

प्रेषक,

मुख्य सचिव  
उत्तराखण्ड शासन  
एवं मुख्य कार्यकारी अधिकारी,  
उत्तराखण्ड राज्य आपदा प्रबन्धन प्राधिकरण।

सेवा में,

1. समस्त अपर मुख्य सचिव/ प्रमुख सचिव उत्तराखण्ड शासन।
2. पुलिस महानिदेशक, उत्तराखण्ड।
3. सचिव/प्रभारी सचिव, उत्तराखण्ड शासन।
4. आयुक्त कुमायूँ एवं गढ़वाल मण्डल।
5. समस्त जिलाधिकारी, उत्तराखण्ड।

यू.एस.डी.एम.ए.

देहरादून: दिनांक 4 अगस्त, 2020

विषय: कोविड-19 के संक्रमण के नियंत्रण हेतु क्रियान्वित तालाबन्दी की क्रमवार समाप्ति के सम्बन्ध में।

महोदय/महोदया,

उपरोक्त विषयक अवगत करवाना है कि तालाबन्दी (Lockdown) की क्रमवार समाप्ति (Unlock-2) हेतु राज्य सरकार द्वारा निर्गत पत्र संख्या—

1. 281/USDMA/792/(2020), दिनांक 7 जून, 2020.
2. 285/USDMA/792(2020), दिनांक 08 जून, 2020,
3. 292/USDMA/792(2020), दिनांक 10 जून, 2020,
4. 298/USDMA/792/(2020), दिनांक 12 जून, 2020,
5. 317/USDMA/792/(2020), दिनांक 16 जून, 2020,
6. 328/USDMA/792/(2020), दिनांक 19 जून, 2020,
7. 363/USDMA/792/(2020), दिनांक 29 जून, 2020
8. 385/USDMA/792(2020), दिनांक 02 जुलाई, 2020,
9. 447/USDMA/792(2020), दिनांक 17 जुलाई, 2020.

को अतिक्रमित करते हुवे, गृह मंत्रालय, भारत सरकार के आदेश संख्या—40-30/2020-DM-I (A) दिनांक 29 जुलाई, 2020 (Unlock-3) के प्रावधानों को समावेशित करते हुए निम्नवत निर्देश पारित किये जाते हैं:—

**(A) Lockdown limited to Containment Zones**

1. सम्बन्धित जिलाधिकारी के द्वारा संज्ञान में आये कोविड-19 के संक्रमण के आधार पर कन्टेनमेन्ट जोन का निर्धारण किया जायेगा तथा इन क्षेत्रों में गृह मंत्रालय, भारत सरकार के आदेश संख्या: 40-3/2020-DM-I (A), दिनांक 29 जुलाई 2020 के बिन्दु संख्या-4 (i, ii, iii & iv) के अनुरूप कार्यवाही की जायेगी।

2. सम्बन्धित जिलाधिकारियों द्वारा आवश्यकतानुसार Buffer Zones का निर्धारण किया जायेगा तथा इन क्षेत्रों में गृह मंत्रालय, भारत सरकार के उक्त आदेश के बिन्दु संख्या-4 (v) के अनुरूप कार्यवाही की जायेगी।

**(B) Activities permitted outside containment zones**

3. In areas outside containment zones, all activities will be permitted, except the following:
  - 3.1. Schools, colleges, educational and coaching institutions will remain closed till 31<sup>st</sup> August, 2020. Online/ Distance learning shall continue to be permitted and shall be encouraged.
  - 3.2. Cinema halls, swimming pools, entertainment parks, theatres, bars, auditoriums, assembly halls and similar places.

Yoga institutes and gymnasiums will be allowed to function from 5<sup>th</sup> August, 2020 strictly adhering to the SOP of the MoHFW (enclosed at Annexure-4).
  - 3.3. International air travel of passengers, except as permitted by MHA.
  - 3.4. Social/ political/ sports/ entertainment/ academic/ cultural/ religious functions and other large congregations.

**(C) Independence day functions**

4. Independence day functions at State, District, Subdivision/ Tehsils/ Municipal and Panchayati level and **At Home** functions, wherever held, will be allowed with social distancing and by following other health protocols e.g. wearing of masks and strictly adhering to the SOP of MHA issued on dated 21<sup>st</sup> July, 2020 (enclosed at annexure -3).

**(D) Inter - State Movement of Persons**

5. प्रदेश के बाहर से आवागमन करने वाले व्यक्तियों के सम्बन्ध में समय-समय पर निर्गत मानक प्रचालन कार्यविधियों (SOP for Interstate & Intrastate Movement of Stranded Persons; SOP for Interstate Movement of Stranded Persons by Trains, SOP for Movement of Passengers by Trains and SOP for Passengers of Domestic Flights) के अनुसार तथा निम्न बिन्दुओं को समावेशित करते हुए कार्यवाही की जायेगी:-

- 5.1. All inbound persons from other states, irrespective of the mode of travel, shall mandatorily register themselves on the Smart City web portal <http://smartcitydehradun.uk.gov.in> prior to their travel. Though no approval/ e-permit/ permission shall be required for such movement, the registration documents shall necessarily be verified at the border check posts.

5.2. All inbound persons from other states, irrespective of the mode of travel, shall mandatorily download and update the Arogya Setu mobile application.

5.3. All inbound persons from high load Covid-19 infected cities (list enclosed as Annexure-2), irrespective of the mode of travel, shall undergo a period of 7 days in institutional quarantine and subsequently 7 days in home quarantine. However, such individuals shall have the option of choosing from a government institutional quarantine facility (non-payment basis) or a paid quarantine facility (payment to be made by the quarantined individual). All inbound persons, not from high load Covid-19 infected cities, shall only be home quarantined for 14 days.

