

# Roshni

Special Issue

April - June, 2020



**AIWC Fights  
Covid-19**



**ALL INDIA WOMEN'S CONFERENCE**



### All India Women's Conference (AIWC)

AIWC is the oldest national women's organisation in India. It began in January 1927, when the All India Women's Conference on Educational Reform was held at Fergusson College, Pune. The first President was Maharani Chimnabai Gaekwar of Baroda. Since then, AIWC has been at the forefront of the endeavour to uplift and empower Indian women.

When India attained Independence in August 1947, the first Indian National Flag was presented by AIWC President, Smt. Hansa Mehta, to the Chairman of the Constituent Assembly, Dr. Rajendra Prasad.

Today, AIWC has grown to encompass the whole of India.

### Statewise Number of Branches of ALL INDIA WOMEN'S CONFERENCE



# ROSHNI

Journal of the All India Women's Conference

April - June 2020

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*By Smt. Kathika Das, President*

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बापनु घर

आ.भ.म.प. नई दिल्ली

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कोरोना: एक नज़रिया

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भोपाल

मधु सरन अध्यक्ष

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लॉकडाउन

रक्षा शुक्ला

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शाखा अध्यक्ष

लॉकडाउन में क्या खोया क्या पाया

प्रीति तोषनीवाल, कानपुर (मैन ब्रांच)

लेडीज क्लब मेरठ

निरुपमा राजवंशी अध्यक्ष, सुधा भटनागर सदस्या, स्टैंडिंग कमेटी

कोरोना पोजिटिव – गीता का कर्मयोग

डॉ. स्वर्ण सखूजा को. अध्यक्ष, सहारनपुर

## *From the Editor's Desktop*

**From: Editor, Roshni**

**To: Members, AIWC**

It has been a privilege to edit this Special Issue. The selfless dedication of our members in facing the challenge of the novel corona virus has been incredible. Heedless of the risk to themselves, AIWC's Covid-19 warriors, many of them senior citizens, can be seen on these pages, providing service before self in its most literal form. Our Special Issue is a souvenir of this unique time, and the values that AIWC stands for.

We have more than just an account of relief activities. Members have seen this as a time for reflection. There is an analysis of the "shadow pandemic" of domestic violence that has followed Covid-19. Members have meditated on how their own lives have changed. An assessment has been made of the Kerala Model, which turned what might have been a disaster zone, into a success story.

From all corners of our country, we bring you news and views of the good fight being fought fearlessly – from Kashmir and Pathankot in the North and Imphal in the North East to Daman in the West and Puducherry in the South. We received so many reports that this issue is double the size of normal issues. There are even two hand written notes, from distant branches without access to a computer. They have been reproduced in their original form. Many more branches have worked silently. We know that they have served the community, though they may not be featured here. We salute you all.

Sisters, this issue will make you proud of our organisation, of ourselves and our fellow members.

**Chitra Sarkar**

## *How I Faced The Challenge of Covid-19 at AIWC*

*By Smt. Sheela Kakde, President, AIWC.*

On 3rd February 2020, along with the newly elected Secretary General and Hon Treasurer I took charge as President of AIWC in a wonderful ceremony organised by the previous team and the office staff. With blessings and good wishes pouring in, I was all geared up with my plans of fulfilling my dream of taking AIWC to a greater height, at the same time fully aware of the challenges that I would have to face in the process. We were just settling in and getting prepared for the presentation at the parallel event of CSW64 in the first week of March 2020 when the stories of the Corona virus started coming in. We really did not take it that seriously and were busy getting ready for the event. Very soon we realised how lucky we were that we had not already left for New York. The United Nations Commission informed us that they had cancelled the sessions. The alarm bell still did not ring. I thought yes, now that I do not have to travel, it will give me more time for the work on hand. But that was not to be, as by then, with the virus spreading like wildfire, the entire nation went into a sudden lockdown from 24th March 2020. It hit me like a bolt from the blue. I finally realised that this was a totally new and unheard of challenge that I was going to have to face. But not one to bow down, I quickly gathered my wits. Knowing that the pandemic had created significant unprecedented challenges for all leaders across the Globe, and that I was not the only one, I sent up a silent prayer. I decided to

take on this new challenge with determination and a firm belief that the Almighty has chosen me to steer the organisation safely in these rough times. As they say when the going gets tough, the tough get going. Left with no alternative I decided to plunge headlong into the situation bearing in mind the safety of all at the campus.

AIWC Head Office at 6, Bhagwan Dass Road, New Delhi, closed the office and brought the shutters down on the Exhibition Halls, MCM Library and AVI College. Bapnu Ghar the shelter home with twenty inmates and the warden continued to work with no new entries. The two hundred and fortyfive girls of Sarojini and KD Hostel were served notice on 23rd March to vacate and go to their local guardians or hometown till the situation improves. Very soon we had only fortyfive girls along with the three wardens. The Mess had to function for the hostelites. The Mess Manager and two cooks who reside in the staff quarters continued with their work. Besides this nine other staff members with their families were locked down inside the compound along with three security guards of Fire Ball Company. I was to go back home to Mumbai in a week's time but got locked in too. The situation was scary as my husband too was all alone in Mumbai. I was worried about him as with the lockdown no domestic help was available. So along with my AIWC family of one hundred and twenty people, we all stayed on the campus for



more than two months amidst frightening stories and rumours spreading left, right and centre. As the lockdown situation was unheard of and not knowing what the future holds there were a number of questions in everyone's mind. I knew that as the Head of the organisation I had to put up a bold front. So with encouraging words to all of them daily and with the assurance that we all will certainly sail through this crisis, we all really stood by each other like a family. We began with the work on hand. With their morale sufficiently boosted, the first thing we did together was cleaning the whole campus daily for two hours. So the new AIWC project of Swachhata Abhiyan was started in the campus with Salim, Ashok Mali, Mohan Ram and Vijay leading from the front, followed by Chander, Amarnath and Kalidin. Even the hostelites and wardens joined hands. Mess was very efficiently handled by Darshan, Mahender and Gayatri, the Mess Manager. Very simple but clean and nutritious food was served daily for breakfast, lunch and dinner without a break. Gayatri would fearlessly drive down herself every week to the Sabji Mandi for provisions. Mani and Sanchit ensured nonstop water and electricity supply and took care of odd jobs for the residents. Bapnu Ghar Warden, Sushma Sharma did an excellent job of handling the girls, getting the whole area cleaned, gardening and planting vegetable saplings etc. I also enjoyed developing and strengthening my bond with my new family by being with them daily. I had enough quality time to concentrate on my spiritual practices in the early hours of the day; which gave me confidence and the belief that I was on the right path and there was no place for **FEAR** in my heart. Everybody in the campus was time and again given hope that we should face the challenge strongly and unitedly with faith in the Almighty.

At our request, NDMC sanitised the exterior of Sarojini House regularly. The office staff was doing their best while working from home. Executive Secretary, Poonam was of great help during this time. Mr. Naresh Agarwal, part time consultant engineer visited frequently after the lockdown was lifted and helped me to get a sanitizing machine of our own. We started sanitizing the interior of the building ourselves regularly, and we continue to do so even now. With all this unexpected work I also saw to it that the office work did not lag behind. I sent many urgent official letters to the respective authorities as well as circulars to all the SCMs and branches boosting their morale that this too shall pass, cautioning them when they were out to help the needy and likewise appreciating their act of **SEVA**. Our members acted proactively by providing food, rations and hygiene products to the needy and enabled collaboration in all possible ways to realise new ways forward. Lily, our Assistant to Office Bearers did the job promptly of sending the mails from home, thanks to digital media. I am very pleased with our office staff, executive team, and our members from all over India, who all came together and did incredibly well during this time of Covid-19.

A noteworthy fact was that since I was staying away from my family, the staff were very protective of me. Our Patron, Mrs. Bina Jain and Finance Manager, Biji Sabastian took special care of me, by supplying me with food items of my choice without a word of request from me. The minute the situation eased a little, Biji used to come for office work. Both of them and our MIC Constitution, Rekha Sali planned all the care for me, as by then I had been away from home for almost four months, the longest period ever. God is great! I am ever thankful.



After the lock down was released partially, office and other staff started attending on alternate days, fully equipped with mask, gloves, distancing etc. Their temperature is checked daily. The office has started functioning from Monday to Thursday. Life seems to be coming back slowly to some semblance of normalcy.

Another important job on hand was that since no meetings or conferences could be held, the need of the hour was arranging virtual meetings to converse with the members and empower them with new technology. So I began Webinars, a tough job as most of our members are not tech savvy. But it was heartening to learn that our members soon caught

up with this new way of working and most of the sessions are now conducted successfully through the Webinars.

While the pandemic literally brought the world to a stop, it also taught me an important lesson. While I certainly knew that it is not easy to be a leader even in normal circumstances, being one in these most unusual times is a totally new ball game altogether. But faith in the Almighty that He will give me the strength to carry on in these difficult times and still come out a winner is what encourages me to work with renewed energy and enthusiasm to take AIWC to the top.



DELHI

## *Life in Lockdown*

*By Smt. Bina Jain, Patron, AIWC*

Everyone was so happy to enter 2020, a magical number blooming in every one's mind. But God's agenda for this year was different. A sudden horror spread all over the world and made life stand still .

We were at a stage where the burden on Earth was intolerable, creating shortage of water, too much garbage, too much pollution, traffic etc-etc. The balance of the earth was shaken up. People thought they could use or misuse Nature's resources the way they liked but Nature decided to tackle the abuse in its own way. Nature won't tolerate for a long time or give liberty to human beings to misuse her.

