

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56 सोचिस्वार एव चिस्वार/  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Telugu

with regards

Yours Sincerely,

  
Dr. R. Rajesh Kumar  
Secretary.

Shri M.T. Krishana Babu  
Special Chief Secretary (Medical Health & Family Welfare)  
Andhra Pradesh.

దార్ఢామ్ యాత్ర కి ఆరోగ్య సలహాలు - 2024

దార్ఢామ్ యాత్రలోని అన్ని ధర్మయాత్రలు సముద్ర మట్టానికి 2700 మీటర్ల కంటే ఎక్కువ ఎత్తులో ఉన్న ఎత్తైన హిమాలయ ప్రాంతంలో ఉన్నాయి. విపరీతమైన చలి, తక్కువ తేమ, విపరీతమైన అధినిలలోహిత కిరణాలు, తక్కువ గాలి పీడనం మరియు తక్కువ ఆక్సిజన్ కారణంగా ఈ ప్రదేశాలలో ప్రయాణికులు ప్రజావిరమవుతారు. కావున, యాత్రీకులు సాఫీగా మరియు సురక్షితమైన ప్రయాణానికి ఈ క్రింది మార్గదర్శకాలు జారీ చేయబడుతున్నాయి.

Pre - Yatra

- మీ యాత్ర సురక్షితంగా జరగాలంటే ముందుస్తు జాగ్రత్త అవసరం. ప్రయాణం కి ముందు మెడికల్ మరియు ట్రిక్కింగ్ కి సంబంధంగా ఉండాలి. అధిక ఎత్తులో ఉండటం వల్ల వైద్యపరమైన సమస్యలు తలెత్తుతాయి - ప్రణాళిక చేసుకోవడం మరియు ప్యాకింగ్ చేసుకోవడం చాలా కీలకం.

Plan:

- కనీసం 7 రోజులు పర్యటనను ప్లాన్ చేయండి, అలవాటు చేసుకోవడానికి సమయాన్ని తీసుకోండి
- తరచుగా విరామాలు కోసం ప్లాన్ చేయండి - ప్రతి 2 గంటకి ఒకసారి 5-10 నిమిషాలకి విరామము తీసుకోండి

Prepare:

- రోజు 5-10 నిమిషాల పాటు క్వాస వ్యాయామాలు చేయండి\*
- 20-30 నిమిషాలు రోజువారీ నడక
- 55 సంవత్సరాల వయస్సు > లేదా గుండె జబ్బులు, ఉబ్బసం, రక్తపోటు లేదా మధుమేహం చరిత్ర కలిగి ఉంటే, పర్యటన కోసం ఫీట్నెస్ని నిర్ధారించుకోవడానికి ఆరోగ్య పరీక్ష చేయించుకోండి

Package:

- వెచ్చని బట్టలు - ఉన్ని స్వెటర్లు, డర్నల్లు, పవర్ జాకెట్లు, చేతి తొడుగులు, సాక్స్
- రయిన్ గేర్ - రయిన్ కోట్లు, గొడుగులు
- ప్రాథమిక ఆరోగ్య తనిఖీ పరికరాలు - పర్వ అక్సిమీటర్, డర్మామీటర్
- ముందుగా ఉన్న పరిస్థితులలో (గుండె జబ్బులు, ఉబ్బసం, రక్తపోటు, మధుమేహం) యాత్రీకుల కోసం - ఇప్పటికే ఉన్న అన్ని మందులు & పరీక్షా పరికరాలను మరియు మీ ఇంటి వైద్యుని సంప్రదింపు నెంబర్ను తీసుకెళ్లండి
- దయచేసి మీ ప్రయాణానికి ముందు వారావరణ నివేదికను తనిఖీ చేయండి మరియు విపరీతమైన ఫీజుల ఉష్ణోగ్రతలలో నిర్వహించడానికి తగిన వెచ్చని బట్టలు మీ వద్ద ఉన్నాయని నిర్ధారించుకోండి
- మీ వైద్యుడు దానికి వ్యతిరేకంగా సెలవ్ ఇప్ప యాత్రను చేపట్టవద్దు

యాత్ర సమయంలో

- స్వస్థ సెలారీ సఫరే యాత్ర - మీ సౌలభ్యం కోసం యాత్ర మార్గంలో ఆరోగ్య కాపి ఉంచిన కమ్యూనికేషన్ చూడండి మరియు అన్ని మార్గదర్శకాలను జాగ్రత్తగా అనుసరించండి
- యాత్రీకుల పివ కోసం ప్లాన్ చేయబడిన వివిధ ఆరోగ్య టవ్ పాయింట్ల మ్యాప్ను చూడండి:
  - మెడికల్ రిలీఫ్ పోస్టులు
  - ప్రాథమిక ఆరోగ్య కేంద్రాలు
  - తమ్మూనిటీ హెల్త్ సెంటర్లు
  - బిల్లా ఆసుపత్రులు

ఉత్తరాఖండ్ హెల్త్ టవ్ పాయింట్లను గుర్తించడానికి భవనాలపై స్పష్టమైన ఏరు టోర్ణుల కోసం చూడండి



0 మీరు లేదా మీ కుటుంబ సభ్యులలో ఎవరైనా ఈ క్లింది లక్షణాలలో దేనినైనా అనుభవిస్తున్నట్లయితే, దయచేసి వెంటనే సమీపంలోని ఆరోగ్య సేవా టువపాయింట్‌ను సంప్రదించండి - త్వరిత చర్య మీ జీవితాన్ని కాపాడుతుంది:

- ధాతీ నొప్పి
- శ్వాస ఆడకపోవడం (మాట్లాడటం కష్టం)
- నిరంతర దగ్గు
- మైకము / దిక్కుతోచని స్థితి (నడవడం కష్టం)
- చాంతులు
- మంచు/ శరీరం చల్లపడటం
- బలహీనత / శరీరం యొక్క ఒక వైపు తిమ్మిరి

ఎత్తైన ప్రదేశం తీవ్రమైన వైద్య సమస్యలను కలిగిస్తుంది. ఒక్క నిమిషం జాగ్రత్త మీ జీవితాన్ని కాపాడుతుంది.

ప్రత్యేక శ్రద్ధ తీసుకోవలసిన యాల్లికలు:

- 55 సంవత్సరాల వయస్సు >
- గర్భిణీ స్త్రీలు
- గుండె జబ్బులు, రక్తపోటు, అస్తమా మరియు మధుమేహం చరిత్ర కలిగిన రోగులు
- అధికారం ఉన్న రోగులు (>30 BMI)

మిమ్మల్ని జాగ్రత్తగా చూసుకోవడంలో సహాయం చేయడానికి మేము ఉన్నాము - ఏదైనా వైద్యసంబంధిత అసౌకర్యం ఉంటే, దయచేసి మా మెడికల్ స్క్రీనింగ్ మరియు ఆరోగ్య సదుపాయాలను సంప్రదించండి మరియు మీ ఆరోగ్యాన్ని తనిఖీ చేసుకోండి.

0 అదనంగా, ఏదైనా వైద్యసంబంధిత అత్యవసర పరిస్థితుల్లో, దయచేసి 104 హెల్ప్‌లైన్ నంబర్‌లో మమ్మల్ని సంప్రదించండి.

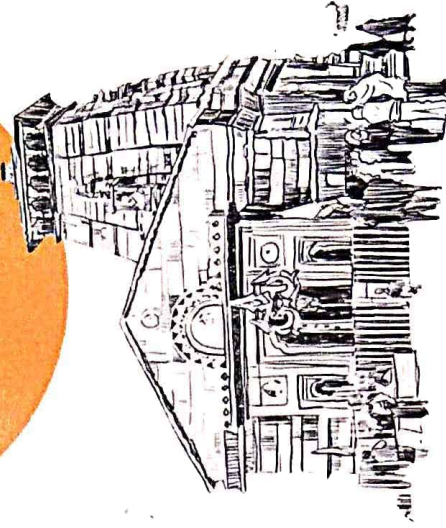
0 అల్కహాల్, కెఫీన్ కలిగిన పానీయాలు, నిద్ర మాత్రలు మరియు బలమైన నొప్పి నివారణ మందులు తీసుకోవద్దు యాత్ర సమయంలో, దూరమైనా కూడా మానుకోండి.

0 యాత్రలో కనీసం 2 రీటర్న్ ట్రవం ట్రాగండి మరియు పుచ్చులంగా చోషకమైన ఆహారం తీసుకోండి

**YATRA DO'S**



**YATRA DON'TS**



**HELPLINE**  
**104**

Register on the website below for regular monitoring of your health during Yatra  
**www.eswasthyadham.uk.gov.in**

**AMBULANCE**  
**108**

Issued in public interest by Department of Medical Health & Family Welfare, Government of Uttarakhand





# इवाइथी इवातर्के इवाधि यात्रा

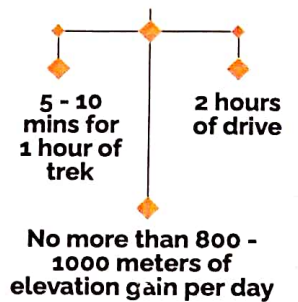
"Healthy Pilgrim, Happy Pilgrimage"

Begin your Char Dham Yatra fully prepared

*'You will be at over 3000 meters/10,000 feet ASL, experiencing extreme conditions, cold temperatures, low humidity, intense UV radiation, reduced air pressure, and oxygen levels.'*

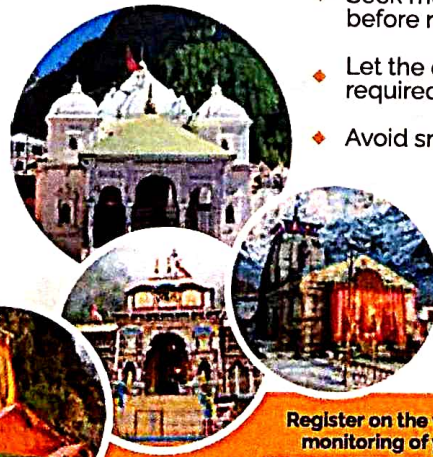
## Plan Ahead

- ◆ **Schedule** yatra for at least 7 days.
- ◆ **Register** and book boarding well in advance.
- ◆ **Identify** night stays.
- ◆ **Adapt to the surroundings** and plan resting points.
- ◆ **Practice** breathing exercises **5 - 10 minutes**.
- ◆ **Walk for at least 10 minutes daily.**
- ◆ If **over 55** or with medical history, get a **health check-up** before the yatra.
- ◆ **Screening** is available enroute for your assistance.
- ◆ **Pack suitably** for cold, rain and sun with essentials.
- ◆ Check the **weather and dress** accordingly before starting
- ◆ Bring **dry fruits, biscuits, etc.,** and eat a **nutritious diet** during the journey.
- ◆ Drink enough **water and fluids** during the journey, preferably **lukewarm.**
- ◆ Prevent fatigue.
- ◆ Advisable rest



## Pointers for a Healthy Yatra

- 1 Look out for touch points**  
Major Screening Points  
Medical Relief Posts  
Primary Health Centres  
Other health facilities enroute
- 2 Seek immediate assistance when experiencing**
  - ◆ Chest Pain
  - ◆ Shortness of breath
  - ◆ Persistent coughing
  - ◆ Dizziness/disorientation
  - ◆ Vomiting
  - ◆ Bluish lips, nose, fingertips
  - ◆ Weakness/numbness on one side of the body
- 3 Undertake the yatra with friends and family especially if you are**
  - ◆ Over 55 years old
  - ◆ History of heart disease, hypertension, asthma, or diabetes.
  - ◆ Obese (BMI > 30)
  - ◆ Pregnant
  - ◆ Pilgrims with medical history carry prescribed medication and doctors contact details.
- 4 Follow health department communications along the Yatra route, adhere to guidelines.**
  - ◆ Descend if feeling unwell; do not ascend further.
  - ◆ Seek medical treatment at the nearest center before resuming journey.
  - ◆ Let the doctor decide on the level of care required.
  - ◆ Avoid smoking and intoxicants during the Yatra.



Supported by

**WISH**

Transforming Primary Healthcare Through Innovations

A flagship programme of LEHS (Lords Education and Health Society)

उत्तराखण्ड शासन

HELPLINE

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Register on the website below for regular monitoring of your health during Yatra

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AMBULANCE

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# इच्छाईके इकातके इकाई प्वात्रा

"Healthy Pilgrim, Happy Pilgrimage"

*'You will be at over 3000 meters/10,000 feet ASL, experiencing extreme conditions, cold temperatures, low humidity, intense UV radiation, reduced air pressure, and oxygen levels.'*

- ◆ Prevent fatigue.
- ◆ Advisable rest

5 - 10 mins for 1 hour of trek

No more than 800 - 1000 meters of elevation gain per day

2 hours of drive

## POINTERS FOR A HEALTHY YATRA

1

### Look out for touch points

- ◆ Major Screening Points
- ◆ Medical Relief Posts
- ◆ Primary Health Centres
- ◆ Other health facilities enroute

2

### Seek immediate assistance when experiencing

- ◆ Chest Pain
- ◆ Shortness of breath
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- ◆ Bluish lips, nose, fingertips
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3

### Undertake the yatra with friends and family especially if you are

- ◆ Over 55 years old
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4

### Follow health department communications along the Yatra route, adhere to guidelines.

- ◆ Descend if feeling unwell; do not ascend further.
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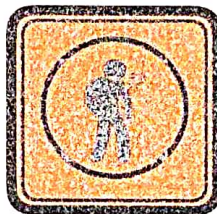
**Thank you for being part  
of the divine journey**  
Be fully prepared for your journey

**इवाइथे इतारके इवावी यात्रा**  
"Healthy Pilgrim, Happy Pilgrimage"

Seek immediate assistance when experiencing



**Chest  
Pain**



**Difficulty  
Breathing**



**Persistent  
Coughing**



**Dizziness/  
disorientation**



**Vomiting**



**Icy/ Cold skin**



**Weakness/ numbness  
in one side of the body**



**HELPLINE**



**104**

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Sir,

संख्या 56 सावित्री एवं विपिन /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Liyon Borang  
Secretary (Health & Family Welfare)  
Arunachal Pradesh



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
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      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

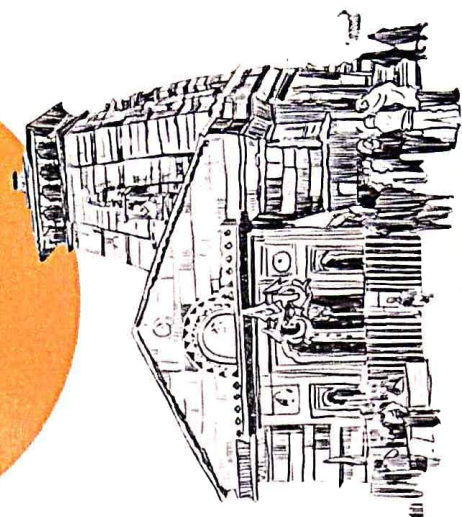
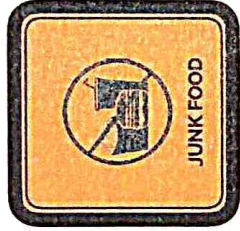
- Additionally, in case of any medical emergency, please contact us at the **104** helpline number.
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- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra





**YATRA DO'S**

**YATRA DONT'S**



**HELPLINE**  
**104**

**AMBULANCE**  
**108**

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**www.eswasthyadham.uk.gov.in**

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# इवाइथि इवातारके इवाधि यात्रा

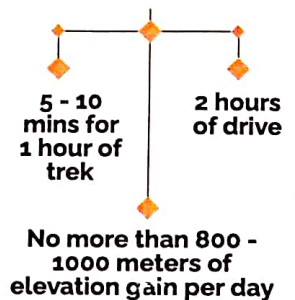
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Begin your Char Dham Yatra fully prepared

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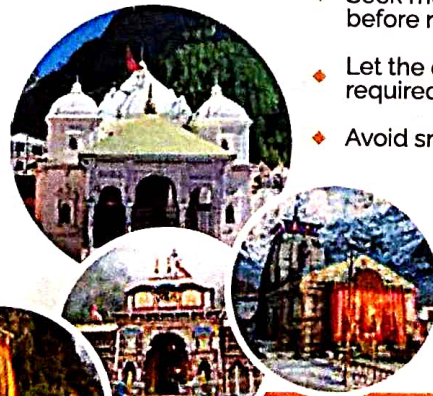
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- ◆ **Practice** breathing exercises **5 - 10 minutes**.
- ◆ **Walk for at least 10 minutes daily.**
- ◆ If **over 55** or with medical history, get a **health check-up** before the yatra.
- ◆ **Screening** is available enroute for your assistance.
- ◆ **Pack suitably** for cold, rain and sun with essentials.
- ◆ Check the **weather and dress** accordingly before starting
- ◆ Bring **dry fruits, biscuits, etc.,** and eat a **nutritious diet** during the journey.
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- ◆ Prevent fatigue.
- ◆ Advisable rest



## Pointers for a Healthy Yatra

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Primary Health Centres  
Other health facilities enroute
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  - ◆ Dizziness/disorientation
  - ◆ Vomiting
  - ◆ Bluish lips, nose, fingertips
  - ◆ Weakness/numbness on one side of the body
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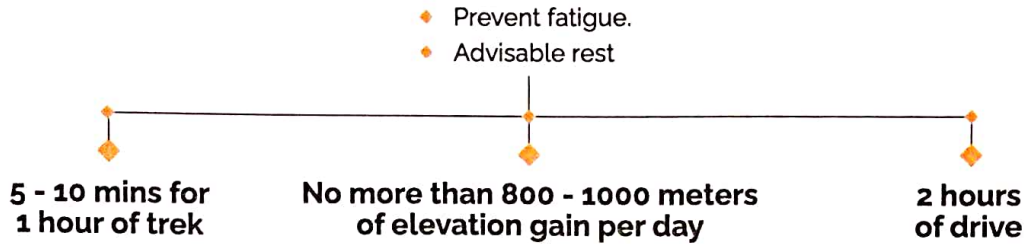