**5.3.1.** However, all inbound asymptomatic persons, who have undergone RT-PCR test from ICMR authorised lab not earlier than 72 hours from the time of arrival, reflecting Covid-19 negative report, shall be exempted from being quarantined. All such inbound persons who have undergone RT-PCR test, as specified above, shall also necessarily upload their medical report on the given web portal (<http://smartcitydehradun.uk.gov.in>). The district authorities shall ensure proper verification of medical reports of the concerned persons at the border check posts at the time of entry.

**5.3.2.** However, all inbound asymptomatic persons travelling for short visit (up to 7 days), for exceptional and compelling reasons, such as cases of death in family, serious illness, visiting parents (old-aged)/ family members shall be exempted from being quarantined, but will be allowed to move outside their homes (address specified on the web portal at the time of registration) only to attend for the above mentioned reasons. The district administration shall ensure verification of the movement of such persons and shall initiate penal action in case of violation of the extant norms.

**5.3.3.** However, all inbound asymptomatic workers, employees, experts/ consultants and suppliers involved in the different projects and construction activities of state / central government departments/ PSUs shall be exempted from being quarantined. They shall be allowed to move to their workplace in the state on a daily basis, and shall be permitted to travel back to their place of origin, after completion of work. It shall be the responsibility of the concerned establishments to ensure that all norms of safety and social distancing, as per MoHFW and MHA guidelines, are strictly complied with.

**5.3.3.1.** All such inbound asymptomatic workers, employees, experts/ consultants and suppliers shall also necessarily upload their authorisation letter on the given web portal (<http://smartcitydehradun.uk.gov.in.>). The district authorities shall ensure proper verification of these letters of the concerned workers, employees, experts/ consultants and suppliers at the border check posts at the time of entry.

**5.3.4** All inbound asymptomatic workers/employees authorized by businesses and management of industries located in Uttarakhand shall be exempted from being quarantined. They shall be allowed to move to their workplace in the state on a daily basis, and shall be permitted to travel back to their place of origin, after completion of work. Further, experts/ consultants/ suppliers authorized by businesses and management of industries located in Uttarakhand and coming for less than 7 days, for the purpose of business, technical expertise for industries or other similar purposes shall also be exempted from being quarantined. It shall be the responsibility of the concerned establishments to ensure that all norms of safety and social distancing, as per MoHFW and MHA guidelines, are strictly complied with.

**5.3.4.1.** All such inbound asymptomatic workers/employees authorized by businesses and management of industries located in Uttarakhand shall also necessarily upload their authorisation letter on the given web portal (<http://smartcitydehradun.uk.gov.in.>). The district authorities shall ensure proper verification of these letters of the concerned workers, employees, experts/ consultants and suppliers at the border check posts at the time of entry.

**5.3.5.** In cases of inter-state movement for official purposes, Ministers of Government of India, Ministers of State Government, Chief Justice and other Judges of Supreme Court and High Courts, other Judicial officers of district and subordinate judiciary of the state, Advocate General, Chief Standing Counsel and other Government Advocates in the High Court of Uttarakhand, MPs and MLAs of Uttarakhand, all officers of GoI, State Government, PSUs, Central Government/State Government organisations, along with their support staff shall be exempted from being quarantined. However, such individuals shall ensure compliance of all norms of safety and social distancing, as per guidelines of MoHFW and MHA.

**5.3.6.** The Army, Air Force, Navy and other Para Military Forces shall make their own arrangements for institutional quarantining of their officers, personnel and family members inbound from high-load Covid-19 infected cities for 07 days, followed by home quarantine of 7 days. Their quarantine facilities shall meet the standards of MoHFW. The quarantine arrangements so made shall be duly intimated to the State government/ District Nodal Officer on a regular basis.

**5.3.7.** All asymptomatic persons, travelling by flight and transiting through high load Covid-19 infected cities (where the origin is not from high load Covid-19 infected Cities, as per the Annexure-2) shall have to undergo a period of 14 days in home quarantine.

**5.3.8.** All asymptomatic persons who are travelling to high load Covid-19 infected cities from Uttarakhand for a maximum duration of 05 days (due to exceptional and compelling reasons such as cases of pregnancy, death in family, serious illness or any other reason of personal distress, as assessed by the District Nodal Officers, in co-ordination with Health Authorities, shall on return, be exempted from being quarantined. However, in exceptional cases of outbound travel for more than 05 days, such persons shall have to undergo home quarantine of 07 days and shall also monitor her/ his health condition closely.

**5.3.9.** All pregnant ladies, seriously ill persons and senior citizens above the age of 65 years, or persons accompanied by children below 10 years of age, coming from high load Covid-19 infected cities shall be exempted from institutional quarantine and permitted to stay in home quarantine for 14 days.

**5.3.10.** There shall be an upper limit of 2000 persons per day for all inbound persons travelling to the state without undergoing RT-PCR tests. In exceptional circumstances, DMs will be authorized to issue around 50 permits, over and above this limit, to persons in distress.

**5.3.10.1.** Such persons can be randomly tested for Covid-19 at the border check posts. If found positive, it shall be the responsibility of the concerned District Administration, in coordination with the Health authorities, to follow protocols as laid down by MoHFW and State Government. In case found negative, the person (*Excluding the persons exempted from quarantine as per this order*) shall home quarantine herself/ himself for one week and monitor her/ his health closely. The district authorities shall also monitor such persons for her/ his health indicators. If Covid symptoms

develop, she/ he shall immediately inform the concerned district administration/ health authorities.

**5.3.10.2.** However, all inbound tourists, people, coming by train/plane, people returning from abroad, and persons mentioned in Paras 5.3.3, 5.3.4, 5.3.5 and 5.3.6 of this order shall not be included in the upper limit of 2000 people per day.

