

**GOVERNMENT OF TELANGANA
MUNICIPAL ADMINISTRATION DEPARTMENT**

O/o The Commissioner& Director
of Municipal Administration
Telangana State, Hyderabad.

CIRCULAR

Roc No:5883/2010/H2,

Dated:21.01.2015

Sub: MA&UD Department – “Namaste Muddu – Handshake Vaddu” – To avoid spreading of diseases from one to one – Instructions issued for the benefit of people - Reg.

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Handshake: Artifacts from ancient Greece suggest that the handshake began as a general gesture of peace, revealing one's open palm as a symbol of honesty and trust. The custom and technique of this open-palm gesture subsequently evolved into the modern form of the handshake, now representing an international symbol of greeting/departure, reconciliation, respect, friendship, peace, congratulations, good sportsmanship, or formal agreement."

2. But these days with greater spread of infection attributed by studies in part related to hand to hand contact, despite emphasis to attend to hand washing, there is an argument in favor that the professional handshake is now anachronistic and should be eliminated. But what, less infectious but yet courteous behavior is there to replace the handshake?

3. So what might be an alternative, infection-free, method for expressing a greeting and acknowledgment? Experts provide some alternatives: "Infection-conscious alternatives to the handshake may be found in a variety of secular and religiously based gestures from around the world. Some well-established gestures include the familiar hand wave (using an open palm, and practiced widely as an informal greeting/departure gesture) and placement of the right palm over the heart (as practiced in the United States while facing the American flag). Practiced predominantly in the Far East, the bow symbolizes reverence and respect but can also have a variety of meanings and may signify greeting/ departure, humility, obedience, submission, apology, or congratulations. The Namaste gesture, practiced for centuries throughout South Asia, has become increasingly prevalent in yoga practice throughout the world. By placing the hands, palms together, against the face or chest, and tilting the head forward, the gesture symbolizes respect and may carry religious significance among Hindus and Buddhists. In Thailand, the wai gesture functions similarly. The salaam (peace) gesture—wherein the right palm is placed over the heart, sometimes with subtle bowing—has been practiced among some Muslims and generally represents a symbol of greeting/departure and respect."

4. In Sanskrit namas means “bow,” “obeisance,” “reverential salutation.” It comes from the root nam, which carries meanings of bending, humbly submitting and becoming silent; te means “to you.” Thus namaste means “I bow to you”. “Namaste is a gesture of friendship and kindness, also of thanks or special recognition. Mystically it is called namaskara mudra and it centers one’s energy within the spine.” “This form of acknowledgement is so lovely, so graceful. Just look at two people in namaste and you will see so much human beauty and refinement.”

5. In view of the above, all the Municipal Commissioners in the State are requested to follow and spread the message among the people on gesturing one another with namaste /salaam/or any other gesture as Handshakes are known to spread countless germs/viruses, apart from undertaking a special sanitation drive and a campaign on personal hygiene.

**Sd/- Dr.B.Janardhan Reddy
Commissioner & Director**

To

All the Municipal Commissioners through their respective RDMA.

All the RDMA in the State.

Copy Submitted to the Secretary to Government (MA&UD) Department, Government of Telangana for kind Information.


for Commissioner & Director