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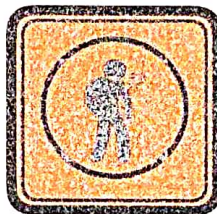
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Be fully prepared for your journey

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



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दिनांक 18.04.2024

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Enclosed - As above with SOP's

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With regards,

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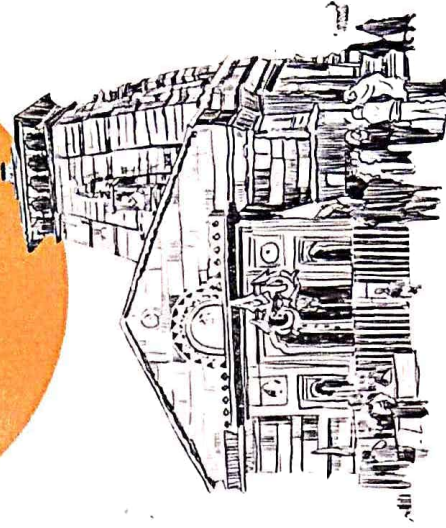
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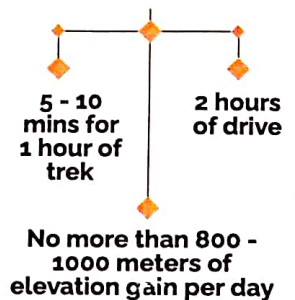
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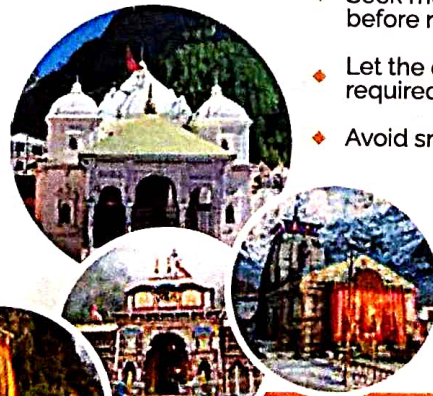
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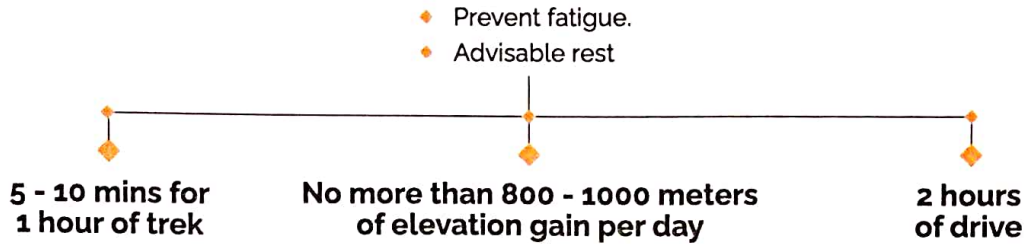




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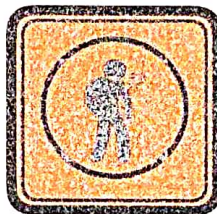
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Govt. of Uttarakhand



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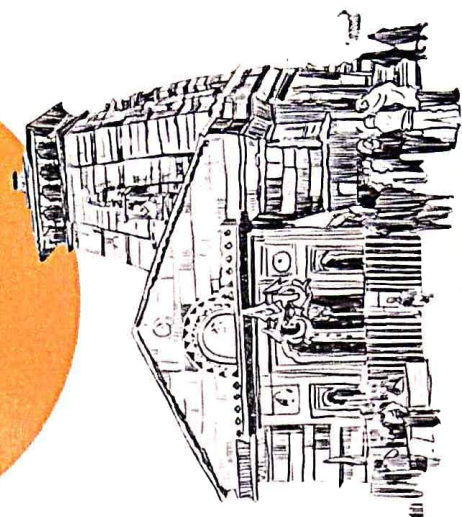
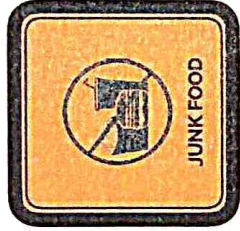
- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra





**YATRA DO'S**

**YATRA DONT'S**



**HELPLINE**  
**104**

**AMBULANCE**  
**108**

Register on the website below for regular monitoring of your health during Yatra

**www.eswasthyadham.uk.gov.in**

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# इवाइथि इवातारके इवाधि यात्रा

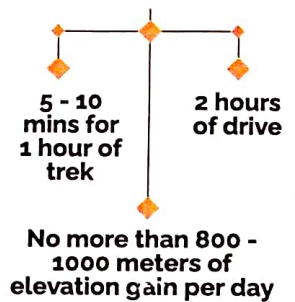
"Healthy Pilgrim, Happy Pilgrimage"

Begin your Char Dham Yatra fully prepared

*'You will be at over 3000 meters/10,000 feet ASL, experiencing extreme conditions, cold temperatures, low humidity, intense UV radiation, reduced air pressure, and oxygen levels.'*

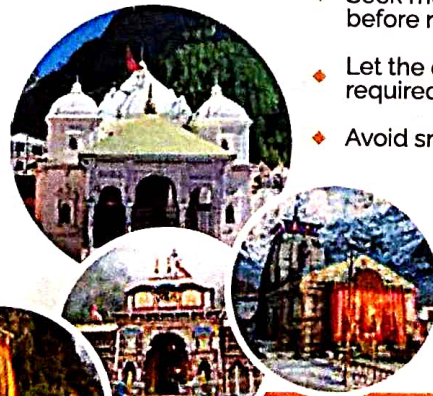
## Plan Ahead

- ◆ **Schedule** yatra for at least 7 days.
- ◆ **Register** and book boarding well in advance.
- ◆ **Identify** night stays.
- ◆ **Adapt to the surroundings** and plan resting points.
- ◆ **Practice** breathing exercises **5 - 10 minutes**.
- ◆ **Walk for at least 10 minutes daily.**
- ◆ If **over 55** or with medical history, get a **health check-up** before the yatra.
- ◆ **Screening** is available enroute for your assistance.
- ◆ **Pack suitably** for cold, rain and sun with essentials.
- ◆ Check the **weather and dress** accordingly before starting
- ◆ Bring **dry fruits, biscuits, etc.,** and eat a **nutritious diet** during the journey.
- ◆ Drink enough **water and fluids** during the journey, preferably **lukewarm.**
- ◆ Prevent fatigue.
- ◆ Advisable rest



## Pointers for a Healthy Yatra

- 1 Look out for touch points**  
Major Screening Points  
Medical Relief Posts  
Primary Health Centres  
Other health facilities enroute
- 2 Seek immediate assistance when experiencing**
  - ◆ Chest Pain
  - ◆ Shortness of breath
  - ◆ Persistent coughing
  - ◆ Dizziness/disorientation
  - ◆ Vomiting
  - ◆ Bluish lips, nose, fingertips
  - ◆ Weakness/numbness on one side of the body
- 3 Undertake the yatra with friends and family especially if you are**
  - ◆ Over 55 years old
  - ◆ History of heart disease, hypertension, asthma, or diabetes.
  - ◆ Obese (BMI > 30)
  - ◆ Pregnant
  - ◆ Pilgrims with medical history carry prescribed medication and doctors contact details.
- 4 Follow health department communications along the Yatra route, adhere to guidelines.**
  - ◆ Descend if feeling unwell; do not ascend further.
  - ◆ Seek medical treatment at the nearest center before resuming journey.
  - ◆ Let the doctor decide on the level of care required.
  - ◆ Avoid smoking and intoxicants during the Yatra.



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HELPLINE

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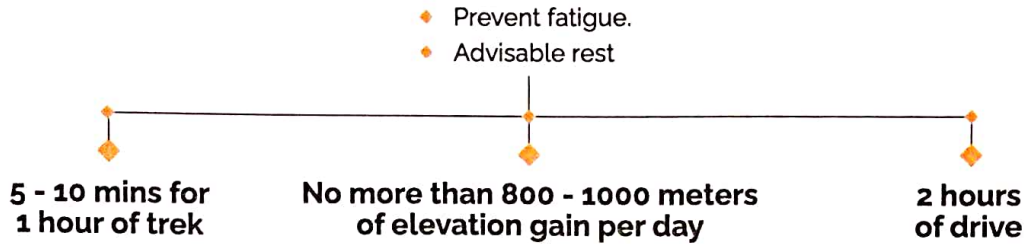




## इच्छाईके इकातके इकाई पुरात्रा

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### POINTERS FOR A HEALTHY YATRA

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- ◆ Major Screening Points
- ◆ Medical Relief Posts
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#### Follow health department communications along the Yatra route, adhere to guidelines.

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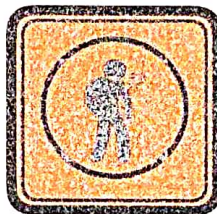
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Be fully prepared for your journey

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**Difficulty  
Breathing**



**Persistent  
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**Dizziness/  
disorientation**



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**Icy/ Cold skin**



**Weakness/ numbness  
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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सचिवालय एवं किराणा /  
दिनांक 18.04.2024

Dear Sir,

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Pratyaya Amrit  
Additional Chief Secretary (Health & Family Welfare)  
Bihar

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

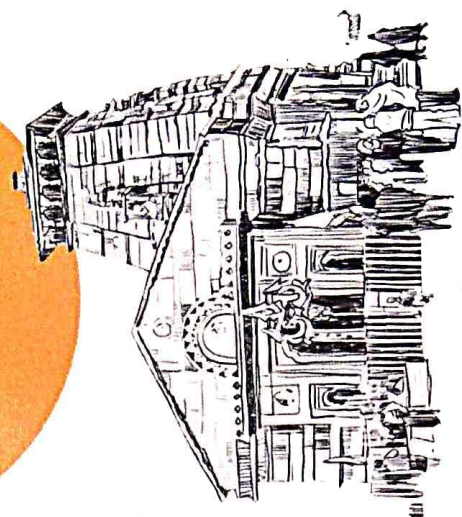
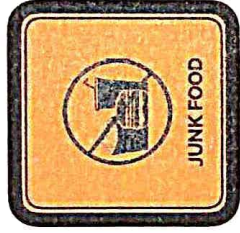
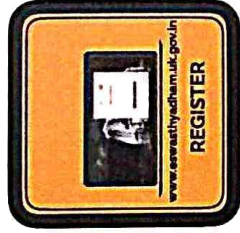
**हम आपकी सेवा में उपलब्ध है - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।



**YATRA DO'S**

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**HELPLINE**  
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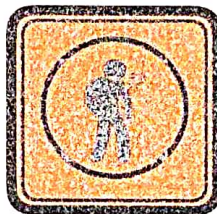
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# इवाइथि इवातारके इवाधि यात्रा

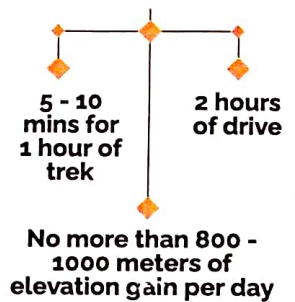
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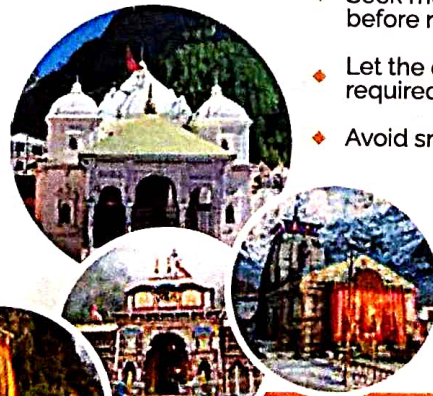
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उत्तराखण्ड शासन

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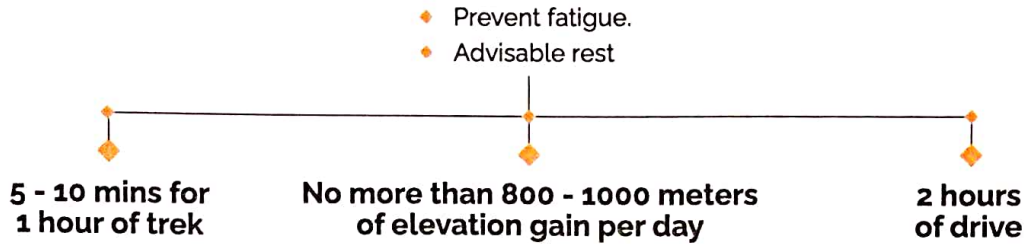




# इच्छाईके इकातके इकाईी पुात्रा

"Healthy Pilgrim, Happy Pilgrimage"

*'You will be at over 3000 meters/10,000 feet ASL, experiencing extreme conditions, cold temperatures, low humidity, intense UV radiation, reduced air pressure, and oxygen levels.'*



## POINTERS FOR A HEALTHY YATRA



### Look out for touch points

- ◆ Major Screening Points
- ◆ Medical Relief Posts
- ◆ Primary Health Centres
- ◆ Other health facilities enroute



### Seek immediate assistance when experiencing

- ◆ Chest Pain
- ◆ Shortness of breath
- ◆ Persistent coughing
- ◆ Dizziness/disorientation
- ◆ Vomiting
- ◆ Bluish lips, nose, fingertips
- ◆ Weakness/numbness on one side of the body



### Undertake the yatra with friends and family especially if you are

- ◆ Over 55 years old
- ◆ History of heart disease, hypertension, asthma, or diabetes.
- ◆ Obese (BMI > 30)
- ◆ Pregnant
- ◆ Pilgrims with medical history carry prescribed medication and doctors contact details.



### Follow health department communications along the Yatra route, adhere to guidelines.

- ◆ Descend if feeling unwell; do not ascend further.
- ◆ Seek medical treatment at the nearest center before resuming journey.
- ◆ Let the doctor decide on the level of care required.
- ◆ Avoid smoking and intoxicants during the Yatra.



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HELPLINE

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[www.eswasthyadham.uk.gov.in](http://www.eswasthyadham.uk.gov.in)

AMBULANCE

108

Issued in public interest by Department of Medical Health & Family Welfare, Government of Uttarakhand

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सांविधिक एवं विज्ञान  
दिनांक 18.04.2024

Dear Madam,

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20th March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed – As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Ms. Renu G. Pillay  
Additional Chief Secretary (Health & Family Welfare)  
Chhattisgarh



## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)

- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध है - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं ।**

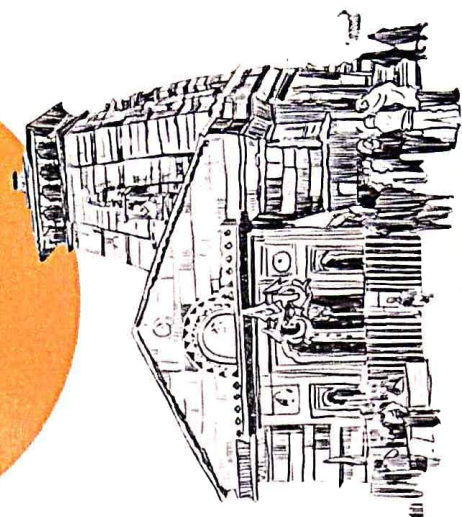
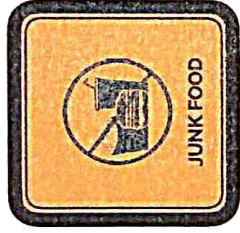
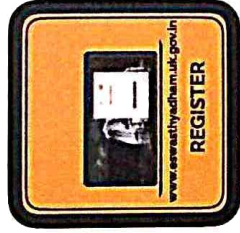
- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।





**YATRA DO'S**

**YATRA DONT'S**



**HELPLINE**  
**104**

**AMBULANCE**  
**108**

Register on the website below for regular monitoring of your health during Yatra

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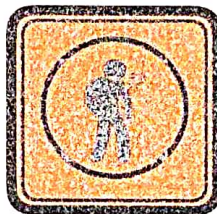
**Thank you for being part  
of the divine journey**  
Be fully prepared for your journey

**इवाइथे इतारके इवावी यात्रा**  
"Healthy Pilgrim, Happy Pilgrimage"

Seek immediate assistance when experiencing



**Chest  
Pain**



**Difficulty  
Breathing**



**Persistent  
Coughing**



**Dizziness/  
disorientation**



**Vomiting**



**Icy/ Cold skin**



**Weakness/ numbness  
in one side of the body**



**HELPLINE**



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**AMBULANCE**



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# इवाइथि इवातारके इवाधि यात्रा

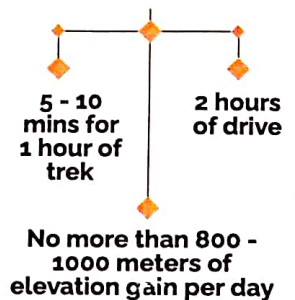
"Healthy Pilgrim, Happy Pilgrimage"

Begin your Char Dham Yatra fully prepared

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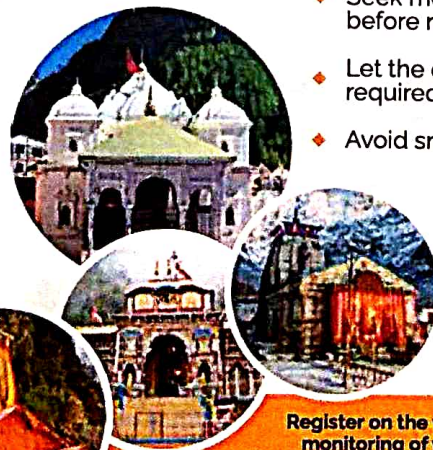
## Plan Ahead

- ◆ **Schedule** yatra for at least 7 days.
- ◆ **Register** and book boarding well in advance.
- ◆ **Identify** night stays.
- ◆ **Adapt to the surroundings** and plan resting points.
- ◆ **Practice** breathing exercises **5 - 10 minutes**.
- ◆ **Walk for at least 10 minutes daily.**
- ◆ If **over 55** or with medical history, get a **health check-up** before the yatra.
- ◆ **Screening** is available enroute for your assistance.
- ◆ **Pack suitably** for cold, rain and sun with essentials.
- ◆ Check the **weather and dress** accordingly before starting
- ◆ Bring **dry fruits, biscuits, etc.,** and eat a **nutritious diet** during the journey.
- ◆ Drink enough **water and fluids** during the journey, preferably **lukewarm.**
- ◆ Prevent fatigue.
- ◆ Advisable rest



## Pointers for a Healthy Yatra

- 1 Look out for touch points**  
Major Screening Points  
Medical Relief Posts  
Primary Health Centres  
Other health facilities enroute
- 2 Seek immediate assistance when experiencing**
  - ◆ Chest Pain
  - ◆ Shortness of breath
  - ◆ Persistent coughing
  - ◆ Dizziness/disorientation
  - ◆ Vomiting
  - ◆ Bluish lips, nose, fingertips
  - ◆ Weakness/numbness on one side of the body
- 3 Undertake the yatra with friends and family especially if you are**
  - ◆ Over 55 years old
  - ◆ History of heart disease, hypertension, asthma, or diabetes.
  - ◆ Obese (BMI > 30)
  - ◆ Pregnant
  - ◆ Pilgrims with medical history carry prescribed medication and doctors contact details.
- 4 Follow health department communications along the Yatra route, adhere to guidelines.**
  - ◆ Descend if feeling unwell; do not ascend further.
  - ◆ Seek medical treatment at the nearest center before resuming journey.
  - ◆ Let the doctor decide on the level of care required.
  - ◆ Avoid smoking and intoxicants during the Yatra.



