

Special Interview with Indian Ambassador: This is what Indonesia can learn to reduce COVID-19 cases

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19 Jun 2021, 17:12 WIB

Liputan6.com, Jakarta - The spike in cases is so high that it has been called the COVID-19 tsunami in India, which has been in the spotlight until now, so the infection has gone down, so the discussion of the Indian Ambassador to Indonesia Manoj Kumar Bharti in the special interview program Liputan6.com The Ambassador.

The ambassador who had served in Ukraine also told how the current conditions in his homeland were. Then reveal what can be learned by Indonesia, which is currently in the midst of an increasingly worrying spike in cases.

"The Indian government will always, ready to help, in any way possible," Ambassador Manoj said in a special interview on Wednesday 16 June 2021.

The agenda for International Yoga Day or International Yoga Day this year to the benefits of yoga for both the body and COVID-19 patients also did not escape Ambassador Manoj's conversation with Liputan6.com some time ago.

The following is the full interview with the Indian Ambassador to Indonesia Manoj Kumar Bharti in The Ambassador:

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Before we start talking further about International Yoga Day, can you tell us a little bit about Yoga itself because as we know Yoga is quite famous nowadays but can you tell us a little bit more to people who don't know it yet? Maybe the benefits of yoga itself.

Ambassador Manoj Kumar Bharti

First of all, I would like to say hello to Liputan6.com friends and wish you a happy International Yoga Day to come.

What is yoga? I'm sure many people have started to know about yoga or even practice yoga sometimes.

But I feel that in many, many cases, there is a lack of a clear understanding of what yoga can do for you. And what yoga is really about.

The first thing to note is that the essence of Indian philosophy is meditation. When you meditate, you basically have a different experience.

And meditation is not part of religion but part of everyday life.

If you sit down to meditate, you will find that your body and mind are not set to sit still and focused for any length of time.

To enable your body and mind to begin the process of meditation, you need to train your mind and body.

That's what yoga does for you.

Yoga is an exercise to get your body toned and your mind honed to do whatever you want to do, meditation is just one part.

So, this is one way to explain yoga.

The second way to explain yoga is that whenever you receive an electronic gadget or anything, even a cell phone or television, you need to have an instruction manual on how this equipment needs to be run.

What must be done to run the equipment?

And if you ask any scientist in the world, the human body is the most complex instrument ever invented that we use every day without knowing how to use it properly.

Where is the instruction manual for using your own body?

And my reply to this is that Yoga is an instruction manual. It gives you knowledge about how to use your own body, what to do with your body, with your mind with your reading, etc.

A third way to explain what yoga is, is that the word itself means to connect. Yoga in Sanskrit means connecting.

The question is, what connects.

And the answer is that you have two things: body and mind.

The body has a physical form, but the mind has no physical dimension.

So, you are the master of two different things.

One is physical form and the other is non-physical.

Yoga makes you combine these to put them together and have control over your body, as well as yourself.

That is the beauty and importance of yoga.

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Agree with you, because PM Modi once said that yoga embodies the unity of body and mind. That is right?

Ambassador Manoj Kumar Bharti

Right. Because that is the essence of yoga

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So, yoga is not only for physical exercise but also for our mind.

About International Yoga Day. Why is International Yoga Day celebrated on June 21, 2021?

Would you mind providing a brief history of it?

Ambassador Manoj Kumar Bharti

Are you concerned about India and International Yoga Day? In fact, the whole concept of an international Yoga Day originated with our current Prime Minister Prime Minister Modi. (something was cut after this)

By our prime minister, Prime Minister Modi. Immediately, after his inauguration.

On 7 September 2014, this proposal was brought to the United Nations General Assembly.

And it's a resolution supported by about 177 countries, which is a record in itself.

The resolution passed within three months of its proposal, which is yet another record.

And at the end of 2014, the United Nations announced that every year June 21 is celebrated as International Yoga Day.

The first International Yoga Day was celebrated on June 21, 2015 worldwide.

Now why June 21?

The simple answer to this is that it is the day of the summer solstice. It is the longest day and has very unique characteristics in terms of astronomical numbers.

I'm going to put it as an astronomical number because if you ask this from astronomers June 21, June as a very important day and also for most countries that live in between the subtropic Tropics, Cancer and Tropic of Capricorn.

This is the longest day on their calendar.

So, I would say that with that in mind, June 21 was voted on and we are happy that the UN actually agreed to the suggestion made by the Indian government.