In India the first case of COVID-19 was detected on 30th January 2020. Suddenly the fast life got a jerk and life came to a standstill. One week was quite tough to stay at home

without going out for most. But with no other choice, slowly people found ways to enjoy during lockdown. With our advanced technology socializing was not too difficult. Online parties and groups of people having musical evenings from their balconies all became a part of life. People learnt to live within a family. Varieties of food and sweets could be ordered on line. What was missing was the physical presence of near and dear ones.

Covid-19 took away one year of my life. The rest of my life will not be the same. I have to learn the new normal way to live. It is just God's wish.

Thanks to advanced technology, I could attend a five day international conference on Ayurveda, and also conduct Ujjawal Women's Association's EC meeting on Zoom.

\*\*\*\*\*

## East Delhi Branch

The lockdown that followed the spread of Covid 19 created a threat to the well-being of society in general. However, without losing heart the members of all the three organisations of East Delhi Branch, namely UWA, VMS and IWDC, went ahead with fulfilling the need of the hour, by helping society in general and women and children in particular.

We got registered on NGO Darpan, the NGO hub, in April 2020. The activities of UWA members during this period include:

- ♦ Online Lecture/interaction series



*By Dr. Yuthika Mishra, Vice President*

- ♦ Food distribution to the needy
- ♦ Counselling
- ♦ Making people aware about Arogya Setu App

Three interactive lectures were held by **Ujjawal Women's Association** during the Covid 19 lockdown period. The first was on health and immunity given by Dr. P.K. Mishra, Director Max Hospital. Next, Smt. Jyotika Kalra, Member National Human Rights Commission, was invited to throw light on the issue of migrant labourers and students who were forced to leave Delhi en masse. An inspirational talk was undertaken with the support of Brahmakumaris of Manesar. BK Aditi Singhal ji gave a beautiful exposition on relationships and happiness during lockdown and rejuvenated the spirit of the attendees.

Food distribution to the needy was the main activity of the UWA members. Smt. Nirmala also gave out sanitizers and masks on large scale including at the AIWC Head Office at Bhagwan Dass Road, New Delhi. Smt. Rashmi Nigam got cloth masks made by the girls of UWA stitching project at Pandav Nagar which were distributed in the surrounding areas by our members to the needy like the guards, maids, police personnel etc.

Smt. Bulbul Das combined legal advice with counselling. The cases dealt by her are related to domestic violence, harassment and cruelty.





Smt. Sapna Acharya, Secretary, **Vikas Mahila Sangam**, a Constituent Branch of UWA, reported that they donated a cheque of Rs. 95,000/- to the PM Care Fund in April 2020. Another activity involved food distribution at Yamuna Ghat near Nizamuddin Bridge and West Vinod Nagar to daily wagers and migrant labourers, respectively.



Bananas and biscuits were distributed to the police staff at the ITO and Ghazipur check posts.

Smt. Sushma Jindal, President, **Indraprastha Women's Development Council**, reported that members helped by stitching masks, distributing food items to the needy and holding informative webinars for their members.



## *South Delhi Lodhi Road (SODELO) Branch, Delhi*

*Smt. Meenakshi Kumar, Secretary*

COVID 19 has negatively impacted the whole world. But the adverse consequences felt by economically weaker communities are much greater than their bearing capacity. SODELO members did a good turn by coming to the aid of the needy.

Food items were donated to the slum dwellers near Tyagraj Stadium in Delhi- two quintals of atta, fifty kilos of rice, ten (litre) bottles of mustard oil, salt and spices. One hundred packets of sanitary napkins and thirty bottles of sanitizer were distributed to women and children in the same area. SODELO Team is also supporting the Roti Bank of Sunlight Colony, Ashram, New Delhi. The Roti bank caters to slum dwellers in the adjoining areas.

On 20th May, two quintals atta, fifty kilos of rice, ten kilos mustard oil, five kilos refined oil,

five kilos chole, five kilos chana dal, salt, sugar, snack packets and spices were donated to migrant labourers through the Pradhan of the area, and because of his request, no photographs were taken. There were approximately one hundred and fifty beneficiaries.

Laxmi Bai Group, the Constituent Branch at Sunlight colony, South Delhi Lodhi Road (SODELO) provided mental relief to women and girls through telephone consultation for 'Stress Management'. The counselling helpline addressed their mental agony with the help of psychologists and motivational videos.

There were nineteen domestic violence/ anxiety cases which had witnessed a sharp increase. Males suffered anxiety regarding their employment issues. Nine cases were closed



after online counselling (duo calling) through mindfulness therapy by the psychologist. The rest of the cases are under legal process. The follow up of cases is being done with the help of Saket Court Lawyer.

Due to the lockdown the schools shifted their education online. Problems were faced by children from Sunlight Colony who did not have access to smartphones or laptops. Our team provided smart phones to some children, and guided parents of others to arrange for more. We also taught these children to how to use the smart phones, while maintaining the social distancing norms.

The girls were again at a disadvantage as the mobiles came to them only after their brothers had finished. Girls were also required to assist their mothers in doing household chores. This made them suffer from depression. Our team counselled the girls' parents and advised them to treat both their sons and daughters fairly. Children were kept fruitfully engaged in yoga and morning exercises, roof gardening, painting, writing diary, etc. They were motivated with encouraging words and grades.

Our team included Smt. Amrita Saraswat, Smt. Meenakshi Kumar and Smt. Ragini Raj of SODELO



**All India Women's Conference extends its grateful thanks to National Foundation for Communal Harmony (NFCH) for sponsorship of The National Integration, Peace & Communal Harmony Workshops (Feb-March 2020) conducted by Head Office through AIWC Branches at Rajkot (Organiser: Dr. Bhavna Joshipura) and Lucknow (Organiser: Prof. Nishi Pandey)**



## South West Delhi Women's Association, Delhi

*By Smt. Shubra Mendiratta, President,*

**S**outhwest Delhi Women's Association, with the help of their eleven affiliated branches, contributed to helping the needy during the lock-down period with their various efforts.

- ♦ The main office/ branch distributed cooked food to migrant labour at Geeta Colony for ten days, in association with Claridges Hotel and Delhi police.
- ♦ **Zafarpur Branch** distributed seven hundred packets to the poor daily wagers since lock-down.
- ♦ The **Najafgarh Branch** which runs the Old Age Home and Student Hostel, has been distributing food to the poor and needy till date.
- ♦ **Safdarjung Enclave Branch, Anugreh Mahila Samiti**, made masks and distributed them among needy persons.
- ♦ **Vibhuti Branch**, Vasant Vihar, distributed rations among poor people.
- ♦ **Rohini Branch** manufactured masks and distributed among the needy
- ♦ **SWEDWA** also distributed masks to residents of **Bapnu Ghar, AIWC**





## ***Dhuri Hoon Mai (D.H.M.), Rohini***

***Constituent Branch of South West Delhi Women's Association (SWEDWA)***

***By Smt. Babita Agarwal, President***

**T**he following activities were undertaken during pandemic lockdown period:

1. Mask Making and Distribution
2. Hand Wash and Sanitizer Distribution
3. Sanitary Napkin Distribution
4. Awareness by Poetry , Slogan and Song to the Community

**SKILL COMPETITION:**All women and girls were very nervous at home during this Covid-19 period. We have given them a skill competition. Under this they were told to show their hidden talent and work online. All the students, teachers

and volunteers took part in this programme and felt happy .

**MASK MAKING:**We have given mask making work to sixty women and girls in Budh Vihar Phase-2, Delhi 86. They took the raw material like cloth, elastic, glue guns, glue sticks and packing materials from Dhuri Hoon Mai premises to their homes. They made these masks with the help of their family members, and returned the finished items to Dhuri Hoon Mai NGO. They were able to earn Rs. 300/- to Rs. 500/- per day. This work is still going on. They are happy with this opportunity as earning is the most urgent need of the hour for these families.



## Vikaspuri Uttam Nagar - West Delhi Branch,

*Smt. Sunila Choudhary, President*

India is fighting to overcome the global pandemic of Covid-19. It hurts marginalized communities disproportionately due to loss of livelihood and lack of food, shelter, healthcare, and other basic needs. In view of the large number of sufferers, Government support is not enough. Hence we members of Vikas Puri, Uttam Nagar Branch, decided to help those in need, till the extent of our worth.

For the said food distribution, we had to get permission from the concerned Police SHO for three days. The SHO granted us permission only to prepare and pack the food under hygienic conditions with social distancing according to the distribution process devised by the police themselves, in view of law & order and safety concerns.

- ♦ Bindapur Road, Uttam Nagar, New Delhi on 25-04-2020



- ♦ C-Block, Bhagwati Vihar, Uttam Nagar, New Delhi on 26-04-2020
- ♦ Rajapuri, Uttam Nagar, New Delhi on 27-04-2020.

We are very thankful to the people, Police and our members, who prepared the food for distribution by maintaining social distancing and hygiene. They packed the food according to the guidelines given by the Delhi government, under our Branch Banner.





## *The Year of Covid-19*

*By Smt. Sheela Satyanarayan, Assistant Secretary, AIWC*

The year 2020 had a different kind experience for the entire world, and we could very well call it the “Year of Covid”. What an experience! One which this generation will never forget. Who had ever heard of humans locking themselves in the houses and the streets being taken over by the animal kingdom. A blue sky with soaring birds and a vision as far as the eye could see!! with no pollution blocking it.

Mankind may have locked themselves behind closed doors for self protection with fear looming large, but the spirit remained undaunted for our members, true to the culture of AIWC. Due to the pandemic the entire country was put under lockdown. Thus all economic activity came to a halt. The daily wagers and the small enterprises were worst affected. No livelihood meant no income and therefore no food. In spite of the Government’s best effort there were many areas which got left out, and this is where our members stepped in.

