

Embassy of India Newsletter

QUARTERLY PUBLICATION OF THE EMBASSY OF INDIA, JUBA, SOUTH SUDAN



No. 03/2020



July 2020

EVACUATION OF INDIAN NATIONALS FROM JUBA



AMBASSADOR'S PAGE

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राजदूत

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**FOREWORD**

Indian Embassy is pleased to present its second edition of its News Letter for the period April to June 2020 covering the activities and events organised by the Embassy during this quarter.

This edition has been brought out when the new Unity Government (TGoNU) is focussing on formation of the proposed 10 new states and nomination of the Governors for the states and Administrators for 3 Administrative Regions in the country. Despite, the current health crisis in the country created by the Covid19 pandemic, it is heartening to see the government trying its best to move forward politically to sustain the hard-won peace for the progress and development of its citizens. The supporting role played by the regional and continental bodies, international organizations and civil society in this regard is commendable.

The Mission has celebrated the 6th International *Day of Yoga* on 21 June in its premises. The restrictions imposed against gatherings due to Covid19 outbreak, we could not invite the *Yoga* enthusiasts like previous years to take part in the event. However, the function had seen limited number of participants and the notable one was Ms Adiang, a diplomat from the MoFA who had undergone a *Yoga* training course in India which was sponsored by the Government of the India. She has become the first trained native *Yoga* teacher in South Sudan.

The Embassy with the support of the Indian community members and volunteers had organised few philanthropic services by donating food and non-food items for the benefit of some local orphanages. This humanitarian gesture was highly commended by the Chairman of the Relief and Rehabilitation Commission and other local dignitaries. Through such humanitarian support, the Indian community has again demonstrated its social responsibility by helping the downtrodden and vulnerable people in the country who are in dire need of helping hands and compassion.

It is worth praising our Engineers (HMEC) under UNMISS at Malakal for their commendable service of repair and renovation of the defunct government hospital of Malakal at this critical juncture since the revival of the hospital was a timely help to the local population. The team had also rehabilitated the Malakal airstrip to enable smooth air services during the upcoming wet season.

I wish to convey Indian Embassy's hearty greetings to Maj Suman Gawani who has been awarded "UN Military Gender Advocate of the Year Award (2019)". It is a proud moment for every Indian that UN had recognised her services during her assignment with UNMISS.

The threat posed by the Covid19 pandemic is real and about 2000 people have so far been tested positive in the country. Despite the safety measures announced by the government and health authorities, the citizens understanding and cooperation alone could safeguard us from the deadly infection and its containment. We were able to repatriate 105 stranded Indian nationals from Juba on our first *Vande Bharat Mission* flight to New Delhi. All the passengers reached their home safely after undergoing a mandatory quarantine in Delhi.

Since the pandemic is playing a havoc around the world, let us take due precautions to safeguard ourselves and our family from getting infected and may the Almighty bless all.

(S. D. Moorthy)

6TH INTERNATIONAL DAY OF YOGA (IDY 2020)

The 6th International Day of *Yoga* (IDY 2020) was celebrated in Juba on Sunday, 21 June 2020 at the Embassy premises with limited participation from the Indian Community and UNMISS personnel due to COVID-19 restrictions by following all social distancing norms and protocols prescribed by the Ministry of Health and local Government authorities.

Ms. Adiang John Justin from MoFA was the guest of honour at the *Yoga* event. She is the first South Sudanese *Yoga* teacher and underwent a *Yoga* Training Course in Bengaluru, India. Shri S K Rajoria, CdA delivered the welcome remarks followed by Prime Minister Shri Narendra Modi's address conveying the message "*Ghar Ghar se Yoga, Yoga from Home*" was televised before the beginning of the event. A team of the Indian Military Contingent of the UN Mission in South Sudan (UNMISS) performed various *Yoga* postures, *Yogasanas* and *Pranayam* along with Ms. Adiang John Justin before the enthusiastic participants.

Ms. Adiang also spoke to the gathering and shared her experience during the *Yoga* training course in India and her *Yoga* journey of many years, urging the participants to take time from their everyday life and practice *Yoga* for some time. She outlined the physical and psychological benefits of practicing *Yoga* regularly and stressed its importance specially during this COVID-19 Pandemic.



6TH INTERNATIONAL DAY OF YOGA (IDY 2020)

REPATRIATION OF INDIAN NATIONALS FROM JUBA

In view of the COVID-19 outbreak in South Sudan, the Embassy organised an evacuation flight - 11th June 2020 (Juba-Delhi) for Indian community members residing in Juba and other places to return to India. The Indian Association in South Sudan and Holiday Dreamz in coordination with Indian Embassy have successfully arranged the repatriation of stranded Indians under *Vande Bharat Mission* (VBM).



REPATRIATION OF INDIAN NATIONALS FROM JUBA



RENOVATION OF MALAKAL GOVERNMENT HOSPITAL: COVID19 RESPONSE

In the wake of COVID-19 pandemic, on the guidance of UNMISS, the 66th IND HMEC renovated the Government Hospital, Malakal. The unit was engaged to upgrade & repair the existing deserted infrastructure. Two working teams were deputed to sequentially undertake the major repairs and renovations. The Indian engineers contributed immeasurably for the welfare of the locals despite the vulnerable exposure of COVID-19. The praiseworthy selfless efforts were applauded by the prominent local dignitaries and general public.

