EMBASSY OF INDIA NEWSLETTER

Quarterly publication of the Embassy of India, Juba, South Sudan



South Sudan Foreign Minister Hon. Deng Alor with India's Minister of State of External Affairs Gen. V.K. Singh (Retd) during the latter's visit to Juba on 14 July 2016

- India ranked world's top exporter of ICT
- Rising Number of women on Indian corporate boards
- Indian film Industry the largest in the world in terms of number of film produced every year



AMBASSADOR'S PAGE



Ambassador of India to the Republic of South Sudan, Juba



FOREWORD

It is my pleasure to present to you this **4**th **edition** of the **Embassy of India Newsletter** from Juba (the third of the current year). This past quarter, we witnessed momentous events – albeit some not very pleasant to recount, but some that made us Indians here in Juba feel proud.

- 2. India celebrated its **70th Independence Day** on 15 August 2016 with a sense of pride and achievement coupled with a sense of hope and optimism for the nation's future. We in the Embassy marked the day by honoring the national flag fittingly at the newly-leased Chancery premises in the presence of all our Indian friends here. Officers and Jawans of the Indian Contingent of UNMISS were present in their full military regalia to lend a ceremonial and patriotic touch to the day's memorable events.
- 3. The month of August also saw two ceremonial events organized by the UNMISS in Bor and Malakal, where the Indian Military Contingent personnel were honored and presented with UN Medals for services to UN peacekeeping operations in South Sudan. I and my Embassy team had the privilege and honour to attend both these events and personally convey the richly deserved appreciation to the awardees.
- 4. Prior to this, in July, residents of Juba underwent an extremely agonizing week, as the country's unfortunate civil conflict and tension impacted on the capital city as well. As violent clashes escalated, the local population and the sizable expatriate community, including Indians working and engaged in business activities here were caught unawares. The Indian Government reacted quickly and sent in an evacuation-cum-relief team led by our Minister General V. K. Singh on board two C-17 IAF transport aircrafts. Indian nationals, facing severe hardship and uncertainty in the aftermath of the violence and feeling the weight of desperate enquiries from their relatives back home, were relieved and reassured by this gesture. They promptly registered themselves with the Embassy to avail the opportunity to return home. It is a testimony to the courage and resilience of Indian nationals, that they came together to pool their resources to help and support each other during the crisis and actively participated and supported the Embassy's efforts to coordinate the evacuation process.
- 5. Our Minister used the opportunity of his visit to Juba to meet Hon. Vice President and Hon. Foreign Minister of the Republic of South Sudan. Besides discussing bilateral issues of common concern, our Minister personally conveyed the Indian Government's appreciation for the support provided by the Government of South Sudan in facilitating a smooth evacuation process.
- 6. We have tried to encapsulate most of the developments and events of the past quarter in this edition. Hope you would find it informative and readable! With best wishes,

(Srikumar Menon)

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8th BRICS SUMMIT IN INDIA





















"BRICS acts as a vital pillar of hope for this world full of political challenges, safety related challenges and economic challenges"-Indian Prime Minister Narendra Modi

India will host the 8th BRICS Summit during its Chairmanship in 2016. This is scheduled to take place in Goa from 15-16 October 2016. The theme of India's BRICS Chairmanship is *Building Responsive*, *Inclusive and Collective Solutions*.

During India's BRICS Chairmanship, the following five-pronged approach will be adopted:

- a) Institution building to further deepen, sustain and institutionalize BRICS cooperation;
- b) **Implementation** of the decisions from previous Summits;
- c) Integrating the existing cooperation mechanisms;
- d) Innovation, i.e., new cooperation mechanisms on government-to-government, Track-II, business-tobusiness and people-to-people to tap the full potential of BRICS cooperation; and
- e) **Continuity**, i.e., continuation of mutually agreed existing BRICS cooperation mechanisms.