Volunteers came forward, joining hands with local authorities, police force etc., forming groups to offer any help required. The pandemic mandated several safety measures to be taken for prevention. Branches which were running skill centres took to making masks. This became an income generation activity for them. Branch representatives further sold these masks at very nominal rates, and gave the proceeds to the girls.

Another sector which underwent tremendous turmoil during this period was the migrant population. Not being able to handle the emotional stress, they struggled to get out of their confinements. As a result a massive exodus took place, with thousands walking out of their workplace, to reach the comfort of their homes in their villages. Trudging long distances was an unimaginable ordeal. Here again members came forward, providing food and water etc.

Members got active in addressing issues related to physical and mental health. Various activities were conducted on-line, like organizing yoga sessions etc.

Any challenging situation brings in new ideas. A society survives best when interacting, sharing and learning at the same time. With travel and social gatherings being banned a new method of collective gathering, the “ Webinar” became the new order of the day. This new tool gained popularity very fast to communicate and also provide solutions. Head Office did not let the pandemic bring life to a halt. Webinars were conducted throughout, bringing members close to each other, sharing new learnings. Life cannot be stagnant -- it has to move on, and this is what our members did. They moved on, offering help to the needy and taking them along.

A big salute to all the Covid Warriors of AIWC.



ANDHRA  
PRADESH

## ***Mahila Sangham, Gudivada, Krishna district, Andhra Pradesh***

*By Smt. Dandamudi Jayalakshmi,  
Joint Secretary and Standing Committee Member*

**W**e gave an awareness program on handwashing and social distancing. Family relations seem to have improved melodiously due to quarantine. Fruits and provisions were distributed to one hundred recipients. One hundred and fifty people were benefitted by our Annadanam programme.



## ***Hyderabad/Secundrabad Branch***

*By Smt. Supriya Bhalerao, Secretary*

**R**elief activities were initiated by **Smt. Farida Hussain, President of Hyderabad-Secunderabad Branch, Hyderabad.**

We run a Working Women's Hostel in Khairatabad area of Hyderabad. We decided to distribute food in that area as it is a congested area where a lot of labor class people live, who are out of work due to lockdown. We have an arrangement at the Hostel for buying provisions, cooking food etc. The Hostel had to be vacated as per the requirement by the Government and only two inmates who are nursing staff are continuing to stay in it.

The food was cooked for fifty people everyday and distributed for a week and we gave away masks too. They were mostly the families of the cleaning staff of Municipality. Rice and dal was also distributed to the aged and poor people in a lane nearby.

It was a difficult task! That area was soon declared as a Containment area and was cordoned off fully.

It was a Hotspot in the Red zone where some cases were identified. When I drove down to the place, the Police stopped me and asked me to turn back and threatened to seize my car.

Age was also not on our side, as most of our Committee members are above 60 years, so couldn't take risk. Mostly, it was Mrs Geeta Choudhary and myself who worked on this task with the help of the Hostel Warden and the staff, and with Smt. Farida Hussain's moral support.



## *Kakinada Main Branch, Kakinada*



Kakinada Main Branch distributed groceries during lockdown period to the staff of the Sanitary Napkins Project and also to the workers of the Clean Beach Project which is run by the Branch.

An awareness camp was conducted at Suryaraopeta village on the occasion of Menstrual Hygiene day. Thirty women from the fisherfolk community attended this program. Sanitary napkins and masks were distributed to the women.

Kakinada Main Branch distributed sanitary napkins on the occasion of the birthday of Smt Bhanumathi, Secretary, AIWC Kakinada to the poor and needy women with voluntary support from Helping Army Foundation, Kakinada. Even in the Covid-19 lockdown our volunteers went personally to give material and moral support to women in the slums.



Kakinada Main Branch distributed fruits to the poor aged women of Endowments Old Age Home on Mother's Day.

We also distributed one thousand sanitary napkins in a remote area with the support of Red Cross Society, Kakinada





## ***Ravindra Rural Development Educational Society***

***Nellore, Andhra Pradesh***

***Dr. P. Radhika, President***

1. We distributed fruits and biscuits in Y S Nagar, a rural slum area in Nellore
2. We cooked food in our Working Women's Hostel for fifty daily labourers' families.
3. We distributed provisions and vegetables which are sufficient for one week in a slum area, Kotur, where daily labourers are



staying. Seventy five members were benefited by this. Along with this we gave them face masks also.

4. We stitched and donated one thousand masks to the staff of the Government Hospital.

## ***Nirbhaya Kranti Mahila Mandali***

***Constituent branch of Priyadarsini Mahila Mandali, Vijayawada, Andhra Pradesh***

***By Dr. B.K.D. Varaprasadini, Zonal Organiser, South Zone (A)***

**S**mt. Aburi Ratna Lakshmi, the President of the Nirbhaya Kranti Mahila Mandal is a very dedicated social worker and does lots of service to society. She has been working with Priyadarsini, Vijayawada for many years. In this Covid-19 context, they have rendered their services in so many ways:

They have donated Glows Soaps to two hundred and seventy sanitation workers.

In the Gram Panchayat, they supplied food for one week. For these services the Gram Panchayat thanked the Nirbhaya Kranti President, Smt. Ratna Lakshmi.

They donated daily essentials to the migrant workers

Food worth Rs. 1,60,000/- was supplied to feed the migrant workers at Auto Nagar for a period of one week. Still they are contributing their services.

## *Vishakhapatnam Branch, Andhra Pradesh*

*By Dr. B.K.D. Varaprasadini, Zonal Organiser, South Zone (A)*

This branch is one of the oldest in the South Zone. Their Past President, Smt. Indrani Jagan Rao passed away recently. Smt. Talluri Sugun, a leading lawyer, has been heading this Branch for many years and has contributed greatly to the community of Vizag. During the lockdown she has responded to cases of domestic violence, sheltering the victims in their Organisation building and fighting their cases pro bono.

Their Association donated seventy five units of 500 ml bottles, seventy five units of 50 ml pocket sanitiser bottles, four touch free sanitizer stands and two thermal touch free guns to the District Legal Services Authority, Visakhapatnam. From March 22nd to May 20th they distributed Rs.6000/- worth of items to the court staff and litigant public.





## West Godavari District, Andhra Pradesh

*By Dr. B.K.D. Varaprasadini, Zonal Organiser, South Zone (A)*



### **Shri Jhansilakshmibai Mahilasangam, Kommara Branch**

In this lockdown, the poor are facing a lot of problems for their daily activities. In this situation, Smt. K.V. Lakshmi, President, and committee members distributed vegetables to the poor in the surrounding areas. We are trying our best to serve those who are in need.

### **Denduluru Branch**

Smt. Pankaja Mala and her team worked in helping the needy people by way of donating daily essentials like rice, pulses, vegetables and eggs. Apart from this, they have gone a step further by stretching their wings to the National Highway No 5, and provided food to travelling migrant workers.



### **Abhyudaya Mahila Mandali**

President Smt. Hemalatha Bhaskar and Secretary Smt. V. Madhavi provided food for the needy people for five days.





BIHAR

## *Bihar State Branch, Patna*

*By Smt. Kumkum Narain, Secretary*

**B**ihar State Branch, Patna collected Rs.30,000/- (Rupees Thirty thousand) from the members for relief work during the Corona pandemic. Out of these collected funds,

1. |Rs.10,000/- (Ten thousand) was donated to Nalanda Medical College Hospital Relief Committee, Patna, for medical kits.
2. Food grains packets worth Rs.7000/- were donated to the poor people along the Digha railway line, Patna, while ensuring social distancing.
3. We distributed masks and Lifebuoy soaps for Rs.12,500/- to the poor people in Phulwari Sharif, Kurji area and Bailey Road slums.

Our **Constituent Branches** were also active in this pandemic charity work.

**Bhagalpur Branch** stitched one hundred masks and distributed masks and detergent soaps in the nearby locality.

**Tilothu Branch**, i.e. **Tilothu Mahila Mandal** is stitching 30-40 masks everyday and distributing them to the people in the village. They are also teaching the women to stitch the masks by themselves at home.

**Bariatu Branch**, Ranchi along with Chitij Organization supplied food and fed children of the orphanage and old age home for the whole month of April 2020 and served a special meal on Labour Day.



★ ★ ★ ★ ★

## GUJARAT

*By Smt. Hema S. Sheth, Zonal Organiser, West Zone (B)*

### **Maninagar Branch**

**President: Ranjanben Shah**

**Secretary: Rakshaben Shah**

**A**IWC **Maninagar** and SETU Trust have jointly organized donations to deserving families during the Covid-19 pandemic. Every week once till lockdown, on 28th March and 4th April we distributed vegetables- 5 kilos potatoes, 2.5 kilos onion and 5 kilos wheat flour to one hundred selected families at Danilimida Chawl, Ahmedabad.



According to requests from families we distributed grocery kits on 11th April (Grocery Kit - 2.5 kilos wheat flour, potatoes, toor dal, rice, groundnut oil, onions and masalas). The cost of the kit is approximate Rs.500/-

With the support of all our Committee Members we are going to distribute the fourth round of the same kit to one hundred families on 18th April.

We have arranged four local ladies to distribute these kits. With support from all members, we will continue to distribute these groceries to our hundred adopted families until the pandemic situation gets under control.

### **Visnagar Branch**

**President: Swatiben Maniar**

**Secretary: Kirtidaben Darji**

A cheque drawn in favour of **P M Cares Fund of Rs. 21,000/-** was handed over to MLA Rushikeshbhai.



### **Patan Branch**

**President: Bhadrikaben Shah**

**Secretary: Lilaben Devda**

Members of the Branch provided grocery kits to twenty families every month for three months in Manpur Village.

They donated **Rs. 50,000/- in PM Cares Fund** and helped needy people by giving them cash Rs. 70,000/-

Lilaben Devda conducted Maths Classes on YouTube for Gujarati Standard 10 students.