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Unfortunately, International Yoga Day 2021 must also be celebrated during a pandemic like the previous year in 2020 if I'm not mistaken. What is the best way to celebrate a moment in this situation?

Ambassador Manoj Kumar Bharti

The Indian government has also acknowledged that in this time of pandemic, it is better to change the way of celebrating International Yoga Day.

And that's why the Ayush Ministry uses the slogan that everyone who practices yoga internationally is to "Stay with yoga, stay at home."

Actually, to do yoga you don't need to be in a crowd or you don't need to be with a lot of people.

Once you understand the concept of yoga, as I mentioned earlier on the Unity of Mind and Body, it should be an individual effort.

One can be with oneself in a peaceful home environment and practice yoga.

This is an important way of living the life of a yogi, who practices yoga.

Yogics or Yogis practice in a sacred institution.

I would encourage viewers to understand the concept of yoga and practice it in their homes.

It has to be done every day, but on June 21 there is a special celebration to mark International Yoga Day.

So, I would encourage them to stay in their homes and pay attention to their yoga practice.

What are the benefits of yoga? As I said before, does it bring you closer to a meditative state.

But that is the end goal or benefit.

Just by trying to do yoga, you greatly benefit. Good in terms of eliminating disease in the body, any disease or problem.

Yoga practice allows you to reduce these negative effects and make you healthy.

Similarly, yoga can clear your mind. It makes you fit for right thinking and profit and honest individual. Not only for yourself, but also for your family members and also for the community.

Keeping your mind and body healthy is one of the immediate benefits of practicing yoga on a daily basis.

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It also serves as a reminder for the audience at home to do yoga only at home, maybe together with their family members. Is that right, ambassador?

Ambassador Manoj Kumar Bharti

I would like to convey my best wishes to all Indonesians who practice yoga.

If you don't practice yoga, start practicing yoga now.

There is an Indian proverb like “better late than never”.

So, you can start yoga now.

Or if you want to join us to know some basics of yoga, How to do yoga, what to do?

You should join us as we roll out this yoga protocol on June 20th in our Auditorium at 9:00am.

You are very welcome to join us.

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Better late than never, right His Excellency?

Ambassador Manoj Kumar Bharti

Precisely

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Ambassador, what are the plans for the Indian Embassy in Jakarta to celebrate International Yoga Day 2021 during the pandemic? You mentioned earlier that the Embassy will broadcast live from the Auditorium. What are the planned activities of the Indian Embassy?

Ambassador Manoj Kumar Bharti

On June 21 at 9:00 am, we have organized a limited show about yoga practice. Standards on how to relax your body to start doing yoga moves and then ending with some breathing exercises.

So, what we have done is to get some yoga experts in Jakarta.

They will show you the whole yoga protocol. There will be about 50 people at most. 50 people in the great Hall we have.

This is also to follow the protocol set by the Indonesian government, as well as the City of Jakarta.

So, we have less people doing yoga and it's beneficial for all of our viewers.

This whole event shouldn't last more than an hour, from 9am to 10am

Will be broadcast live.

And I'm sure there will be an audience discussing in the chat box of one of the social media.

People can also ask questions and we can answer them online in the chat box.

Hopefully, people will benefit. For those who are still thinking, when to start yoga get enough courage and direction to start on June 21 this year.

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So, this event will still be carried out by following health protocols

Ambassador Manoj Kumar Bharti

Correctly

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Ambassador, is there a chance for us to see you doing Yoga during the event?

Ambassador Manoj Kumar Bharti

Me? Yes of course. Everything about yoga I will do

Because in Ukraine when he became Ambassador about three years ago. We have done yoga on International Yoga Day with 4,000 people on the main street of the city.

You can watch International Yoga Day in Kiev on YouTube in 2017 or 2018, watch me do all the yoga poses on the streets

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I think I can't wait to see you doing Yoga poses during the event.

Ambassador Manoj Kumar Bharti

Yes, thank you .

COVID-19 Cases in India Drop, Here's What Indonesia Can Learn

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Ambassador, apart from Yoga we have already talked about, I want to talk about the COVID-19 case in India.

As we have heard, the COVID-19 case in India is in the world's spotlight.

India is facing the second wave of Corona Virus over the past month.

India's COVID caseload has risen sharply to over 150,000 cases per day. The situation is called the COVID-19 tsunami.

Would you mind telling us about the situation during that time and how it is now?

