



Dear ANVAG members,

We live in a difficult, uncertain and unreal period, which we have not experienced before. Through this email we want to wish you a lot of strength and good health.

Developments and measures

It is a insecure time regarding the benefits of people's health. A time when financial resources are also threatening to disappear. Unfortunately we have no insight in the further developments. But It is also a time when new initiatives are undoubtedly emerging to make Ayurveda more visible in our society. We follow the new developments as closely as possible, in particular what is decided by RIVM and the government. The situation surrounding Covid-19 / Corona once again requires us to adjust our behavior and procedures. In addition to the measures, guidelines and advice that we have previously sent from ANVAG, there is a new update.

Online advice

In general and on top of the measures that already has been taken, we advise you to minimize physical contact and to give as much online advice as possible to your clients. This means that an Ayurvedic treatment can only continue if this is really necessary. Also read:

<https://www.nza.nl/actueel/nieuws/2020/03/17/nza-brengt-extra-verruiming-aan-voor-zorg-op-afstand>

Stay informed

We will publish all changes regarding measures, advice and guidelines with regard to Covid-19 / Corona on the website of ANVAG. So check the website regularly to stay informed.

Members meeting canceled

The ALV of April 19 is canceled because of the new measure to ban all meetings at least until June 1. Because we also depend on the guidelines, it is not yet possible to plan a new date. We are now looking at how we can share certain information with you. You will hear more from us asap.

What can Ayurveda mean now?

As we wrote in the beginning of the email, this time can also be an opportunity to make Ayurveda more visible in our society. You can also contribute to this. The idea has arisen to be able to do something about Ayurveda in this Covid-19 pandemic, in the general interest of human health. This with 2 goals:

1. Further minimize corona dispersion
2. Address mild Corona complaints to prevent exacerbation. This includes drawing up a protocol / guideline for prevention and a protocol / guideline for supporting a client and regular health care.

Could you share the following contributions with us:

- Evidence and facts regarding Ayurveda medication, for the prevention and reduction of complaints (preferably with a substantiation)
- General tips that are easy to implement by everyone for prevention and to reduce complaints.

The aim is to make a good inventory and to share this contribution with European professional associations / organizations, so together we can mean something at international level. And also speak "the same language". As soon as the inventory has been processed into protocols, we will share it with you. You can email your contribution until April 3 to info@anvag.nl. Thank you in advance, we'll get through this together!

In the meantime, we are investigating how we can get these guidelines tot the public and the best way we can approach regular health care in order to be able to do something about this Covid-19 pandemic in the general interest of all people.

Lecture Ayurveda & Corona

In addition, we would draw your attention to the following. Mr. Anil Mehta will give an online lecture on Covid-19 via Zoom on Friday, March 27 from 10 am to noon. In this lecture his main focus is on the virus from an Ayurveda point of view. This lecture offers possible guidance as an addition to the measures mentioned above. It is a free lecture for ANVAG members. If you register with mr. Anil Mehta at: info@agn-ayurveda.com, he will send a zoom invitation. You can also get points for this. Take a screenshot of the zoom invitation of Dr. Mehta and upload it in 'My ANVAG'.

We trust that we have informed you sufficiently for the time being. For now we wish you once again a lot of strength and health.

With kind regards,

Board ANVAG