The focus during India's BRICS Chairmanship will be on enhanced people-to-people (P2P) contacts of BRICS member states, especially Youth. In this context, India has planned activities like U-17 Football Tournament, Youth Summit, Film Festival, Friendship Cities Conclave, Young Diplomats' Forum, etc.

BRICS TRADE EXHIBITION 2016: BRICS Trade Fair is scheduled from October 12 - 14, 2016 at Pragati Maidan, New Delhi. It's theme is 'Building BRICS - Innovation for Collaboration'. Event will showcase some of the best technologies available across BRICS nations to address development challenges. The BRICS Trade Fair will also focus on Start-ups and bringing together young entrepreneurs from across BRICS nations on this platform.

THE BLUE BERETS & HELMETS INDIAN UN PEACEKEEPERS IN UNMISS - SOUTH SUDAN









India has 2300 armed forces personnel serving in UNMISS, which makes the Indian contingent among the largest in the Mission. This month we bid farewell to some of the uniformed personnel of IndBatt1 and IndBatt2 (comprising the 6th Battalion of the Jammu & Kashmir JAK Rifles based in Malakal and the 7th Kumaon Infantry Regiment based in Bor). They will shortly leave South Sudan after completing their tour of duty and will hand over charge to another company as part of annual rotation of UN peace keeping personnel. Under overall charge of National Senior - Brigadier Bimal Kant Rattanpal, INDBATT 1 & 2 include the Indian Horizontal Mechanical Engineering Company (HMEC), Indian Force Signal Unit and Indian Level-2 Hospital in Malakal. Commanding Officers of the two Indian companies are Col. Aditya Kanwal, 7-Kumaon Inf IndBatt2 at Bor and Col. Yogeshwar Singh, 6-JAK IndBatt1 at Malakal.



INDIA - THE MOST OPEN ECONOMY IN THE WORLD FOR FDI

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UN MEDAL PARADE AT BOR & MALAKAL

August 9th and August 18th 2016 were memorable dates to remember for the personnel of IndBatt2 and IndBatt1 (comprising the 7th Kumaon Infantry Battalion based in Bor and the 6th Battalion of the Jammu & Kashmir JAK Rifles based in Malakal). They were presented with UN Medals in recognition of their services and contribution towards peacekeeping in South Sudan. Indeed a proud moment for all.

Ambassador Srikumar Menon and Brigadier Bimal Kant Rattanpal, National Senior of the Indian Contingent of UNMISS, participated in both these events. Brigadier General Robert Lowth represented the UN SRSG as the Chief Guest for the Bor event, while the Deputy Force Commander of UNMISS - Major General Chao Ying Yang was the Chief Guest for the Malakal event. Wreaths were laid at the Martyr's memorial in Bor. The armed contingent presented a "Military Salute of Honour" to the Martyrs, followed by observance of a two-minute silence in their memory.

Ambassador congratulated the Indian contingents in Bor and Malakal for undertaking the onerous task of peacekeeping with exemplary dedication, resolve, zeal and resoluteness. He said he had come to show support and express gratitude to the Jawans, for flying high the flag of both India and the United Nations, while striving for the welfare and protection of the people of South Sudan . Recently, INDBATT-2 company detachment was successfully mobilized from SSB Bor to Juba on directions of UNMISS FHQ and was deployed as the Force Reserve Company. During the crisis in July 2016 in Juba, the Indbatt2 company played a crucial role, reinforcing the perimeter defences and channelizing the influx of IDPs to the PoC site. The efforts of the Indian Contingents have been highly appreciated by the UN hierarchy.





















The first edition of the 3-day **India-Africa Health Sciences Meet (IAHSM)** under the theme of "**Smart and Caring India for a Healthy Africa**" culminated on 3 September 2016 at Vigyan Bhawan, New Delhi, with high-level representatives from India and over 20 African nations (including South Sudan), agreeing to take concrete steps to boost health and research collaborations between the two regions. This was a follow up of the **India Africa Forum Summit-III** held in October 2015, where PM Narendra Modi announced a major development assistance initiative for Africa.