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उत्तराखण्ड शासन

HELPLINE

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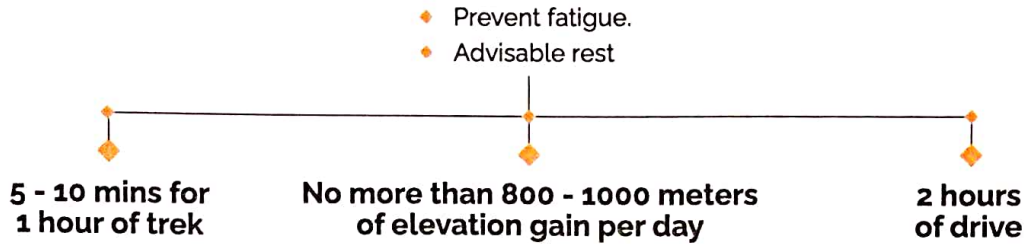




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4

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
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Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सावित्री एवं चिपशि/  
दिनांक 18.04.2024

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Enclosed – As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary

Shri Ajay Chagti  
Secretary (Health & Family Welfare)  
Chandigarh.

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध है - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56 ..... सचिवालय एवं प्रिजिडेंट /  
दिनांक 18-04-24

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20th March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishta ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed – As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Dr. Arun T.  
Secretary (Health & Family Welfare)  
Dadar & Nagar Haveli and Daman & Diu



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Sir,

संख्या 56 सावित्री एवं विपिन /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOPs

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Dr. S.B. Deepak Kumar  
Secretary (Health & Family Welfare),  
Delhi

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध हैं - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56  
सूचिकास्वार एवं चिकित्सा /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Arun Kumar Mishra  
Secretary (Health & Family Welfare)  
Goa



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



संख्या 56 सोचिस्वात एव चिस्वात/  
दिनांक 18.04.2024

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Gujarati

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Dhananjay Dwivedi  
Principal Secretary (Health & Family Welfare)  
Gujarat

આરોગ્ય સલાહકાર ચારમામ યાત્રા-2024

ચારમામ યાત્રાના તમામ તીર્થ સ્થાનો ઉચ્ચ હિમાલયના પ્રદેશમાં સ્થિત છે, જેની ઊંચાઈ સમુદ્ર સપાટીથી 2700 મીટરથી વધુ છે. આ સ્થળોએ પ્રવાસીઓ અતિશય ઠંડી, ઓછી ભેજ, અત્યંત અલ્ટ્રાવાયોલેટ કિરણોત્સર્ગ, નીચા હવાનું દબાણ અને ઓછી ઓક્સિજન સામગ્રીથી પ્રભાવિત થઈ શકે છે. તેથી, તમામ યાત્રાળુઓની સરળ અને સલામત યાત્રા માટે નીચેની માર્ગદર્શિકા જારી કરવામાં આવી રહી છે.

યાત્રા પૂર્વે

• પ્લાન તૈયાર કરો પેક (3P) - નિવારણ પર ધ્યાન કેન્દ્રિત કરવાથી તમારી મુસાફરી દરમિયાન તમને સુરક્ષિત રાખવામાં મદદ મળી શકે છે. તમારે તમારી મુસાફરી પહેલાં તબીબી અને ટ્રેકની તૈયારીની ખાતરી કરવી જોઈએ. ઉચ્ચ ઊંચાઈ તબીબી સમસ્યાઓનું કારણ બની શકે છે - તેના માટે આયોજન કરવું, તૈયાર કરવું અને પેક કરવું મહત્વપૂર્ણ છે.

o યોજના:

• ઓછામાં ઓછા 7 દિવસ માટે પ્રવાસનું આયોજન કરો, અનુકુળ થવા માટે સમય આપો

• વારંવાર વિરામની યોજના બનાવો - ટ્રેકના દર 1 કલાકે અથવા ઓટોમોબાઇલ ચઢવાના દર 2 કલાકે 5-10 મિનિટનો વિરામ લો

o તૈયાર કરો:

• દરરોજ 5-10 મિનિટ શ્વાસ લેવાની કસરત કરો

દરરોજ 20-30 મિનિટ ચાલવું

• જો 65 વર્ષથી વધુ ઉંમરના હોય અથવા હૃદયરોગ અથવા અસ્થમા હાઇપરટેન્શન અથવા ડાયાબિટીસનો ઇતિહાસ હોય તો સફર માટે ફિટનેસ સુનિશ્ચિત કરવા માટે આરોગ્ય તપાસ કરાવો

o પેક

• ગરમ કપડાં, વૂલન સ્વેટર, થર્મલ્સ, પફર જેકેટ્સ, મોજાં, મોજાં

• રેઈન ગિયર, રેઈનકોટ, છત્રી

• મૂળભૂત આરોગ્ય તપાસના સાધનો, પલ્સ ઓક્સિમીટર, થર્મોમીટર

• પહેલાથી અસ્તિત્વમાં રહેલી પરિસ્થિતિઓ હૃદય રોગ અથવા અસ્થમા હાઇપરટેન્શન અથવા ડાયાબિટીસ ધરાવતા યાત્રાળુઓ માટે હાલની તમામ દવાઓ અને પરીક્ષણ ઉપકરણો અને તમારા ઘરના ચિકિત્સકની સંપર્ક નંબર સાથે રાખો

• કૃપા કરીને તમારી મુસાફરી પહેલાં હવામાન અહેવાલ તપાસો અને ખાતરી કરો કે તમારી પાસે અત્યંત ઠંડા તાપમાનમાં વ્યવસ્થા કરવા માટે પૂરતા ગરમ કપડાં છે

• જો તમારા ડોક્ટર તેની વિરુદ્ધ સલાહ આપે તો યાત્રા ન કરો

યાત્રા દરમિયાન

• સ્વસ્થ સતારક સફલ યાત્રા. તમારી સુવિધા માટે યાત્રા રૂટ પર આરોગ્ય વિભાગ દ્વારા મૂકવામાં આવેલા સંદેશાવ્યવહારની સંદર્ભ લો અને તમામ માર્ગદર્શિકાનું કાળજીપૂર્વક પાલન કરો



વ યાત્રાળુઓની સેવા માટે આયોજિત વિવિધ આરોગ્ય ટયપોઇન્ટ્સના નકશાનો સંદર્ભ લો

- તબીબી રાહત પોસ્ટ્સ
- પ્રાથમિક આરોગ્ય કેન્દ્રો
- સામુદાયિક આરોગ્ય કેન્દ્રો
- જિલ્લા હોસ્પિટલો

વ ઉત્તરાખંડ હેલ્થ ટયપોઇન્ટ્સને ઓળખવા માટે ઇમારતો પર સ્પષ્ટ નામના બોર્ડ જુઓ

વ જો તમે અથવા તમારા પરિવારના કોઈપણ સભ્યો નીચે આપેલા વક્ષણોમાંથી કોઈપણ અનુભવી રહ્યા હોય તો કૃપા કરીને તાત્કાલિક નજીકના આરોગ્ય સેવા ટયપોઇન્ટનો સંપર્ક કરો. ઝડપી પગલાં તમારા જીવનને બચાવી શકે છે.

- છાતીમાં દુખાવો
- શ્વાસ લેવામાં તકલીફ બોલવામાં મુશ્કેલી
- સતત ખાંસી
- ચક્કર & દિશાહિનતા ચાલવામાં મુશ્કેલી
- ઉલ્ટી
- બર્ફીલી/ઠંડી ત્વચા
- શરીરની એક બાજુમાં નબળાઈ/સુન્નતા

ઉચ્ચ ઊંચાઈ ગંભીર તબીબી સમસ્યાઓનું કારણ બની શકે છે. એક મિનિટની સાવધાની તમારા જીવનને બચાવી શકે છે.

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सावित्री एवं चिन्ता /  
दिनांक 18.04.2024

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Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Sudhir Rajpal  
Additional Chief Secretary (Health & Family Welfare)  
Haryana



## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)

- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध हैं - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Madam,

संख्या 56 सावित्री एवं चित्तौड़ /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Mrs. M. Sudha Devi,  
Secretary (Health & Family Welfare),  
Himachal Pradesh

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के मानचित्र का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर स्पष्ट नाम बोर्ड देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - त्वरित जांच आपके जीवन को बचा सकती है:
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध है - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सचिवता एवं चिकित्सा/  
दिनांक 18.04.2024

Dear Sir,

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary

Dr. Syed Abid Rasheed Shah  
Secretary (Medical Education Health & Family Welfare)  
Jammu & Kashmir



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सावित्री एवं चिपको /  
दिनांक 18.04.2024

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed – As above with SOP's

Yours Sincerely,

With regards  
Ley

Dr. R. Rajesh Kumar  
Secretary.

Shri Ajoy Kumar Singh  
Principal Secretary (Health & Family Welfare)  
Jharkhand

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध है - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Sir,

संख्या 56 सचिव स्वास्थ्य एवं परिवार कल्याण /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Kannada

Yours Sincerely,

With regards  
Dr. R.

Dr. R. Rajesh Kumar  
Secretary.

Shri T.K. Anil Kumar  
Principal Secretary (Health & Family Welfare)  
Karnataka



### ಚಾರಧಾಮ ಯಾತ್ರೆ (2024)ಗೆ ಸಂಬಂಧಪಟ್ಟಂತೆ ಆರೋಗ್ಯ ಮಾರ್ಗಸೂಚಿ

ಚಾರಧಾಮ ಯಾತ್ರೆಯಲ್ಲಿನ ಎಲ್ಲಾ ಯಾತ್ರಿ ಸ್ಥಳಗಳು ಎತ್ತರದ ಹಿಮಾಲಯ ಪ್ರದೇಶದಲ್ಲಿವೆ, ಇದರ ಎತ್ತರವು ಸಮುದ್ರ ಮಟ್ಟದಿಂದ 2700 ಮೀಟರ್‌ಗಳಿಗಿಂತ ಹೆಚ್ಚು. ಈ ಸ್ಥಳಗಳಲ್ಲಿ ಪ್ರಯಾಣಿಕರು ವಿಪರೀತ ಚಳಿ, ಕಡಿಮೆ ಆರ್ದ್ರತೆ (ಹ್ಯೂಮಿಡಿಟಿ), ಅತಿ ನೇರಳಾತೀತ ವಿಕಿರಣ (ultraviolet radiation), ಕಡಿಮೆ ಗಾಳಿಯ ಒತ್ತಡ ಮತ್ತು ಕಡಿಮೆ ಆಮ್ಲಜನಕದ ಅಂಶದಿಂದ ಪ್ರಭಾವಿತರಾಗಬಹುದು. ಆದ್ದರಿಂದ, ಎಲ್ಲಾ ಯಾತ್ರಿಕರ ಸುಗಮ ಮತ್ತು ಸುರಕ್ಷಿತ ಪ್ರಯಾಣಕ್ಕಾಗಿ ಈ ಕೆಳಗಿನ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ನೀಡಲಾಗುತ್ತಿದೆ.

### ಯಾತ್ರೆಯ ಮೊದಲು

• ಪ್ಲಾನ್ (Plan) ಪ್ರಿವೇರ್ (ಸಿದ್ಧವಾಗಿರುವುದು) ಪ್ಯಾಕ್ (pack) (3P) - ಮುಂದಾಗುವ ತೊಂದರೆಯನ್ನು ಯೋಚಿಸಿ, ಅದರ ತಡೆಗಟ್ಟುವಿಕೆಯ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುವುದು ನಿಮ್ಮ ಪ್ರಯಾಣದ ಸಮಯದಲ್ಲಿ ನಿಮ್ಮನ್ನು ಸುರಕ್ಷಿತವಾಗಿರಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ. ನಿಮ್ಮ ಪ್ರಯಾಣದ ಮೊದಲು ನೀವು ವೈದ್ಯಕೀಯ ಮತ್ತು ಚಾರಣ ಸಿದ್ಧತೆಯನ್ನು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಬೇಕು. ಹೆಚ್ಚಿನ ಎತ್ತರವು ವೈದ್ಯಕೀಯ ಸಮಸ್ಯೆಗಳನ್ನು ಉಂಟುಮಾಡಬಹುದು - ಯೋಜನೆ, ತಯಾರಿ ಮತ್ತು ಪ್ಯಾಕ್ ಮಾಡಲು ಇದು ನಿರ್ಣಾಯಕವಾಗಿದೆ.

#### 1. ಪ್ಲಾನ್ (ಯೋಜನೆ):

- ಕನಿಷ್ಠ 7 ದಿನಗಳವರೆಗೆ ಪ್ರವಾಸವನ್ನು ಯೋಜಿಸಿ, ಒಗ್ಗಿಕೊಳ್ಳಲು ಸಮಯವನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ.
- ಆಗಾಗ್ಗೆ ವಿರಾಮಗಳ (breaks) ಯೋಜನೆ ಮಾಡಿಕೊಳ್ಳಿ - ಪ್ರತಿ 1 ಗಂಟೆ ಚಾರಣ ಅಥವಾ ಪ್ರತಿ 2 ಗಂಟೆಗಳ ಆಟೋಮೊಬೈಲ್ ಆರೋಹಣಕ್ಕೆ 5-10 ನಿಮಿಷಗಳ ವಿರಾಮಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ.

#### 2 ತಯಾರಿ:

- ಪ್ರತಿದಿನ 5-10 ನಿಮಿಷಗಳ ಕಾಲ ಉಸಿರಾಟದ ವ್ಯಾಯಾಮವನ್ನು ಅಭ್ಯಾಸ ಮಾಡಿ
- 20-30 ನಿಮಿಷಗಳ ಕಾಲ ದೈನಂದಿನ ನಡಿಗೆ ಅಭ್ಯಾಸ ಮಾಡಿ
- 55 ಅಥವಾ ಹೆಚ್ಚಿನ ವರ್ಷ ವಯಸ್ಸಿನವರು ಅಥವಾ ಹೃದ್ರೋಗ, ಅಸ್ತಮಾ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ ಅಥವಾ ಮಧುಮೇಹದ ರೋಗಿಗಳು ನಿಮಗೆ ಇದ್ದರೆ, ಪ್ರವಾಸಕ್ಕೆ ಫಿಟ್ನೆಸ್ ಅನ್ನು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಲು ಆರೋಗ್ಯ ತಪಾಸಣೆ ಮಾಡಿಕೊಳ್ಳಿ.