**(E) Inter- District Movement within the State:**

6. No permit/permission shall be required for inter-district movement of persons within the state. However, all such persons shall mandatorily register themselves on the web portal <http://smartcitydehradun.uk.gov.in>, prior to their movement.

6.1. All such persons, irrespective of the mode of travel, shall be exempted from being quarantined.

**7. Indian Nationals/ Tourists travelling from various countries**

7.1. All asymptomatic inbound persons travelling from other countries to Uttarakhand shall mandatorily register themselves on the web portal <http://smartcitydehradun.uk.gov.in>, prior to their journey.

7.2. All asymptomatic inbound persons travelling from other countries shall undergo a period of 7 days in institutional quarantine and subsequently 7 days in home quarantine.

7.3. The Additional Nodal Officer (ARC) shall provide a list of paid quarantine facilities in Delhi/ or areas adjoining the airport and in the districts of Uttarakhand to such inbound persons.

7.4. The inbound persons shall clearly specify their choice of paid institutional quarantine facility (Delhi/ areas adjoining the airport and concerned district of Uttarakhand) at the help desk set up by the Additional Nodal Officer (ARC) at the airport.

**7.4.1.** In the event of a person opting to stay in an institutional quarantine facility in Uttarakhand free of charge, a list of such government run free quarantine facilities will be provided to the concerned person.

7.5. All inbound persons desirous of being quarantined in Uttarakhand shall be facilitated by ARC office (Additional Nodal Officer) by arranging vehicles on payment basis to enable them to reach their destination districts in Uttarakhand.

7.6. The ARC shall share list of all such persons with District Nodal Officers on a daily basis so that appropriate arrangements can be

made at district level.

- 7.7. Such persons must directly report to the paid quarantine centre selected by them. In case the option is for free institutional quarantine facilities, the help desk shall instruct such persons to report at the border check posts of the destination districts and then directly to such facility as indicated by the check post team. Any violation in this regard shall be punishable under relevant sections of IPC, Epidemics Diseases Act and Disaster Management Act.
- 7.8. However, only in exceptional and compelling circumstances, such as pregnancy, death in family, serious illness, senior citizens above 65 years of age and parent(s) accompanied by children below 10 years or any other reason of personal distress, as assessed by the ARC/ State Nodal Officers/District Nodal Officers in co-ordination with Health Authorities, home quarantine may be permitted for 14 days to all such asymptomatic persons, subject to compliance of all norms of social distancing and safety (as per MoHFW, MHA and state govt. guidelines).
- 7.9. In cases where results of the samples of asymptomatic persons in institutional quarantine are still awaited, they shall be discharged from the quarantine facility on completion of 7 days. But close monitoring of their health condition for the subsequent period of 07 days during home quarantine shall be done through the teams formed by the District Nodal Officers.

**7.9.1.** Prior to the discharge of such persons from quarantine facilities, they shall submit a self-declaration form/ undertaking for strictly adhering to the health protocols and state guidelines. Details of such discharged persons shall be updated on the smart city portal (<http://smartcitydehradun.uk.gov.in>) at the time of discharge.

## **8. Re-opening of Hotels/ B&B/ Homestay and hospitality services**

- 8.1. All hotels/ B&B/ Homestay & hospitality services shall be allowed to open in the state. However, all such hotels/ B&B/ Homestay & hospitality services in containment zones of the state shall remain closed, till further orders.
- 8.2. The Hotel management/B&B/ Homestay management shall ensure that bookings of persons from other states shall be for a minimum period of 7 days. Such persons shall be exempted from being quarantined, if he/she shows proof of hotel booking for minimum 7 days.

**8.2.1.** However, there shall be no restrictions regarding the minimum period of stay in hotels/ B&B/ Homestay for persons who have undergone RT-PCR test from ICMR authorised lab not earlier than 72 hours from the time of arrival, reflecting Covid-19 negative

report. Such persons having shown the negative report at the border check post shall be allowed to proceed to their destination and shall not be quarantined. In cases of violation of above rules by any individual, it shall be immediately informed by the concerned hotel management/ B&B/Homestay management to the District Administration/ police for penal action under relevant sections of IPC, Epidemics Diseases Act and Disaster Management Act.

- 8.3. All tourists shall necessarily register themselves on the web portal ([http://smartcitydehradun.uk.gov.in.](http://smartcitydehradun.uk.gov.in)) However, all such tourists who have undergone RT-PCR test, as specified in para 8.2.1, shall also necessarily upload their medical report on the given web portal ([http://smartcitydehradun.uk.gov.in.](http://smartcitydehradun.uk.gov.in)). The district authorities shall ensure proper verification of medical reports of the concerned persons at the border check posts at the time of entry.
- 8.4. The hotel management/ B&B/ Homestay management shall take a written undertaking (*Self-declaration form*) from the tourists that he or she shall not visit any public place in Uttarakhand during his or her stay in the hotel, unless he or she has undergone the RT-PCR test from ICMR authorized lab not earlier than 72 hours from the time of arrival, reflecting COVID-19 negative report. The tourists violating the undertaking shall be liable to be proceeded against as per the provisions of Section 51 to 60 of the DM Act, 2005 , Epidemics diseases Act, 1897 and relevant sections of the IPC.
- 8.5. All hotels outside the containment zones having necessary permission/ requisite license shall be allowed to serve liquor only as part of room service, subject to the compliance of all norms of social distancing and safety as per MoHFW, MHA and State government guidelines. However, bars situated within the hotel premises shall not be allowed to operate till further orders. It shall be the responsibility of the management of such hotels/ hospitality services to ensure adherence to all existing restrictions/ SOPs.
- 8.6. In addition to the above, the hotel management/ B&B/Homestay management shall strictly adhere to the SOP issued by the Department of Tourism, Government of Uttarakhand on Hotels/ B&B/ Homestay and other Hospitality Units.