Chief Guest - Dr Jitendra Singh, Minister of State (MoS), who represented the PMO, said, "Our political leadership led by the PM is extremely forward looking in promoting both science and technology as well as strengthening relationships between India and Africa.

Mr, Amar Sinha, Secretary (ER), Ministry of External Affairs, said: "While the Africa Health Fund was announced by PM last year, a well thought out strategy and plan is needed to achieve its goal."

The event - jointly organised by Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, and Ministry of External Affairs, offered a common platform to policy makers, technocrats, scientists, medical specialists, researchers and industry leaders from India and Africa to exchange ideas. Ministries of Commerce and Industry, Science & Technology and Chemicals and Fertilizers, were also involved, so as to bring synergies to engage with Africa. This is the first time five ministries joined hands with the aim of a harmonized approach to engagement with Africa in the area of health.

South Sudan was represented at the event by Dr. Makur Matur Kariom, Undersecretary in Ministry of Health and Dr. Moses Deng Malual, Director General for Pharmaceuticals, GoSS. Dr.Makur described the IAHSM experience as a valuable exposure, finding it extremely useful from South Sudan's perspective. He had fruitful discussions with Mr. Amar Sinha, Secretary (ER), MEA, Dr. Arun Panda, Addl. Secretary (Health) in Ministry of Health and Dean (Academic) and faculty of All India Institute of Medical Sciences (AIIMS), New Delhi.

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INDIA-AFRICA HEALTH SCIENCES MEET (IAHSM-2016) IN NEW DELHI (1-3 SEPT 2016)

The event represented an important milestone in global South-South collaboration, and was attended by several cabinet ministers including, Mr. Jagat Prakash Nadda, Minister of Health and Family Welfare, Dr. Harsh Vardhan, Minister of Science and Technology, Gen. V. K. Singh, MoS External Affairs, Smt. Nirmala Sitharaman, Minister of Commerce & Industry, and Health Ministers from six African nations. Other participants included eminent scientist and former secretary of the Department of Biotechnology - Dr. M. K. Bhan and Dr Soumya Swaminathan, Director General, ICMR.

Africa and India share an important asset in their young populations, about half of which is below 25 years of age and aspires to have the knowledge and technical skills to participate in their economic growth. In light of the similar health challenges faced by both India and Africa (Infectious diseases such as tuberculosis, malaria, HIV/AIDS, childhood diarrhoea and respiratory infections), the delegates at the meet recognized the need to take appropriate steps in the areas of joint biomedical research, medical education, and pharmaceutical manufacturing and trade. This would ensure that critical health products and services are accessible to marginalized and neglected populations at a price they can afford.

India's `Look Africa' policy aims to be an engine for knowledge generation and innovation. The India-Africa Health Fund would help build capacity by training African health-care workers and researchers in





Main highlights of the IAHSM deliberations were:-

- India and Africa to advance in joint medical research, medical education and pharmaceutical trade.
- Efforts to ensure accessible and affordable health services for all.
- More scholarships, exchange programmes and collaborative research projects to facilitate & expedite research work for improved understanding of common diseases.
- Harmonization of regulatory frameworks to advance development of Pharma market in African nations.

The IAHSM recommendations broadly focused on how capacities can be jointly built and strengthened in health and research, improve healthcare delivery, address diseases of common concern and achieve shared health goals. Towards this objective, the meet presented a comprehensive strategy and action plan with a firm resolve to periodically hold such meetings in the future.

INDIA'S 70TH INDEPENDENCE DAY CELEBRATED IN JUBA (15 AUGUST 2016)

The Embassy organized a flag hoisting ceremony on the morning of 15 August 2016 to commemorate the 70th Independence Day of India in the new Chancery cum Residences building.

