



Schweizerischer Dachverband für Hinduismus SDH  
Fédération Suisse pour l'Hindouisme  
Federazione Svizzera per l'Induismo  
Swiss Federation for Hinduism

## Zoom Webinar organised by Hindu Forum of Europe 24th March 2020

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### Corona – Crisis: Situation in Switzerland and what can our culture and science of Hinduism contribute to combat this pandemic

Switzerland, right in the middle of the continental Europe, is nearing a population of 9 million and has now more than 9'000 corona-infected cases with a mortality figure of 90 as of today, 25th MARCH 2020.

The government on all the three levels – centre, state and local – is very active and the cooperation between the government and the public is excellent. Despite the usual closures and lockups, the basic supply of all the household goods and food materials including fresh fruits and vegetables is really functioning more or less as usual.

Like all the churches, nearly two dozen Hindu temples are also closed for the regular activities like Aaratis and Pujas. Big Family Ritual-Events are all stopped. There are about 60'000 inhabitants here who identify themselves as Hindus. In case of a Hindu death, the cremation ceremony is now restricted to not more than 15 persons including a priest.

What have our Hindu cultural and religious practices to offer?

1. *Namaste* or *Namaskar* instead of shake-hands.
2. As kids we were taught always to wash hands before having food. Our Puja-rituals also have "Hasta Prakshalanam". So, washing hands often and thoroughly – since there is no shortage of water here – suits very well.
3. Two or three basic exercises of *Pranayama* like *Anulom-Vilom* and *Kapalbhati* can strengthen the respiratory system and lungs against the influence of Corona virus. Any yoga teacher or Ramdev Baba's short video clips can show the correct way of doing these.
4. Surya Namaskar – a sort of all-in-one Vitamin tablet for me – done regularly and with proper respiration, can support the immune system to fight against the virus.
5. A precautionary firewall against cold and cough can be created by regular intake of the proven antiseptic spices like Turmeric and Ginger in food. I always take Ginger – fresh or powder – in my tea.

These are non-invasive operations and do not need any financial support from a government! And these suggestions are valid not only for our Hindu community but for ALL.

Yes, we believe and practise "LOKAH SAMASTAH SUKHINGO BHAVANTU" ॥ लोकाः समास्ताः सुखिनो भवन्तु ॥

Dr. Satish Joshi  
President Swiss Federation for Hinduism  
[Satish.joshi@alumni.ethz.ch](mailto:Satish.joshi@alumni.ethz.ch)  
+41 44 372 19 58

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SDH, Anton-Graff-Strasse 41, CH-8400 Winterthur

Telefon: +41 79 449 62 36  
E-Mail: [info@hindus.ch](mailto:info@hindus.ch)  
Internet: [www.hindus.ch](http://www.hindus.ch)

Kontoverbindung:

PostFinance AG – Konto: 61-368148-4  
IBAN: CH23 0900 0000 6136 8148 4  
BIC: POFICHBEXX