## **9. Re-opening of Restaurants**

- 9.1. All restaurants shall be allowed to open in the state. However, all restaurants in containment zones of the state shall remain closed, till further orders.



- 9.2. The restaurant owners/ managers shall make arrangements to ensure that a record of all customers, as also the waiters serving the tables, is maintained at all times, clearly specifying the date and time.
- 9.3. In addition to the above, the restaurant management shall strictly adhere to the SOP issued by Department of Tourism, Government of Uttarakhand on restaurants.

## **10. Re-opening of Shopping Malls**

- 10.1. All shopping malls shall be allowed to open in the state. However, all shopping malls in containment zones of the state shall remain closed, till further orders.
- 10.2. Prior to opening the mall, the Mall management shall give an undertaking/ self-declaration to the District administration regarding various measures taken for preventing the spread of covid-19, as also strict adherence to the guidelines issued by CPWD for air conditioning in such areas with maximum exposure and concentration and those issued by MoHFW and MHA for norms of safety and social distancing.
- 10.3. The Mall management shall also make arrangements for opening 50% of the shops on any given day, till further orders.
- 10.4. However, District administration, in consultation with the Mall Management, may decide to put necessary restrictions on the maximum number of people to be allowed in the interest of public health. Wide publicity in advance regarding the restrictions to be placed shall be made.
- 10.5. In addition to the above, the shopping mall management shall strictly adhere to the SOP issued by MoHFW, Government of India on shopping malls.

## **11. Re-opening of Religious places/ Places of worship**

- 11.1. The religious places/ places of worship shall be allowed to open in the state. However, all such religious places/ places of worship in containment zones of the state shall remain closed, till further orders. Religious functions and other religious congregations shall also be prohibited till further orders.

- 11.2. However, the District administration in consultation with Boards/ Trusts/ Management Committees, may decide to put necessary restrictions in place, in the interest of public health. Wider publicity in advance, regarding the restrictions to be placed on public *darshan* and worship protocol, shall be made.
- 11.3. *Char-Dham Devasthanam* Board, in consultation with the respective District administration and other stakeholders, may decide to put necessary restrictions in place, in the interest of public health. However, wide publicity in advance, regarding the restrictions to be placed on public *darshan* and worship protocol, shall be made.
- 11.4. In addition to the above, the management of religious places / places of worship shall strictly adhere to the SOP issued by MoHFW, Government of India on religious places.

## **12. Opening of Markets**

- 12.1. All markets shall be allowed to open in the state. However, all such establishments in containment zones of the state shall remain closed, till further orders.
- 12.2. However, the District Administration in consultation with market committees may decide to put necessary restrictions in place, in the interest of public health. Wider publicity, regarding the restrictions to be followed by the customers and business communities at various strategic locations of market areas shall be ensured.

## **13. UDAN**

- 13.1. Travel by helicopters and fixed-wing shall be permitted under UDAN scheme. The passengers after deboarding shall have to follow the guidelines prescribed by the state govt. The operators shall also comply with the guidelines issued by the MoHFW, Civil Aviation department and the State Govt.

**13.1.1.** The Department of Civil Aviation, in coordination with Health Authorities and District Administration, shall ensure Rapid Antigen testing of all persons inbound from other states. Such testing shall be organised at the concerned originating helipads (Dehradun & US Nagar).

**14. Opening of Banquet Halls/ Community Halls for Marriage and related ceremonies.**

- 14.1. All Banquet Halls/ Community Halls for marriage and related ceremonies shall be allowed to open in the state, except in containment zones.
- 14.2. The Management of Banquet Halls/ Community Halls shall ensure that the number of persons attending the ceremony shall not exceed 50. All guests/ attendees shall provide a written undertaking (Self-declaration form) clearly indicating their place of stay and marriage venue to the management of Banquet hall / hotel.
- 14.3. Asymptomatic bride/groom and their relatives travelling from high load Covid-19 infected cities shall be exempted from being quarantined. However they shall not be permitted to visit any public places, except the concerned Banquet Hall/ Community Hall.
- 14.4. All asymptomatic guests coming to attend the marriage from high load covid-19 infected cities of other states shall be exempted from the restriction of the minimum period of stay in hotels, subject to the condition that all norms of safety and social distancing as per MHA and MoHFW guidelines are strictly complied with.
- 14.5. The Management of Banquet Hall/ Community Hall shall ensure proper thermal screening of all employees and guests prior to their entry and maintain a record of all such persons. They shall also ensure adherence of guidelines related to safety and social distancing issued by MoHFW, Government of India.
15. **Last rites/ Funerals:** SOP for "Management of Dead Bodies (covid-19) - Last Rites" issued on 20<sup>th</sup> June, 2020 by the state government shall be strictly adhered to.
16. **National directives for Covid 19 Management:** National Directives for Covid-19 management, as specified in Annexure 1, shall continue to be followed throughout the Districts.
17. **Protection of Vulnerable Persons:** Persons above 65 years of age, persons with co-morbidities, pregnant women, and children below the age of 10 years are advised to stay at home, except for essential and health purposes.

18. Parks shall be opened for walk/ jog only for asymptomatic persons. The park management shall ensure that norms of safety and social distancing as per guidelines of MoHFW and MHA are strictly adhered during such activities. The parks shall not be opened for other activities such as organising large congregation, celebration, etc. and use of open gym shall be strictly prohibited in the park, till further orders.

