

AHIMSA COVID REPORT

"The only way to ease our fear and be truly happy is to acknowledge our fear and look deeply at its source." - Thich Nhat Hanh

Report 5 (2nd July to 23rd July, 2021)

In spite of the monsoons bringing great relief to the soaring temperatures in the Northern and Eastern parts of India, Covid 19 cases continue to surge in



People wait in line to receive their Covid vaccines. Source: India Today

various states across India. The country has recorded a single day rise of 41,383 Covid-19 infections, with 507 fatalities pushing India's tally of cases to 3,12,57,720, death toll to 4,18,987. Even though the Government has launched a nationwide vaccination program, it will still take many more months before the entire Country's population is vaccinated.

In possibly the first case for the country, a doctor in the State of Assam has recently been found to be infected with two different variants, Alpha and Delta, of the coronavirus at the same time. The various State Governments have already announced complete lockdowns and some have been observing partial lockdowns in an attempt to curb the spread of the virus. Covid 19 situation continues to be grim in India.

Ahimsa continues to work in the villages of Dehradun and Shantiniketan despite the rains making it challenging. We would like to share with you an article which was featured in the Garhwal Post, a newspaper in Dehradun. It is the goodwill of your support and of the village people which gives us great encouragement to continue our work.



Ahimsa Trust provides Covid care for mental, physical health -

<https://garhwalpost.in/ahimsa-trust-provides-covid-care-for-mental-physical-health/>

Work in Dehradun:

- The Police Officers of Haridwar and Rajpur, Mr. Rajesh Sah and Mr. Rakesh Shah, who have been on the frontline of Covid care, were provided with Oxygen concentrators. Ms. Urmilla Thapa, who is the Ward councillor, was also sent an Oxygen concentrator for her ward.



Left to right: Ahimsa representative providing concentrators and protective medical equipment to the Police Officers of Rajpur and Haridwar (Mr Rakesh Shah and Mr Rajesh Sah) and to Ms. Urmila Thapa, Ward Councillor, Rajpur.



Ahimsa Trust has set up a Covid Relief room in the Chandralok Basti, Village Rajpur, Dehradun. People can now opt to isolate or come here and use the oxygen concentrator, BP machine, Oximeters etc. The hutment has a good location and is easily accessible to the village folks.

Covid Relief room set up by Ahimsa Trust

Covid Relief Distribution by Ahimsa Trust

S. No	Name	Items distributed
1	Mr. Rajesh Sah, Police Officer in Haridwar, Uttarakhand	1 oxygen concentrator, 20 adult cannulas
2	Mr. Rakesh Shah, Police Officer in Dehradun	1 oxygen concentrator, 20 adult cannulas, 50 pieces of 200 ml sanitizers
3	Ms. Urmila Dhondiyal Thapa, Ward counsellor	1 oxygen concentrator, 20 adult cannulas, 50 pieces of 200 ml sanitizers
4	Ms. Anjoo Malik, Social worker	500 Surgical masks, 25 N95 masks, 5 PPE kits, 5 oximeters

Work around Shantiniketan, West Bengal, India

From the 7th of May when Ahimsa started the medical visits, to around 7th June, a total of 78 patients have received treatment. Almost all the patients have also received a course of vitamins after the initial medicines have come to an end. Some patients had to return to Dr. Ganguly after the first visit since their symptoms persisted. The majority of the patients recovered well, including a three-year-old called Bulti Das.

In the month of June, there was sudden decrease in the caseload. This is why we decided to focus on awareness programmes. In July, we now have 8 patients, including three children. We are quite concerned about the number of child patients increasing. With Dr. Ganguly out of town, the children's cases can deteriorate fast.

A. The Oxygen Concentrators and the Pulse Oximeters

- The team members have all learnt how to use the oxygen concentrator and the pulse oximeter. Furthermore, 22 people in the six villages have been trained. This may not seem like much, but in the first round, we wanted to train those people who had smartphones, so that we could also send other videos on Covid. Two oxygen concentrators have been sent to the villages.
- Once the farming month is over, we will send three other concentrators to the other villages. We may keep one concentrator in the Ahimsa office that can be sent to any particular village at short notice. We will also hold further workshops on the proper use of concentrators.
- People have had a variety of symptoms and generally felt better after 4-5 days of medicines and rest. The team members would repeat all the advice about rest, quarantine and hygiene whenever they would call and get updates.

