

**SUNITHA GANDHAM,  
REGISTRAR (RECRUITMENT)  
I/C.REGISTRAR GENERAL**



**AMARAVATI,  
DT:02.07.2020**

**To  
All the Judicial Officers  
working in the State of Andhra Pradesh,  
Officers and Staff of the High Court of A.P. and  
the Staff of Subordinate Judiciary.**

**Dear Officers & Staff Members,**

**Hope can be a powerful force, especially in difficult times. Today, the world is facing the crisis of COVID-19 pandemic which has changed the lives of millions of people across the world. We are not an exception to the crisis. During this crisis period, to imbibe fortitude among the Officers and Staff of the Judiciary, who are the pillars of the Institution, I am conveying this message on behalf of the Hon'ble the Chief Justice. The Judicial Officers as well as the Officers and staff of the High Court and staff of subordinate judiciary have risen up to the situation and have been discharging their duties efficiently supporting the Institution irrespective of the panicky situation, which is highly laudable.**

**Simultaneously, it is to be kept in mind that functioning of Courts is highly essential to protect and safeguard the rights of individuals for the Glory of the Institutions, which is its intrinsic. Therefore, the Officers and staff of Judicial institution have to work at par to the frontline workers like Health, Municipal Administration, Water and Electricity Supply, Police etc., so as to ensure democratic spirit. As the services rendered by Judiciary are indispensable, we**

should cultivate positive thinking and train ourselves to prevent or defend the pandemic.

In this regard, being responsible citizens we should understand that although COVID-19 is a highly contagious disease, which spreads fast and can infect anyone of us. But, percentage of recovery is more than 98% in A.P., as of now according to sources. As directed by the Hon'ble The Chief Justice, when COVID – 19 tests are conducted to all the Officers and staff working in the High Court, 26 persons are found positive for COVID – 19. All of them are placed under the supervision of Expert Doctors' team and the Hon'ble the Chief Justice has been personally monitoring the health condition of the 26 persons through a team headed by Registrar (Management).

With a great concern towards the health of every individual working for the Institution, the Hon'ble the Chief Justice has taken a decision to consult with medical experts regarding the precautions to be taken to prevent the spread of Corona Virus. In this regard, the Hon'ble the Chief Justice has been pleased to hold a consultation with a team of Doctors consisting of Dr. I.Ramesh, District Medical and Health Officer, Dr.Amrutha, District Officer for Medical Trainees and Dr.Naveen, Medical Officer for COVID and the Registry Officers. The team of doctors stated that building up of immunity and change of life-style is the only way to combat the spread of COVID–19 virus

and suggested to take some recourses for prevention or to defend the COVID-19 pandemic which are as under :

1. Avoid touching face frequently.
2. Wash hands with soap at least 8 to 10 times a daily.
3. Liquid soap be provided in common toilet.
4. Two meters distance be maintained from person to person.
5. Try to wear gloves before touching papers.
6. Pens , computers, key board, mobiles, etc, be sanitized.
7. To boost immunity and to maintain good health do yoga, pranayama, breathing exercise, walking and work-outs.
8. Boil water with lime twice in a day and Orange/sweet lemon juice be taken daily.
9. Steam and gargle with hot water are preferred.
10. Turmeric consumption be preferred.
11. Immune system to be strengthened by taking high protein diet like pulses, ragi-malt and in case of non-vegetarians, eggs, chicken and fish be taken.
12. Spicy food be preferred.
13. Take kwath/potion (Kaada) twice in a day as suggested by the Ministry of Ayush, Government of India.
14. Do Jal Neti (nasal cleansing yoga) daily.
15. Vitamin-C or its tablets shall be taken regularly. Vitamin-D tablet once in a week and Zincovit/B-complex tablets be taken daily or as suggested by physician.

16. The persons who are suffering with diabetes, hypertension and who are aged above 50 years may use Ecosprin-75 mg, once in a day or as advised by physician since COVID-19 may cause thrombosis of blood.
17. Sodium chloride or hypochlorite or lizol be used to clean house.
18. The Virus is likely to affect vital organs such as lungs, heart, kidney etc., so persons with these ailments shall be more cautious.

In a situation of distress, the patient and the family need support and co-operation. Nothing in life is to be feared, it is only to be understood. Now, it is the time to understand more, so that we must fear less. It must be noted that the condition is curable and most of the people are successfully recovering. The Administration of the High Court, is committed to combat the situation of distress and for the support of staff.

This is the time we have to work collectively and support each and every person in this noble Institution as a Family. We should develop courage, so that we can spread humanity. There is also an urgent need to counter prejudices towards the patients who tested positive for COVID-19 and it is the need of the hour to raise as a community that is empowered with health literacy and respond

appropriately in the face of this adversity. Being human is a gift. But keeping up our humanity is a choice.

**Sarve Bhavantu SukhinahI  
Sarve Santu Nir-AamayaahI  
Sarve Bhadraanni Pashyantu III  
Maa Kaschith Dukh BhagbhavethIIII**

*Sunitha* 2.7.20

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