18.1. However, all such activities in containment zones of the state shall remain closed, till further orders.

अतः सभी सम्बन्धित उपरोक्त समस्त आदेशों एवं निर्देशों के साथ-साथ गृह मंत्रालय, भारत सरकार के आदेश संख्या: 40-3/2020.DM-I (A), दिनांक 29 जुलाई, 2020 द्वारा निर्गत दिशा-निर्देशों का कड़ाई से अनुपालन करवाया जाना सुनिश्चित करेंगे।

उक्त आदेश अग्रिम आदेशों तक प्रभावी रहेगा।

संलग्नक-उपरोक्तानुसार

भवदीय,




(ओम प्रकाश)

मुख्य सचिव/मुख्य कार्यकारी अधिकारी

संख्या एवं दिनांक उपरोक्तानुसार।

निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित-

1. सचिव, श्री राज्यपाल, उत्तराखण्ड।
2. सचिव, मा. मुख्यमंत्री जी, उत्तराखण्ड।
3. सचिव, विधानसभा, उत्तराखण्ड।
4. महाधिवक्ता, मा0 उच्च न्यायालय, नैनीताल।
5. सचिव, गोपन (मंत्रिपरिषद), विभाग, उत्तराखण्ड शासन।
6. समस्त निजी सचिव, मा. मंत्रीगण को मा. मंत्रीगणों के संज्ञानार्थ प्रेषित।
7. स्टॉफ आफिसर, मुख्य सचिव, उत्तराखण्ड शासन।
8. सम्बन्धित पत्रावली।



(ओम प्रकाश)

मुख्य सचिव/मुख्य कार्यकारी अधिकारी

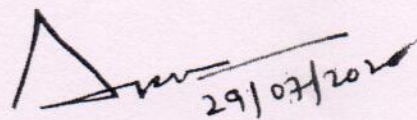
**National Directives for COVID-19 Management**

1. **Face coverings:** Wearing of face cover is compulsory in public places; in workplaces; and during transport.
2. **Social distancing:** Individuals must maintain a minimum distance of 6 feet (2 gaz ki doori) in public places.  
Shops will ensure physical distancing among customers.
3. **Gatherings:** Large public gatherings/ congregations continue to remain prohibited.  
Marriage related gatherings : Number of guests not to exceed 50.  
Funeral/ last rites related gatherings : Number of persons not to exceed 20.
4. **Spitting in public places** will be punishable with fine, as may be prescribed by the State/ UT local authority in accordance with its laws, rules or regulations.
5. **Consumption of liquor, paan, gutka, tobacco etc.** in public places is prohibited.

**Additional directives for Work Places**

6. **Work from home (WfH):** As far as possible the practice of WfH should be followed.
7. **Staggering of work/ business hours** will be followed in offices, work places, shops, markets and industrial & commercial establishments.
8. **Screening & hygiene:** Provision for thermal scanning, hand wash or sanitizer will be made at all entry points and of hand wash or sanitizer at exit points and common areas.
9. **Frequent sanitization** of entire workplace, common facilities and all points which come into human contact e.g. door handles etc., will be ensured, including between shifts.
10. **Social distancing:** All persons in charge of work places will ensure adequate distance between workers, adequate gaps between shifts, staggering the lunch breaks of staff, etc.

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29/07/2020

## Annexure – 2

### Top 33 Districts Based on Number of Confirmed COVID-19 Cases List updated as on 30<sup>th</sup> July, 2020

S.No.	State	District
1.	Delhi	All Districts
2.	Maharashtra	Mumbai
3.	Tamil Nadu	Chennai
4.	Maharashtra	Thane
5.	Maharashtra	Pune
6.	Karnataka	Bengaluru Urban
7.	Telangana	Hyderabad
8.	Gujarat	Ahmedabad
9.	West Bengal	Kolkata
10.	Andhra Pradesh	East Godavari
11.	Maharashtra	Raigad
12.	Maharashtra	Palghar
13.	Assam	Kamrup Metropolitan
14.	Andhra Pradesh	Kurnool
15.	West Bengal	North 24 Parganas
16.	Tamil Nadu	Chengalpattu
17.	Maharashtra	Nashik
18.	Maharashtra	Aurangabad
19.	Tamil Nadu	Thiruvallur
20.	Andhra Pradesh	Guntur
21.	Gujarat	Surat
22.	Andhra Pradesh	Anantapur
23.	Tamil Nadu	Madurai
24.	Andhra Pradesh	West Godavari
25.	Maharashtra	Jalgaon
26.	Uttar Pradesh	Meerut
27.	Uttar Pradesh	Bijnor
28.	Uttar Pradesh	Saharanpur
29.	Uttar Pradesh	Muzzafarnagar
30.	Uttar Pradesh	Murodabad
31.	Uttar Pradesh	Rampur
32.	Uttar Pradesh	Bareilly
33.	Uttar Pradesh	Pilibhit

No.2/5/2020-Public  
Government of India/Bharat Sarkar  
Ministry of Home Affairs/Grih Mantralaya  
\*\*\*

North Block, New Delhi  
Dated, the 20<sup>th</sup> July, 2020

To

The Chief Secretaries of  
All State Governments and Administrators of all Union Territory  
Administrations

Sub: INDEPENDENCE DAY CELEBRATIONS ON 15<sup>th</sup> AUGUST, 2020

Sir/Madam,

Every year, the Independence Day is celebrated with grandeur, gaiety, fervour and enthusiasm. This year also, the Independence Day will be celebrated in a manner befitting the occasion. However, in view of spread of Covid-19 pandemic, while organizing various programmes or activities for the Independence Day celebrations, it is imperative to follow certain preventive measures such as maintaining social distancing, wearing of masks, proper sanitization, avoiding large congregations, protecting vulnerable persons, etc.; and follow all guidelines related to Covid-19 issued by the Ministry of Home Affairs and Ministry of Health & Family Welfare. Therefore, all programmes should be organized in a way that large congregation of people is avoided and technology is used in a best possible manner for celebration befitting the occasion. The events organized could be web-cast in order to reach out people at large, who are not able to participate.

