

DEAR ALL  
GREETINGS FROM



We are happy to announce that all Somatheeram Ayurveda Group properties will be reopening on 01st December 2020 and we cannot wait to welcome you back!.

**The reopening properties are:**

1. **Somatheeram Ayurveda Village**  
Chowara Beach, South of Kovalam, Thiruvananthapuram.
2. **Soma Manaltheeram Ayurveda Beach Village**  
Chowara Beach, South of Kovalam, Thiruvananthapuram.
3. **AyurSoma Ayurveda Royal Retreat**  
Chowara Beach, South of Kovalam, Thiruvananthapuram.
4. **Soma Palmshore Ayurveda Beach Resort**  
Light House Road, Kovalam Beach, Thiruvananthapuram.
5. **Soma Birds Lagoon River Retreat**  
Thattakkadu, Near Kochi
6. **Soma Houseboats**  
Finishing Point, Alappuzha.

We have relaxed our booking terms and will be as flexible as possible in all situations relating to COVID-19, so you can book with confidence.

We are happy to share you more information on how you can travel to India by Medical Visa and the formalities to obtain Medical Visa.

The people who are applying for a medical visa need to be planned for a stay of 02 – 03 weeks' time. Our team of doctors would always be available for an online consultation and will issue an invitation letter stating the present medical conditions and duration of treatment required. This medical invitation with Visa application can be forwarded to Indian Consulate nearby your area. As you all are aware that **Somatheeram Ayurveda Hospitals** are **NABH** accredited and our Medical Invitation would be an addendum for your visa processing.

## People who are already in India can contact us anytime for their bookings.

Once the Medical Visa is approved, prior to 72 hrs of your travel, you need to carry RT-PCR COVID19 Negative Certificate with you.

Upon arrival at Trivandrum International airport, we will pick up and transfer you to our Ayurveda Resort. At the Resort we would be accommodating you in the quarantine room nearly for 12 hrs for RT-PCR test and till the test result to be ready.

On receiving the negative result you will be allocated to your booked room and can avail all the services and treatments as usual. After 7 days of your stay one more Covid test would be conducted for an extra safety measure.

There are bilateral air bubble arrangements between India and major European countries. There are several flights in operating from different parts of Europe to various parts of India. So you can make the booking in a convenient flight.

For more details of our government guidelines on travel/visa/quarantine etc please visit below link.

Link reference: <https://boi.gov.in/content/advisory-travel-and-visa-restrictions-related-covid-19>

Wellbeing & Safety will be at the forefront of everything we do for you. We strictly following all COVID 19 safety precautions at our premises. Considering the present situation , there will be an extra signs and reminders to 'protect yourself and others' by socially distancing, frequent sanitizing and if you would like to know more about our new hygiene practices please view on our website [www.somatheeram.in](http://www.somatheeram.in)

The health and safety of our guests/partners & staffs are our top priority at all times. We are closely monitoring this situation and observing guidelines from the **Ministry of Health, WHO, NABH** and our infection control experts.

On behalf of our team, we would like to thank you for all your support, concerns and cooperation that you have shown us during this challenging time.

**We hope to see you soon! Best Regards**

**Chithra**

CGM- Operations, **Somatheeram Ayurveda Group**

**Somatheeram Ayurveda Village | Soma Manaltheeram Ayurveda Beach Village**

**| Soma Palm shore | Soma Birds Lagoon | Soma Houseboats | AyurSoma**

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[www.birdslagoon.org](http://www.birdslagoon.org) | [www.ayursoma.org](http://www.ayursoma.org)

# Ministry of Health and Family Welfare- Guidelines for International Arrivals

(In suppression of guidelines issued on the subject dated 02nd August 2020)