Jobs were found for five differently abled persons, and three widows were advised about getting Government assistance.

### **Dahod Bhagini Samaj – Dahod Branch**

**President: Kalpanaben Sheth**

**Secretary: Arunaben Shah**

Grocery kits worth Rs. 60,000/- were distributed among sixty needy people.

Also, members of our organisation partnered in the project of Niti Ayog called Surakshit Dada Dadi Nana Nani (SDDNN) carried out by PIRAMAL Foundation and co-partnered by Sadguru Water Foundation, Dahod. So far, twenty five members have talked with more than two thousand five hundred senior citizens in the tribal areas and have taken care of their mental health.

### **Kalol Branch**

**President: Anjanaben Mehta**

**Secretary: Diptiben Parikh**

- ♦ 27-03-2020, as a part of COVID-19 awareness

camp Shri Bhagini Seva Mandal distributed homemade mask and sanitizers in slums.

- ♦ 30-03-2020, Ayurvedic ukalo ( Herbal Drink ) and homeopathic medicines were distributed to boost the immune system as a part of COVID-19 awareness camp.
- ♦ 02-04-2020, grocery kits were distributed to more than fifty needy people.
- ♦ 10-04-2020, homemade masks, sanitizers and snacks packets were distributed to more than one hundred needy people.
- ♦ 22-04-2020, fogging, sanitizing and disinfectants were sprayed in the slums.
- ♦ 27-04-2020, homemade mask, sanitizer and fruit packages were distributed to patients in hospitals.
- ♦ 01-05-2020, on the occasion of the Gujarat Foundation Day, grocery kits were given to needy people.
- ♦ 15-05-2020, homemade masks and homeopathic medicines were distributed in slums.
- ♦ 25-05-2020, Ayurvedic ukado was distributed in town.
- ♦ 06-06-2020, school premises, its community hall and surrounding areas were sanitized by disinfectant spray and disinfectant medicine powder.
- ♦ 15-06-2020, A videocall meeting was held with Committee Members under the Chairmanship of President Smt. Anjanaben Mehta and Minister Smt. Diptiben Parikh to discuss



COVID-19 and to take decisions regarding academic year 2020-21.

- ♦ Mandal took the important decision to waive all the school fees of the students till the school reopens.
- ♦ Mandal decided to call all parents to school and hand over pamphlets and study materials for students to study at home.

### **Hiraba Mahila Mandal, Vallabh**

#### **Vidhyanagar Branch**

**President: Kokilaben Patel**

**Secretary: Shailaben Talati**

Hiraba Mahila Mandal members deposited their help amount in Nagarpalika.

Previous President Manjuben Vyas also gave help in Brahmakumari Centre.

### **Khambhat Branch**

**President: Rasilaben Patel**

**Secretary: Tejalben Shah**

Provided food to one hundred and twenty people in collaboration with Cardiac Care Hospital during April and May.

In June spices were ground for the members in Masala Gruh Udyog.

### **Vadodara Branch**

**President: Medhaben Desai**

**Secretary: Parulben Vaghelia**

- ♦ 20-5-2020 Distributed Homeopathy medicines to sixty five women

- ♦ 8-6-2020 Distributed Homeopathy medicines and herbal drinks for immunity against COVID 19 to eighty five women.
- ♦ 16-7-2020 Kits consisting Wheat Flour, Rice, Dal, Salt, Sugar, Homeopathy Medicines and Ayurvedic drink were distributed among fifty poor women.

### **Borsad Branch**

**President: Rajshreeben Patel**

**Secretary: Bhagvatiben Purohit**

1-4-2020 Healthcare initiatives were carried out during pandemic of COVID 19. Homemade masks and homeopathy medicines were provided to two hundred people from backward areas.

### **Mahila Samaj, Nadiad Branch**

**President: Urmilaben Suthar**

**Secretary: Bindiben Patel**

- ♦ In the month of April 2020 Dr. Falguniben Barot and other members of Mahila Samaj team visited slums to conduct COVID 19 awareness programmes along with a health check up and immunity booster advice.
- ♦ Members distributed wheat and supplied rotis to the daily wagers every day until they got rations from the Government.
- ♦ In the month of May 2020 members distributed vegetables like lady fingers, bottle gourd, gavar, mint, green chillies, brinjal etc. and rotis, and homeopathic medicines in nearby areas.



### **Bharuch Branch**

**President: Jyotsnaben Tapiawala**

**Secretary: Parvatiben Patel**

- ♦ Bharuch Branch donated Rs. 25000/- in PM Cares Fund
- ♦ Bharuch Branch donated Rs. 25000/- in C M Fund for Covid-19.

### **Anand Branch**

**President: Hansaben Patel**

**Secretary: Pallaviben Daulatjada**

AIWC Anand Women Association donated Rs. 51,000/- Chief Minister Relief Fund for Covid-19.

### **Rajpipla Branch**

**President: Mrudulaben Parikh**

**Secretary: Linaben Baxi**

Branch members provided needy people grocery kits at their homes and helped them.

### **Ankleshwar Branch**

**President: Dr. Lataben Shroff**

**Secretary: Dakshaben Shah**

Ankleshwar Branch Committee Members and

wellwishers were committed to adopt thirty poor families. They decided to supply them basic ration kits, vegetables etc. till lockdown ends. Children were given biscuits packets. One member who has a pesticides factory donated sanitizer to vegetable vendors, police personnel and hospitals.

### **Surat Branch**

**President: Shilaben Sadiwala**

**Secretary: Hansaben Choksi**

Various types of entertainment activities were conducted in order to raise morale:

- ♦ Drawing, essay, poster making competitions on Environment Day and Mother's Day.
- ♦ Slogans on "Save plants and Save Earth".
- ♦ Quiz competition on City Surat.
- ♦ Picture Quiz on vegetables, fruits and movies.
- ♦ "Best out of Waste" competition.
- ♦ "Sanstha Geet" singing competition.
- ♦ Paragraph writing on varied aspects of Lockdown.
- ♦ Drawing competition on "Lockdown and We".
- ♦ To identify Gujarati movies based on pictures.

An Essay Competition was held for the Ward Conveners and Cashiers by Past President Varshaben Thakker on "Lockdown Labhalabh". There were thirty two participants and prizes worth 3000/- were sponsored by her.

Social Activities carried out were:

- ♦ Women contributed in "Roti Abhiyan"
- ♦ Distribution of masks in Civil Hospital

- ◆ Nearly 1500 kilos of wheat flour was distributed between Rustompura Palika and Nari Sanrakshan Gruh.
- ◆ Past President Varshaben Thakker donated 51,000/- and 500 kilos sukhdi, 2500 masks, 2500 Sanitizers and 2500 handgloves to Surat Municipal Corporation.
- ◆ Third Secretary Prachi Desai donated 2,00,000/- to “Chhaydo”, an NGO which provides food to poor and migrants
- ◆ During lockdown, a virtual cooking competition was organised and winners were given Maggie Pizza, Shahi Rajwadi Lassi and Khajoor Biscuits.

### **Bruhad Surat Branch**

**President: Tejalben Naik**

**Secretary: Prafullaben Shingne**

- ◆ To fight the corona pandemic in the first phase, we appealed to our members for donations and prepared more than one hundred kits of daily grocery items which included wheat flour, rice, pulses, oil, and spices. We also helped our staff members. We distributed prepared meals among police and other crusaders. The total cost of the above kits was Rs. 1,00,000/- .
- ◆ In the second phase we were approached by District Legal Service Authority. We distributed sixty four kits to those needy people. The total cost of these kits was Rs.50,000/-to Rs. 60,000/-
- ◆ We are running “Kutumb Kalyan Mitra” Counselling Centre since the last one year.

Harshaben Solanky, Renukaben Shah and Sangitaben Choksi handled more than twenty cases of mental breakdown and frustration in relation to Covid-19.

- ◆ We organized an online zoom webinar interactive session on “Mood, Tension and Frustration during Lockdown”.
- ◆ Our member, the well known author and poet Smt. Pragna Vashi hosted a Facebook live session on “Future Difficulties and Their Solutions” by Tera Panth Mahila Mandal, Surat.
- ◆ Our members, well known social activists Smt. Geeta Shroff and Dr. Rekha Mistry took a survey regarding women’s workload increase during the lockdown.
- ◆ We did not face any difficulties as we are part of National N.G.O AIWC and our Police and SMC faculties supported us. Harshaben Solanky and Renukaben Shah distributed pamphlets provided by District Legal Service Authority on awareness of hand washing and social distancing.
- ◆ Harshaben Solanky, Ketkiben Puthwala, Vaishaliben Shah, Kanchaben Arora and Jayshreeben Pachhigar passed exams and were awarded certificates of “Corona Commando” by Surat Municipal Corporation and Social Work Oriented Team Charitable Trust.
- ◆ Harshaben Solanky got a certificate of “Corona Warriors” by Veterans India – New Delhi



### **Shree Sarvajanik Mahila Mandal, Bardoli Branch**

**President: Umaben Vakil**

**Secretary: Dimpleben Patel**

Bardoli is a Taluka place in District Surat (Gujarat). They have Nagarpalika with 9 (nine) wards. In each ward there is one lady elected as Nagarsevika. All nine members are members of AIWC Bardoli Branch.

As soon as the first lockdown was declared, there was a meeting of NGOs at Nagarpalika in presence of three key post holders, Chief officer Mrs. Komal Dhaniya, Mamlatdar Mrs. Jigna Parmar and DYSP Mrs. Sejal Solanki. In the meeting it was decided that we will work together under one roof. We made nine teams for carrying out work in each ward.

