

# Live bravely with **COVID 19**

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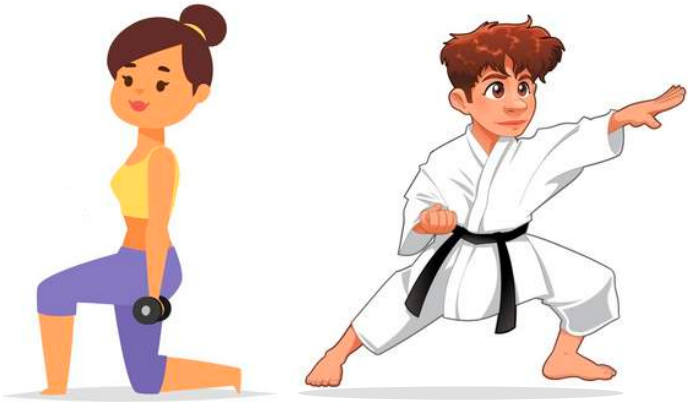
**Guidelines & Advisory**



  
公益社団法人  
日本空手協会 **JKA**  
**WF INDIA Kolkata**  
Member: Japan Karate Association, Tokyo  
[www.jkawfindia.in](http://www.jkawfindia.in)

# DO'S

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**Physical Workout/Karate**  
(30 minutes – 1 hour)



**Drink Lukewarm Water**



**Spend Time in Sunlight**  
(30 minutes)



**Eat Balanced Diet**



**Avoid Unnecessary Gathering**



**Avoid A.C**

# DONT'S

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**NO – Cold Beverage  
or Water**



**NO – Fast Food**



**NO – Inactivity at Home**



**NO – Smoking & Drinking**



**NO – Negative Thinking**

# WATER

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**1. Sip the Water**

**2. Store in Clay Pot or  
Copper Vessel**

**3. Do Not drink Cold Water**

**4. Sit down while drinking Water**



**Lukewarm  
Water**

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# DIET

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1. Eat Plenty of Fruits

2. Use Turmeric & Ginger

3. Consume Rock Salt

4. Consume Jaggery (Gur)  
instead of Sugar

5. Eat Green & Leafy Vegetables

6. Drink Green Tea



**A2Z Gold**  
1 capsule every day  
after breakfast\*

\*may consult Registered Medical Practitioner before use

# DIET



**Use Turmeric, Cumin, Garlic & Coriander in cooking**

**IMMUNITY BOOSTERS**



**Chyawanprash :  
1 table spoon in empty stomach**



**Hot Drink made of Basil, Dry Ginger, Cinnamon, Cloves, Black Pepper, Raisin, Lemon, Honey/ Jaggery (gur) – 1 cup a day (every afternoon) or (morning Tue, Thu, Sat & Sun)**

**Hot Drink made of Turmeric, Lemon & Honey/ Jaggery (gur) – 1 cup a day in the morning x 3 days a week (Mon, Wed, Fri)**

# HELP

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**Provide Food to the Poor People**



**Donate Essential Items to the Needy. Include :**

- a. Soap
- b. Mask
- c. Rice & Pulses
- d. Oil



**Feed the Hungry Community Animals around you**



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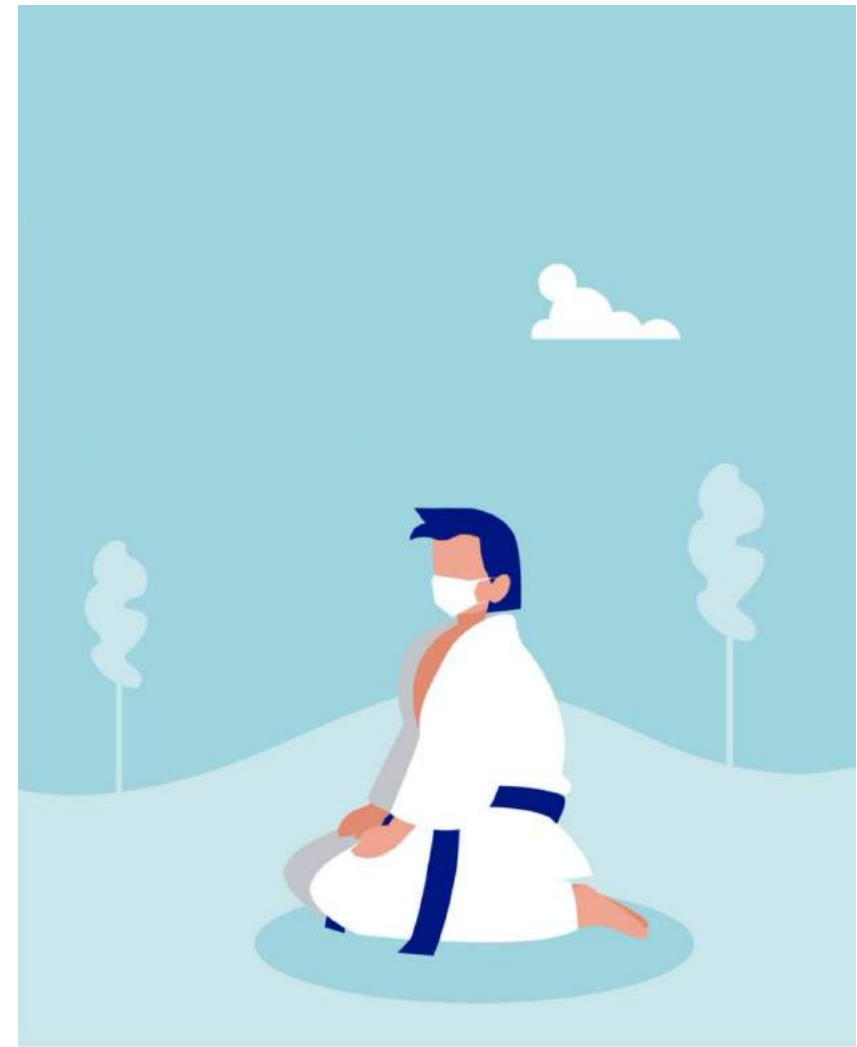
The attitude towards your illness is more damaging than the illness itself.

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**PLEASE DON'T PANIC**



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#StayHomeStaySafe  
#FollowHealthAdvisories  
#FollowSocialDistancing  
#FightAgainstCarona  
#StayHomeTrainHome

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