



**HIGH COMMISSIONER OF INDIA
LILONGWE (MALAWI)**

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My Dear Fellow Countrymen,

You are aware that COVID-19 pandemic has affected the whole world and badly disturbed the activities. This has been going on since January 2020. Now, there is a need to restart our life with required precautions to avoid the pandemic.

Government of India took a decision to evacuate the stranded citizens from across the world under 'Vande Bharat Mission'. From Malawi, High Commission of India facilitated evacuation of 122 stranded Indian citizens, including 8 women and 1 infant on 11 June 2020. I met and interacted with the departing citizens at airport and conveyed my best wishes. This special flight on its return journey will bring Malawians stranded in India. I am happy to inform that largely substantive efforts of the members of the community, operator and the High Commission here, ensured the smooth operation of this flight. I would like to convey my appreciation to the community leaders for their support.

Shortly, the world will be celebrating the International Day of Yoga (IDY). At this crucial time, it may not be possible to arrange community activities associated with IDY. We are, therefore, planning to broadcast programmes on the National TV channel – MBC. The details of the same will be shared in due course. Let this year's IYD be dedicated for combating COVID and a reminder of how important it is to live a healthy lifestyle. Yoga is not merely a system of physical exercise but a holistic approach to complete well-being. We can find yoga lovers in every corner of the world. Yoga while keeping us physically healthy and mentally strong, is uniting the world with harmony and peace.

I take this opportunity to wish you good health with advise to take precautions to remain healthy.

(Anurag Bhushan)
High Commissioner