- ♦ First thing we did was to stop entry of any outsider to Bardoli by sealing all entry points. If somebody entered Bardoli, first he/ she was sent to Govt. Hospital for a check up. If he tested Covid positive then he would be sent to Surat Corona Isolation Hospital and if negative would be home quarantined for fourteen days in a hostel of Maliba College, 7 kms away from Bardoli..
- ♦ We provided face masks and gloves to vegetables and fruit vendors. Nine temporary markets were created in nine open plots maintaining ten feet distance between two shops and a policeman was kept at a gate to avoid overcrowding.
- ♦ Branch collected Rs. 2000/- per head from committee members amounting Rs. 60,000/- to help people.
- ♦ Provided food to needy people for a week .

- ♦ During the lockdown period most of the clinics and hospitals were closed. Dr. Lakshmiben Gandhi gave her services between 9a.m. to 11a.m. to patients who required emergency treatment. One girl from Mata Faliyu Bardoli developed a big tumour in her abdomen. She was poor so went to Govt. Hospital at Bardoli. The tumour was so big (size of nine months) that they were afraid to operate and transferred her to Surat Govt. Hospital. She was investigated but not operated and was called after lockdown. Somebody guided her to Dr. Lakshmiben Gandhi. The girl was in great agony and required immediate surgery. She was operated in Dr. Gandhi's hospital by Dr. Bimal Gandhi taking a great risk. An ovarian tumour of size 9"9"6" of 4.750 kilos was removed on 13-5-2020. She recovered and members helped her family.



*A poor lady was operated on, and tumour removed by Dr. Lakshmiben Gandhi.*

### **Madhi Branch**

**President: Majulaben Patel**

**Secretary: Pannaben Chaudhry**

- ♦ Distributed 2,52,000 masks to the needy people with help of Sakhi Mandal.

- ◆ Distributed masks and hand sanitizer in sabji mandi .
- ◆ Also distributed N95 masks and hand gloves to Corona Warriors.
- ◆ Distributed hand wash, hand sanitizer and free food to sugar factory workers of Chalthan sugar factory in Maharashtra.
- ◆ We also kept Dr. Trupti Vyas' hospital open during the lockdown and members volunteered to help needy patients.
- ◆ The hospital was open from 9 a.m. to 12 noon and 4 p.m. to 6 p.m. during the lockdown. They gave free treatment to all sugar factory workers and all poor workers of various factories in surrounding areas.
- ◆ We created a video, "Sankalp" to give proper instruction to the people on how to keep safe from Corona virus.
- ◆ We provided food kits and Ayurvedic medicine (herbal medicine) to the common people around us.
- ◆ We gave free medical treatment to workers who were travelling to Maharashtra from our Madhisurali area. When three workers met with an accident we provided all treatment free under Akhil Hindmahila Parishad, Shakha Madhi
- ◆ We distributed free ration kits to eighty families.
- ◆ Our Branch did all the activity under guidance of Dr Trupti Vyas, Ex Zonal Organiser of A.I.W.C. Delhi.



### **Valod Branch**

**President: Indiraben Shah**

**Secretary: Varshaben Shah**

We have done multiple activities during this Covid-19 Pandemic under the guidance of our President Smt. Indiraben Shah. All committee members including Varshaben Shah (Secretary) and Bhaviniben Shah (Treasurer) contributed in all the activities.

- ◆ We have distributed food packets to the labourers who are going to their own state. We served fifty two labourers for three days at Bajipura NH 6.
- ◆ We have also distributed one hundred sanitary pads to women labourers during their transportation.



- ♦ We have provided Homeopathy medicines in some areas of Valod .
- ♦ We have also provided sanitizer and masks in Degama and Konkanvad areas near Valod.
- ♦ We have also provided a kit that contains 5 kilos wheat, 3 kilos rice, 1 kilo sugar, 1 kilo Tuar dal and 1 kilo edible oil to twenty five families who had not gained any government help as they lacked Ration cards in Idgaah Faliya and Vadi Faliya in Valod.

### **Songhadh Branch**

**President: Gitaben Mehta**

**Secretary: Binaben Mehta**

Members collected money, oil, grains, vegetables, spices etc. and prepared 1500 food packets daily and distributed them with the help of youngsters to the needy for twenty one consecutive days.

Distributed food packets to eight hundred needy people for thirty five days

Immunity boosting kadha was distributed one day last week

### **Kadod Branch**

**President: Sandhyaben Lokhanwala**

**Secretary: Kalpanaben Vyas**

- ♦ Branch member Dr. Pinkal Harsh Shah distributed homeopathy medicines free of charge to eight hundred people.
- ♦ Three members distributed kadha (herbal drink) everyday free of charge during lockdown from their home.
- ♦ Branch members provided food kits to needy people worth Rs.25,000/-.

### **Chikhli Branch:**

**President: Ritaben Sukhadia**

**Secretary: Jyotiben Desai**

Chikhli members received money from Diptiben Shah, Gitaben Desai and Rekhaben Gandhi out of which they distributed ration kits to thirty needy people.



### **Valsad Branch**

**President: Pravinaben Desai**

**Secretary: Nitaben Sheth**

- ♦ Valsad Branch organised an online Fancy dress Competition and indoor games for children. Members held an elocution competition on the subject of 'Covid-19 Lockdown '
- ♦ Members distributed food kits to the needy.





**Kila Pardi Branch****President: Varshaben Bharatia****Secretary: Minaben Kothari**

April 2020:

Committee members distributed food packets, masks, medicines and sanitizers to needy people in their areas.

Water, tea, and shorbets were supplied constantly to the police staff on duty from Kila Pardi to Valsad.

May 2020:

Members went door to door to collect Rotis and got together to prepare food for distribution to the poor.

Provided cattle feed and water to animals and dogs in summer.

June 2020:

Provided herbal juice to orphans to fight Covid-19

**Navsari Branch****President: Umaben Choksi****Secretary: Jignyasaben Parekh**

Secretary Jignyasaben Parekh and her team put their hearts and heads into the service to humanity two days before the lock down was declared i.e. from 20th March 2020 till date. For her contribution she has received fifty two letters of appreciation, awards and certificates from different areas where she helped people.

- ♦ Helped two thousand people to fill forms for

Vidhwa (Widow) Sahay, Helpless Old Aged people and senior citizens to get help from State Government.

- ♦ 4.5 lakh people were provided homeopathic medicines in Navsari and periphery areas with the help of other donors.
- ♦ More than twelve thousand masks were distributed.
- ♦ One thousand Giloy Medicinal Plants were planted in different areas and societies and also such plants were provided free of charge to those who needed them.
- ♦ Ayurvedic Herbal Drink (UKALA) was distributed to 2.5 lakh people with the help of other donors.

**Bilimora Branch****President: Naliniben Gilitwala****Secretary: Urmilaben Desai**

- ♦ 6-4-2020 Distributed one hundred masks.
- ♦ 7-7-2020 Distributed Food Kits to five needy people.

- ♦ 8-6-2020 Helped needy women.

### **Ghej Branch**

**President: Saraswatiben Solanki**

**Secretary: Sangitaben Patel**



*Ghej Halpati Faliya donated five hundred food kits to needy people and also to labourers of other states who were in trouble.*



### **Daman Branch**

**President: Hansaben Naik**

**Secretary: Varshaben Shah**



*Wall of Humanity Project*

## **Saurashtra Zone**

### **Junagadh Branch**

- ♦ Branch's Honorary Advisor Jhanviben Upadhyay personally donated Rs. 51,000/- in PM Care Fund. She also helped people from home and guided them regarding medical problems. President of the Branch, Sadhnaben Nirmal and Committee Members also distributed food kits in slums and helped poor and needy.
- ♦ Branch solved the problems of domestic violence through telephone counselling.
- ♦ 5-4-2020 Prachetaben Vora with other Committee Members created a beautiful video of lighting up Diyas at night to greet PM, Nurses, Doctors, Police and all Corona Warriors.

President of AIWC Junagadh with all committee members decided to help needy by providing grocery kits, clothes etc. and also everyone contributed by mental, physical and economic support the society.

**Rajkot Branch****By Dr. Bhavna Joshipura****National Vice President AIWC & President Rajkot Branch****Constituent Branches of AIWC, Rajkot**

- ♦ Bedi Rural Branch
- ♦ Kangasiyali Branch
- ♦ Jamnagar Branch
- ♦ Jamkhambhaliya Branch
- ♦ Gondal Branch
- ♦ Jasdan Branch
- ♦ Kotharia (Rajkot Rural) Branch
- ♦ Rajkot Slum Upliftment Branch

After the gradual Unlock, certain new challenges and avenues to work arose, such as re-establishing skill based programmes for employment generation, tackling psycho-socio problems, and problems of self-sustainability.

First of all we felicitated the different agency leaders, police officers, health workers, doctors, slum based working groups and AIWC workers from different centres. Some families needed livelihood supplies such as good grains and other eatables to enable them to become self sufficient.

The second major task which is going on in full swing is the house to house health survey. The team from our urban health centre (run by AIWC, supported by RMC) is conducting survey work in different areas under the leadership of Dr. Mauli Ganatra and Dr. Rajvi.

According to preliminary figures during lockdown, roti jaggery - nutritious food distribution encompassed almost twenty different remote slum areas. The food was supplied by Arham Group (inspired by Pujya Namramuni Maharaj Saheb),

also supplemented by Gurudwara Saheb and Dukhnivaran Gurudwara Saheb. A total of four lakh eighty thousand rotis (with other eatables) were distributed. Dr. Bhavna Joshipura, who steered the entire service project, was felicitated by Arham Group (blessed by Namramuni Maharaj Saheb). As far as revitalising skill based work is concerned we have identified some very vulnerable families and provided them some tasks that can be done from home, so that they can start earning.

