

AHIMSA COVID REPORT

May 21, 2021

Ahimsa Trust would like to thank our donors and volunteers for their contributions and support in helping us with Covid Relief Work. We have over the last 2 weeks been working with families and institutions, assisting them in whatever way we can in this difficult time.

Ahimsa is supporting 6 villages in Shantiniketan, as well as communities and organisations in Dehradun, where our Mindfulness Practice Centre, Jamun Village is located. We are also offering retreats and meditation sessions on a regular basis to help with mental health.

Oxygen concentrators, Oximeters, Blood pressure machines, Masks, PPE kits, soap etc have been purchased and dispatched to these places. Some very good work is being done by our volunteers, the photos of which we are sharing. We have a long way to go but with the continued support and good will of our well-wishers, am sure we will get through this crisis together.

Work around Shantiniketan, West Bengal, India

Ahimsa has been working with six villages in the Shantiniketan area for the last 20 years in Community Development. Covid has spread very fast in these villages in the last month. There are 400 households in these villages. Our coordinator and 6 member team have started work with 34 households who have been identified to have Covid patients. The local doctor who is helping Ahimsa, Dr. Ganguly has consistently provided medical help in the area. With the help of his team, we have started a medical- contact programme for everyone suffering from a cough, cold and fever. Dr Ganguly has asked that the families of those he is treating also stay home for 2 weeks; a most difficult undertaking since it is now paddy cutting (rice harvesting) time. Our team members are in constant touch with these houses. Each patient is connected to Dr Ganguly, who has a tele-consultation with the patient and prescribes the relevant medicines. Ahimsa has connected with the medical store, Seba, where the patient's family member collects the prescribed medicines and is reimbursed by Ahimsa funds. There has been constant follow up with the patient and the family by the team. Meanwhile the family has been provided masks and soap and given instructions on how to care for the Covid patient and keep themselves safe as well.

In the past two weeks, we have managed to source 2 oxygen concentrators, along with other essentials like 500 N95 masks, 6 BP machines, 100 PPE Kits, 40 Oximeters, 2500 Surgical masks. These have been sourced through wholesalers and couriered to Shantiniketan. The team is making a little kit with surgical masks, N95 masks and soap with pictorial material developed by volunteers for each household and will be distributing these kits while we write this report.

We have created and compiled pictorial information sheets along Covid related guidelines, in a way that can be easily understood through pictures and the local language. These are on Covid prevention (how to wear masks, social distancing, washing of hands etc.) as well as on how to identify symptoms and deal with Covid patients in the family. Videos are being made on how to use oximeters which can be sent to the patient's family by phone. Discussions have been held with village communities to access a common space in the village where those needing oxygen can use the concentrator in hygienic conditions and learn to sterilise after each use.

It has not been easy to coordinate multiple activities, especially due to the lockdown restrictions and the online mode of communication.

Work in Dehradun:

Dehradun has experienced a big surge in Covid cases. Ahimsa has extended support to different organisations that are in need of essential items and medical equipment. The first lot of Oxygen Concentrators has arrived in Dehradun. We have provided 50 N95 masks, 500 Surgical masks and 5 Oximeters, which were distributed in a camp organised by Ms. Godavari Thapliyal, a local social worker. Ahimsa has also extended support to Tibetan Primary Healthcare Center along with 5 smaller clinics in Dekliyang Tibetan Colony in Dehradun. They have 386 Covid positive cases in their community and many critical patients in their in patient ward who continuously need oxygen supply. A week ago they were running out of oxygen and Ahimsa volunteers accessed oxygen through their contacts with the government administration within an hour before they ran out of oxygen for their 19 critical patients. They have requested for nebulizers, concentrators, PPE kits, masks, IV stands, oximeters which we are sourcing

Urmila, the Ward Councillor in the Rajpur area too has requested for masks and oximeters which are being sourced and couriered to her. The police in the Rajpur and Roorkee areas has requested oximeters, concentrators, sanitizers, PPE kits, gloves, masks, flow metres which are being sourced and sent. Mrs

Malik, a social worker, who Ahimsa Trust volunteers have known (mother of two daughters who climbed Mt Everest!) is offering free food and Covid prevention materials to remote villages and Ahimsa will be supporting her with materials.

The team in Dehradun is also making similar kits with masks, soap and N 95 masks along with information material in Hindi and have started distributing it to each household in the Chandralok Basti (100 households) where Jamun village is located.

We are putting in efforts every day to source materials as cheaply as possible and get them delivered in a timely manner. It is not without its obstacles, but we are glad to receive outpouring support and help from all those involved in the process.

