

## Important Message

From the desk of

**Mr. Thomas John Muthoot,  
CMD, Muthoot Pappachan Group**

My dear Muthootians,

I have been reflecting with genuine concern and sadness over the doom and gloom engulfing our Country and the world by the outbreak of pandemic coronavirus disease- COVID-19.

Globally the death toll from the coronavirus has risen to more than 24,000 with more than 532,000 cases reported in over 199 countries and territories. The number of coronavirus cases in India stood at 733 today with the number of COVID-19 deaths reported so far is 20, the Health Ministry data says.

As our Prime Minister said on Wednesday, it took 67 days from the beginning of the outbreak in China in late December for the virus to infect the first 100,000 people worldwide. In comparison it took 11 days to reach a total of 200,000 cases and just 4 days for the third 100,000 cases to bring the total number of cases worldwide to more than 400,000.

Let us pray for the departed souls and our sympathy and condolences lie with the bereaved families.

In the Government's attempt to stem further spread of coronavirus in the Country, our Prime Minister has announced a nationwide 'lockdown' for three weeks. To stop the spread of virus, for solving the conundrum of saving one's own life and the life of others in the society, it is enjoined on every one of us to make the lockdown effective by strictly remaining within their houses and not going out and socialising with people so that it will break the trajectory of the virus in a short time as possible.

I am not denying the fact that the lockdown brings with it some difficulties in your daily life and may upset your daily chores. But you must remember that you are undergoing such difficulties for your own sake, for the sake of your family and for the sake of our Country; your sufferings today are for a better tomorrow for you, for your family and for the Country. To quote Budha, "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path".

On the economic front, initial reports predict that the impact of COVID-19 is going to be worse than the combined effects of the 9/11, +2008 Global financial meltdown + the 2016 demonetization and it will probably cause the worst recession in our living memory. Rural areas will suffer the most. Migrant labourers (the daily wage earners) have gone back home. (see pics below). They have lost their jobs and also their income. If the lockdown prolongs, life would be different and difficult for them. The rural agricultural economy is doomed.

We all know that this is a very trying time and there are problems. But problems are

inevitable in our life and are at times unpredictable. When problems of any kind come in our way, we need to consider them as an **opportunity**.

Firstly, it is a time to be grateful to the Almighty for all the blessings that we have now. We have not lost our job. We have not lost our income. We have not travelled miles back home thinking what is in store for us, next. Think of the tens of thousands of people who are going through this peril now. These reflections make us grateful in life. It makes us humble. It makes us compassionate and kinder. It makes us build better relationships. It helps us make better conversations and listening with empathy.

Secondly, I believe this lockdown is a natural process of Divine intervention. All of us are and have become superbusy in our daily life. This lockdown has shut down many things that have been adding no value to us. Nevertheless, it has blessed us to have better time at home to spend with our dear ones, which we always longed for. If we desire, it will give us an opportunity to widen the horizon of our knowledge. There are things you can do sharpen your skills and or acquire new skills, through Online Short Term Certification Programmes helping you to stay relevant in the fast changing world. You can rewind your old hobbies or practice new ones. You can engage in well-being practices which will raise your happiness quotient( like meditation which will help you lead a calmer life). This is also a time to reconnect with your loved ones and friends.

To quote an unknown author, 'Reading is not locked down; Learning is not locked down; Conversations are not locked down'.

With the uncertainty looming large with the outbreak of the coronavirus disease pandemic, I want to reassure all the Muthootians across the Country that throughout these challenging and trying times, all the Directors of the Company and I am very much concerned with your health. Your primary concern shall, therefore, be taking care of your health by observing discipline and moderation in your lifestyle. This is the best time to do or start a fitness program to stay healthy and fit. Remember, life is not merely living but living in health.

Always think positively; always wish good for others and be kind to people.

Dear Muthootians, I thank you for the patient attention given to what I have said. I have aimed, what I said at the beginning, to express a few thoughts that came to my mind having relation to your and family's good health and wellbeing.

Our country has weathered many a storm; let us all unite in fighting this coronavirus, heeding the clarion call of our great Nation.

Good luck and God Bless.

With Warm Regards,

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