#### 3. ಪ್ಯಾಕ್:

- ಬೆಚ್ಚಗಿನ ಬಟ್ಟೆಗಳು - ಉಣ್ಣೆಯ ಸ್ವೆಟರ್‌ಗಳು, ಧರ್ಮಲ್‌ಗಳು, ಪಫರ್ ಜಾಕೆಟ್‌ಗಳು, ಕೈಗವಸುಗಳು (ಹ್ಯಾಂಡ್ ಗ್ಲೋವ್ಸ್), ಸಾಕ್ಸ್
- ರೈನ್ ಗೇರ್ - ರೇನ್‌ಕೋಟ್‌ಗಳು, ಛತ್ರಗಳು
- ಆರೋಗ್ಯ ತಪಾಸಣೆ ಉಪಕರಣಗಳು - ಪಲ್ಸ್ ಆಕ್ಸಿಮೀಟರ್, ಧರ್ಮಾಮೀಟರ್
- ಪೂರ್ವ ಅಸ್ತಿತ್ವದಲ್ಲಿರುವ ಪರಿಸ್ಥಿತಿಗಳಿರುವ ಯಾತ್ರಿಕರಿಗಾಗಿ (ಹೃದಯರೋಗ, ಅಸ್ತಮಾ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಮಧುಮೇಹ) - ಅಸ್ತಿತ್ವದಲ್ಲಿರುವ ಎಲ್ಲಾ ಔಷಧಿ ಮತ್ತು ಪರಿಣಿತ ಸಾಧನಗಳನ್ನು ಮತ್ತು ನಿಮ್ಮ ಮನೆಯ ವೈದ್ಯಕರ ಸಂಪರ್ಕ ಸಂಖ್ಯೆಯನ್ನು ಕೊಂಡೊಯ್ಯಿರಿ
- ನಿಮ್ಮ ಪ್ರಯಾಣದ ಮೊದಲು ದಯವಿಟ್ಟು ಹವಾಮಾನ ವರದಿಯನ್ನು ಪರಿಶೀಲಿಸಿ ಮತ್ತು ತೀವ್ರತರವಾದ ಶೀತ ತಾಪಮಾನದಲ್ಲಿ ನಿರ್ವಹಿಸಲು ನೀವು ಸಾಕಷ್ಟು ಬೆಚ್ಚಗಿನ ಬಟ್ಟೆಗಳನ್ನು ಹೊಂದಿರುವಿರಾ ಎಂದು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಿ.
- ನಿಮ್ಮ ವೈದ್ಯರು ಅದರ ವಿರುದ್ಧ ಸಲಹೆ ನೀಡಿದರೆ ಯಾತ್ರೆಯನ್ನು ಕೈಗೊಳ್ಳಬೇಡಿ

### ಯಾತ್ರೆಯ ಸಮಯದಲ್ಲಿ

• ಸ್ಪಸ್ (ಆರೋಗ್ಯ) ಸರ್ಕಲ್ (ಎಚ್ಚರಿಕೆಯ) ಸಫಲ್ (ಯಶಸ್ವಿ)ಯಾತ್ರಿ - ನಿಮ್ಮ ಅನುಕೂಲಕ್ಕಾಗಿ ಯಾತ್ರೆಯ ಮಾರ್ಗದಲ್ಲಿ ಆರೋಗ್ಯ ಇಲಾಖೆಯು ಇರಿಸಿರುವ ಸಂವಹನವನ್ನು (communication) ನೋಡಿ ಮತ್ತು ಎಲ್ಲಾ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ಅನುಸರಿಸಿ

○ ಯಾತ್ರಿಕರ ಸೇವೆಗಾಗಿ ಯೋಜಿಸಲಾದ ವಿವಿಧ ಆರೋಗ್ಯ ಟೆಚ್‌ಪಾಯಿಂಟ್‌ಗಳ ನಕ್ಷೆಯನ್ನು ನೋಡಿಕೊಳ್ಳಿ:

- ವೈದ್ಯಕೀಯ ಪರಿಹಾರ ವೋಲ್ಟೆಜ್‌ಗಳು
- ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳು
- ಸಮುದಾಯ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳು
- ಜಿಲ್ಲಾ ಆಸ್ಪತ್ರೆಗಳು

○ ಉತ್ತರಾಖಂಡ್ ಆರೋಗ್ಯ ಟೆಚ್‌ಪಾಯಿಂಟ್‌ಗಳನ್ನು ಗುರುತಿಸಲು ಕಟ್ಟಡಗಳ ಮೇಲೆ ಸ್ಪಷ್ಟವಾದ ಹೆಸರಿನ ಫಲಕಗಳನ್ನು ನೋಡಿ

○ ನೀವು ಅಥವಾ ನಿಮ್ಮ ಕುಟುಂಬದ ಯಾವುದೇ ಸದಸ್ಯರು ಕೆಳಗಿನ ಯಾವುದೇ ರೋಗಲಕ್ಷಣಗಳನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದರೆ, ದಯವಿಟ್ಟು ಹತ್ತಿರದ ಆರೋಗ್ಯ ಸೇವಾ ಟೆಚ್‌ಪಾಯಿಂಟ್ ಅನ್ನು ತಕ್ಷಣ ಸಂಪರ್ಕಿಸಿ - ತ್ವರಿತ ಕ್ರಮವು ನಿಮ್ಮ ಜೀವವನ್ನು ಉಳಿಸಬಹುದು:

- ಎದೆ ನೋವು
- ಉಸಿರಾಟದ ತೊಂದರೆ (ಮಾತನಾಡಲು ತೊಂದರೆ)



- ನಿರಂತರ ಕೆಮ್ಮು
- ತಲೆತಿರುಗುವಿಕೆ / ದಿಗ್ಭ್ರಮೆ (ನಡಿಗೆಯ ತೊಂದರೆ)
- ವಾಂತಿ
- ಹಿಮಾವೃತ / ಶೀತ ಚರ್ಮ
- ದೇಹದ ಒಂದು ಭಾಗದಲ್ಲಿ ದೌರ್ಬಲ್ಯ / ಮರಗಟ್ಟುವಿಕೆ

ಹೆಚ್ಚಿನ ಎತ್ತರವು ಗಂಭೀರ ವೈದ್ಯಕೀಯ ಸಮಸ್ಯೆಗಳನ್ನು ಉಂಟುಮಾಡಬಹುದು. ಒಂದು ನಿಮಿಷದ ಎಚ್ಚರಿಕೆ ನಿಮ್ಮ ಜೀವವನ್ನು ಉಳಿಸಬಹುದು.

ಈ ಕೆಳಗಿನ ಯಾತ್ರಿಗಳ ಬಗ್ಗೆ ವಿಶೇಷ ಕಾಳಜಿ ವಹಿಸಬೇಕು:

- > 55 ವರ್ಷ ವಯಸ್ಸು
- ಗರ್ಭಿಣಿಯರು
- ಹೃದ್ರೋಗ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಅಸ್ತಮಾ ಮತ್ತು ಮಧುಮೇಹದ ಇತಿಹಾಸ ಹೊಂದಿರುವ ರೋಗಿಗಳು
- ಬೊಜ್ಜು ರೋಗಿಗಳು (> 30 BMI)

ನಿಮ್ಮನ್ನು ನೋಡಿಕೊಳ್ಳಲು ಸಹಾಯ ಮಾಡಲು ನಾವು ಇದ್ದೇವೆ - ಯಾವುದೇ ವೈದ್ಯಕೀಯ ಅಸ್ವಸ್ಥತೆಯ ಸಂದರ್ಭದಲ್ಲಿ, ದಯವಿಟ್ಟು ನಮ್ಮ ವೈದ್ಯಕೀಯ ಸ್ಪ್ರಿನ್ಗ್ ಕಿಯೋಸ್ಕಗಳು ಮತ್ತು ಆರೋಗ್ಯ ಸೌಲಭ್ಯಗಳನ್ನು ಸಂಪರ್ಕಿಸಿ ಮತ್ತು ನಿಮ್ಮ ಆರೋಗ್ಯವನ್ನು ಪರಿಶೀಲಿಸಿ.

ಹೆಚ್ಚುವರಿಯಾಗಿ, ಯಾವುದೇ ವೈದ್ಯಕೀಯ ತುರ್ತು ಪರಿಸ್ಥಿತಿಯ ಸಂದರ್ಭದಲ್ಲಿ, ದಯವಿಟ್ಟು ನಮ್ಮನ್ನು 104 ಸಹಾಯವಾಣಿ ಸಂಖ್ಯೆಗೆ ಸಂಪರ್ಕಿಸಿ.

o ಆಲ್ಕೋಹಾಲ್, ಕಫೀನ್ ಮಾಡಿದ ಪಾನೀಯಗಳು, ಮಲಗುವ ಮಾತ್ರೆಗಳು ಮತ್ತು ಬಲವಾದ ನೋವು ನಿವಾರಕಗಳನ್ನು ಸೇವಿಸಬೇಡಿ

ಯಾತ್ರೆಯ ಸಮಯದಲ್ಲಿ, ಧೂಮಪಾನದಿಂದ ದೂರವಿರಿ.

o ಯಾತ್ರೆಯ ಉದ್ದಕ್ಕೂ ಕನಿಷ್ಠ 2 ಲೀಟರ್ ದ್ರವವನ್ನು ಕುಡಿಯಿರಿ ಮತ್ತು ಸಾಕಷ್ಟು ಪೌಷ್ಟಿಕ ಆಹಾರವನ್ನು ತೆಗೆದುಕೊಳ್ಳಿ.



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सावित्री एवं विजयिका/  
दिनांक 18.04.2024

Dear Sir,

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Malayalam

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary

Shri APM Muhammad Hanish  
Principal Secretary (Health & Family Welfare)  
Kerala

**ചാർഡാം യാത്ര-2024**

**ആരോഗ്യ ഉപദേശങ്ങൾ**

സമുദ്രനിരപ്പിൽ നിന്ന് 2700 മീറ്ററിലധികം ഉയരമുള്ള ഉയർന്ന ഹിമാലയൻ മേഖലയിലാണ് ചാർഡാം യാത്രയിലെ എല്ലാ തീർത്ഥാടന കേന്ദ്രങ്ങളും സ്ഥിതി ചെയ്യുന്നത്. കൊടും തണുപ്പ്, കുറഞ്ഞ ഈർപ്പം, തീവ്രമായ അൾട്രാവയലറ്റ് വികിരണം, കുറഞ്ഞ വായു മർദ്ദം, കുറഞ്ഞ ഓക്സിജന്റെ അളവ് എന്നിവ ഈ സ്ഥലങ്ങളിലെ യാത്രക്കാരെ ബാധിക്കും. അതിനാൽ, എല്ലാ തീർത്ഥാടകരുടെയും സുഗമവും സുരക്ഷിതവുമായ യാത്രയ്ക്കായി താഴെ പറയുന്ന മാർഗ്ഗനിർദ്ദേശങ്ങൾ പുറപ്പെടുവിക്കുന്നു.

**യാത്രയ്ക്ക് മുമ്പുള്ള തയ്യാറെടുപ്പുകൾ :**

**PLAN (പദ്ധതി രൂപീകരണം) ,PREPARE (ഒരുക്കങ്ങൾ ),PACK(കയ്യിൽ കരുതേണ്ടുന്നവ) (3P) -**

പ്രതിരോധത്തിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കുന്നത് നിങ്ങളുടെ യാത്രയിൽ നിങ്ങളെ സുരക്ഷിതമായി നിലനിർത്താൻ സഹായിക്കും. നിങ്ങളുടെ യാത്രയ്ക്ക് മുമ്പ് മെഡിക്കൽ, കാൽനടയാത്ര തയ്യാറെടുപ്പുകൾ ഉറപ്പാക്കണം. ഉയർന്ന ഉയരം ആരോഗ്യപ്രശ്നങ്ങൾക്ക് കാരണമാകും - അതിനായി ആസൂത്രണം ചെയ്യുകയും വേണ്ടുന്ന ഒരുക്കങ്ങൾ ചെയ്യുകയും കയ്യിൽ കരുതേണ്ടവ കരുതുകയും ചെയ്യേണ്ടത് നിർണായകമാണ്.

**പദ്ധതി രൂപീകരണം:**

- കാലാവസ്ഥയുമായി പൊരുത്തപ്പെടാൻ കുറഞ്ഞത് 7 ദിവസത്തേക്കെങ്കിലും യാത്ര ആസൂത്രണം ചെയ്യുക,
- ഇടവേളകൾക്കുള്ള പദ്ധതി - ഓരോ 1 മണിക്കൂർ കാൽനട യാത്രയ്ക്ക് ശേഷവും അല്ലെങ്കിൽ ഓരോ 2 മണിക്കൂർ വാഹനയാത്രയ്ക്ക് ശേഷവും 5-10 മിനിറ്റ് ഇടവേളകൾ എടുക്കുക

**ഒരുക്കങ്ങൾ:**

- ദിവസവും 5-10 മിനിറ്റ് ശ്വാസന വ്യായാമങ്ങൾ പരിശീലിക്കുക.
- 20-30 മിനിറ്റ് ദിവസവും നടത്തം.
- 55 വയസ്സ് കഴിഞ്ഞവർ അല്ലെങ്കിൽ ഹൃദ്രോഗം, ആസ്ത്മ, ഉയർന്ന രക്തസമ്മർദ്ദം , പ്രമേഹം എന്നിവയുടെ ആരോഗ്യപ്രശ്നങ്ങൾ ഉള്ളവർ യാത്രയ്ക്കുള്ള ആരോഗ്യ പരിശോധന നടത്തുക.

**കയ്യിൽ കരുതേണ്ടുന്നവ :**

- ഊഷ്മള വസ്ത്രങ്ങൾ- കമ്പിളി സെറ്റുകൾ, തെർമലുകൾ, ചൂട് നിലനിർത്തുന്ന ജാക്കറ്റുകൾ, കയ്യുറകൾ, സോക്ക്
- റെയിൻ ഗിയർ ---മഴക്കോട്ട്, കൂടകൾ.



- അടിസ്ഥാന ആരോഗ്യ പരിശോധന ഉപകരണങ്ങൾ - പൾസ് ഓക്സിമീറ്റർ, തെൽമോമീറ്റർ
- നിലവിൽ ഹൃദ്രോഗം, ആസ്മ, രക്തസമ്മർദ്ദം, പ്രമേഹം എന്നിവ ഉള്ള തീർത്ഥാടകർക്ക് - നിലവിലുള്ള എല്ലാ മരുന്നുകളും പരിശോധനാ ഉപകരണങ്ങളും നിങ്ങൾ കാണിച്ചുകൊണ്ടിരിക്കുന്ന ഡോക്ടറെ ബന്ധപ്പെടാനുള്ള നമ്പറും കരുതുക.

നിങ്ങളുടെ യാത്രയ്ക്ക് മുമ്പ് കാലാവസ്ഥാ റിപ്പോർട്ട് പരിശോധിക്കുക, കഠിനമായ തണുപ്പിൽ നിയന്ത്രിക്കാൻ ആവശ്യമായ ചൂടുള്ള വസ്ത്രങ്ങൾ നിങ്ങളുടെ പക്കലുണ്ടെന്ന് ഉറപ്പാക്കുക

നിങ്ങളുടെ ഡോക്ടറിന്റെ ഉപദേശത്തെ മറികടന്നു യാത്ര ചെയ്യരുത്.

### യാത്രവേളയിൽ വേണ്ട തയ്യാറെടുപ്പുകൾ

ആരോഗ്യ ബോധമുള്ള വിജയകരമായ യാത്ര-- നിങ്ങളുടെ സൗകര്യർത്ഥം യാത്രാ വൃട്ടിൽ ആരോഗ്യ വകുപ്പ് നൽകുന്ന ആശയവിനിമയം കാണുക, കൂടാതെ എല്ലാ മാർഗ്ഗനിർദ്ദേശങ്ങളും ശ്രദ്ധാപൂർവ്വം പിന്തുടരുക

- തീർത്ഥാടകരുടെ സേവനത്തിനായി ആസൂത്രണം ചെയ്തിരിക്കുന്ന വിവിധ ആരോഗ്യ ടച്ച് പോയിന്റുകളുടെ (സമ്പർക്ക കേന്ദ്രങ്ങൾ ) മാപ്പ് കാണുക:
  - മെഡിക്കൽ റിലീഫ് പോസ്റ്റുകൾ
  - പ്രാഥമിക ആരോഗ്യ കേന്ദ്രങ്ങൾ
  - കമ്മ്യൂണിറ്റി ഹെൽത്ത് സെന്ററുകൾ
  - ജില്ലാ ആശുപത്രികൾ
- ഉത്തരാഖണ്ഡ് ഹെൽത്ത് ടച്ച് പോയിന്റുകൾ തിരിച്ചറിയാൻ കെട്ടിടങ്ങളിൽ വ്യക്തമായ നെയിം ബോർഡുകൾക്കായി നോക്കുക
- നിങ്ങൾക്കോ നിങ്ങളുടെ കുടുംബാംഗങ്ങൾക്കോ താഴെ പറയുന്ന ഏതെങ്കിലും ലക്ഷണങ്ങൾ അനുഭവപ്പെടുന്നുണ്ടെങ്കിൽ, ദയവായി അടുത്തുള്ള ആരോഗ്യ സേവന ടച്ച് പോയിന്റിൽ ഉടൻ ബന്ധപ്പെടുക - പെട്ടെന്നുള്ള നടപടി നിങ്ങളുടെ ജീവൻ രക്ഷിക്കും:
  - നെഞ്ചുവേദന
  - ശ്വാസതടസ്സം (സംസാരിക്കാൻ ബുദ്ധിമുട്ട്)
  - സ്ഥിരമായ ചുമ
  - തലകറക്കം / സ്ഥലകാല ബോധമില്ലാത്ത അവസ്ഥ (നടക്കാൻ ബുദ്ധിമുട്ട്)
  - ചർദ്ദി
  - തണുത്ത ചർമ്മം
  - ശരീരത്തിന്റെ ഒരു വശത്ത് ബലഹീനത്വം / മരവിപ്പ്.

ഉയർന്ന ഉയരം ഗുരുതരമായ മെഡിക്കൽ പ്രശ്നങ്ങൾക്ക് കാരണമാകും. ഒരു നിമിഷത്തെ ജാഗ്രത നിങ്ങളുടെ ജീവൻ രക്ഷിക്കും.