2. Keeping the above limitations and precautionary steps in view, the Independence Day Celebrations in Delhi shall consist of the following:-

- (i) The Ceremony at Red Fort consisting of the presentation of a Guard of Honour by the Armed Forces and the Delhi Police to the Prime Minister (Pradhan Mantri), unfurling of the National Flag accompanied by playing of the National Anthem and firing of 21-gun salute, speech by the Prime Minister, singing of the National Anthem immediately after PM's speech, and release of tri-coloured balloons at the end.
- (ii) "At Home" reception at Rashtrapati Bhawan.

3. For celebrations of the Independence Day at different levels in the States/UTs, certain guidelines have been prescribed, as enumerated in the succeeding paragraphs:

4. The functions in the State/Union Territories on this day may consist of the following:-

**STATE LEVEL:**

- (i) A ceremony in the morning (after 9.00 AM) in the State/Union Territory Capitals consisting of unfurling of the National Flag by the Chief Minister; playing of the National Anthem; presentation of Guard of Honour by the Police including Para-Military Forces, Home Guards, NCC, Scouts, etc; speech by the Chief Minister; and singing of the National Anthem.
- (ii) In view of Covid-19 pandemic, large congregation in the ceremony be avoided. It is imperative that social distancing norms, wearing masks, etc., are followed.
- (iii) It would also be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a recognition of their noble service in fight against Covid-19 Pandemic. Some persons cured from Covid-19 infection may also be invited.

**DISTRICT LEVEL:**

- (i) A similar ceremony as mentioned above in the morning (after 9.00 AM) at the District level which may, inter-alia, consist of unfurling of the National Flag by a Minister/Commissioner/District Magistrate; playing of the National Anthem; parade by State Police personnel, Home Guards/NCC, Scouts; speech by the Minister/ Commissioner/ District Magistrate explaining the significance of 15<sup>th</sup> August and exhorting the audience to work for the unity and integrity of the country; and singing of the National Anthem.
- (ii) In view of Covid-19 pandemic, large congregation in the ceremony be avoided. It is imperative that social distancing norms, wearing masks, etc., are followed.
- (iii) It would also be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a



recognition of their noble service in fight against Covid-19 Pandemic. Some persons cured from Covid-19 infection may also be invited.

**SUB-DIVISIONAL LEVEL/BLOCK LEVEL:**

- (i) Ceremonial hoisting of the National Flag by a Minister/Sub-Divisional Magistrate (after 9.00 AM), playing of the National Anthem; speech by the dignitary explaining the significance of 15<sup>th</sup> August and exhorting the audience to work for the unity and integrity of the country; unfurling of the National Flag; singing of the National Anthem, etc.
- (ii) In view of Covid-19 pandemic, large congregation in the ceremony be avoided. It is imperative that social distancing norms, wearing masks, etc., are followed.
- (iii) It would also be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a recognition of their noble service in fight against Covid-19 Pandemic. Some persons cured from Covid-19 infection may also be invited.

**PANCHAYAT HEADQUARTERS/BIGGER VILLAGES:**

- (i) Ceremonial hoisting of the National Flag by the Sarpanch/Village Head-man (after 9.00 AM), playing of the National Anthem; speech by the Sarpanch/ Village Head-man explaining the significance of 15<sup>th</sup> August and exhorting the audience to work for the unity and integrity of the country; singing of the National Anthem etc.
- (ii) In view of Covid-19 pandemic, large congregation in the ceremony be avoided. It is imperative that social distancing norms, wearing masks, etc., are followed.
- (iii) It would also be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a recognition of their noble service in fight against Covid-19 Pandemic. Some persons cured from Covid-19 infection may also be invited.

5. It may be ensured that National Flag is hoisted at all State Capitals/Districts/Block/Panchayat levels.

6. As regards holding of "At Home" reception at Raj Bhawan/Raj Niwas by the Governor/Lt. Governor on the Independence Day, the matter is left to the discretion of Governors/Lt. Governors. However, in view of Covid-19 pandemic, preventive measures such as maintaining social distancing, wearing of masks, proper

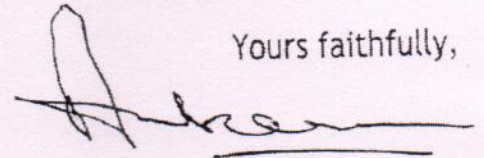
sanitization, avoiding large congregations, protecting vulnerable groups, etc., and other measures as prescribed and recommended by the Ministry of Health & Family Welfare, are followed. It would be appropriate that Covid-19 warriors like doctors, health workers, sanitation workers, etc., are invited in the ceremony as a recognition of their noble service in fight against Covid-19 Pandemic. Some persons cured from Covid-19 infection may also be invited.

7. Performance of Police/Military bands may be recorded at places of historic importance associated with Independence movement; and recorded versions thereof may be displayed through large screens/digital media, during public functions and on social media.

8. Other functions of the day may include activities like planting of trees; inter-school/inter-college debates on digital platforms; online quiz contests/patriotic essay writing and poetry competitions; launching of any important scheme, singing patriotic songs/delivering patriotic talks by selected boys/girls on the social media; illumination of Government Buildings/State Bhawans, etc; thematic webinars; online campaign by NSS and NYKS centred around patriotic themes; or any other activity deemed appropriate by the State Government/Union Territory Administration befitting the occasion. Other innovative ways of celebrating the Independence Day may be considered like propagating patriotic or national integration messages/songs through digital and social media platforms, sound shows/lighting of important public buildings, waving of National Flags by people at rooftops/balconies, etc.

