

# इज्जतके इतारके इकाली प्यारा

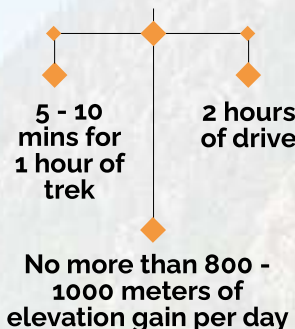
"Healthy Pilgrim, Happy Pilgrimage"

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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Transforming Primary Healthcare Through Innovations

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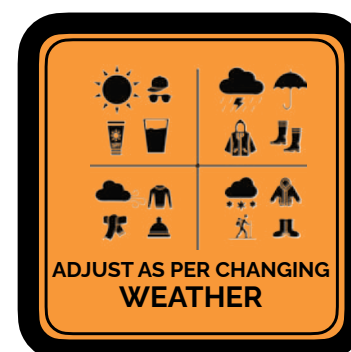
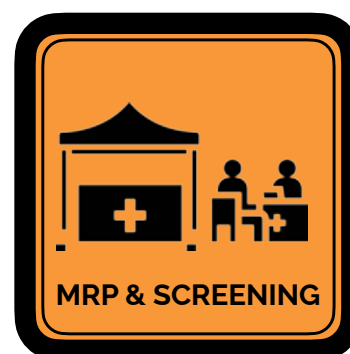
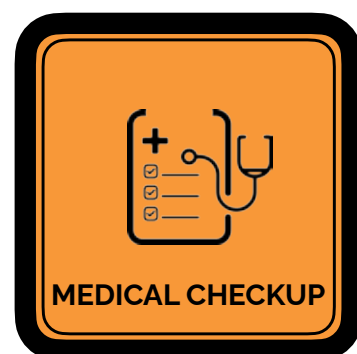
Register on the website below for regular monitoring of your health during Yatra

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

AMBULANCE

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## YATRA DO'S



## YATRA DONT'S



इच्छा इच्छा  
इच्छा  
पुत्रा

Healthy pilgrim,  
Happy pilgrimage



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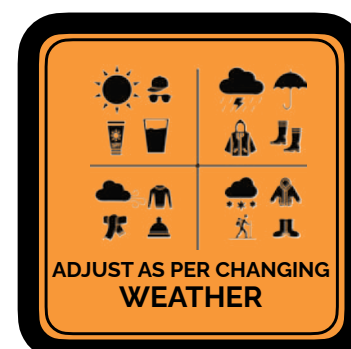
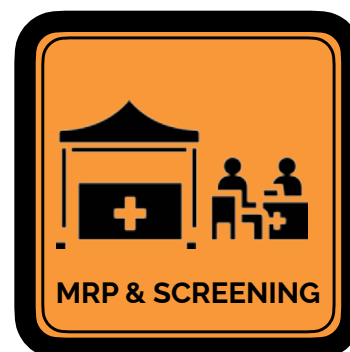
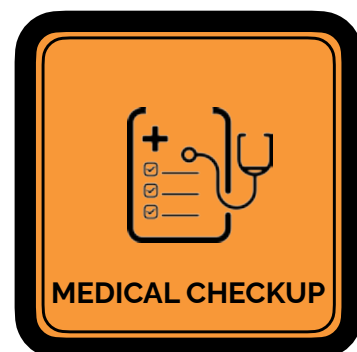
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यात्रा

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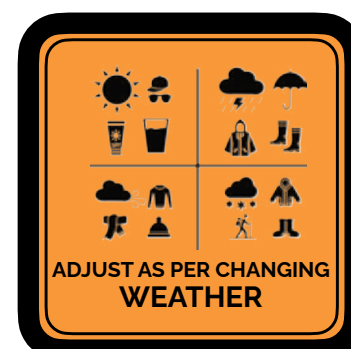
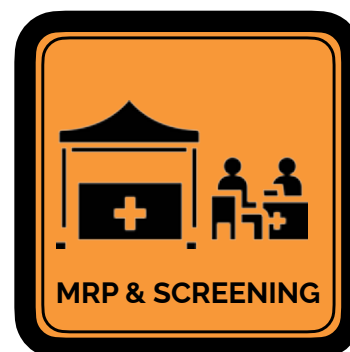
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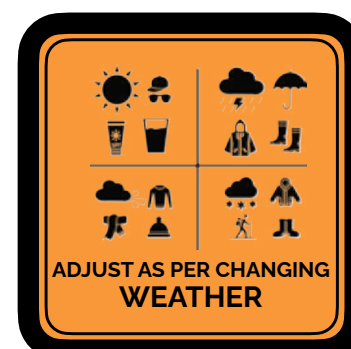
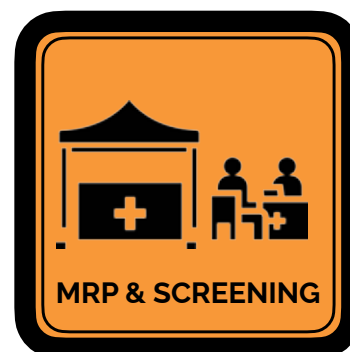
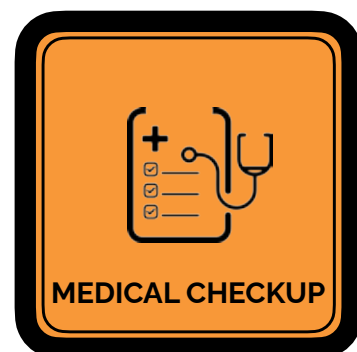
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