**പ്രത്യേക ശ്രദ്ധയും പരിഗണനയും വേണ്ടുന്ന യാത്രക്കാർ:**

- 55 വയസിനു മുകളിലുള്ളവർ
- ഗർഭിണികൾ
- ഹൃദ്രോഗം, രക്താതിമർദ്ദം, ആസ്ത്മ, പ്രമേഹം എന്നിവയുടെ ആരോഗ്യപ്രശ്നങ്ങൾ ഉള്ളവർ
- അമിതവണ്ണമുള്ള രോഗികൾ (>30 BMI)

നിങ്ങളെ പരിപാലിക്കാൻ സഹായിക്കാൻ ഞങ്ങളുണ്ട് - എന്തെങ്കിലും ആരോഗ്യപരമായ അസ്വസ്ഥതകൾ ഉണ്ടായാൽ, ദയവായി ഞങ്ങളുടെ മെഡിക്കൽ സ്ക്രീനിംഗ് കിയോസ്കുകളിലും ആരോഗ്യ സൗകര്യങ്ങളിലും എത്തി നിങ്ങളുടെ ആരോഗ്യം പരിശോധിക്കുക.

- എന്തെങ്കിലും മെഡിക്കൽ അത്യാഹിതമുണ്ടായാൽ, ദയവായി 104 എന്ന ഹെൽപ്പ് ലൈൻ നമ്പറിൽ ഞങ്ങളെ ബന്ധപ്പെടുക.
- യാത്രയ്ക്കിടെ മദ്യം, കഫീൻ അടങ്ങിയ പാനീയങ്ങൾ, ഉറക്ക ഗുളികകൾ, ശക്തമായ വേദനസംഹാരികൾ എന്നിവ കഴിക്കരുത്, പുകവലിയും ഒഴിവാക്കുക.
- യാത്രയിലുടനീളം പ്രതിദിനം കുറഞ്ഞത് 2 ലിറ്റർ വെള്ളം കുടിക്കുകയും ധാരാളം പോഷകസമൃദ്ധമായ ഭക്ഷണം കഴിക്കുകയും ചെയ്യുക



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 साचिवालय एवं प्रिंटिंग /  
दिनांक 18.04.2024

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary.

Dr. Vasanthakumar Namasivayam  
Commissioner cum Secretary (Health & Family Welfare)  
Ladakh

## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**



- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



संख्या 56 सचिव स्वास्थ्य एवं परिवार /  
दिनांक 18.04.2024

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With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Arjun Mohan  
Secretary (Health)  
Lakshadweep



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Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



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Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Mohammad Suleman  
Additional Chief Secretary (Health & Family Welfare)  
Madhya Pradesh.

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध हैं - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Marathi

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Milind Mhaiskar  
Additional Chief Secretary, (Health & Family Welfare)  
Maharashtra



चारधाम यात्रेतील सर्व तीर्थक्षेत्रे उच्च हिमालयीन प्रदेशात आहेत, त्यांची उंची समुद्रसपाटीपासून 2700 मीटरपेक्षा जास्त आहे. अति थंडी, कमी आर्द्रता, अतिनील किरणोत्सर्ग, हवेचा कमी दाब आणि कमी ऑक्सिजनची पातळी यामुळे त्या ठिकाणच्या प्रवाशांवर परिणाम होऊ शकतो. म्हणून, सर्व यात्रेकरूंच्या सुरळीत आणि सुरक्षित प्रवासासाठी, खालील मार्गदर्शक तत्त्वे (आरोग्य सल्ला) जारी केली जातील.

तुम्ही प्रवास करण्यापूर्वी - तयार करा, तयार करा, पॅक करा: कृतीकडे लक्ष देऊन तुम्ही तुमच्या प्रवासादरम्यान सुरक्षित राहू शकता. कृपया आपल्या प्रवासापूर्वी वैद्यकीय आणि ट्रेकची तयारी सुनिश्चित करा. उच्च उंचीच्या आजारांमुळे ते होऊ शकते - नियोजन करणे, तयारी करणे आणि पॅकिंग करणे महत्वाचे आहे. • नियोजन: • तुमच्या सहलीची किमान 7 दिवसांची योजना करा, अनुकूल होण्यासाठी वेळ द्या • अनेक विश्रांतीसाठी योजना करा - ट्रेकच्या प्रत्येक तासानंतर किंवा प्रत्येक 2 तासांनी ऑटोमोबाईल राईड, 5-10 मिनिटांचा ब्रेक घ्या. तयारीसाठी: • 5-10 मिनिटे चाला श्वास घेण्याचा सराव करा. 20-30 मिनिटे घ्या • जर प्रवासी 55 वर्षांपेक्षा जास्त वयाचा असेल किंवा त्याला हृदयविकार, दमा, उच्च रक्तदाब, किंवा मधुमेह, सहलीसाठी फिटनेस सुनिश्चित करण्यासाठी आरोग्य तपासणी करा • पॅकिंग: • उबदार कपडे - लोकरीचे स्वेटर, स्वेटर, जाकीट, हातमोजे, हातमोजे • पाऊस संरक्षण उपकरणे - रेनकोट, छात्री • आरोग्य तपासणी उपकरणे - प्रवाशांसाठी पल्स ऑक्सिमिटर, थर्मामीटर-सर्व आवश्यक औषधे, चाचणी उपकरणे आणि तुमच्या घरातील डॉक्टरांचा संपर्क क्रमांक आणा • कृपया तुमच्या सहलीपूर्वी हवामान अहवाल तपासा, आणि तुमच्याकडे थंड तापमानात व्यवस्थापित करण्यासाठी पुरेसे कपडे असल्याची खात्री करा • तुमच्या डॉक्टरांनी सल्ला दिल्यास प्रवासाच्या विरोधात, कृपया प्रवास करू नका

प्रवासादरम्यान • आरोग्यदायी सतर्कता यशस्वी प्रवास - तुमच्या सोयीसाठी प्रवासाच्या मार्गावर आरोग्य विभागाने केलेल्या संप्रेषणाचा संदर्भ घ्या आणि सर्व मार्गदर्शक तत्वांचे काळजीपूर्वक पालन करा • प्रवासी सेवेच्या सर्वोत्तम हितासाठी जवळच्या वैद्यकीय युनिटचा नकाशा पहा: • वैद्यकीय रात्री केंद्रे • प्राथमिक आरोग्य केंद्रे • सामुदायिक आरोग्य केंद्रे • हिला रुग्णालये ओ उत्तराखंड वैद्यकीय युनिट ओळखण्यासाठी इमारतींवर स्पष्ट नावे पहा

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



संख्या 56 सचिव स्वास्थ्य एवं चिकित्सा /  
दिनांक 18.04.2024

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Secretary.

Dr. Vineet Joshi  
Commissioner cum Secretary (Health & Family Welfare)  
Manipur



## Health advisory Chardham Yatra-2024

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



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दिनांक 18.04.2024

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Shri Sampath Kumar  
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Meghalaya.

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Medical Health & Medical Education  
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Ms. Esther Lalruatkimi  
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## Health advisory Chardham Yatra-2024

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



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दिनांक 18.04.2024

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Government of Uttarakhand



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As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Oriya

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Ms. Shalini Pandit  
Commissioner cum Secretary (Health & Family Welfare)  
Odisha



**ଚାରୁ ଧାମ ଯାତ୍ରା ପାଇଁ ସ୍ୱାସ୍ଥ୍ୟ ନିର୍ଦ୍ଦେଶାବଳୀ - 2024**

ଚାରୁ ଧାମ ଯାତ୍ରାର ସମସ୍ତ ଚାର୍ତ୍ତସ୍ଥାନ ଉଚ୍ଚ ହିମାଳୟ ଅଞ୍ଚଳରେ ଅବସ୍ଥିତ, ଯାହାର ଉଚ୍ଚତା ସମୁଦ୍ର ପତ୍ତନଠାରୁ ୨୭୦୦ (2700) ମିଟରରୁ ଅଧିକ । ଏହି ସ୍ଥାନଗୁଡ଼ିକର ଯାତ୍ରାମାନେ ଅତ୍ୟଧିକ ଥଣ୍ଡା, କମ୍ ଆର୍ଦ୍ରତା, ଅତ୍ୟଧିକ ଅତିବାଇଗଣି ରଶ୍ମି ବିକିରଣ, ନିମ୍ନ ବାୟୁ ଚାପ ଏବଂ କମ୍ ଅମ୍ଳଜାନ ହାରା ପ୍ରଭାବିତ ହୋଇପାରନ୍ତି । ତେଣୁ ସମସ୍ତ ଚାର୍ତ୍ତସ୍ଥାନକୁ ସୁଗମ ତଥା ନିରାପଦ ଯାତ୍ରା ପାଇଁ ନିମ୍ନଲିଖିତ ନିର୍ଦ୍ଦେଶାବଳୀ ଜାରି କରାଯାଇଛି ।

**ଯାତ୍ରା ପୂର୍ବର ପ୍ରସ୍ତୁତି :**

- ଯୋଜନା (Plan) ପ୍ରସ୍ତୁତି (Prepare) ସଜତା ସଜଡ଼ି (Pack)-(3P) - ପ୍ରତିରୋଧକ ପଦକ୍ଷେପ ଉପରେ ଧ୍ୟାନ ଦେବା ଆପଣଙ୍କ ଯାତ୍ରା ସମୟରେ ଆପଣଙ୍କୁ ସୁରକ୍ଷିତ ରଖିବାରେ ସାହାଯ୍ୟ କରିଥାଏ । ଆପଣଙ୍କ ଯାତ୍ରା ପୂର୍ବରୁ ଆପଣ ନିଶ୍ଚିତ ଭାବରେ ଡାକ୍ତରୀ ଏବଂ ପର୍ବତ ଆରୋହଣ (ଟ୍ରେକିଂ)ର ପ୍ରସ୍ତୁତି ସୁନିଶ୍ଚିତ କରିବେ । ଅତ୍ୟଧିକ ଉଚ୍ଚତା ଚିକିତ୍ସା ସମ୍ପନ୍ନୀୟ ସମସ୍ୟା ସୃଷ୍ଟି କରିପାରେ - ଏଥି ପାଇଁ ଯୋଜନା , ପ୍ରସ୍ତୁତି ଏବଂ ସଜତା ସଜଡ଼ି କରିବା ଅତ୍ୟନ୍ତ ଜରୁରୀ ।
  - ❖ ଯୋଜନା:
    - ✓ ଅତିକମରେ 7 ଦିନ ପାଇଁ ଯାତ୍ରାର ଏକ ଯୋଜନା କରନ୍ତୁ ଏବଂ ଯାତ୍ରାର ପରିସ୍ଥିତି ସହ ଖାପ ଖୁଏଇବାକୁ ନିଜକୁ ପ୍ରସ୍ତୁତ କରନ୍ତୁ ।
    - ✓ ବାରମ୍ବାର ବିରତି ନେବା ପାଇଁ ଯୋଜନା କରନ୍ତୁ - ପ୍ରତି 1 ଘଣ୍ଟା ପର୍ବତ ଆରୋହଣ (ଟ୍ରେକିଂ) କିମ୍ବା 2 ଘଣ୍ଟା ବାହନ ଯାତ୍ରା ପରେ 5-10 ମିନିଟ୍ ଟ୍ରେକିଂ ନିଅନ୍ତୁ ।
  - ❖ ପ୍ରସ୍ତୁତି:
    - ✓ ପ୍ରତିଦିନ 5-10 ମିନିଟ୍ ପାଇଁ ନିଶ୍ୱାସ ପ୍ରଶ୍ୱାସ ସମ୍ପନ୍ନୀୟ ବ୍ୟାୟାମର ଅଭ୍ୟାସ କରନ୍ତୁ ।
    - ✓ ପ୍ରତ୍ୟେକ ଦିନ 20-30 ମିନିଟ୍ ପର୍ଯ୍ୟନ୍ତ ଚାଲିବାର ଅଭ୍ୟାସ କରନ୍ତୁ ।
    - ✓ ଯଦି ବୟସ 55 ବର୍ଷରୁ ଅଧିକ କିମ୍ବା ହୃଦ୍‌ଘାତ, ଆଜମା, ଉଚ୍ଚ ରକ୍ତଚାପ, ତଥା ମଧୁମେହର ଇତିହାସ ଅଛି, ତେବେ ଯାତ୍ରା ପାଇଁ ଫିଟନେସ୍ ନିଶ୍ଚିତ କରିବାକୁ ଏକ ସ୍ୱାସ୍ଥ୍ୟ ସମ୍ପନ୍ନୀୟ ଯାତ୍ରା କରନ୍ତୁ ।
  - ❖ ସଜତା ସଜଡ଼ି:
    - ✓ ଗରମ ପୋଷାକ - ଉଲ୍ଲେନ ସୁଇଚର, ଅର୍ମାଲ୍, ଗରମ ଜ୍ୟାକେଟ୍, ଗ୍ଲୋଭ୍, ମୋଜା ।
    - ✓ ବର୍ଷା ସାମଗ୍ରୀ - ରେନକୋଟ୍, ଛତା ଇତ୍ୟାଦି ।
    - ✓ ପ୍ରାଥମିକ ସ୍ୱାସ୍ଥ୍ୟ ଯାତ୍ରା ଉପକରଣ - ପଲ୍ଟୁ ଅକ୍ସିମିଟର, ଅର୍ମୋମିଟର ଇତ୍ୟାଦି ।
    - ✓ ଚାର୍ତ୍ତସ୍ଥାନ ଯାତ୍ରାକ ଠାରେ ପୂର୍ବରୁ ସ୍ୱାସ୍ଥ୍ୟଗତ ସମସ୍ୟା ଥିବ (ହୃଦ୍‌ରୋଗ, ଆଜମା, ଉଚ୍ଚ ରକ୍ତଚାପ, ମଧୁମେହ) - ସମସ୍ତ ବ୍ୟବହୃତ Medicine ଏବଂ ଆପଣଙ୍କ ଘର ଚିକିତ୍ସକଙ୍କ ଯୋଗାଯୋଗ ନମ୍ବର ସାଙ୍ଗରେ ରଖନ୍ତୁ ।
- ଦୟାକରି ଆପଣଙ୍କର ଯାତ୍ରା ପୂର୍ବରୁ ପାଣିପାଗ ସମ୍ପନ୍ନୀୟ ବିବରଣୀ ବିଷୟରେ ଅବଗତ ହୁଅନ୍ତୁ, ଏବଂ ନିଶ୍ଚିତ କରନ୍ତୁ ଯେ ଅତ୍ୟଧିକ ଥଣ୍ଡା ତାପମାତ୍ରାରେ ନିଜକୁ ଗରମ ରଖିବାକୁ ଆପଣଙ୍କ ପାଖରେ ପର୍ଯ୍ୟାପ୍ତ ଭଣ୍ଡ ପୋଷାକ ଅଛି ।
- ଯଦି ଆପଣଙ୍କର ଡାକ୍ତର ଯାତ୍ରା ନକରିବା ପାଇଁ ପରାମର୍ଶ ଦିଅନ୍ତି ତେବେ ଆପଣ ଯାତ୍ରା କରନ୍ତୁ ନାହିଁ ।

**ଯାତ୍ରା ସମୟରେ :**

- ସ୍ୱପ୍ନ, ସତର୍କତା-ପୂର୍ଣ୍ଣ ଏବଂ ସଫଳ ଯାତ୍ରା - ଆପଣଙ୍କ ସୁବିଧା ପାଇଁ ଯାତ୍ରା ମାର୍ଗରେ ସ୍ୱାସ୍ଥ୍ୟ ବିଭାଗ ଦ୍ୱାରା ଦିଆଯାଇଥିବା ନିର୍ଦ୍ଦେଶାବଳୀକୁ ଅନୁସରଣ କରନ୍ତୁ ଏବଂ ଏହାକୁ ଯତ୍ନ ସହ ପାଳନ କରନ୍ତୁ ।



- ଚାର୍ଯ୍ୟାତ୍ମାଙ୍କୁ ସେବା ଦେବା ପାଇଁ ସ୍ଵାସ୍ଥ୍ୟ ବିଭାଗ ଦ୍ଵାରା ନିର୍ଧାରିତ ମାନଚିତ୍ରକୁ ଅନୁସରଣ କରନ୍ତୁ  
 ଯେଉଁଥିରେକି ବିଭିନ୍ନ ସ୍ଵାସ୍ଥ୍ୟକେନ୍ଦ୍ର ମାନଙ୍କ ବିଷୟରେ ବିବରଣୀ ଦିଆଯାଇଅଛି:
  - ଚିକିତ୍ସା ରିଲିଫ୍ ପୋଷ୍ଟଗୁଡ଼ିକ (medical relief posts)
  - ପ୍ରାଥମିକ ସ୍ଵାସ୍ଥ୍ୟ କେନ୍ଦ୍ରଗୁଡ଼ିକ
  - ଗୋଷ୍ଠୀ ସ୍ଵାସ୍ଥ୍ୟ କେନ୍ଦ୍ରଗୁଡ଼ିକ
  - ଜିଲ୍ଲା ଡାକ୍ତରଖାନା ଗୁଡ଼ିକ ।
- ଉତ୍ତରାଖଣ୍ଡର ସ୍ଵାସ୍ଥ୍ୟ ସେବା ଟର୍ ପଏଣ୍ଟ ଗୁଡ଼ିକ ଚିହ୍ନଟ କରିବାକୁ ବିଭିନ୍ନ ସ୍ଵାସ୍ଥ୍ୟକେନ୍ଦ୍ର ଗୁଡ଼ିକରେ ସ୍ଵସ୍ତ ଭାବରେ ଦିଆଯାଇଥିବା ନାମ ଫଳକ ଗୁଡ଼ିକୁ ଦେଖନ୍ତୁ ।
- ଯଦି ଆପଣ କିମ୍ବା ଆପଣଙ୍କ ପରିବାରର କୌଣସି ସଦସ୍ୟ ନିମ୍ନୋକ୍ତ ସମସ୍ୟା ଗୁଡ଼ିକର ଲକ୍ଷଣଗୁଡ଼ିକ ଅନୁଭବ କରୁଛନ୍ତି, ଦୟାକରି ତୁରନ୍ତ ନିକଟସ୍ଥ ସ୍ଵାସ୍ଥ୍ୟ ସେବା ଟର୍ ପଏଣ୍ଟରେ ପହଞ୍ଚନ୍ତୁ - ତୁରନ୍ତ କାର୍ଯ୍ୟାନୁଷ୍ଠାନ ଶୀଘ୍ର ଆପଣଙ୍କ ଜୀବନ ରକ୍ଷା କରିପାରିବ:
  - ଛାତି ଯନ୍ତ୍ରଣା
  - ନିଶ୍ଵାସ ପ୍ରଶ୍ଵାସ ନେବାରେ ଅସୁବିଧା (କଥା ହେବାରେ ଅସୁବିଧା)
  - ସ୍ଵାୟା/ କ୍ରମାଗତ କାଶ
  - ମୁଣ୍ଡ ବୁଲାଇବା / ବୁଲାଇବା ପରିସ୍ଥିତି (ଚାଲିବାରେ ଅସୁବିଧା)
  - ବାନ୍ତି
  - ଶରୀର କାଲୁଆ ପଡ଼ିଯିବା / ଚର୍ମ ଅଣ୍ଡା ପଡ଼ିଯିବା ।
  - ଦୁର୍ବଳତା / ଶରୀରର ଗୋଟିଏ ପାର୍ଶ୍ଵରେ ଶୀତ୍ଵ ଶୀତ୍ଵ ଶୀତ୍ଵ ହେବା ।