After unfurling of the National Flag and singing of the National Anthem, Ambassador Srikumar Menon read out the President's address to the nation - in English and in Hindi. Besides Embassy officials, the ceremony was attended by about 250 persons - including a large section of the local Indian community in Juba, as well as senior officers and members of the Indian Military Peacekeeping contingent and the Indian Police contingent attached to the UNMISS. A posse of uniformed soldiers of the Indian military contingent of UNMISS, in full armoury, sounded the bugle and saluted the National Flag.

Following the rendering of the National Anthem and reading of the President's message, Ambassador, in his separate welcome remarks to the gathering, expressed appreciation for the exemplary role played by the brave personnel of the Indian Military contingent in South Sudan. Ambassador also highlighted the resilience of the Indian community in weathering the recent crisis as well as difficult times in the past and urged them to continue contributing towards development of the host nation- South Sudan. On a sombre note, a 2-minute silence was observed to remember the South Sudanese nationals and UN Peacekeepers who lost their lives in the July clashes. The new Embassy premises was dedicated to the Indian and South Sudanese Community. Members of the Indian Community also planted trees inside the premises on this auspicious day.



INDIA - THE MOST OPEN ECONOMY IN THE WORLD FOR FDI



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INDIAN ECONOMIC, BUSINESS AND CORPORATE NEWS



Inflows



Snapshot of Indian Economy











World sees India as bright spot: Participants at the India Economic Summit (6-7 October 2016), organised by World Economic Forum (WEF) in partnership with Confederation of Indian Industries (CII), were unanimous in appreciating the reforms undertaken by the Indian Government. They noted improvement in India's ranking in World Competitiveness Index, and expected India to achieve growth of over 8% in coming years.

IMF revises India's growth to 7.6%: International Monetary Fund (IMF) has raised projections for India's economic growth to **7.6 per cent** for 2016-17 and 2017-18. India keeps its position as the fastest-growing large economy since 2015-16. India's GDP will continue to expand at the fastest pace among major economies. IMF's projection is more or less in line with the Finance Ministry of India's projections of 7 to 7.75 per cent in the current financial year.

Ease of doing business: McKinsey Asia Center has lauded the tangible improvement in ease of doing business in India, the transparency of measures taken and improving level of discretion while formulating decisions. New rules notified by Ministry of Corporate Affairs (MCA) will make it easier to incorporate companies in India. Not only will it reduce paperwork, it will also reduce the "incorporation time", which at present is about 4-weeks, further improving ease of doing business in India.

Rise in India's foreign exchange reserves: The Reserve Bank of India (RBI) announced that India's foreign exchange reserves went up to **US \$371.27 billion** as on September 9, 2016.

Highway projects: The National Highways Authority of India (NHAI) will be awarding projects worth Rs 1000 billion (US\$ 15 billion) to construct around 7,000 km of highways in the current fiscal year. This is aimed to decongest traffic on the National Highway through use of latest digital technologies like Intelligent Traffic Management system (ITMS), Surveillance Cameras and other digital devices.

Indian communication satellite GSAT-18 put into orbit: Indian communication satellite GSAT-18 was successfully put into orbit on 6 October 2016 by an Ariane 5 rocket belonging to French company Arianespace. The Indian Space Research Organisation (ISRO)'s Master Control Facility (MCF) at Hassan in Karnataka took control of GSAT-18 and performed the initial orbit raising activities by firing the motors onboard the satellite.

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INDIAN ECONOMY, BUSINESS AND CORPORATE NEWS

India ranked world's top exporter of ICT: India has been ranked world's top exporter of information and communication technology (ICT) in latest Global Innovation Index (GII) released in Geneva by the World Intellectual Property Organisation (WIPO). India ranked 8th in world for producing graduates in science and engineering and showed the most significant improvements in human capital and research - moving up 40 places to 63.

