDIAN LANGUAGES

MyGov Corona Helpdesk
Bagged Two International Awards at CogX 2020
OVER 29.92 MILLION USERS!

MyGov Saathi Chatbot
OVER 2.3 LAKH USERS!
Busting Myths, Checking Facts, Spreading Awareness

MyGov took on the challenge to combat myths and rumours about Covid19, with Mythbusters & Fact-Checks
Standing Together Against COVID-19

OVER 21 LAKH CITIZENS TOOK the Pledge to follow COVID Appropriate Behavior

Stories of Hope & Inspiration amidst COVID-19 with Survivor Stories, AatmaNirbhar Champions, Corona Warriors & more on
Boosting Immunity with AYUSH Methods

AYUSH Infographics

ENHANCE YOUR IMMUNITY WITH AYUSH KWATH
Formulation comprises of 4 medicinal herbs

- Tulsi
- Shatavari
- Brahmi
- Gokharu

PREPARATION
Make sure that the herbal decoction is prepared with the right proportion of each herb

USE
Take 300ml decoction with sugar or ghee or honey or 150ml decoction with honey

STAY SAFE WITH AGE OLD WISDOM OF AYURVEDA
Ayurveda Home Remedies for Dry Cough/Sore Throat

- Steam inhalation with fresh mint leaves or fennel seeds
- Ghee powder mixed with natural honey, can be taken twice a day
- Consult a Doctor if the symptoms persist

TAPPING INTO AGE-OLD WISDOM OF AYURVEDA DURING COVID-19
Natural Ways to Boost the Immune System

- Take Chyavanprash 10g (3-4 tsp) in the morning, twice a day (for boosting immunity)
- Golden Milk: 1 tsp turmeric powder in 150 ml hot milk (once in a week)
- Drink herbal tea made from bael, cinnamon, black pepper, dry ginger & kalmi (once a week)

Utilising Traditional Knowledge to Combat COVID-19
Dietary Measures

- Use warm water or boiled water with herbs like ginger or cumin/cumin seeds, for drinking purposes
- Drink Golden Milk (halflassoon turmeric powder) in two or three milk each once at night, Avoid in case of indigestion
- Drink AyushKadha or Kwath (hot infusion or decoction) once a day

Specific Measures for Post COVID-19 Management
- Prevention of Lung complications like Fatigue, Fatigue, Mental Health
- Take 500 mg extract or 1.5 g Ashwagandha powder twice daily with warm water for 15 or 30 days
- Take 10 g Chyavanprash with warm water/milk once a day
- Take 3 g Rejavar Churna twice daily with honey for one month
- In addition to these medicinals, general and dietary measures are to be followed

National Clinical Management Protocol Based on Ayurveda for Management of Mild COVID-19 Cases
- Fever, Headache, Dry Cough, etc., without evidence of breathlessness or hypoxia

- Take 3 mg Guduchi 3 times daily with warm water for 15 days
- Take 300 mg Ayush 64 twice daily with warm water for 15 days
- In addition to these medicines, general and dietary measures are to be followed

Guidelines for Ayurveda Practitioners for COVID-19 notified by Ministry of AYUSH may also be referred

Tapping into Ayurveda’s Preventive Potential
Govt Launches Interdisciplinary Studies involving AYUSH interventions

- Clinical research
- Population based studies

AYUSH Sanjivani App
- To generate data on exceptions & evaluate the impact & benefits of interventions
- To develop AYUSH education & awareness among 500M people

AYUSH Sanjivani
- Self Care Guidelines by Ministry of AYUSH

- Drink warm water throughout the day
- Daily practice of Yoga, Pranayama & Meditation
- Use spices like Turmeric, Cumin, Celery and Garlic in cooking

Prevention Health Measures to Boost Immunity
Expanding the Horizons of MyGov Family

We were able to connect with over 10 Crore Millennials & Generation Z
Mesmerizing Positive Harmonies & ‘You’th Friendly MyGov Podcasts

Citizens loved the positivity of music with MyGov Positive Harmonies

Bringing Forth the Voice of New India with ‘You’th Friendly Podcasts
Giving Citizens the Opportunity to Ideate & Innovate

COVID-19 Solution Challenge

Encouraged citizens to join the fight against Coronavirus by providing innovative solutions, this saw 20,559 participants.

Shri Shakti Challenge

MyGov partnered with UN Women to launch COVID-19 Shri Shakti Challenge, a content for women in tech for social good - this saw a participation of 1,265.
Supporting PM Modi’s vision of Aatmanirbhar Bharat, various contests & challenges were launched such as Microprocessor Challenge, STIP, AI Solution etc.
Enhancing Citizen’s Role in Government Policy Making Process

Engaging Stakeholders for Implementation of National Education Policy (NEP)

NEP Transforming India Quiz

The new education policy must provide to all students, irrespective of their place of residence, a quality education system, with particular focus on

- Schooling to begin from the age of 3 years
- Mother tongue to be instated as medium of instruction
- A Single Overarching Body of Higher Education
- Separation between subject streams to be blurred.
Telling The Truth About New Agricultural Reforms!

While so much misinformation was circulating regarding New Farm Laws, we simplified & explained the True Facts.

Farmers First Quiz

To know more visit Quiz.mygov.in
Congratulations to Top Participants of 2020!

MyGov User of the Year
Jankiben Rameshbhai Patel

Quizzer of the Year
Arjun Sharma

Pledge Taker of the Year
Prasenjit Pritam
We Thank All MyGov Users For their Participation & Contribution!

Happy New Year 2021

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