**Covid-19 and Climate Change:**

COVID has taught us lessons on many fronts. One is about environmental protection. We organised a meaningful and fruitful webinar on Climate Change-Challenges Ahead. Experts from the Department of Climate Change and other agencies expressed their views.

**Old Age Home:**

It was most challenging to keep the Old Age Home safe and free from Covid-19. Donors and visitors were not allowed to enter the Ashram.

**Challenges**

- ♦ Maintain and sustain the Ashram
- ♦ Maintain the morale of the aged brothers and sisters as their movements were restricted
- ♦ Keeping all the beneficiaries healthy, fit and fine.
- ♦ Nutritious food

**Crèche and Street School:**

- ♦ Distribution of nutritious food.

**Webinars – Video Conferences – Meetings**

1. Video conference with Hon. Chief Minister - Gujarat Shri Vijay Rupani on briefing about activities
2. Webinar with Health Ministry about psychological issues and domestic violence



3. Meeting on Skype organised by Dr. Bhavna Joshipura with different stakeholders on domestic violence and other related matters.
4. International meeting by United Nations NGO/CSW on the role of youth.

#### Details at a glance:

- ♦ Total Expenditure in corona combat - 3,00,000/-
- ♦ Area covered - 22 Urban Slums with a population of 1,50,000 slum dwellers Constant support to 500 families with rations etc.
- ♦ Distribution of Ayurvedic Ukala - 20,000 People
- ♦ Distribution of Homeopathic Medicine (immunity booster) - 18,000 People

- ♦ Regular Distribution of Roti-Ghee-Jaggery - a total of more than 4,80,000 with support from Ahram Group, Gurudwara, Rajkot City Police.
- ♦ Total Masks Manufactured and distributed-
  - ♦ 12,000 Masks in Rajkot
  - ♦ 8,000 masks in Varanasi with support from AIWC Rajkot
- ♦ Counselling sessions - 55



*Medical health check-up in slum area*



*Dr. Mouli Ganatra wins Covid Warrior Award from Govt. of Gujarat.*



*Mamta session in slum area*



HARYANA

## Rewari Branch

*By Smt. Sneh Lata Gupta, President*



**D**ry rations were distributed to fifty families. Their children were given biscuits. Invalids were assisted with medical

aid. Awareness was created regarding social distancing.





HIMACHAL  
PRADESH

## *Mandi Branch*



General Secretary of our Branch, Smt. Narindra Kapoor donated approximately five hundred homemade masks to Municipal Committee for labourers and sweepers who are doing hard work for the society.

General Secretary along with volunteers helped

the people who were home quarantined by delivering essential food items like grocery, vegetables and medicines from the market.

Yoga classes were conducted for ladies of our society building maintaining social distancing.



*Mask Distribution*




**JHARKHAND**

## *Ashok Nagar Main Branch, Ranchi*

*By Dr. Jyotsna Kumar, Secretary and Standing Committee Member*

The members of Ashok Nagar Main Branch, Ranchi, contributed a good amount of money to distribute fifteen days of rations which included 5 kilos of rice, 1 kilo of dal, 1 kilo of potatoes, 1 packet of salt, sanitizer etc. to fifty people in Hundru Village in Hawai Nagar in Ranchi District of Jharkhand State. Distribution was made,

maintaining social distance. Method of washing hands for twentyseconds was also demonstrated to them. We interacted with the beneficiaries and they were very happy to receive the packets. Some of them wept while thanking us. It was a very touching moment. They blessed us too and requested that we visit again.

## *Hatia/Tupudana Branches, Jharkhand*

*By Smt. Amarjit Kaur, Secretary, Tupudana Branch*

1. As India wrestles with the unprecedented implications of COVID-19 pandemic, AIWC and many other social workers got engaged in relief work for helping the stranded and underprivileged.
2. During Lockdown period from 22 March to 12 May 20 and further till 17th May 20, Tupudana/Hatia Branch President Smt. Shanti Singh along with Smt. Madhu Sahay (Secretary, Hatia Branch) and Smt. Amarjit Kaur (Secretary, Tupudana Branch) took on the responsibility of providing a daily share of cooked meals and grocery kits to the migrant workers, daily wage earners, rickshaw pullers, the needy and the helpless women folk living in and around Tupudana and Hatia area. The remote areas covered by us included Hardag, Kongari, Dungri, Basargarh, 10 Mile, Satranji

and Hulhundu to name a few.

3. Reviewing the situation of the extension of the lockdown period, our team alongwith friends, well wishers and benevolent donors



*Grocery Distributed on 09 May 20*

started the distribution of grocery kits side by side with the cooked meals. The cooked meals were from the community kitchen at 'The Lighthouse Café' Tupudana where 150 to 200 heads were served.

4. Good collaboration, understanding and co-operation among the workers led to smooth execution of the relief work. It is significant that the workers and volunteers, both teaching and non-teaching staff of Happy Children's School, Tupudana played a key role in spite of many hardships.
5. On the whole we did our bit by deputing volunteers to reach out to the remote areas. It will not be out of place to mention and thank the donors especially M/s Prayas Developers, Prayas Randhawa Society, DAVJVM 91 Batch, BIT Sindri 95 Batch, Officers from the Indian Navy, Hemu Foundation, Sardar and Sardarni Labh Singh Charitable Trust, close relatives



*Cooked meals*

and friends and Proprietor of Lighthouse Café - Dilbagh Singh (s/o Shanti Singh) and the entire staff of Happy Children's School.

6. Thanks to the efforts of all who contributed in their own capacity and helped to sustain the needy for a few days we have been able to come forward at this hour of need.

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**People of all ages can be infected by the new coronavirus (nCoV-2019).**

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



World Health  
Organization

**#Coronavirus**

**Does the new coronavirus affect older people, or are younger people also susceptible?**



## *Jamshedpur Constituent Branch*

In these trying times, we wanted to help those who fall in the category of 'Be vocal, go local'. Kalamandir- 'Biponi' a landmark of our city of Jamshedpur, showcases the art and craft of the tribal community of Jharkhand. They are well known for their zeal to work for the upliftment of these artisans. During the COVID lockdown obviously there were no sales and no prospect of fresh production.

Our committee launched an e-forum for the products of the local artisans exclusively for its members and their extended family and friends. The idea was to generate sales so that financial help can be provided without hurting the dignity of the local craftsmen.

The products put on sale ranged from dokra, grass mat products, linen to wooden articles. Sale, payment and delivery was coordinated between Branch members and Kalamandir by the committee members. Delivery at doorstep was ensured keeping in mind the safety norms. During

a ten-day online window, we managed a sale of more than one lakh rupees.

To generate interest amongst the members, a slogan and poster making competition was also initiated. This drive was spearheaded by Smt. Mitali Chopra and Smt. Sarika Singh and we thank them for their efforts.

The winner of the Slogan contest was Smt. Ranjeeta Sinha and of the poster competition was Smt. Jasmine Adesara.

We thank our President Smt. Varsha Daga for her constant encouragement and push to achieve the sales target for the artisans. We especially thank our two committee members Smt. Alakananda Baksi and Smt. Raveen Dugal who took extra pains to drive the sales. We would also thank our members Smt. Neelakshi Jayaswal, Smt. Monica Burman, Smt. Vinita Shah and Smt. Sneha Nandi without whose support this project would not have been a great success.

## *Kshitij Sanstha, Ranchi, Jharkhand Constituent Branch Bariatu*

*By Smt. Usha Prasad, Vice President*

1. 50 to 60 food packets were distributed to needy from 31st March 2020 until 27th May 2020.
2. In Leprosy Colony, Niwaranpur, Ranchi, Food Packets and Soap (Worth Rs. 500/-) have been distributed.
3. CERELAC (Baby Food) worth Rs. 500/- was sent to children stuck with their parents at home.
4. On World Labour Day (1st May 2020), food packets and oranges were distributed to one hundred people.



5. Twelve ladies from West Bengal villages were stuck in **Harmu Housing** Colony, Ranchi due to Lock down. Their whereabouts and identities were verified by the ADG & CID women's cell (who took responsibility of sending them back). In between raw rations and vegetables were supplied to them by our Sanstha.
6. Our **KSHITIJSANSTHA** took the responsibility of helping senior citizens of our society to fulfill their needs of medicines, fruits and vegetables on payment basis.

7. The members of our Sanstha have prepared face masks which will be distributed to needy persons after lockdown with awareness program.
8. One month raw materials (Ration) given to one hundred girls by us.

All the work is being done by Sanstha members keeping the instructions of the Government regarding “Maintaining Social Distancing” and also regarding “Staying at Home”. Only for important work and for the relief work members are going out for the shortest possible duration.



*100 labourers were provided cooked meals along with oranges*



*Dry rations were provided to 12 ladies from West Bengal villages who were stranded in Ranchi due to Lock down.*

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KARNATAKA

## Bangalore Branch

*By Smt. Amita Anand, President, and Smt. Akhila BV, Secretary*



Details of activity with date, venue etc. (maximum 100 words)	<ol style="list-style-type: none"> <li>1. We donated medicines, dressing materials for AIR destitute home, Bannerghatta Rd, Bangalore</li> <li>2. We gave donation of Rs. 12,500/- for Share-a-Meal, Bangalore.</li> <li>3. We distributed sanitary napkins for menstrual hygiene program</li> <li>4. Distributed masks for Sulya village, near Puttur district in association with ICAN NGO</li> <li>5. Gave groceries and masks to our staff as well as to Corporation employees</li> <li>5. Gave medicines for a Transgender</li> </ol>
Who were the beneficiaries?	<ol style="list-style-type: none"> <li>1. Homeless people picked up from the streets and accident victims</li> <li>2. Migrant Workers</li> <li>3. Teenage and adolescent girls from corporation building</li> <li>4. People from Villages – adults and children</li> <li>5. Staff and Corporation Employees</li> <li>6. Transgender person</li> </ol>
Number of beneficiaries	<ol style="list-style-type: none"> <li>1. 150 Members</li> <li>2. 400 Members</li> <li>3. 25 Members</li> <li>4. 300 People</li> <li>5. 12 Persons</li> <li>6. 1 person</li> </ol>
Who funded the activity?	AIWC Members, Friends and Well wishers
Any feedback from community, beneficiaries	The recipients have thanked AIWC for the gesture.