ଅତ୍ୟଧିକ ଉଚ୍ଚତା ଗୁରୁତର ସ୍ଵାସ୍ଥ୍ୟ ସମସ୍ୟା ସୃଷ୍ଟି କରିପାରେ । ମାତ୍ର ଚକ୍ରଷଣାତ ସତର୍କତା ଆପଣଙ୍କ ଜୀବନ ରକ୍ଷା କରିପାରିବ ।

- ନିମ୍ନଲିଖିତ ଚାର୍ଯ୍ୟାତ୍ମାଙ୍କ ବିଶେଷ ଯତ୍ନ ନେବା ଉଚିତ୍ ଯେଉଁମାନେ କି :
  - 55 ବର୍ଷ ବୟସରୁ ଅଧିକ ।
  - ଗର୍ଭବତୀ ମହିଳା ।
  - ହୃଦଘାତ, ଉଚ୍ଚ ରକ୍ତଚାପ, ଆଜମା ଏବଂ ମଧୁମେହର ଇତିହାସ ଥିବା ରୋଗୀ ।
  - ମେଦବହୁଳ ରୋଗୀ (> 30 BMI) ।

ଆମେ ଆପଣଙ୍କ ସେବା ଯତ୍ନ ପାଇଁ ସାହାଯ୍ୟ କରିବାକୁ ଚପ୍ପର ଅଛୁ - ଯଦି କିଛି ସ୍ଵାସ୍ଥ୍ୟଗତ ସମସ୍ୟା ହୁଏ, ଦୟାକରି ଆମର ମେଡିକାଲ ଟ୍ରିନିଂ କିଓସ୍ ଏବଂ ସ୍ଵାସ୍ଥ୍ୟ ସେବା କେନ୍ଦ୍ରକୁ ଯାଇ ନିଜର ସ୍ଵାସ୍ଥ୍ୟର ଯାଞ୍ଚ କରାନ୍ତୁ ।

- ଏଥିସହ, ଯଦି କିଛି ସ୍ଵାସ୍ଥ୍ୟ ସମସ୍ୟା ଉତ୍ତରାଖଣ୍ଡର ପରିସ୍ଥିତି ଉପରେ, ଦୟାକରି 104 ହେଲ୍ପଲାଇନ ନମ୍ବରରେ ଆମ ସହିତ ଯୋଗାଯୋଗ କରନ୍ତୁ ।
- ମଦ୍ୟପାନ, କ୍ୟାଫିନଯୁକ୍ତ ପାନୀୟ, ନିଦ ବଢ଼ିବା ତଥା ଶକ୍ତିଶାଳୀ ଯନ୍ତ୍ରଣା ଘାତକ ଟାବଲେଟ୍ ସେବନରୁ ଦୂରେଇ ରୁହନ୍ତୁ । ଯାତ୍ରା ସମୟରେ, ଧୂମପାନରୁ ମଧ୍ୟ ଦୂରେଇ ରୁହନ୍ତୁ ।
- ଅତିକମରେ ଦିନକୁ 2 ଲିଟର ତରଳ ପଦାର୍ଥ ପିଅନ୍ତୁ ଏବଂ ଯାତ୍ରା ସମୟରେ ପ୍ରଚୁର ପରିମାଣରେ ପୁଷ୍ଟିକର ଖାଦ୍ୟ ଗ୍ରହଣ କରନ୍ତୁ ।

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Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56 सावित्री एवं चिन्ता /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Punjabi

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Ajoy Sharma  
Principal Secretary (Health & Family Welfare)  
Punjab

## ਸਿਹਤ ਸਲਾਹ ਚਾਰਧਾਮ ਯਾਤਰਾ-2024

ਚਾਰਧਾਮ ਯਾਤਰਾ ਵਿੱਚ ਸਾਰੇ ਤੀਰਥ ਸਥਾਨ ਉੱਚੇ ਹਿਮਾਲਿਆ ਖੇਤਰ ਵਿੱਚ ਸਥਿਤ ਹਨ, ਜਿਨ੍ਹਾਂ ਦੀ ਉਚਾਈ ਸਮੁੰਦਰ ਤਲ ਤੋਂ 2700 ਮੀਟਰ ਤੋਂ ਵੱਧ ਹੈ। ਇਨ੍ਹਾਂ ਥਾਵਾਂ 'ਤੇ ਯਾਤਰੀਆਂ ਨੂੰ ਬਹੁਤ ਜ਼ਿਆਦਾ ਠੰਢ, ਘੱਟ ਨਮੀ, ਅਤਿਅੰਤ ਅਲਟਰਾਵਾਇਲਟ ਰੇਡੀਏਸ਼ਨ, ਘੱਟ ਹਵਾ ਦਾ ਦਬਾਅ ਅਤੇ ਘੱਟ ਆਕਸੀਜਨ ਦੀ ਸਮੱਗਰੀ ਨਾਲ ਪ੍ਰਭਾਵਿਤ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਲਈ ਸਾਰੇ ਤੀਰਥ ਯਾਤਰੀਆਂ ਦੀ ਨਿਰਵਿਘਨ ਅਤੇ ਸੁਰੱਖਿਅਤ ਯਾਤਰਾ ਲਈ ਹੇਠ ਲਿਖੇ ਦਿਸ਼ਾ-ਨਿਰਦੇਸ਼ ਜਾਰੀ ਕੀਤੇ ਜਾ ਰਹੇ ਹਨ।

ਯਾਤਰਾ ਤੋਂ ਪਹਿਲਾਂ

- ਯੋਜਨਾ ਤਿਆਰ ਕਰੋ ਪੈਕ (3 ਪੀ) - ਰੋਕਥਾਮ 'ਤੇ ਧਿਆਨ ਕੇਂਦਰਤ ਕਰਨਾ ਤੁਹਾਡੀ ਯਾਤਰਾ ਦੌਰਾਨ ਤੁਹਾਨੂੰ ਸੁਰੱਖਿਅਤ ਰੱਖਣ ਵਿੱਚ ਮਦਦ ਕਰ ਸਕਦਾ ਹੈ। ਯਾਤਰਾ ਤੋਂ ਪਹਿਲਾਂ, ਤੁਹਾਨੂੰ ਡਾਕਟਰੀ ਅਤੇ ਟਰੈਕ ਦੀ ਤਿਆਰੀ ਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਉੱਚ ਉਚਾਈ ਡਾਕਟਰੀ ਮੁੱਦਿਆਂ ਦਾ ਕਾਰਨ ਬਣ ਸਕਦੀ ਹੈ - ਇਸ ਲਈ ਯੋਜਨਾ ਬਣਾਉਣਾ, ਤਿਆਰ ਕਰਨਾ ਅਤੇ ਪੈਕ ਕਰਨਾ ਮਹੱਤਵਪੂਰਨ ਹੈ।

ਯੋਜਨਾ:

ਘੱਟੋ-ਘੱਟ 7 ਦਿਨ ਲਈ ਇੱਕ ਯਾਤਰਾ ਦੀ ਯੋਜਨਾ ਬਣਾਓ, ਸਮੇਂ ਨੂੰ ਅਨੁਕੂਲ ਕਰਨ ਦੀ ਆਗਿਆ ਦਿਓ

ਵਾਰ-ਵਾਰ ਬਰੇਕ ਦੀ ਯੋਜਨਾ ਬਣਾਓ - ਹਰ 1 ਘੰਟੇ ਦੇ ਟਰੈਕ ਜਾਂ ਆਟੋਮੋਬਾਈਲ ਚੜ੍ਹਨ ਦੇ ਹਰ 2 ਘੰਟਿਆਂ ਵਿੱਚ 5-10 ਮਿੰਟ ਦੇ ਬਰੇਕ ਲਓ



ਤਿਆਰੀ:

ਰੋਜ਼ਾਨਾ 5-10 ਮਿੰਟ ਲਈ ਸਾਹ ਲੈਣ ਦਾ ਅਭਿਆਸ ਕਰੋ

20-30 ਮਿੰਟ ਲਈ ਰੋਜ਼ਾਨਾ ਸੈਰ ਕਰੋ

ਜੇ 55 ਸਾਲ ਦੀ ਉਮਰ ਦਾ ਹੈ ਜਾਂ ਦਿਲ ਦੀ ਬੀਮਾਰੀ ਦਾ ਇਤਿਹਾਸ ਹੈ, ਅਸਥਮਾ, ਹਾਈਪਰਟੈਨਸ਼ਨ, ਜਾਂ ਸ਼ੂਗਰ, ਯਾਤਰਾ ਲਈ ਤੰਦਰੁਸਤੀ ਨੂੰ ਯਕੀਨੀ ਬਣਾਉਣ ਲਈ ਸਿਹਤ ਦੀ ਜਾਂਚ ਕਰਵਾਓ

ਪੈਕ:

ਗਰਮ ਕੱਪੜੇ - ਉੱਨ ਸਵੈਟਰ, ਥਰਮਸ, ਪਫਰ ਜੈਕਟ, ਦਸਤਾਨੇ, ਜੁਰਾਬਾਂ

ਰੇਨ ਗੀਅਰ - ਰੇਨਕੋਟ, ਛੱਤਰੀਆਂ

ਬੁਨਿਆਦੀ ਸਿਹਤ ਦੀ ਪੜਤਾਲ ਦੇ ਸਾਮਾਨ - ਪਲਸ Oximeter, ਥਰਮਾਮੀਟਰ

ਪ੍ਰੀ-ਮੌਜੂਦਾ ਹਾਲਾਤ (ਦਿਲ ਦੀ ਬਿਮਾਰੀ) ਦੇ ਨਾਲ ਯਾਤਰੀਆ ਲਈ, ਅਸਥਮਾ, ਹਾਈਪਰਟੈਨਸ਼ਨ, ਡਾਇਬਟੀਜ਼) - ਸਾਰੀਆਂ ਮੌਜੂਦਾ ਦਵਾਈਆਂ ਅਤੇ ਟੈਸਟ ਡਿਵਾਈਸਾਂ ਲੈ ਕੇ ਜਾਓ, ਅਤੇ ਆਪਣੇ ਘਰ ਦੇ ਡਾਕਟਰ ਨਾਲ ਸੰਪਰਕ ਕਰੋ

- ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਯਾਤਰਾ ਤੋਂ ਪਹਿਲਾਂ ਮੌਸਮ ਦੀ ਰਿਪੋਰਟ ਦੀ ਜਾਂਚ ਕਰੋ, ਅਤੇ ਇਹ ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਤੁਹਾਡੇ ਕੋਲ ਬਹੁਤ ਜ਼ਿਆਦਾ ਠੰਡੇ ਤਾਪਮਾਨਾਂ ਵਿੱਚ ਪ੍ਰਬੰਧ ਕਰਨ ਲਈ ਕਾਫ਼ੀ ਨਿੱਘੇ ਕੱਪੜੇ ਹਨ

- ਜੇ ਤੁਹਾਡੇ ਡਾਕਟਰ ਇਸ ਬਾਰੇ ਸਲਾਹ ਦਿੰਦੇ ਹਨ, ਤਾਂ ਯਾਤਰਾ ਨਾ ਕਰੋ

- ਯਾਤਰਾ ਦੇ ਦੌਰਾਨ

• ਸਵਾਸਥ ਸਤਰਕ ਸਫਲ ਯਾਤਰਾ - ਆਪਣੀ ਸਹੂਲਤ ਲਈ  
 ਯਾਤਰਾ ਮਾਰਗ ਦੇ ਨਾਲ ਸਿਹਤ ਵਿਭਾਗ ਦੁਆਰਾ ਰੱਖੇ ਗਏ ਸੰਚਾਰ ਦਾ  
 ਹਵਾਲਾ ਦਿਓ, ਅਤੇ ਧਿਆਨ ਨਾਲ ਸਾਰੇ ਨਿਰਦੇਸ਼ ਦੀ ਪਾਲਣਾ ਕਰੋ  
 oRefer ਯਾਤਰੀਆ ਦੀ ਸੇਵਾ ਲਈ ਯੋਜਨਾਬੱਧ ਵੱਖ-ਵੱਖ ਸਿਹਤ  
 ਟੱਚਪੁਆਇੰਟ ਦਾ ਨਕਸ਼ਾ ਕਰਨ ਲਈ:  
 ਮੈਡੀਕਲ ਰਾਹਤ ਪੋਸਟਾਂ  
 ਮੁੱਢਲੇ ਸਿਹਤ ਕੇਂਦਰ  
 ਕਮਿਊਨਿਟੀ ਹੈਲਥ ਸੈਂਟਰ  
 ਜ਼ਿਲ੍ਹਾ ਹਸਪਤਾਲ

ਉੱਤਰਾਖੰਡ ਸਿਹਤ ਟੱਚ ਪੁਆਇੰਟਾਂ ਦੀ ਪਛਾਣ ਕਰਨ ਲਈ ਇਮਾਰਤਾਂ  
 'ਤੇ ਸਪੱਸ਼ਟ ਨਾਮ ਬੋਰਡਾਂ ਲਈ  
 oLook ਬਾਹਰ

oIf ਤੁਸੀਂ ਜਾਂ ਤੁਹਾਡੇ ਪਰਿਵਾਰ ਦਾ ਕੋਈ ਵੀ ਮੈਂਬਰ ਹੇਠਾਂ ਦਿੱਤੇ ਲੱਛਣਾਂ  
 ਵਿੱਚੋਂ ਕੋਈ ਵੀ ਮਹਿਸੂਸ ਕਰ ਰਿਹਾ ਹੈ, ਕਿਰਪਾ ਕਰਕੇ ਤੁਰੰਤ ਨਜ਼ਦੀਕੀ  
 ਸਿਹਤ ਸੇਵਾ ਟਚਪੁਆਇੰਟ ਤੇ ਪਹੁੰਚੋ - ਤੇਜ਼ ਕਾਰਵਾਈ ਤੁਹਾਡੀ ਜਾਨ  
 ਬਚਾ ਸਕਦੀ ਹੈ:  
 ਛਾਤੀ ਦਾ ਦਰਦ  
 ਸਾਹ ਦੀ ਕਮੀ (ਮੁਸ਼ਕਲ ਗੱਲ ਕਰਨ ਲਈ);  
 ਲਗਾਤਾਰ ਖੰਘ;  
 ਚੱਕਰ ਆਉਣੇ / ਭਟਕਣਾ (ਚਲਣ ਵਿੱਚ ਮੁਸ਼ਕਲ)  
 ਉਲਟੀ  
 ਬਰਫੀਲੀ / ਠੰਢੀ ਚਮੜੀ  
 ਸਰੀਰ ਦੇ ਇਕ ਪਾਸੇ ਦੀ ਕਮਜ਼ੋਰੀ / ਸੁੰਨ ਹੋਣਾ;



ਉੱਚ ਉਚਾਈ ਗੰਭੀਰ ਮੈਡੀਕਲ ਸਮੱਸਿਆ ਦਾ ਕਾਰਨ ਬਣ ਸਕਦਾ ਹੈ।  
ਇਕ ਮਿੰਟ ਦੀ ਸਾਵਧਾਨੀ ਤੁਹਾਡੀ ਜਾਨ ਬਚਾ ਸਕਦੀ ਹੈ।

oSpecial ਯਾਤਰੀਆ ਜੋ ਹਨ ਦੀ ਦੇਖਭਾਲ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ:

> 55 ਸਾਲ ਦੀ ਉਮਰ

ਗਰਭਵਤੀ ਔਰਤਾਂ :

ਦਿਲ ਦੀ ਬਿਮਾਰੀ, ਹਾਈਪਰਟੈਨਸ਼ਨ, ਦਮਾ ਅਤੇ ਸ਼ੂਗਰ ਦੇ ਇਤਿਹਾਸ  
ਦੇ ਨਾਲ ਮਰੀਜ਼;

ਮੋਟਾਪੇ ਦੇ ਮਰੀਜ਼ (> 30 BMI)