9. It would be appropriate that the theme of "Aatmanirbhar Bharat" is suitably spread and publicised amongst the masses through various activities/messages in the functions and on social media during Independence Day celebrations.

Yours faithfully,



[ANUJ SHARMA]  
Joint Secretary  
Tel: 011-23092436

Copy for information to:-

1. Secretaries of Governors/ Lt. Governors of all States/Union Territories
2. All Ministries/ Departments of the Govt. of India
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5. Prime Minister's Office
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7. Registrar, Delhi High Court
8. Cabinet Secretariat
9. Rajya Sabha Secretariat
10. Lok Sabha Secretariat
11. NITI Aayog, Sansad Marg, New Delhi.
12. Election Commission of India
13. Union Public Service Commission
14. Office of Comptroller & Auditor General of India
15. Central Vigilance Commission
16. University Grants Commission
17. National Commission for SCs
18. National Commission for STs
19. National Commission for Backward Classes
20. National Commission for Safai Karamcharis
21. National Commission for Minorities
22. National Commission for Women
23. National Human Rights Commission
24. Manager, State Bank of India, Parliament Street, New Delhi
25. Manager, Reserve Bank of India, New Delhi
26. All attached & subordinate offices of the Ministry of Home Affairs located at Delhi/New Delhi
27. Ad.III Section, MHA

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*Deepak Kumar*  
20/07/2020  
(Deepak Kumar)

Under Secretary to the Govt. of India  
Tel: 011-23092421

# ANNEXURE-4

Dated the 03<sup>rd</sup> August, 2020

**Government of India  
Ministry of Health & Family Welfare  
Directorate General of Health Services  
(EMR Division)**

## **Guidelines on Preventive Measures to Contain Spread of COVID-19 in Yoga Institutes & Gymnasiums**

### **1. Background**

To contain the spread of COVID infection, lockdown was imposed, which is now being gradually relaxed in a phased manner. Yoga and physical activity being important for health & well-being, it has been decided to open yoga institutes and gymnasiums from 5<sup>th</sup> August, 2020. Yoga Institutes and Gymnasiums shall adhere to protocols and prevention measures outlined in this document to prevent the spread of COVID-19.

### **2. Scope**

This document outlines various generic precautionary measures to be adopted in addition to specific measures to be taken at yoga institutes and gymnasiums to prevent spread of COVID-19. The guidelines aim to minimize all possible physical contacts between staff, members & visitors and maintain social distancing and other preventive and safety measures in context of COVID-19.

### **3. Generic preventive measures**

All yoga institutes and gymnasiums in containment zones shall remain closed for public. Only those outside containment zones will be allowed to open up.

All yoga institutes and gymnasiums shall comply with all health related guideline/SOP/notification issued by the Union/State Government from time to time.

Persons above 65 years of age, persons with co-morbidities, pregnant women and children below the age of 10 years are advised not to use gyms in closed spaces. Organizations managing the yoga institutes and gymnasiums shall advise all members, visitors & staff accordingly.

The generic preventive measures include simple public health measures that are to be followed to reduce the risk of COVID-19. These measures need to be observed by all (members, visitors & staff) in these places at all times. These include:

- i. Individuals must maintain a minimum distance of 6 feet as far as feasible.
- ii. Use of face covers/masks is mandatory at all times with in the premises. However, during yoga exercise or exercising in gymnasiums, as far as possible only a visor may be used. Use of mask (in particular N-95 masks) during exercise may cause difficulty in breathing.

- iii. Practice frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be practiced wherever feasible.
- iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
- v. Self-monitoring of health by all and reporting any illness at the earliest to state and district helpline.
- vi. Spitting should be strictly prohibited.
- vii. Installation & use of Aarogya Setu App shall be advised to all.

**4. Specific measures to be followed include-**

**a. Before opening the yoga institutes/gymnasiums**

**Processes & premises redesigning including proper placement of equipments**

- i. Plan yoga/gymnasiums floor area based on 4m<sup>2</sup> per person.
- ii. Place equipments, including cardio and strength machines, 6 feet apart, wherever feasible, by moving equipment to facilitate social distancing
- iii. Where available, utilize any outdoor space by relocating equipment outside.
- iv. Create specific pathways for entering and exiting exercise areas within closed spaces using floor or wall markings
- v. Ensure queue management, inside and outside the premises, with specific markings on the floor with a gap of 6 feet.
- vi. Promote card based/contactless payment.
- vii. For air-conditioning/ventilation, the guidelines of CPWD shall be followed which emphasizes that the temperature setting of all air conditioning devices should be in the range of 24-30° C, relative humidity should be in the range of 40- 70%, intake of fresh air should be as much as possible and cross ventilation should be adequate.
- viii. Limit the number of staff and members within the general gymnasium floor, specific workout areas and change rooms by:
  - a. Restricting the number of members allowed in specified areas
  - b. Implementing 'fitness sessions' for particular exercise areas with requirements for members to register (ideally online) for specific sessions
- ix. Lockers will remain in use, as long as social distancing is maintained.
- x. Ensure dustbins and trash cans are covered at all times
- xi. Spas, Sauna, Steam Bath and Swimming Pool (wherever applicable) shall remain closed.