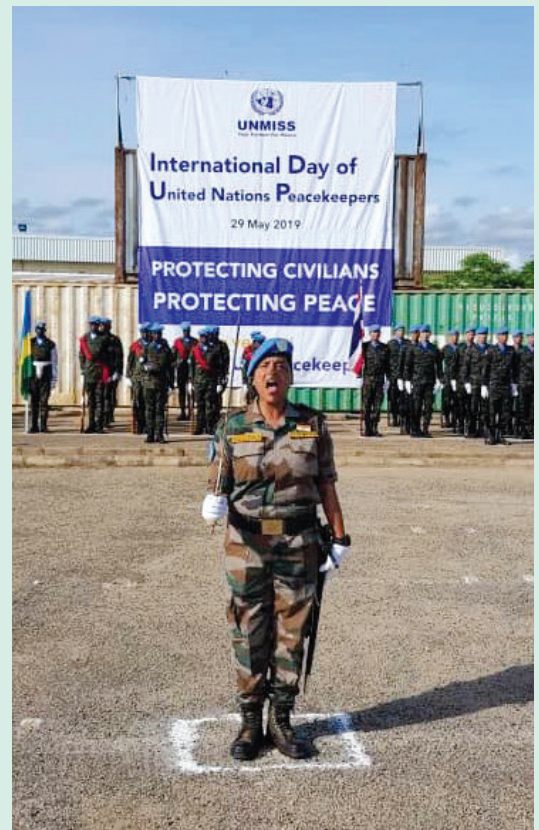
BEFORE**AFTER**

ANTI-TERRORISM DAY PLEDGE

On 21st May 2020, the officials of Indian Embassy observed Anti-Terrorism day and took pledge to oppose all forms of terrorism and violence. The objective behind the observance was to wean away the youth from terrorism and the cult of violence by highlighting the sufferings of common people and showing how it impacts the national interest.

**UN Award to Maj Suman Gawani**

Maj. Suman Gawani of Indian Army, formerly deployed with UN Mission in South Sudan (UNMISS) has been awarded the UN Military Gender Advocate of the Year Award (2019) during an online ceremony presided over by Secretary General António Guterres on 29 May - International Day of UN Peacekeepers. Maj Suman served under UNMISS from 27th Nov 2018 to 10th Dec 2019. Her dedication and service during her tenure in South Sudan was suitably rewarded. She made every Indian very proud by her exemplary conduct and service.



PM DELIVERS INAUGURAL ADDRESS AT THE ANNUAL SESSION OF CII

The Prime Minister delivered the inaugural address at the 125th Annual Session of Confederation of Indian Industries (CII) through video conference. The theme of this year's annual conference was "Building India for a New World: Lives, livelihood and growth"

Speaking on the occasion, Prime Minister Shri Narendra Modi said such online events are becoming the new normal due to Corona which was also the biggest strength of human beings that makes a way out of every difficulty. He said, "On the one hand, we have to take strict steps to fight the Virus and save the lives of the countrymen and on the other hand we have to stabilize the economy and speed it up."

Referring to the theme of this year's annual session, the Prime Minister praised the Indian industry for starting the discussion of "Getting Growth Back". He urged the industry to go beyond it and said "Yes! We will definitely get our growth back." He said that his trust in India's Capabilities and Crisis Management, in India's Talent and Technology, in its Innovation and Intellect of India, in the Farmers of India, MSME's, Entrepreneurs makes him confident about getting the growth back.

The Prime Minister emphasized that when Coronavirus was spreading in the world, India took the right steps at the right time. He said "Today we get to know how widespread the effect of lockdown in India is, by comparing it with other countries." He said "Re-strengthening Economy against Corona is one of our highest priorities." For this, the government is taking the decisions that are required immediately and also those that are required in the long run, he added

The Prime Minister urged the industry to take full advantage of opening up investment and partnership with farmers in the rural economy. Now necessary infrastructure is being prepared for clusters of local agro products near the village. He said that the government considers the private sector as a partner for the country's development journey. He promised that every need of the industry related to the *Aatmanirbhar Bharat Abhiyan* will be taken care of. He asked the industry to pledge to make the country self-sufficient and put their full strength to fulfill this resolve.



MINISTRY OF AYUSH AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications.

Recommended Measures**I General Measures**

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

II Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

III Simple Ayurvedic Procedures

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

IV During dry cough / sore throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

The above measures can be followed to the extent possible as per an individual's convenience.

Disclaimer: The above advisory does not claim to be treatment for COVID19.

MINISTRY OF AYUSH AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

COVID-19 Crisis

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Measures for Enhancing Immunity

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Simple Ayurvedic Procedures

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Immunity Boosting Measures for Self-Care

Ayurvedic Immunity Enhancing Tips

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- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirsch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

Actions During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
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AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

MEASURES TO PROMOTE IMMUNITY

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Graphic: 3/4

Note: Ayurveda is a totally plant-based science.