## Vanitha Vidya Samasthe

By P. Vijayalakshmi, President,

- ♦ On 5 April 2020, we distributed forty provision kits to daily wage workers in Harohalli.
- ♦ On 7 April 2020, we supplied 2.5 tons of capsicums each to an organization called Adamy Chethana and to a group called Satya Pramoda.
- ♦ On 15 April 2020, we distributed sixty five provision kits to daily wage workers in Kodihalli forest range, Kanakapura Road.
- ♦ On 27 April 2020, we distributed provision kits to twenty six families in Ragoo Halli forest range, Bannerughatta Road.



Supply of Provision kits to workers

## Mysuru Main Branch

With Vipra Mahila Sangama Constituent Branch

By Ms. M.A. Hemalatha, Standing Committee Member and  
Dr. Lakshmi Devi, Vice President.

Details of activity with date, venue etc.	Mysuru and Mysuru District, Rural and Urban Areas. <b>Activities:</b> From day 1, Distributing Masks, Sanitizer bottles, Fruits, Food Kits, Prepared Food, Clothes, Soap, Juice Packets, etc., to needy people like the people who were stranded in Bus Stand, Railway Station, etc.,. We have also engaged to make bags out of newspaper which was purchased by a donor and they have distributed needy things like toothpaste, brush, and towel etc. to the workers who couldn't reach their homes. We with the help of DC Labour Officer arranged shelter in Choutries, Government Shelter Homes, Youth Hostels, and others places according to the direction of District Commissioner and it was continued till the relaxation of the lockdown till 8 <sup>th</sup> of June.
Who were involved in the activity? (AIWC Members, trainees, other agencies etc.)	AIWC Members, Red Cross Members and other Volunteers.
Who were the beneficiaries?	Labourers, Building Construction Workers, Pura Karmikas, Asha Karyakarthas and other Village People.
Number of beneficiaries	Nearly 5000 and more people.
Who funded the activity?	Donors from Mysuru and others
Any special remarks	We were Honoured by the Labour Dept.
Any feedback from community, beneficiaries	Yes, we were appreciated by the Public and Beneficiaries





## COVID - 19 and Kerala

*By Smt. Usha Nair, Zonal Organiser South Zone - B*

### The Timeline

Take a look at the following sequence of events, as given on the web site of WHO:

- ♦ A pneumonia of unknown cause detected in Wuhan, China, was first reported to the WHO Country Office in China on 31 December 2019.
- ♦ The outbreak was declared a Public Health Emergency of International Concern on 30 January 2020.
- ♦ On 11 February 2020, WHO announced a name for the new coronavirus disease: COVID-19.
- ♦ On 11 March 2020, Dr Tedros Adhanom Ghebreyesus, WHO's Director-General, made an announcement that COVID-19 can be characterized as a pandemic.

### Pandemic vs. Epidemic

At this point, our world changed! Many went scurrying for dictionaries seeking the meaning of 'pandemic'. Is it different from 'epidemic', a more familiar word? The following information cleared our doubts:

An epidemic disease is one "affecting many persons at the same time, and spreading from person to person in a locality where the disease is not permanently prevalent." The World Health Organization (WHO) further specifies epidemic as occurring at the level of a region or community.

A pandemic disease is an epidemic that has spread over a large area, that is, it is "prevalent throughout an entire country, continent, or the whole world."

### Enter COVID-19

Thus, the pandemic COVID-19 entered our lives and life was not the same any more, in any part of the world! The pandemic turned out to be a great equaliser – it does not respect power, wealth, geography, season, gender, age etc. - the list is endless. All the global citizens stood on equal footing in front of this invisible enemy – one whom no one could completely identify, no doctor knew the cure, no medical system had an anti dote, in fact, no one knew how to handle this new presence in our lives! And it swept through the world, inflicting country after country till there seemed no corner on earth that it had spared! In less than three months, it had invaded and affixed its indelible mark on the whole world!

On 30 January, India reported its first case of COVID-19 in Kerala, which rose to three cases by 3 February; all were students who had returned from Wuhan, China. No significant rise in cases was seen in the State during the rest of February. On 4 March, 22 new cases came to light, including those of an Italian tourist group with 14 infected members. This marked the start of a major health crisis leading to Kerala being labelled as the epicentre of Corona virus in India.

## Challenges Faced

Kerala has numerous challenges that made it vulnerable to the threat of COVID, perhaps more than any other State in India. Branded God's own country, Kerala is one of the most popular tourist destinations in the world. This means a steady flow of international travellers entering the State throughout the year. Kerala also has the highest percentage of particularly vulnerable groups – the elderly (11.2% as per Census 2011) and persons with co-morbidities such as Diabetes. Among Indian States, Kerala ranks in the first five with regard to emigrants to other countries. There are four international airports in Kerala with a large number of flights operating from and to Gulf countries, Europe, US and several destinations across the world. International flights continued to operate till February 2020.

Three months down the line, things are starkly different. Now the 'Kerala Model' of handling the crisis is being hailed across the world and teams of researchers are working to see if it can be replicated to other parts of the country and the world.

## What brought this revolutionary change?

To name three major drivers of the change, Kerala's decentralised health care system ranks foremost. Next, a government that showed the political will to take prompt and strict action in the face of a looming threat. Third, a strong cadre of committed health care professionals and social workers at the grassroot level who could also ensure active support of the community.

## Timely Response

As early as the last week of January 2020, when

first reports of the threat came in, the State Health Department had started preparations to make the State ready to face the COVID crisis. Experience with the Nipah outbreak earlier helped the Government in taking prompt steps. Control rooms were set up in all District Hospitals. Training was imparted to staff in hospitals including those following traditional systems of medicine. Committees were setup at Block / Panchayat levels with elected representatives, ASHA workers, other healthcare professionals and grassroot workers. They were also trained in threat perception and evaluation. Aggressive Corona literacy programs were conducted in towns and villages, using traditional and electronic media, which ensured that the general public was well informed about dangers of the virus and its methods of spreading. Control Desks were organised at the entrance of all Government hospitals so that anyone with symptoms could be directed to special counters for testing and not proceed to the general counters, to avoid infecting other patients.

Screening of passengers arriving in international flights was started even before the Central Government ordered it. This enabled early detection and segregation. Anyone showing symptoms were transported to testing centres and then to isolation centres till the results came. Patients were promptly shifted to designated COVID hospitals. Health professionals were in constant touch with other returnees to make sure that they stayed symptom free. Contact tracing was intensified for patients who reported sick after going home without symptoms. Quarantine was imposed for 28 days for all persons who came from infected countries / areas.

## Robust Support Systems

Supporting all these efforts was the vibrant health care system in place in the State. Since 2005, Kerala has invested heavily in updating and decentralising healthcare across the State. The strong Panchayati Raj system, and actual devolution of powers and finances to local governments, helped in ensuring community support. The very large army of ASHA workers, Aanganwadi workers and other health professionals worked tirelessly day and night to follow up persons under isolation and quarantine, their families, vulnerable persons such as the elderly and those on medication for lifestyle diseases. Local community also helped in contact tracing and preparation of route maps of the infected persons. Technology helped in efficient follow up and prompt action. Mobile tower locations, Google maps timelines etc. helped in contact tracing and routemap preparation. Platforms like Zoom were used for regular training and communication.

## Personalised Care and Support

District administrations ensured that the needs of persons in quarantine and isolation were met so that they did not have to move out of the centres / homes. Medical requirements such as medicines, non-medical requirements such as food, were monitored and fulfilled by ASHA workers and voluntary social workers. Psychological counselling was provided to all such persons through dedicated counsellors and health workers.

Kerala also ensured care of the Doctors and other medical personnel. They were split into teams working in different shifts and attending to differentiated duties. This ensured physical and mental strength in the face of demanding duty schedules.

The State imposed movement restrictions even before the Central Government announced lock down. Clusters with high rate of infection / potential infection were isolated and locked down completely for containment. Police personnel and other law enforcement agencies worked round the clock to guarantee strict enforcement of lock down guidelines. Not just monitoring discipline, the police were engaged in other humane acts such as arranging medicines and food for the elderly and other vulnerable groups.

## Care of Migrant Workers

Large groups of migrant workers (Kerala Government prefers to call them Athithi / Guest Workers) lost their jobs and were virtually on the brink of starvation. Government stepped in to offer succour to them also. Relief camps were opened in every district, with hygienic and adequate facilities. Regular health check-ups are organised for early detection of any illness. More than 1000 Community Kitchens were opened across the State to provide food for the migrant workers as well as for those in quarantine. Janakeeya Hotels (Popular Hotels) were opened in many places where other vulnerable groups like elderly persons staying alone, poor families that had lost livelihoods etc. could get free or nominally priced hygienic food. Women of Kudumbasree, the State Poverty Eradication Mission of Government of Kerala that works through its network of neighbourhood groups and women self-help groups, has been doing yeoman service by catering thousands of meals to relief camps, houses and to needy groups. Government made sure that everyone had access to food, medicines and healthcare.



### Dissemination of Accurate Information

Government made arrangements to convey up to date and accurate information to the public through daily press briefings by the Chief Minister and Health Minister. Media was roped in as an active partner in the war against COVID. Social media was effectively used (See Twitter handles @vijayanpinarayi and @CMOKerala). Messages through radio and mobile phones disseminated accurate information.