ONGC Videsh to buy 11% stake in Russia's JSC Vankorneft: Union cabinet has cleared a proposal for ONGC Videsh Ltd (OVL) to acquire 11% stake in Russian oil company JSC Vankorneft from Rosneft Oil Co. for US\$ 930 million. This will provide 3.2 million metric tonnes of oil (MMTOE) to OVL by 2017. ONGC's objective is to add high quality international assets to India's Exploration & Production (E&P) portfolio and augmenting India's energy security.

Apollo Hospitals: Apollo Hospitals Enterprise Ltd - India's largest healthcare provider, has entered the medical rehabilitation services business through a joint venture with Italy-based KOS group.

Rising number of women on Indian corporate boards: A report by Credit Suisse Research Institute has found that the number of women on Management Boards of Companies in India has doubled over past six years, from 5.5 per cent in 2010 to 11.2 per cent in 2015.

Merchandise Exports Scheme of the Foreign Trade Policy: Against backdrop of continued challenging global environment faced by Indian exporters, Dept of Commerce has extended support to certain new products & enhanced "rate of incentives" for certain other specified products under the Merchandise Exports from India Scheme (MEIS).

<u>Indian films' box office collections increase</u>: Consultancy firm Deloitte has in a report said that the Indian film industry - the largest in the world in terms of number of films produced every year, is poised to grow at 11% CAGR reaching US\$ 3.7 billion by 2020.

India, China to jointly promote tea production: Indian and Chinese Tea producers have joined hands to promote sustainable tea production and consumption. United Planters' Association of Southern India (UPASI) and China Tea Marketing Association (CTMA) have signed a MoU in this regard – a first step towards greater regional cooperation between Indian and Chinese tea industries (which produce and consume the highest volume of tea in the world). Both parties will support each other in technological innovation to expand worldwide consumer base for high-quality tea.

<u>Electronics products industry to touch US\$75 bn by 2017</u>: With increasing penetration across consumer products, especially in semi-urban and rural markets, the Indian electronic products industry is expected to grow at a compound annual growth rate (CAGR) of 10.1 per cent to reach US\$ 75 billion by 2017 from US\$ 61.8 billion in 2015.

After IT boom, India's next big thing will be IoT: By 2020, the world will see more than 34 billion devices connected to the Internet, of which, 24 billion will account for IoT-connected devices. Internet of Things (IoT) will herald the next industrial revolution. Founder of Machina Research and member of the Global Advisory Body of IET-IoT, Jim Morrish sees IoT as a huge opportunity for India. According to research done on American firms, 43% of their IT budgets will be spent on IoT projects and solutions by 2020.





The 12th Edition of International Summit on Education will be held from November 10-12, 2016 at Vigyan Bhawan, New Delhi, India. The event is being jointly organized by Department of Commerce, Ministry of Human Resource Development, Services Export Promotion Council (SEPC) & Federation of Indian Chambers of Commerce and Industry (FICCI). Event's main features are:

- <u>International Exhibition</u>: 100 plus exhibitors to showcase best practices.
- Global Conference: 1000 Indian and foreign University Presidents, Vice Chancellors, Deans and other participants from Africa and the Middle East.
- Regional Forums for Africa, CIS, Middle East.
- RBSM and B2B Meetings over 300 international stakeholders of 64 countries from Africa, Middle East, CIS are expected to visit the event.
- <u>Institutions/Campus visits</u> to be organized for foreign delegates. For more details of event.

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INDIA'S MINISTER OF STATE FOR EXTERNAL AFFAIRS VISITS JUBA (14 JULY 2016)

General (Retd.) V.K.Singh, Minister of State for External Affairs met South Sudanese Vice President Mr. James Wani Igga in his office during his short 5-hour visit to Juba on 14 July 2016. He was in Juba to lead and coordinate the evacuation of Indian nationals in South Sudan after outbreak of hostilities in the city. Gen. Singh explained to Vice President Igga, the context and background in which the Government of India took the decision to send a team from India to evacuate the Indian nationals. He expressed optimism that many availing the temporary evacuation, would consider returning to South Sudan soon, once the security environment improved. While discussing bilateral issues of mutual concern, Minister Singh assured Vice President Wani Igga of India's continued commitment to humanitarian and developmental assistance to South Sudan through its capacity building initiatives. He assured that the request for increasing scholarship training slots for the youth and other South Sudanese nationals would be actively considered. He also emphasized on prospects of cooperation in agriculture and fertilizer production.