MINISTRY OF AYUSH

PM Modi interacted with SAARC leaders to combat COVID-19 in the region

Prime Minister Shri Narendra Modi interacted with the leaders of the South Asian Association of Regional Cooperation countries (Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka.) through video conference to chart out a common strategy in order to combat COVID-19 in the region.

Shared History - Collective Future

Prime Minister thanked the leaders for joining the conference at such short notice. Stressing on the ancient people to people ties and interconnectedness of societies of the SAARC countries, he said it is imperative for the nations to prepare to face the challenge together.

The Way Forward

In the spirit of collaboration, Prime Minister Modi proposed creation of a COVID-19 Emergency Fund based on voluntary contributions from all the countries, with India making an initial offer of US \$10 million for the fund. The fund can be used by any of the partner countries to meet the cost of immediate actions. He informed that India is assembling a Rapid Response Team of doctors and specialists, along with testing kits and other equipment, which will be on stand-by, to be placed at the disposal of the countries, if required.

Prime Minister also offered arranging for online training capsules for the emergency response teams of the neighbouring countries and sharing of software behind India's Integrated Disease Surveillance Portal to help trace possible virus carriers and the people they contacted. He suggested that existing mechanisms like SAARC Disaster Management Centre can be used to pool in best practises.

He also suggested creation of a common Research Platform to coordinate research on controlling epidemic diseases within the South Asian region. He suggested further brainstorming by experts on the long-term economic consequences of COVID-19, and how best to insulate internal trade and local value chains from its impact.

The leaders thanked the Prime Minister for the proposed initiatives. Prime Minister reiterated the resolve to battle together and said that neighbourhood collaboration by SAARC countries should serve as a model for the world.

Sharing Experience

Prime Minister said the guiding mantra for India has been "prepare, but don't panic". He laid down the proactive steps taken, including a graded response mechanism, screening those entering the country, public awareness campaigns on TV, print and social media, special efforts to reach out to the vulnerable groups, ramping up of diagnostic facilities and developing protocols for each stage of managing the pandemic.

He said that India has not only successfully evacuated almost 1400 Indians from different countries but also evacuated some of the citizens of the neighbouring countries in accordance with the 'neighbourhood first policy'.

President Ashraf Ghani said that the greatest vulnerability of Afghanistan is an open border with Iran. He proposed modelling diffusion patterns, creation of common framework for telemedicine and greater cooperation amongst the neighbouring countries.

PM Modi interacted with SAARC leaders to combat COVID-19 in the region

President Ibrahim Mohamed Solih thanked the Indian government for the medical assistance from India to deal with COVID-19 cases and for evacuating nine Maldivians from Wuhan. He highlighted the negative impact of COVID-19 on tourism in the country and its impact on the nation's economy. He proposed closer cooperation between the health emergency agencies of the countries, formulation of economic relief package and long term recovery plan for the region.

President Gotabaya Rajapaksa recommended that SAARC leaders work together to help economy tide over the difficult period. He also recommended establishment of a SAARC Ministerial level group to share best practises and coordinate regional matters on combating COVID-19.

Prime Minister Sheikh Hasina thanked Prime Minister Modi for bringing 23 Bangladeshi students back from Wuhan along with Indian students during the quarantine period. She proposed continuance of the dialogue at technical level through video conference between Health Ministers and Secretaries of the region.

Prime Minister KP Sharma Oli apprised the SAARC leaders of the steps taken by Nepal to combat COVID-19. He said that the collective wisdom and efforts of all the SAARC nations could help in devising a robust and effective strategy to deal with the pandemic.

Prime Minister Doctor Lotay Tshering said the pandemic does-not follow geographical boundaries, hence it is all the more important for the nations to work together. He said the pandemic will affect the smaller and vulnerable economies disproportionately, talking about the economic impact of COVID-19.

Doctor Zafar Mirza proposed that SAARC Secretariat be mandated to establish a working group of national authorities for health Information, data exchange and coordination in real time. He proposed hosting SAARC Health Ministers' conference and development of regional mechanisms to share disease surveillance data in real time.



Embassy's Philanthropic Services in Juba

Indian Embassy officials visited St. Clare Orphanage Home at Jabel in Juba and donated food items, mosquito nets and study materials for the benefit of the children in the center. The Orphanage supervisor Ms. Betty Thomas thanked the Indian Embassy for the humanitarian assistance to the Home and spending time with the children. She appreciated the goodwill gesture of the Indian Embassy and other Indian Community members who donated the food items to the Orphanage.



INDIAN BATTALION REHABILITATES AN AIRSTRIP IN RUBKONA

The 66th Indian Battalion "HMEC" under UNMISS stationed at Malakkal had rehabilitated the airstrip in Rubkona to enable the local community to receive the humanitarian aid planes in the region. During the rainy season, the road access to the area blocked due to heavy flooding. The Indian Battalion's gesture was highly commended by the local government authorities and community leaders.



LOTUS TEMPLE, NEW DELHI