Some of our team members have been affected by Covid themselves and lost close family and friends. We are extremely grateful to them and their families who are supporting the Ahimsa Covid initiative in spite of many personal responsibilities and bereavements.

We hope with your good wishes and support we can continue to reach out to as many in these most difficult times which India is going through.

We wish you and your loved ones well.

With kind regards and gratitude,

Ahimsa Community

Letter of today's activities by the Coordinator of the Shantiniketan team in West Bengal

Dear Shalini,

Have sent you the photos as requested.

The team members working on the Covid Home Care Project are:

Lakhimoni Kisku Murmu (in blue sari)

Mousumi Murmu (standing)

Subhas Das (striped shirt)

Lalon Das (volunteer from Notundanga village)

Suchitra Lohar (red sari)

Two team members not present were Mungli Murmu (currently in isolation) and Gupin Kisku (has a full time job and therefore unable to give this dedicated time)

My home, Nikot has a large garden. So the team members were able to sit

separately on palm leaf mats (called talai), count the items and then put them into cellophane bags that had been purchased previously.

Once the packets were made and placed in their separate new grocery bags (also bought for the Project), the team was able to understand the use of pulse oximeters. Mousumi Murmu had gone in the interim to purchase the oximeters batteries and the bottles of hand sanitiser.

Each team member placed the batteries in their own oximeter, then placed it on a table- in a clean cloth- and tested their own oxygen levels and wrote the counts down in their exercise books. Three of my team cannot write or read- so this work is done by other team members or their family members.

Such a detailed description was necessary to convey the enormity of the task in front of us with Covid Home Management in rural areas. After today, I'm confident that the team can use the oximeter, so can others in village settings. Tomorrow will be the day to try out the PPE kits.

I am also grateful for Ms Anuradha Mondal who has been coordinating the team effort on her (new) smart phone given by Ahimsa. It took 5 long days for the old number to be registered on the new phone- but this DID get done!

More tomorrow then

Warmly,

Chandana

PS The lockdown in Bengal only allows movement and shops open from 7 am to 10 am. I'm afraid lockdown rules were broken today



A team member testing her oxygen level



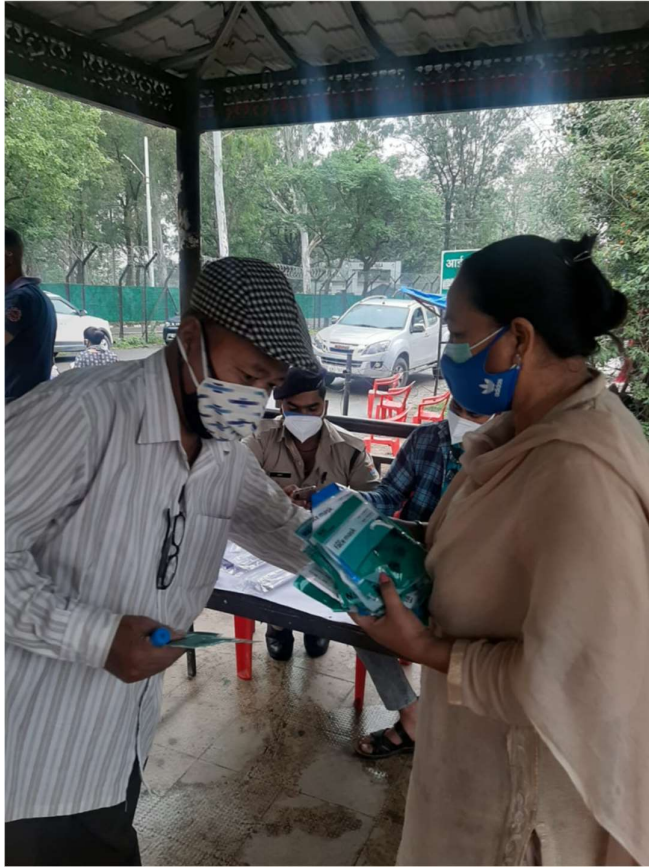
A team member distributing Covid Care Kit sent by Ahimsa



The medical store where patients are sent to collect medicines and reimbursed by Ahimsa



Our Shantiniketan team, masked and ready to go



Camp organised to distribute sanitizers and masks (donated by Ahimsa) in Dehradun by Godavari Thapliyal, Social worker



Our team member's family pitching in by making kits for households to be distributed in village Rajpur Mafi, Dehradun



Team members learning how to use the Oximeter



A kit with N95 mask, surgical mask, soap, towel and Covid care instructions in the local language, are being distributed to different households in Dehradun and Shantiniketan villages