Earlier, after landing at Juba International airport, Gen. Singh met South Sudanese Minister for Foreign Affairs – Hon. Mr. Deng Alor. The two leaders discussed bilateral issues and areas of cooperation. Minister Singh thanked Minister Deng Alor for the support and facilitation extended by the South Sudanese Ministry of Foreign Affairs and allied agencies of Government of South Sudan in facilitating the IAF aircraft and crew's arrival and evacuation process.



INDIA - THE MOST OPEN ECONOMY IN THE WORLD FOR FDI

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TEMPORARY EVACUATION OF STRANDED INDIAN NATIONALS FROM JUBA (14 JULY 2016) OPERATION "SANKAT MOCHAN"

Following the violent clashes that erupted in Juba on the evening of 8 July 2016, local residents in Juba, including Indian nationals and Embassy personnel, had to undergo an extremely tough week (from July 8-11). As the violence unfolded, there was a spate of heavy shelling, mortar fire, gun shots and cross firing in the streets adjacent to residential areas. The entire city and airport was blockaded for days, with the local civilian population barricading themselves in their homes, till a semblance of order was restored on 11 July. Responding to the crisis, the Indian Government launched "Operation Sankat Mochan" and immediately requisitioned two IAF relief aircrafts to evacuate those who wished to return to India. The Embassy, with strong support of the Indian Association and other community groups, and senior officers and personnel of the Indian contingent of the UNMISS, meticulously prepared and worked round the clock to organize the evacuation of distressed Indian nationals.

General (Retd.) V.K.Singh, Minister of State for External Affairs (MoS) led the evacuation team to Juba comprising of Mr. Amar Sinha, Secretary (ER), Mr. Satbir Singh, Joint Secretary (WANA) and Mr. Anjani Kumar, PS to MoS. The team arrived with IAF officers and crew of two Indian Air Force C-17 Globemaster aircrafts. Within hours of arrival, the team accompanied the 155 persons [including 153 Indian nationals (ten women and three infants) and two Nepalese], on board the IAF aircrafts on their return journey from Juba to Delhi via Entebbe and Trivandrum on 14 July 2016.





TEMPORARY EVACUATION OF STRANDED INDIAN NATIONALS FROM JUBA (14 JULY 2016)



INDIA - THE MOST OPEN ECONOMY IN THE WORLD FOR FDI

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Incredible India



MEDICAL TOURISM AND HEALTH CARE IN INDIA



Indian medical tourism is thriving and provides cost effective and very high quality treatment to international patients. According to Indian Medical Association (IMA) website - Medical tourism focuses on treatment of acute illnesses, elective surgeries like in cardiology, oncology, orthopaedics, etc. with an objective to promote India as a health destination for persons across the globe so as to gainfully utilize the healthcare expertise and infrastructure available in the country for increasing longevity of life. Health tourism also focuses on wellness, rejuvenation, preventive health, image health combined with traditional medicine like Ayurveda, Yoga, etc. In simple terms medical tourism is tourism for health reasons. India is one of the cheapest countries to provide quality healthcare. Cost of many procedures is just 6% to 21% of the US expenditure.



India deals with a high proportion of major surgery tourists than the other countries, which has given rise to specialist corporate hospitals across India. Apollo Hospitals, Artemis, BLK Super Speciality, Fortis, Max, SGRH, Medanta Medicity, MIOT etc. are some of the many hospitals in India where international patients from Middle East, Pakistan, Afghanistan and Africa (especially from Nigeria, Tanzania, Uganda, Ghana, South Sudan and South Africa) visit for availing medical treatment. These hospitals not only provide top-notch, reasonably affordable medical care, but also extend special packages like visa assistance, language interpreter services etc.