**Disinfection**

All areas within the premises shall be disinfected using clinically approved disinfectants. The areas to be disinfected include but are not limited to –

- i. Entrances to premise, building, rooms

- ii. All open areas used by staff and visitors
- iii. Washrooms and toilets
- iv. Shoe baths (Members will be encouraged to carry separate workout shoes)
- v. All other frequently touched surfaces (doorknobs, handles etc.)
- vi. Equipment in gymnasiums

#### **Planning and Scheduling of Activities**

- i. Calculate the maximum capacity per session based on redesigned spaces. Accordingly schedule the session and inform the members.
- ii. Yogic Kriya(s)
  - a. The practice of Yogic Kriya(s) may be avoided for the time being. Even if it is to be practiced essentially, it may be done in open spaces
  - b. Guidelines for practitioners (Yoga guideline for Covid-19) issued by the Ministry of Ayush (available at: <https://www.ayush.gov.in/>) may also be followed
- iii. Group fitness rooms and classes
  - a. Staggering class session times and allowing minimum of 15-30 minutes between classes to avoid overlap between members arriving and leaving
  - b. Offering group fitness classes online, wherever possible
  - c. Restricting the number of persons allowed per group fitness class based on the size of the room and the nature of the fitness activity
- iv. Personal training in yoga institutes/gymnasiums
  - a. Ensure 6 feet distance between personal trainer and clients during personal training sessions, wherever feasible.
  - b. Ensure sessions are tailored to include only exercises that do not require physical contact between the trainer and the clients including setup and use of equipment
  - c. Limit the number of clients per session & ensure adequate spacing amongst all clients.
  - d. Utilize outdoor spaces at the yoga institutes/gymnasiums where available
- v. For Employees:
  - a. Shifts and attendance to be planned to ensure social distancing
  - b. Staff residing in the containment zone shall not attend the facility till containment zone is de-notified
  - c. Housekeeping staff to be informed & trained about norms for waste management & disposal
  - d. All employees who are at higher risk i.e. older employees, pregnant employees and employees who have underlying medical conditions to take extra precautions. They should preferably not be exposed to any front-line work requiring direct contact with the clients

### Availability and Management of Supplies

- i. Appropriate personal protection gears like face covers/masks, visors, hand sanitizers etc. shall be made available by management to the members, visitors & staff
- ii. Provide an adequate supply of disinfectant wipes or disinfecting solutions and disposable paper towels for members/staff to wipe exercise equipment clean before and after use.
- iii. Ensure availability of pulse oximeters to record oxygen saturation of members prior to the exercise.

### **b. After opening the yoga institutes / gymnasiums**

#### At the entry point

- i. Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions.
- ii. Only asymptomatic persons (including staff) be allowed in the premises.
- iii. All persons to be allowed entry only if using face cover/masks.
- iv. All members, visitors and staff may consider using Aarogya Setu application for risk identification at all times inside the yoga institute/gymnasiums
- v. Posters/standees on preventive measures about COVID-19 to be displayed prominently. Audio and Video clips to spread awareness on preventive measures for COVID-19 may be regularly played.
- vi. Ensure minimum distance of 6 feet at all times in queues
- vii. Proper crowd management in the parking lots, in corridors and in elevators – duly following social distancing norms shall be organized.
- viii. Staggering of members/ visitors to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of premises & equipment.
- ix. In yoga institutes, shoes / footwear are to be preferably taken off outside the premises where yoga exercises are done. If needed they should be kept in separate slots for each individual / family by the persons themselves.
- x. Details of check-in and checkout times of members and visitors must be recorded (name, address and phone number)

#### Prior to exercising in the gymnasiums using equipment for cardio, strength training etc.

- i. Ensure that the equipment has been disinfected, particularly the frequently touched surfaces before each use
- ii. Sanitize middle finger with alcohol swab and check oxygen saturation using pulse oximeter. Those having oxygen saturation below 95% should not be allowed to exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility
- iii. Remove mask and **wear visor as far as feasible** while exercising.
- iv. Hand sanitizer stations must be provided near each gymnasium equipment
- v. Ensure that members sanitize their hands before using gymnasium equipment

#### **During yoga exercises / other exercise sessions**

- i. Common exercise mats should be avoided and members should preferably bring their own exercise mats which they may take back with them.
- ii. In view of potential threat of spread of infection, as far as feasible recorded music/songs may be played and shouting/ laughter yoga exercise should not be allowed.
- iii. Stop the exercise if you feel difficulty in breathing. Check oxygen saturation level. Those having oxygen saturation below 95% should not be allowed to continue exercise. Call central / state helpline / ambulance and refer such persons to the nearest health facility.

#### **After exercise and in common areas**

- i. Ensure proper disposal of face covers / masks / used towels in covered bins.
- ii. The shower areas / washrooms should be sanitized before and after use.
- iii. Cafeteria facility, if any within the premises, shall follow social distancing norms at all times.
- iv. Cleaning and disinfection of gymnasium equipment, particularly frequently touched surfaces (hand rails, benches, fixtures, etc.) shall be done after each exercise session before it is used by the next member.
- v. The floor cleaning shall be taken up between exercise sessions.

#### **At the time of closure**

- i. Shower rooms and lockers/changing areas need to be properly sanitized.
- ii. Deep cleaning of all washrooms shall be ensured
- iii. Before closure, the entire premises will be disinfected

#### **5. Additional precautions to be followed in case of a suspect case in the premises:**

- i. Place the ill person in a room or area where they are isolated from others.
- ii. Provide a mask/face cover till such time he/she is examined by a doctor.
- iii. Immediately inform the nearest medical facility (hospital/clinic) or call the state or district helpline.
- iv. A risk assessment will be undertaken by the designated public health authority (district Rapid Response Team /treating physician) and accordingly further action be initiated regarding management of case, his/her contacts and need for disinfection.
- v. Disinfection of the premises to be taken up if the person is found positive.