## Before Planning for Travel

- i.** All travellers should submit self-declaration form on the online portal ([www.newdelhiairport.in](http://www.newdelhiairport.in)) at least 72 hours before the scheduled travel or physically after arrival at the respective health counters.
- ii.** They should also give an undertaking on the portal or otherwise to Ministry of Civil Aviation, Govt. of India, through concerned airlines before they are allowed to undertake the journey that they would abide by the decision of the appropriate government authority to undergo facility / home quarantine/ self-monitoring of their health for 14 days, or as warranted.
- iii.** Only for compelling reasons/ cases of human distress such as pregnancy, death in family, serious illness and parent(s) with children of the age of 10 years or below, home quarantine may be permitted for 14 days.
- iv.** If they wish to seek such exemption under para (iii) above, they shall apply to the online portal ([www.newdelhiairport.in](http://www.newdelhiairport.in)) at least 72 hours before boarding. The decision taken by the government as communicated on the online portal will be final.
- v.** Travelers may also seek exemption from institutional quarantine by submitting a negative RT-PCR test report. This test should have been conducted within 72 hrs prior to undertaking the journey. The test report should be uploaded on the portal for consideration. Each passenger shall also submit a declaration with respect to authenticity of the report and will be liable for criminal prosecution, if found otherwise. The test report could also be produced upon arrival at the point of entry airport in India.
- vi.** International passengers arriving without an RT-PCR negative certificate and wishing to seek exemption from institutional quarantine may also avail the facility available at the airports to undergo RT-PCR testing (where such provisions exist)
- vii.** All such passengers opting for exemption from institutional quarantine as in para (v) & (vi) shall undertake self-monitoring of their health and will be exempted from quarantine.
- viii.** International passengers arriving without RT-PCR negative certificate and not opting for RT PCR test at airport (if facility is available)/arriving at an airport where testing facility is not available will have to undergo mandatory 7 days institutional quarantine and 7 days home quarantine.

## Before Boarding

- ix.** Dos and Don'ts shall be provided along with ticket to the travellers by the airlines/agencies concerned.
- x.** All passengers shall be advised to download Aarogya Setu app on their mobile devices.
- xi.** At the time of boarding the flight, only asymptomatic travellers will be allowed to board after thermal screening.
- xii.** Suitable precautionary measures such as environmental sanitation and disinfection shall be ensured at the airports.
- xiii.** During boarding all possible measures to ensure physical distancing are to be ensured.

### **During Travel**

**xiv.** Travellers who had not filled in self-declaration form on the portal shall fill the same in duplicate in the flight and a copy of the same will be given to Health and Immigration officials present at the airport.

**xv.** Suitable announcement about COVID-19 including precautionary measures to be followed shall be made at airports and in flights and during transit.

**xvi.** While on board the flight, required precautions such as wearing of masks, environmental hygiene, respiratory hygiene, hand hygiene etc. are to be observed by airline staff, crew and all passengers.

### **On arrival**

**xvii.** Deboarding should be done ensuring physical distancing.

**xviii.** Thermal screening would be carried out in respect of all the passengers by the Health officials present at the airport. The self-declaration form filled online shall be shown (or a copy of physical self-declaration form to be submitted) to the airport health staff.

**xix.** The passengers found to be symptomatic during screening shall be immediately isolated and taken to medical facility as per health protocol.

**xx.** Post thermal screening, the passengers who have been exempted from institutional quarantine [para (iii) and (iv) above] (decision as indicated on the online portal in advance) will show the same to the respective State Counters on their cell phones/other mode before being allowed home quarantine for 14 days.

**xxi.** Post thermal screening, the passengers who have RT-PCR negative certificates already with them [(para(v) and (vi))] shall be exempt from quarantine and shall be allowed to leave and undertake self-monitoring of their health for 14 days.

**xxii.** All such passengers will also be provided the list of the national and state level surveillance officers and the respective call centre numbers, so as to inform state/national Call Centre in case they develop symptoms at any time during the quarantine or self-monitoring of their health.

**xxiii.** The remaining passengers shall be taken to suitable institutional quarantine facilities, to be arranged by the respective State/ UT Governments to undergo mandatory 7 days institutional quarantine and 7 days home quarantine.

**xxiv.** These passengers shall be kept under institutional quarantine for a minimum period of 7 days.

a. They shall be tested as per ICMR protocol.

b. If they are assessed as asymptomatic / pre-symptomatic/ very mild cases, they will be allowed home isolation or isolated in the Covid Care Centre (both public & private facilities) as appropriate.

c. Those having mild/ moderate/ severe symptoms will be admitted to dedicated Covid Health facilities and managed accordingly.

d. If found negative, they shall be advised to self-monitor their health for additional 7 days.