B. Covid Home Care Project (CHCP)

- Since the Covid Home Care Project (CHCP) focuses on prevention and home care, we feel that spreading the word on Covid is essential. The more people who understand about the symptoms and the care

required for Covid patients; the better. This is why we have been holding workshops every month on Covid.

- We have managed to reach around 800 adults and 300 children. Each person has received masks and soap. The children have been provided with dry rations.
- In the second half of July we have started work with 63 young people who are enrolled in classes VIII to XII. Our objective is to make them aware of different aspects of the Covid disease and Covid care.

C. Children's Contact Programme

- In the first half of July meetings were held with 265 mothers (total of 371 children) in the six Ahimsa villages. Some of the mothers are part of our 100 Gardener Group. This was the first time that in-depth conversations on Covid took place. For many mothers, it was also the first time basic nutrition was discussed.



Mungli Murmu is measuring 250 gm semolina (per child) for the mothers of the three Santal villages.

- The team measured 250 grams of semolina (per child) for the mothers of the three Santal villages. The location was the 'Mancha' shared by the villages of Banshpukur and Bidyadharpur. The covered porch overlooked the playing field used by children. The health clinic was next door and is presently closed.
- In the village of Darpashila, team member Anuradha Mondal spoke to a group of mothers about basic child nutrition. The revision of the previous week's discussion on Covid symptoms was followed by a short discussion on the importance of proteins and vitamins in children's diets. Emphasis was given on the importance of eggs and



In Darpashila village, Anuradha Mondal holds discussions with mothers regarding their children's nutrition.

milk (if families have cows, hens and ducks) as well as green leafy vegetables from their gardens.



Ahimsa member explaining basic concepts to mother's groups



In the village of Darpashila, Ahimsa member talking to mothers on basic nutrition.

- Ahimsa has encouraged every team member to take turns in explaining basic concepts to the mothers' group. Team member, Subhas Das spoke about possible Covid symptoms in children and what precautions should be taken for children who catch chills. A soap was provided to each mother and the team asked her to wash her hands properly before handling her children. A surgical mask was given to each mother.



In the village of Notundanga, a mother signs after getting her allocation of Semolina.

- In the village of Taltor, children were weighed by team member Lakhimoni Kisku. The Ahimsa team of six volunteers all attended this workshop in Taltor. A record of children's weight is being kept by each team member. These records may be needed if the children

fall sick and the doctor needs to know the children's weight (for administering the correct dose of medicines).

D. Distribution of Chola Chatu (horse gram flour)

During the last week of the second part of the Covid discussions which Ahimsa held with mothers in the six villages, they were provided 250 grams of semolina for each child. In the next week we decided to give 250 grams of chola chatu. Horse gram flour is extremely nutritious and provides energy. It can be mixed with water and made into a healthy drink.



Distribution of Chola Chatu

E. Some surprising findings from the Children's Contact Programme

- After examining the children's weight charts, we found some cases of childhood obesity. This is unexpected. When our team member, Anuradha spoke to the families, they said that the children had led a sedentary life for the past year and a half.



In the village of Taltor, a child is being weighed by Lakhimoni Kisku.

- Ahimsa team members have also collected information from mothers about whether they have the children's vaccination cards. We are going to follow up with the mothers who do not have cards.
- Foods like semolina, wheat porridge and chola chatu (horse gram flour) are not being consumed by families. Generally, mothers do not buy foods specifically for infants and children. Part of the problem is that these foods have become expensive. Another reason may be that families are not familiar with these foods.

The Children's Covid Contact programme has revealed several lacunae. The government agencies have been handling crucial features of child development like vaccination, basic nutrition and child and maternal health, education and child development. In situations of the near collapse of

Government institutions, what should our role as an NGO be? In addition, the Ahimsa team members are trained to monitor kitchen and herbal gardens and some other facets of village development. They are not experts in what vaccinations should be done and when. They also do not know enough about child development milestones.

We are still pondering over these crucial questions.

With kind regards and gratitude,

Ahimsa Community

