

Sri Hari:

A Note to our Namadwaar Family

The Government has been relaxing the lockdown in phases for the benefit of the people. This is indeed a welcome move! However, the battle against COVID-19 is not over yet.

Hence, I write the following guidelines to be followed by our Namadwaar Family.

- 1. Do not venture out of your homes, unless direly necessary. When you venture out, adhere to social distancing norms.**
- 2. Wearing face mask is a must.**
- 3. Wash and clean your hands and feet often.**
- 4. Consume multivitamin tablets everyday as directed by your physician, to increase your immunity.**
- 5. Seek immediate medical attention if you find yourself symptomatic.**
- 6. The Government has recommended Kabasura Kudineer and other homoeopathic medicines as immunity boosters. These can be consumed as per advice from an expert.**
- 7. Those with pre-existing medical conditions, have to be extra cautious.**
- 8. Do not allow visitors inside your houses.**
- 9. Pets require our additional care and attention.**
- 10. The elderly should not be allowed to reside alone. A relative, friend or a nurse should accompany them for assistance.**

- 11. Do not skip your regular medications.**
- 12. In the current situation, it is sufficient to lead a simple life ensuring just our basic needs.**
- 13. While it is not advisable to become over anxious and stressed imagining the possibility of getting infected, it is also extremely unwise to assume that we will not get the disease.**
- 14. Do not spend money unnecessarily; avoid risky and unwanted new investments.**
- 15. Keep yourself, your clothing and your surroundings, clean and tidy.**
- 16. The Government, doctors, nurses, healthcare workers, sanitation workers and other frontline warriors around the globe, are working relentlessly and selflessly in the fight against this disease, putting their own lives at risk. It is the duty of every member of our Namadwaar family to show our gratitude to them by conducting ourselves responsibly.**

I feel agonized seeing the sufferings of people in India and across the world due to COVID-19. I have been incessantly praying to Bhagavan to bring an end to this menace and restore normalcy soon.

From your respective homes, chant Nama and offer your prayers to Bhagavan for the same.

**Father of the Namadwaar Family,
Muralidhara Swamiji
09 June 2020**