Healthcare in India, has evolved considerably over the last decade. The Fifth largest employer among all sectors today, it has also witnessed participation in private venture, and inflow of equity capital across numerous projects in the last year. Medical tourism as a segment has emerged owing to India's increasing strength in healthcare delivery, with more presence of private hospitals with international standards & skilled medical professionals.



Many Indian hospitals now have latest state of the art modern technologies/treatments and facilities with well-equipped ICUs, cardiac surgery treatments, CathLabs, organ transplant, advanced imaging technologies such as MRI and PET, prenatal diagnosis, neonatal screening, bone marrow transplant, and in-vitro fertilisation options. Indian medical institutions are reputed to produce a growing number of quality medical professionals. Standard of medical services at large corporate hospitals has positioned India on the global map as a preferred destination for high-end and affordable medical care. Most doctors and nurses are fluent in English. Top-of-the-line medical and diagnostic equipment from global international conglomerates is available at many Indian hospitals. Indian nurses are among the best in the world. Nearly 1000 recognized nurses-training centers in India, mostly attached to teaching hospitals, graduate nearly 10,000 nurses annually. Even the most budget-conscious traveler can afford first-rate service and luxury amenities.

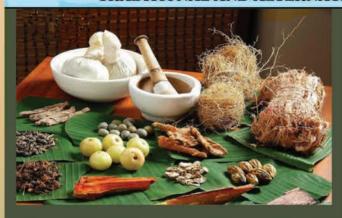
Incredible India



MEDICAL TOURISM IN INDIA

TRADITIONAL AND ALTERNATIVE MEDICINE AND SYSTEM - AYUSH

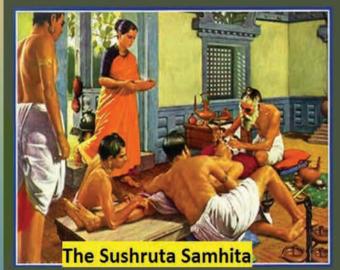
reasonable costs.



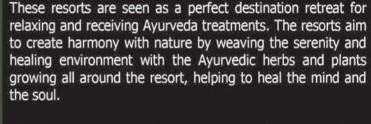
Medical tourists travel to India to make the most of India's ancient tradition of ayurveda and its low-cost medical tourism facilities. Some of the different forms of medical tourism offered in the country include yoga, meditation,

ayurveda, allopathy, naturopathy, unani, etc.

India offers a diverse basket of alternative medical services and rejuvenation facilities to patients at



There is also a **dedicated Department of AYUSH** in India to focus on development of education and research in **Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems** in India. People are increasingly realising the importance of such **alternative forms of treatment** that focus on naturally curing ailments and the body's capability to heal and maintain itself. Yoga retreats, ayurvedic yoga training centers, wellness rejuvenation spas are increasingly becoming popular among foreign vistors for Ayurvedic healing and curative therapies.





The three-part theory (Vata, Pitta, Kapha) of Ayurveda is based on the law of uniformity of Nature; i.e. the same laws apply to the human body as to the rest of the cosmos. The 3 vital forces of the body are not only responsible for physiological functions, but also for mental activities & human behaviour. Therapy in Ayurveda is determined by considering body & mind in their totality - not by dividing body in terms of its parts.



A time-tested practice, Ayurvedic medicine relies on historically-proven herbs and completely holistic treatments to promote balanced and good health and prevent as well as treat disease. Ayurvedic medicine specifically relies on "classical" herbs that have been proven to be effective over time. The most common and widely used Ayurvedic herbs are turmeric, holy basil, and bitter melon. These herbs are very efficacious for treating and/or preventing a range of health conditions such as heart disease, inflammation, and fatigue.