ਅਸੀਂ ਤੁਹਾਡੀ ਦੇਖਭਾਲ ਕਰਨ ਵਿੱਚ ਮਦਦ ਕਰਨ ਲਈ ਮੌਜੂਦ ਹਾਂ -  
ਕਿਸੇ ਵੀ ਮੈਡੀਕਲ ਬੇਅਰਾਮੀ ਦੇ ਮਾਮਲੇ ਵਿੱਚ, ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ  
ਮੈਡੀਕਲ ਸਕ੍ਰੀਨਿੰਗ ਕਿਓਸਕ ਅਤੇ ਸਿਹਤ ਸਹੂਲਤਾਂ ਤੱਕ ਪਹੁੰਚੋ ਅਤੇ  
ਆਪਣੀ ਸਿਹਤ ਦੀ ਜਾਂਚ ਕਰਵਾਓ।

ਇਸ ਤੋਂ ਇਲਾਵਾ ਕਿਸੇ ਵੀ ਮੈਡੀਕਲ ਐਮਰਜੈਂਸੀ ਦੀ ਸਥਿਤੀ ਵਿੱਚ 104  
ਹੈਲਪਲਾਈਨ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।

ਯਾਤਰਾ ਦੌਰਾਨ ਅਲਕੋਹਲ, ਕੈਫੀਨ ਵਾਲੇ ਪਦਾਰਥ, ਨੀਂਦ ਦੀਆਂ  
ਗੋਲੀਆਂ ਅਤੇ ਮਜ਼ਬੂਤ ਦਰਦ ਨਿਵਾਰਕ ਦਵਾਈਆਂ ਦਾ ਸੇਵਨ ਨਾ ਕਰੋ,  
ਸਿਗਰਟਨੋਸ਼ੀ ਤੋਂ ਵੀ ਪਰਹੇਜ਼ ਕਰੋ।

ਪੂਰੇ ਯਾਤਰਾ ਦੌਰਾਨ ਘੱਟ ਤੋਂ ਘੱਟ 2 ਲੀਟਰ ਤਰਲ ਪਦਾਰਥ ਪੀਓ ਅਤੇ  
ਭਰਪੂਰ ਪੌਸ਼ਟਿਕ ਖੁਰਾਕ ਲਓ

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Madam,

संख्या 56 साठविंशत्यो एवं चिठ्ठी/  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Smt. A. Muthamma  
Secretary (Health)  
Puducherry



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Madam,

संख्या 56 सोचिस्वात एव चिस्वात /  
दिनांक 18.04.2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranprathishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Mrs. Shubhra Singh  
Additional Chief Secretary (Health & Family Welfare)  
Rajasthan

## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)



- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध हैं - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56 सचिवालय एवं चिकित्सा/  
दिनांक 18-04-2024

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Dr. A.B. Karki  
Secretary (Health & Family Welfare)  
Sikkim



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Sir,

संख्या 56 सचिवस्वा. एवं वि.सि. /  
दिनांक 18-04-24

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Tamil

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary

Shri Gagandeep Singh Bedi  
Additional Chief Secretary (Health & Family Welfare)  
Tamil Nadu



## சார்தாம் யாத்ரா - 2024

## சுகாதார ஆலோசனைகள்

சார்தாம் யாத்ராவில் உள்ள அனைத்து புனிதத்தலங்களும் கடல் மட்டத்திலிருந்து 2700 மீட்டர் உயரத்தில் உயரமான இமயமலைப்பகுதியில் அமைந்துள்ளன. இந்த இடங்களில் பயணிப்பவர்கள் கடுமையான குளிர், குறைந்த ஈரப்பதம், தீவிர புறஊதா கதிர்வீச்சு, குறைந்த காற்றழுத்தம் மற்றும் குறைந்த ஆக்ஸிஜன் உள்ளடக்கம் ஆகியவற்றால் பாதிக்கப்படலாம். எனவே, அனைத்து யாத்ரீகர்களின் சுமுகமான மற்றும் பாதுகாப்பான பயணத்திற்காக பின்வரும் வழிகாட்டுதல்கள் வெளியிடப்படுகின்றன.

## யாத்திரைக்கு முந்தைய (யாத்திரை துவங்குவதற்கு முன்பு)

தயார் பேக் (தங்கள் பயணத்தின்போது தங்களைப் பாதுகாப்பாக வைத்திருக்க உதவும்.) தங்கள் பயணத்திற்கு முன் மருத்துவம் மற்றும் மலையேற்றத்திற்கான தயார் நிலையை தாங்கள் உடல் ரீதியாக உறுதி செய்து கொள்ள வேண்டும்) அதிக உயரமான மலைப்பயணம் உடல் சார்ந்த மருத்துவச் சிக்கல்களை ஏற்படுத்தலாம் - அதைத் திட்டமிடுவது, தயாரிப்பது மற்றும் தங்கள் உடைமைகள் எடுத்து செல்வது மிகவும் முக்கியமான திட்டமிடுதலாகும்.

## திட்டம்:

- குறைந்தபட்சம் 7 நாட்களுக்கு ஒரு பயணத்தைத் திட்டமிடுங்கள், பயணிப்பதற்கான நேரத்தை தயார் செய்து கொள்ளவும்.
- பயணிக்கும் பொழுது ஓய்வு எடுத்துக் கொள்வதற்கான திட்டம்: மலையேற்றத்தின் ஒவ்வொரு மணி நேரத்திற்கும் அல்லது ஒவ்வொரு இரண்டு மணி நேரத்திற்கும் வாகன ஏற்றத்தின்போது 5 முதல் 10 நிமிட இடைவெளிகளை எடுத்துக் கொள்ளவும்.

## தயார்:

- தினமும் 5 முதல் 10 நிமிடங்கள் சுவாசப் பயிற்சிகளை மேற்கொள்ளவும்.
- 20 முதல் 30 நிமிடங்கள் தினசரி நடைபயிற்சி மேற்கொள்ளவும்.
- 55 வயதுக்கு மேல் உள்ளவர்கள், இதயநோய், ஆஸ்துமா, உயர் இரத்த அழுத்தம் அல்லது நீரிழிவுநோய்கள் இருந்தால், பயணத்திற்கான உடற்தகுதியை உறுதிப்படுத்த சுகாதார பரிசோதனை செய்து கொள்ளுங்கள்.

## பேக் (உடைமைகள் எடுத்து செல்லுதல்):

- குளிரை தாங்க கூடிய ஆடைகள் - கம்பளி, ஸ்வெட்டர்ஸ், தெர்மல்கள், பஃபர் ஜாக்கெட்டுகள், கையுறைகள், சாக்ஸ்.



- ரெயின்கியர் - ரெயின்கோட்டுகள், குடைகள்
- அடிப்படை சுகாதார பரிசோதனை உபகரணங்கள் - பல்ஸ் ஆக்சிமீட்டர், தெர்மோமீட்டர்
- ஏற்கனவே உள்ள நிலைமைகள் (இதயநோய், ஆஸ்துமா, உயர் இரத்த அழுத்தம், நீரிழிவு) உள்ள யாத்ரீகர்களுக்கு ஏற்கனவே உள்ள அனைத்து மருந்து மற்றும் பரிசோதனை சாதனங்கள் மற்றும் தங்கள் குடும்ப மருத்துவரின் கைப்பேசி எண் வைத்துக் கொள்ளவும்.
- உங்கள் பயணத்திற்கு முன் வானிலை அறிக்கையை சரிபார்த்து, கடுமையான குளிர்ந்த வெப்பநிலையில் நிர்வகிக்க போதுமான குளிரை தாங்க கூடிய ஆடைகள் உங்களிடம் உள்ளதா என்பதை உறுதிப்படுத்திக் கொள்ளவும்.
- தங்கள் குடும்ப மருத்துவர் யாத்திரை வேண்டாம் என அறிவுறுத்தினால் யாத்திரையை மேற்கொள்ள வேண்டாம்.

### யாத்திரையின்போது

#### ஸ்வஸ்த் சதாரக் சஃபல் யாத்ரா -

- தங்கள் வசதிக்காக யாத்திரை பாதையில் சுகாதாரத் துறையால் வைக்கப்பட்டுள்ள தகவல் தொடர்புகளைப் பார்த்துக் கொள்ளவும்., மேலும், அனைத்து வழிகாட்டுதல்களையும் கவனமாகப் பின்பற்றவும்.
- யாத்ரீகர்களின் சேவைக்காகத் அமைக்கப்பட்டுள்ள பல்வேறு சுகாதாரத் தொடுப்புள்ளிகளின் வரைபடத்தைப் பார்க்கவும்:

- மருத்துவ நிவாரண இடுகைகள் (Health Posts)
- ஆரம்ப சுகாதார நிலையங்கள்
- சமூக சுகாதார மையங்கள்
- மாவட்ட மருத்துவமனைகள்

- உத்தரகாண்ட் சுகாதார தொடுப்புள்ளிகளை அடையாளம் காண கட்டிடங்களில் தெளிவான பெயர் பலகைகளை பார்க்கவும்.
- கீழே உள்ள அறிகுறிகளில் ஏதேனும் ஒன்றை தாங்கள் அல்லது தங்கள் குடும்ப உறுப்பினர்கள் உணர்ந்தால், உடனடியாக அருகில் உள்ள சுகாதார சேவை மையத்தைத் தொடர்புகொள்ளவும் - விரைவான நடவடிக்கை தங்கள் உயிரைக் காப்பாற்றும்:

- மார்பு வலி
- மூச்சுத்திணறல் (பேசுவதில் சிரமம்)
- தொடர்ந்து இருமல்
- தலைச்சுற்றல் / நடப்பதில் சிரமம்
- வாந்தி
- குளிர்ந்த சருமம்
- உடலின் ஒரு பக்கத்தில் பலவீனம் / உணர்வின்மை

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



संख्या 56... सचिव स्वास्थ्य एवं परिवार /  
दिनांक 18-04-24

Dear Sir,

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Kiran Gite  
Secretary (Health & Family Welfare)  
Tripura



## Health advisory Chardham Yatra-2024

All the pilgrimage sites in the Chardham Yatra are located in the high Himalayan region, whose height is more than 2700 meters above sea level. Travelers in these places can be affected by extreme cold, low humidity, extreme ultraviolet radiation, low air pressure and low oxygen content. Therefore, the following guidelines are being issued for the smooth and safe journey of all pilgrims.

### Pre-Yatra

- **Plan Prepare Pack (3P)** - Focusing on prevention can help keep you safe during your journey. You must ensure medical and trek preparedness before your travel. High altitude can cause medical issues - it is critical to plan, prepare and pack for the same.
  - **Plan:**
    - Plan a trip for at least 7 days, allow time to acclimatize
    - Plan for frequent breaks - take 5-10 min breaks every 1 hour of trek or every 2 hours of automobile ascent
  - **Prepare:**
    - Practice breathing exercises for 5-10 minutes daily
    - Daily walk for 20-30 minutes
    - If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a health check-up done to ensure fitness for the trip
  - **Pack:**
    - Warm clothes - woolen sweaters, thermals, puffer jackets, gloves, socks
    - Rain gear - raincoats, umbrellas
    - Basic health check equipment - Pulse Oximeter, Thermometer
    - For pilgrims with pre-existing conditions (heart disease, asthma, hypertension, diabetes) - carry all existing medication & test devices, and contact number of your home physician
- Please check the weather report before your travel, and ensure you have sufficient warm clothes to manage in extreme cold temperatures
- Do not undertake the Yatra if your doctor advises against the same

### During Yatra

- **Swasth Satark Safal Yatra** - Refer to communication placed by health department along the Yatra route for your convenience, and carefully follow all guidelines
    - **Refer to map of the different health touchpoints** planned for the service of pilgrims:
      - Medical relief posts
      - Primary health centres
      - Community health centres
      - District hospitals
    - Look out for **clear name boards** on buildings to identify Uttarakhand Health touchpoints
    - If you or any of your family members are feeling any of the below symptoms, please reach out to the nearest health service touchpoint immediately - **quick action can save your life:**
      - Chest Pain
      - Shortness of breath (difficulty talking)
      - Persistent coughing
      - Dizziness/disorientation (difficulty walking)
      - Vomiting
      - Icy/Cold skin
      - Weakness / numbness in one side of the body
- High altitude can cause severe medical issues. A minute's caution can save your life.**

- Special care should be taken of Yatris who are:
  - > 55 yrs of age
  - Pregnant women
  - Patients with history of heart disease, hypertension, asthma and diabetes
  - Obese patients (>30 BMI)

**We are there to help take care of you - in case of any medical discomfort at all, please reach out to our medical screening kiosks and health facilities and get your health checked out.**

- Additionally, in case of any medical emergency, please contact us at the **104 helpline number.**
- Don't consume alcohol, caffeinated drinks, sleeping pills, and strong painkillers during the Yatra, also refrain from smoking.
- Drink at least 2 litres of fluid and take plenty of nutritious diet throughout the Yatra



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Madam,

संख्या 56.....सोचिस्वात एव चिस्वात /  
दिनांक 18-04-24

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Telugu

With regards

Yours Sincerely,

Dr. R. Rajesh Kumar  
Secretary.

Dr. Christina Z. Chongthu  
Secretary (Health & Family Welfare)  
Telangana

**దార్ద్రామ యాత్ర కి ఆరోగ్య సలహాలు - 2024**

దార్ద్రామ యాత్రలోని అన్ని తీర్థయాత్రలు సముద్ర మట్టానికి 2700 మీటర్ల కంటే ఎక్కువ ఎగ్జిటో ఉన్న ఎత్తైన హిమాలయ ప్రాంతంలో ఉన్నాయి. విచారించిన దిశ, తక్కువ తేమ, విచారించిన అధిష్టలలోపాత కిరణాలు, తక్కువ గాలి షేడనం మరియు తక్కువ ఆక్సిజన్ కారణంగా ఈ ప్రదేశాలలో ప్రయాణికులు ప్రభావితమవుతారు. కావున, యాత్రీకులు సాఫీగా మరియు సురక్షితమైన ప్రయాణానికి ఈ కింది మార్గదర్శకాలు జారీ చేయబడుతున్నాయి.

**Pre - Yatra**

- మీ యాత్ర సురక్షితంగా జరగాలంటే ముందుగా జాగ్రత్త అవసరం. ప్రయాణం కి ముందు మెడికల్ మరియు ట్రికింగ్ కి సంబంధంగా ఉండాలి. అధిక ఎగ్జిటో ఉండటం వల్ల వైద్యపరమైన సమస్యలు తలెత్తవచ్చు - ప్రణాళిక చేసుకోవడం మరియు స్పాకింగ్ చేసుకోవడం చాలా కీలకం.

**Plan:**

- కనీసం 7 రోజులు పర్యటనను ప్లాన్ చేయండి, అలవాటు చేసుకోవడానికి సమయాన్ని తీసుకోండి
- తరచుగా విరామాలు కోసం ప్లాన్ చేయండి - ప్రతి 2 గంటకి ఒకసారి 5-10 నిమిషాలకి విరామము తీసుకోండి

**Prepare:**

- రోజు 5-10 నిమిషాల పాటు శ్వాస వ్యాయామాలు చేయండి
- 20-30 నిమిషాలు రోజువారీ నడక
- 55 సంవత్సరాల వయస్సు > లేదా గుండె జబ్బులు, ఉబ్బసం, రక్తపోటు లేదా మధుమేహం చరిత్ర కలిగి ఉంటే, పర్యటన కోసం ఫీజీఎస్ఎన్ నిర్ధారించుకోవడానికి ఆరోగ్య పరీక్ష చేయించుకోండి

**Package:**

- వెచ్చని బట్టలు - ఉన్ని స్వెటర్లు, థర్మల్స్, పువర్ జాకెట్లు, చేతి గోడుగులు, సాక్స్
- రయన్ గేర్ - రయన్ కేట్లు, గోడుగులు
- ప్రాథమిక ఆరోగ్య తనిఖీ పరికరాలు - పర్సె ఆక్సిమీటర్, థర్మామీటర్
- ముందుగా ఉన్న పరిస్థితులలో (గుండె జబ్బులు, ఉబ్బసం, రక్తపోటు, మధుమేహం) యాత్రీకుల కోసం - అప్పటికే ఉన్న అన్ని మందులు; పరీక్ష పరికరాలను మరియు మీ ఇంటి వైద్యుని సంప్రదింపు సంఖ్యను తీసుకోండి
- దయచేసి మీ ప్రయాణానికి ముందు వారావరణ నివేదికను తనిఖీ చేయండి మరియు విచారించిన ఫీజుల డిస్కంట్లలో నిర్వహించడానికి తగిన వెచ్చని బట్టలు మీ వద్ద ఉన్నాయని నిర్ధారించుకోండి
- మీ వైద్యుడు దానికి వ్యతిరేకంగా సలహా ఇవ్వే యాత్రను చేపట్టవద్దు

**యాత్ర సమయంలో**

- స్వచ్ఛ సరార్కీ సుఫర యాత్ర - మీ సౌలభ్యం కోసం యాత్ర మార్గంలో ఆరోగ్య కాపా ఉంచిన కమ్యూనికేషన్ చూడండి మరియు అన్ని మార్గదర్శకాలను జాగ్రత్తగా అనుసరించండి
- యాత్రీకుల పేజీ కోసం ప్లాన్ చేయబడిన వివిధ ఆరోగ్య టచ్ పాయింట్ల మ్యాప్ ను చూడండి:
  - మెడికల్ రిలీఫ్ పాయింట్లు
  - ప్రాథమిక ఆరోగ్య కేంద్రాలు
  - కమ్యూనిటీ హెల్త్ సెంటర్లు
  - జిల్లా ఆసుపత్రులు
- ఉద్ధారణ టెంట్ టచ్ పాయింట్లను గుర్తించడానికి తరచులపై స్పష్టమైన పేరు ట్యాగ్ల కోసం చూడండి



○ మీరు లేదా మీ కుటుంబ సభ్యులలో ఎవరైనా ఈ క్రింది లక్షణాలలో దీనినైనా అనుభవిస్తున్నట్లయితే, దయచేసి వెంటనే సమీపంలోని ఆరోగ్య సేవా ట్రాన్సామింట్‌ను సంప్రదించండి - త్వరిత చర్య మీ జీవితాన్ని కాపాడుతుంది:

- దాటి నొప్పి
- శ్వాస అడకపోవడం (మాట్లాడటం కష్టం)
- నిరంతర దగ్గు
- మైకము / దిక్కులోచని స్థితి (నడవడం కష్టం)
- వాంతులు
- మంచు/ శరీరం చల్లవడటం
- బలహీనత / శరీరం యొక్క ఒక వైపు తిమ్మిరి

ఎత్తైన ప్రదేశం తీవ్రమైన వైద్య సమస్యలను కలిగిస్తుంది. ఒక్క నిమిషం జాగ్రత్త మీ జీవితాన్ని కాపాడుతుంది.

