

Information for Indians and Indian students in the UK regarding the Coronavirus outbreak

GOING BACK TO INDIA:

Government of India (GOI) has barred all international flights to India until 14th April 2020. This is in addition to the travel restriction placed to disallow entry of any passenger from the UK to India. Once the inbound flights to India are resumed you will be able to fly back to India. In the meantime, please follow guidelines from [NHS](#), [UKCISA](#), [High Commission of India: London](#), and [Ministry of External Affairs, Govt. of India](#) to safeguard yourself against Corona Virus.

ACCOMODATION PROBLEMS:

Most universities and landlords are supportive of the accommodation needs. However, if you are in a situation that your university or Landlord has asked you to move out, please contact us with details.

ANXIETY ABOUT YOUR HEALTH:

It is normal to be over-anxious during the current extraordinary situations; if you are worried about your health, please follow the [NHS guidelines](#).

STRESSED ABOUT SITUATION:

If you are stressed or feeling lonely, please contact us for a friendly, reassuring call.

VISA STATUS:

If you're in the UK and your visa expires between 24 Jan to 31 May 2020, as per the British Home Office, your visa will be extended to 31 May 2020 if you cannot leave the UK because of travel restrictions or self-isolation related to coronavirus (COVID-19). Having said that, You MUST contact the [Coronavirus Immigration Team \(CIT\)](#) to update your records if your visa is expiring. For more details, Please follow our social media channels (links below) along with updates from [UK Home Office](#).

FOOD:

Several online Indian groceries stores deliver in the UK. Some of the vendors are listed below:

<https://www.goodofood.com/> , <https://www.justhaat.com/> , <https://www.veenas.com/> , <https://www.spicesofindia.co.uk/> , <https://www.desicart.co.uk/> , <https://indianbasket.co.uk/> , <https://www.redrickshaw.com/> , <https://www.theasiancookshop.co.uk/> , <https://www.bigbazaruk.com/> , <http://www.asiansupermart.co.uk/> , <https://morgansdairy.co.uk/>

*Please note that INSA UK does not endorse the above-mentioned vendors nor do we take any responsibility for their quality of service. We are providing the list only for information purpose.

ANY OTHER CONCERNS:

If you have any other concern about food, your personal safety etc., please feel free to contact us – our team will be happy to support you. You can email us at info@insa.uk or amit.tiwari@insa.uk or call

Time (UK time)	Point of Contact (POC)	Contact Number
08:00- 10:00	Rahul Unikrishnan	+44 7375 549618
	Vijay Raghav	+44 7983 114406
10:00 - 12:00	Ranjeet Singh Rathore	+44 7780 087321
	Sushil Rapatwar	+44 7961 082639
12:00 - 14:00	Aditya Tiwari	+44 7414 225055
	Anjali Tiwari	+44 7391 787977
	Sharath Kumar Krishnan	+44 7402 777095
14:00 - 16:00	Manu Khajuria	+44 7538 536452
	Vaishali Nagpal	+44 7404 644880
16:00 - 18:00	Shweta Bhatia	+44 7847 750283
	Santosh Patil	+44 7429 666257
18:00 -20:00	Anu Scindia	+44 7805 181812
	Sharat Tamma	+44 7801 571670
	Arun Patil	+44 7985 377528
20:00-22:00	Ashwani Shrivastava	+44 7554 400933
	Manoj Mishra	+44 7793 547351



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