Ambassador Manoj Kumar Bharti

Yes. Actually, all of us in India are sure that we have come out of the pandemic in January, February, March of this year.

But somehow, we might not know about the second wave coming and in April, the situation started to get very very serious in India.

In May, 10 to 11 May, we had 415,000 daily infections. This is very, very serious.

The high number of reported infections is also due to the fact that every day 1.6 million tests are carried out.

Of those 1.6 million tests, 415,000 make up almost a 24% positive rate for COVID-19. That number is too high.

Fortunately, things have changed and are now under control.

In the last two, three days, we have seen that daily infections have dropped to almost 50,000 to 60,000, which for some tests, nearly 1.6 million, even now being carried out.

Now a very small and controllable number.

From another point of view, we saw yesterday there were about 55,000 new infections while almost 200,000 people were discharged from the hospital.

For the number of people still in hospitals themselves falling is another indication the situation is under control.

If India has acknowledged this and also accepts that there is no need for further foreign assistance as we can handle the situation internally.

Now, in this parameter I would say finding yoga practice is still massively emphasized, as a tool to boost your immunity.

That there is a yoga practice called asana, pranaya, which is breathing practice.

There are people who are new to yoga regularly are immune to infection even if you are infected the severity of the infection can be controlled, the impact is very large.

This is my opinion on the current COVID-19 situation in India.

Also, another point to mention here is that we have provided a COVID-19 vaccine to nearly 216 million people, almost like one fifth of our entire population.

And we expect this COVID-19 vaccination rate in India, will continue to increase rapidly and by the end of September this year to achieve herd immunity required around 66% vaccination.

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Ambassador, based on data it is correct that India recorded the lowest daily COVID-19 cases in 2 months.

How did it happen?

You may also know that cases in Indonesia, especially in Jakarta, have recently increased.

What can Indonesia learn from the way India has managed these cases?

Ambassador Manoj Kumar Bharti

I have seen in today's newspapers that variant D has been found in several cases in and around Jakarta, on the island of Java.

Strong advice is to adhere to the basic rules of wearing a mask, social distancing, washing hands regularly, just a few basic requirements.

We have received a larger supply of remdesivir from India. We are in the process of being approved.

The Government of India will always, ready to help, in any way possible.

We have done this before having temporarily suspended our exports of vaccines and medicines due to the situation and severity of our cases in India.

But I'm sure they will always stand by the word war against Corona, as well as on many other global issues that we can help with something to contribute.

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So actually, it's still about the basic rules of health protocols such as masks, washing hands that need to be considered regularly.

Talking about Yoga and COVID-19, you explained earlier that yoga can help boost the body's immune system.

I read from some Indian media that district officials are planning to hold yoga sessions for COVID-19 positive patients to keep them mentally and physically healthy.

As we know, the health condition of the infected person deteriorates due to stress, anxiety, tension, fear of the unknown and depression. What do you think about that?

Ambassador Manoj Kumar Bharti

As what I said before,

yoga has a unique character.

Yoga can provide peace for your mind as well as for your body. But to maintain that mental peace and tranquillity.

This is a huge step for any human being, if you can control your mind.

Helping you fight stress in life, which everyone experiences.

But I would highly recommend people also the basic information about pranayama practice i.e., breathing exercises, very simple, easy to do and very useful.

Let me give you an example, there is a kind of pranayama. It says if you do this simple breathing exercise, 3 exercises for 5 minutes is the same as doing 45 minutes of running.

It gives your body so much energy that it equates to about 45 minutes of running.

There are other similar exercises, which give you mental peace, a peace that can relieve any stress you may be facing.

There is another exercise called Kapalabhati that I recently watched on YouTube to improve my golf skills.

Because I tried to play golf but my swing is still wrong.

So, I tried to watch a video where a person learning to improve their swing goes to a yoga instructor, and is taught to do some asana poses to work their back. As a step to do Kapalabhati.

And I was surprised that golf instructors use Kapalabhati to promote mental stability and peace.

If such yoga movements can be used to play golf, you can imagine the impact on your life.

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Yes, it is true. Yoga makes yourself more relaxed and also makes the mind more peaceful in the midst of stressful situations.

Thank you very much ambassador for your time and explanation regarding Yoga International Day.

We also hope that the planned activities for the Indian Embassy's Yoga International Day will go well.

Ambassador Manoj Kumar Bharti

Thank you, best wishes for you too. Namaste

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