**ప్రత్యేక శ్రద్ధ తీసుకోవలసిన యాత్రీకులు:**

- 55 సంవత్సరాల వయస్సు >
- గర్భిణీ స్త్రీలు
- గుండె జబ్బులు, రక్తపోటు, ఆస్టమా మరియు మధుమేహం చరిత్ర కలిగిన రోగులు
- ఆటకాయం ఉన్న రోగులు (>30 BMI)

మిమ్మల్ని జాగ్రత్తగా చూసుకోవడంలో సహాయం చేయడానికి మేము ఉన్నాము - ఏదైనా వైద్యపరమైన అపొకర్యం ఉంటే, దయచేసి మా మెడికల్ స్క్రూప్‌తో మరియు ఆరోగ్య సదుపాయాలను సంప్రదించండి మరియు మీ ఆరోగ్యాన్ని తనివీటి చేసుకోండి.

○ అదనంగా, ఏదైనా వైద్యపరమైన అత్యవసర పరిస్థితుల్లో, దయచేసి 104 హెల్ప్‌లైన్ నంబర్‌లో మిమ్మల్ని సంప్రదించండి.

○ అల్సూచోల్, కఫ్‌న్ కలిగిన పానీయాలు, నిద్ర మార్తలు మరియు బలమైన వొప్ప వివారణ మందులు తీసుకోవద్దు యాత్ర సమయంలో, ధూమపానం కూడా మానుకోండి.

○ యాత్రలో కనీసం 2 లీటర్ల ద్రవం త్రాగండి మరియు పుచ్చులంగా పోషకమైన ఆహారం తీసుకోండి

Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Dear Sir,

संख्या 56...सोपिस्वात एव चिपिस्वात /  
दिनांक 18-04-24

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

Furthermore, to ensure a safe and healthy pilgrimage for all, we seek valuable support of healthcare professionals from your State. We are particularly interested in engaging cardiologists, physicians, orthopaedic surgeons, and other qualified medical personnel who might be willing to volunteer along the Yatra route for a minimum of 15 days. Should you identify any interested healthcare professionals, we kindly request to forward their contact information to facilitate the creation of a duty roster and further communication. We are concurrently reaching out to medical colleges and private hospitals to bolster the medical support system during the Yatra. The recent Pranpratishtha ceremony in Ayodhya serves as a commendable example, wherein medical and paramedical personnel volunteered and served selflessly. We believe, a similar approach, with your esteemed office's support in dissemination and facilitation, could yield significant benefits for the Chardham Yatra.

On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's

Yours Sincerely,

with regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Parth Sarthi Sen Sharma  
Principal Secretary (Health & Family Welfare)  
Uttar Pradesh



## चारधाम यात्रा - 2024 हेतु यात्रियों के स्वास्थ्य हेतु दिशा निर्देश

चारधाम यात्रा में समस्त तीर्थ स्थल उच्च हिमालयी क्षेत्र में स्थित हैं, जिनकी ऊंचाई समुद्र तल से 2700 मी० से भी अधिक है। उन स्थानों में यात्रीगण अत्यधिक ठण्ड, कम आर्द्रता, अत्यधिक अल्ट्रा वॉइलेट रेडिएशन, कम हवा का दबाव और कम ऑक्सीजन की मात्रा से प्रभावित हो सकते हैं। अतः सभी तीर्थ यात्रियों के सुगम एवं सुरक्षित यात्रा हेतु निम्न दिशा निर्देश (Health Advisory) निर्गत किये जा रहे हैं।

### यात्रा से पूर्व

- **योजना बनाना, तैयारी करना, पैक करना** : रोकथाम पर ध्यान देने से आप अपनी यात्रा के दौरान सुरक्षित रह सकते हैं। कृपया अपनी यात्रा से पहले चिकित्सा और ट्रेक की तैयारी सुनिश्चित करें। उच्च ऊंचाई बीमारी का कारण बन सकती है - इसके लिए योजना बनाना, तैयारी करना और पैक करना महत्वपूर्ण है।
  - **योजना बनाना:**
    - अपनी यात्रा की योजना कम से कम 7 दिनों के लिए बनाएं, वातावरण के अनुरूप अनुकूलन के लिए समय दें
    - अनेक ब्रेक की योजना बनाएं - ट्रेक के हर एक घंटे बाद या ऑटोमोबाइल चढ़ाई के हर 2 घंटे बाद, 5-10 मिनट का ब्रेक लें
  - **तैयारी करना:**
    - रोजाना 5-10 मिनट के लिए श्वास व्यायाम का अभ्यास करें
    - रोजाना 20-30 मिनट टहलें
    - यदि यात्री की आयु >55 वर्ष है या वह हृदय रोग, अस्थमा, उच्च रक्तचाप, या मधुमेह से ग्रस्त है, तो यात्रा के लिए फिटनेस सुनिश्चित करने के लिए स्वास्थ्य जांच करवाएं
  - **पैक करना:**
    - गर्म कपड़े - ऊनी स्वेटर, थर्मल, पफर जैकेट, दस्ताने, मोजे
    - बारिश से बचाव के यंत्र - रेनकोट, छाता
    - स्वास्थ्य जांच उपकरण - पल्स ऑक्सीमीटर, थर्मामीटर
    - पहले से मौजूद स्थितियों (हृदय रोग, उच्च रक्तचाप, अस्थमा, मधुमेह) वाले यात्रियों के लिए - सभी जरूरी दवा, परीक्षण उपकरणों और अपने घर के चिकित्सक का संपर्क नंबर ले जाएं
- कृपया अपनी यात्रा से पहले मौसम रिपोर्ट की जांच करें, और सुनिश्चित करें कि आपके पास ठंडे तापमान में प्रबंधन करने के लिए पर्याप्त गर्म कपड़े हैं
- अगर आपके डॉक्टर यात्रा न करने की सलाह देते हैं, तो कृपया यात्रा न करें

### यात्रा के दौरान

- **स्वस्थ सतर्क सफल यात्रा** - अपनी सुविधा के लिए यात्रा मार्ग के साथ स्वास्थ्य विभाग द्वारा रखे गए संचार को देखें, और सभी दिशा निर्देशों का सावधानीपूर्वक पालन करें
  - यात्रियों की सेवा के लिए नियोजित निकटतम चिकित्सा इकाई के **मानचित्र** का संदर्भ लें:
    - चिकित्सा राहत केंद्र
    - प्राथमिक स्वास्थ्य केंद्र
    - सामुदायिक स्वास्थ्य केंद्र
    - जिला अस्पताल
  - उत्तराखंड चिकित्सा इकाई की पहचान करने के लिए इमारतों पर **स्पष्ट नाम बोर्ड** देखें
  - यदि आप या आपके परिवार के किसी भी सदस्य को नीचे दिए गए लक्षणों में से कोई भी महसूस हो रहा है, तो कृपया तुरंत निकटतम चिकित्सा इकाई पर पहुंचें - **त्वरित जांच आपके जीवन को बचा सकती है:**
    - सीने में दर्द
    - सांस की तकलीफ (बात करने में कठिनाई)
    - लगातार खांसी
    - चक्कर आना / भटकाव (चलने में कठिनाई)

- उल्टी
- बर्फीली / ठंडी त्वचा
- शरीर के एक तरफ कमजोरी / सुन्नता

**उच्च ऊंचाई गंभीर बीमारियों का कारण बन सकती है। एक मिनट की सावधानी आपका जीवन बचा सकती है।**

○ इन यात्रियों का विशेष ध्यान रखा जाना चाहिए:

- >55 वर्ष की आयु वाले यात्री
- गर्भवती महिलाएं
- हृदय रोग, उच्च रक्तचाप, अस्थमा, और मधुमेह के इतिहास वाले यात्री
- अधिक मोटापे से ग्रस्त (>30 बी.एम.आई)

**हम आपकी सेवा में उपलब्ध हैं - किसी भी असुविधा के मामले में हमारे स्वास्थ्य स्क्रीनिंग केंद्रों अथवा चिकित्सा इकाइयों पर संपर्क करें और अपने स्वास्थ्य की जांच करवाएं।**

- इसके अतिरिक्त, कोई भी स्वास्थ्य सम्बंधित आपातकालीन घटना होने पर कृपया हमसे **104 हेल्पलाइन नंबर पर संपर्क करें।**
- यात्रा के दौरान शराब, कैफीनयुक्त ड्रिंक्स, नींद की गोलियां और मजबूत/शक्तिशाली दर्द निवारक दवाओं का सेवन न करें, धूम्रपान से भी बचें।
- यात्रा के दौरान कम से कम 2 लीटर तरल पदार्थ पीएं और भरपूर पौष्टिक आहार लें।



Dr. R. Rajesh Kumar, IAS,  
Secretary,  
Medical Health & Medical Education  
Government of Uttarakhand



Govt. of Uttarakhand



Dear Sir

संख्या 56... सचिवालय एवं चिकित्सा/  
दिनांक 18-04-24

I trust that this letter finds you well.

As you may recall, in anticipation of the forthcoming Chardham Yatra 2024, our previous communication dated 20<sup>th</sup> March 2024 highlighted the importance of promoting optimal health among pilgrims.

Building on that, we are pleased to share advisory materials and info graphics jointly developed by the Uttarakhand Department of Health and the WISH Foundation. These resources provide pilgrims with critical and readily accessible health information for a successful Chardham Yatra. We respectfully request your esteemed office's collaboration in widely disseminating these materials in your state. This will significantly contribute to our collective endeavour of minimizing preventable medical issues during the Yatra.

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On behalf of the State of Uttarakhand, I extend our warmest wishes for a safe and spiritually fulfilling Chardham Yatra for all pilgrims from your state.

Enclosed - As above with SOP's in Bangla

Yours Sincerely,

With regards

Dr. R. Rajesh Kumar  
Secretary.

Shri Narayan Swaroop Nigam  
Principal Secretary (Health & Family Welfare)  
West Bengal

১৯৯৪ সালের ১৫ জানুয়ারি

চারখাম যাত্রার সবচেয়ে ঊর্ধ্বতম উচ্চ হিমালয় অঞ্চলে অবস্থিত, বেপুলির উচ্চতা সমুদ্রতল থেকে ২৭০০ মিটার-এর বেশী। এইসময় স্থানে ঊর্ধ্বাঙ্গীরা অত্যন্ত ঠাণ্ডা, নিম্ন আর্দ্রতা, অতিরিক্ত অতিবেগুনী রশ্মি, নিম্ন বায়ুচাপ এবং কম অক্সিজেন ইত্যাদির দ্বারা আক্রান্ত হতে পারে। ঊর্ধ্বাঙ্গীরা যাতে সুস্থ ও স্বাভাবিকভাবে নিজস্বের যাত্রা পূরণ করতে পারে সেই কারণে নিম্নলিখিত নির্দেশিকাগুলি জারি করা হল-

### প্রাক-যাত্রা

পরিষ্কার প্রকৃতি এবং পরিচ্ছন্ন পোশাক - যাত্রাকালে নিবারণের ওপর কোকাস নিজেই সুস্থ রাখতে সাহায্য করবে। যাত্রা শুরু করার আগে চিকিৎসা ও টেকের প্রকৃতি গ্রহণ করা খুবই জরুরি। উচ্চ উচ্চতা শারীরিক অসুস্থতার কারণ হতে পারে - এটির জন্য প্রকৃতি, পরিষ্কার ও প্যাক খুবই জরুরি।

### পরিষ্কার

কমপক্ষে ৭ দিনের সময়ের পরিষ্কার করুন, যাতে সেই পরিবেশের সঙ্গে মানিয়ে নেওয়ার জন্য যথেষ্ট সময় পাওয়া যায়।

ঘনঘন বিরতির পরিষ্কার - প্রতি ১ ঘণ্টার টেকের পর বা ২ ঘণ্টার গাড়ির যাত্রার পর ৫ থেকে ১০ মিনিটের বিরতি নিতে হবে।

### প্রকৃতি

প্রত্যহ ৫ - ১০ মিনিটের জন্য শ্বাস - প্রশ্বাসের অনুশীলন করতে হবে। প্রত্যহ ২০-৩০ মিনিট হাঁটতে হবে। যদি আপনার বয়স ৫৫ বছরের বেশী হয় অথবা যদি হৃদরোগ, হাঁপানি, উচ্চ রক্তচাপ অথবা ডায়াবেটিস প্রকৃতি রোগ

থেকে থাকে তবে যাত্রা শুরুর আগে স্বাস্থ্য পরীক্ষা করতে হবে।

### পোশাক পরিচ্ছন্ন

গরম পোশাক - সোয়েটার, ধার্মাল, গ্লাভস, মোজা, জ্যাকেট সঙ্গে রাখুন

বুটের সামগ্রী - রেনকোট, হাতা সঙ্গে রাখুন স্বাস্থ্য পরিষ্কার সরঞ্জাম - Pulse Oximeter, থার্মোমিটার। যেসকল যাত্রী পূর্বে উল্লিখিত রোগগুলি আছে তাদের প্রয়োজনীয় ওষুধ ও টেস্ট করার সামগ্রী এবং নিজস্ব ডাক্তারকে যোগাযোগ করার নম্বর সঙ্গে নিয়ে যেতে হবে। দয়া করে যাত্রার আগে আনহাওয়ার রিপোর্ট চেক করুন এবং অতিরিক্ত ঠাণ্ডার সঙ্গে মানিয়ে নেওয়ার জন্য পর্যাপ্ত পরিমানে গরম পোশাক সঙ্গে রাখুন।

চিকিৎসকের পরামর্শ ছাড়া কোন ঔষধ গ্রহণ করবেন না।

স্বাস্থ্য সতর্ক সফল যাত্রা - আপনার সুবিধার জন্য যাত্রাপথে স্বাস্থ্য পরীক্ষার কেন্দ্রগুলির সঙ্গে যোগাযোগ করুন এবং সমস্ত নির্দেশিকা সঠিকভাবে পালন করুন।

সেই মানচিত্র দরকার যেখানে নিম্নলিখিত ঊর্ধ্বাঙ্গীদের জন্য বিভিন্ন স্বাস্থ্যকেন্দ্রের উল্লেখ আছে-

চিকিৎসা ত্রাণ কেন্দ্র  
প্রথমিক স্বাস্থ্য কেন্দ্র  
কমিউনিটি স্বাস্থ্য কেন্দ্র  
জেলা হাসপাতাল

উত্তরাঞ্চলের বিভিন্ন স্বাস্থ্যকেন্দ্র ওলিকে চিহ্নিত করার জন্য বিভিন্নগুলির বোর্ডগুলির ওপর মজুর রাখুন।

যদি আপনি বা আপনার পরিবারের কেউ নিম্নলিখিত লক্ষণগুলি অনুভব করেন তবে শীঘ্র কাছের স্বাস্থ্যকেন্দ্রে যোগাযোগ করুন- দ্রুত ব্যবস্থা আপনার প্রাণ বাঁচাতে পারে:

বুকে ব্যথা  
শ্বাসকষ্ট (কথা বলতে অসুবিধা)  
অবিরাম কাশি  
মাথা ঘোরা / বিপথগামীতা (হাঁটতে অসুবিধা)  
বমি  
শীতল হৃৎক  
দুর্বলতা

উচ্চ উচ্চতা বিভিন্ন শারীরিক অসুবিধার কারণ হতে পারে। এক মিনিটের সতর্কতা আপনার প্রাণ বাঁচাতে পারে।

যেসকল যাত্রীর বিশেষ খয় নিতে হবে-  
যাদের বয়স ৫৫ বছরের বেশী।

গর্ভবতী মহিলা

হৃদরোগ, উচ্চরক্তচাপ, হাঁপানি এবং ডায়াবেটিসের রোগী ওবেস রোগী (>30BMI) আমরা সবসময় আপনার সাহায্যের জন্য উপস্থিত - যদি কোনো শারীরিক অসুবিধা অনুভব করেন দয়া করে আমাদের স্বাস্থ্য পরিষ্কার পরামর্শ কেন্দ্রের সাথে যোগাযোগ করুন এবং আপনার স্বাস্থ্য পরীক্ষা করান।

যদি কোনো শারীরিক জরুরি অবস্থার সম্মুখীন হন তবে যোগাযোগ করুন ১০৪ হেল্পলাইন নম্বরে।

দয়া করে যাত্রার সময় অ্যালকোহল ক্যাফিনযুক্ত পানীয়, ঘুমের ওষুধ এবং কড়া পেইনকিলার সেবন করবেন না।

যাত্রার সময় কমপক্ষে ২ লিটার তরল পানীয় এবং প্রয়োজনীয় পুষ্টির খাদ্য গ্রহণ করুন।