### A Battle is won, but the War continues!

By end of April 2020, the number of new cases had come down drastically. Large number of infected persons had been cured and had returned home.

Number of new cases every day had dwindled to zero.

But the war is far from over! With resumption of international and domestic flights bringing home Keralites from other countries and regions within India, as I pen this on 17 May 2020, the graph has started rising again. But confidence of the Government is not shaken. Supported by the large army of dedicated workers (a large proportion of which are women) and support from public, the war continues. Kerala is confident of bringing the crisis under control, and dedicated men and women relentlessly toil on to win the war against COVID-19.

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No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.



#2019nCoV

Can regularly rinsing  
your nose with saline  
help prevent infection  
with the new  
coronavirus?



## *Chirayinkeezhu Branch, Trivandrum*

*By Dr. K.G. Vijayalekshmy, Trustee, AIWC Health Trust*



The Main Branch organised a meeting with representatives from all the constituent branches in order to analyse the support the Branch can extend to the community. As a result the following support activities have been conducted:

Mask making and awareness session on social distancing

Distributing full day meals to the Covid care unit of Trivandrum Medical College.

Supporting Grama Panchayat at the time of Covid-19 by distributing grains, groceries, kitchen equipment and raising money for the community kitchen.

Providing support systems to the residents of Anjuthengu, Poonthura, Beemappalli, Valiyathura, Sanghumugham, etc. by food and grocery kit distribution to the community .

Need based telephone counselling facilities were organized for women and children in the Covid affected coastal belt . Mental health support groups were organized as part of Jyothirgamaya's mental health sessions for creating safe spaces for the youngsters of the community for talking about their mental health struggles during the Covid-19 pandemic.

Distribution (still continuing) of sanitizers, soaps, cleanliness accessories and masks to needy people.

Seedlings, fertilizers, vegetable grow bags, saplings etc...from Agriculture Department, Govt of Kerala distributed to the women who are distressed during triple lockdown period.



Jyothirgamaya set up a control room to follow up with the women who were provided with agricultural aid to guide them in the best agricultural practices. More than one hundred and fifty women are currently supported with guidance.

Free medicine distribution in the coastal areas.

Jyothirgamaya made and is updating a database

of women who need medical, food subsistence and mental help assistance during the Covid-19 pandemic. The Database is managed and shared with the cooperation of the nearby police station and assistance of ground level Asha workers who are actively consulted for the implementation, distribution and dissemination of the assistance.

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## ***Lekshmi N. Menon Institute for Empowerment of Women (LIEW),***

***Thiruvananthapuram (An autonomous unit of TVPM Branch)***

***By Smt. Indira Ramakrishna Pillai, Director***

**S**ome of the trainees under Udaan Project got the opportunity to earn an income through supply of cloth masks to an agency (set up by a woman entrepreneur long associated with AIWC-TVPM) who had taken up supply of the item in large quantities to a reputed organisation.

Asraya Programs from 1/04/2020 to 30/06/2020

The Centre remains closed from 16 March 2020 due to the COVID-19 scare. Arrangements for free distribution of food twice a day to the needy members of Asraya under the Community Kitchen scheme of Government of Kerala were made with

the help of the local Corporation Councillor and continued up to early June when Community Kitchens were closed. Supply of required medicines at their doorstep continues with the help of ASHA workers.

We adopt new ways of working during the pandemic!

AIWC-TVPM branch cooperated with and participated in a number of online meetings and talks arranged by Central Office and the Zonal Organiser.

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# *Nanthencode Vanitha Samithi,*

## *Constituent Branch of Thiruvananthapuram Branch*

*By Smt. Krishna Kumari, Secretary*

Details of activity	Our members and SwasthaSudharVillage trainees stitched masks. Smt. S. Krishnakumari Secretary,NanthencodeVanitha Samithi handed over 1000 masks to the Corporation Ward Councillor on 18/4/2020 at Rohini Hall Nanthencode for distributing inKuravankonam ward. The stitched masks were supplied to poor people on 5/5/2020 at Ponumanglam area. We are also teachingUdaan traineesto make vegetable gardens. We distributed seeds and saplings for vegetable cultivation to the Udaan trainees.
Who were involved in the activity?	AIWC members and SwasthaSudharVillage program trainees, Ponnumangalam – Udaan trainees.
Who funded the activity?	Executive Committee members
Feedback from community, beneficiaries	Kuravankonam ward member and Ponnumangalam member appreciated the activities of Nanthencode Vanitha Samithi and All India Women's Conference, New Delhi.



# ***Sreevaraham Vanitha Samithi,***

## ***Constituent Branch of Trivandrum Branch***

***By Smt. Saraswathi Nayar, President, and Smt. R. Padmini, Secretary***

Details of activity with date, venue etc.	<ol style="list-style-type: none"> <li>1. Mask making</li> <li>2. 'Break the Chain' campaign with Fort Police Station, Thiruvananthapuram.</li> <li>3. Free space was given for 45 days to Civil Supplies Corporation, Kerala State, for packing grocery items (food kit) to be distributed to the ration card holders.</li> <li>4. Free space is being given to Kerala Government to accommodate homeless people and Athithi (guest) labourers since May 2020 for stay, arranged by the Kerala State Govt.; food and all other facilities are given to them free of cost by the Govt.</li> </ol>
Who were involved in the activity?	Mask Making - SHG members and staff of Sreevaraham Vanitha Samithi and members of VanithaVedi, Sreevaraham Vanitha Samithi Women and Children's Library.
Who were the beneficiaries?	Public in general; Masks were also given to Medical Stores, YatheemKhana and some as charity.
Number of beneficiaries	A large number
Who funded the activity?	Sreevaraham Vanitha Samithi.
Any special remarks	Mask making is a successful programme.
Any feedback from community, beneficiaries	More orders received for masks



*Sreevaraham Vanitha Samithi, Trivandrum*

MAHARASHTRA

## Mumbai Branch

*By Smt. Harsha Ladhani, President*

Calamities like the Covid-19 pandemic help us reinstate our faith in humanity. Various groups of Mumbaikars and NGOs came forward to help our fellow brothers and sisters by providing all the necessary items needed at this critical time of challenges.

Mumbai Branch was at the forefront of this noble cause and helped out needy people in society. Constituent branches and projects of Mumbai Branch have done a very commendable job in this pandemic situation. Our members were highly motivated and inspired to carry out this selfless service for the society.

### Mahila Sangh 'D' Ward, Constituent Branch

Mahila Sangh 'D' ward, the first constituent branch of the Mumbai Branch, established in 1929, has their office in the Ambulance Garage at Delisle Road, Byculla, which is in the heart of Mumbai city. Since the month of May this place is being used by

the Mumbai Municipal Corporation for conducting Covid Tests for the staff of the Ambulance Garage and all the employees of the Mumbai Municipal Corporation. The authorities, who conduct these tests have been given accommodation in the premises itself as they are not allowed to go home for the entire duration of their duty. This will continue until the pandemic ends.

### Borivali Constituent Branch, Mumbai

Members of this branch have done excellent work in lockdown. Groceries like wheat flour, rice,







sugar, tea powder, oil, toor dal, salt and masalas were distributed to 'Maru Ghar' (My House) Old Age Home, Charkop, to more than one hundred families including daily wage workers. They also donated four tubs of Khichadi and Pav-bhaji to five hundred people in the Malvani area. Meals were served twice in Adivasi areas at Bhandup to more than two hundred people, upto 3rd May 2020. Eighty kits of sanitizers and masks were also distributed.

### **Malad Constituent Branch**

Members showed great initiative and arranged 'Roti Dabba'- they collected ten rotis from each flat in three nearby societies. The Jain Foundation prepared Dal-Subji which was served with the collected rotis to more than one hundred and twenty



people in the slum area in Malad East for about a month. Some members also donated biscuits and fruits. Sanitizers, masks and Ayurvedic medicines were distributed in our area to increase immunity among Senior Citizens. Groceries were donated to newspaper vendors.

### **Jogeshwari Constituent Branch**

Our Branch donated rations to the staff of the centre and daily wage families in the slum area. Members gave their contribution by cheque of Rs.10,000/- to NGO, as they were distributing food packets daily to Balasaheb Thackeray Trauma Hospital's doctors, police and needy people.

### **Vile Parle Constituent Branch**

Members of the Branch contributed more than Rs. 42000/- and have distributed more than one hundred and fifty kits of sanitizers, masks and groceries to more than one hundred and fifty families of slum-dwellers, daily wagers, watchmen etc. Smt. Unnati Hathi, President and Smt. Harsha Merchant from Vile Parle Branch have been awarded with 'Sanmaan Patra' from 'Mahabharat Samachar' for the noble work done by them in this challenging situation of Covid-19.

### **Santa Cruz East Constituent Branch**

The Branch donated groceries of Rs.20,500/- for disabled people's families at Ulhasnagar and Vithalwadi. The condition of these people was very painful as they could not beg, being disabled. The Branch also donated five kilos of atta and rice, two kilos of chana dal, toor dal and sugar, one kilo tea, one litre oil and masala packets to more than fifteen needy families in the area. Smt. Devyani Vora, Past President Santa Cruz and Hon. Treasurer, Mumbai branch, served homemade meals every day to three ladies, working at Day Care Centre, for four months.

### **Santacruz West Constituent Branch**

Smt. Savitri Khanna, Vice President, Mumbai

prepared homemade food packets of roti-sabji. She also stitched masks and distributed them at Pathanwadi with police permission. Some members of the Branch also donated biscuits and many other food items there.

### **Dadar-Matunga Constituent Branch**

The Branch donated ration kits to needy residents of slum areas. Each kit contained a combination of food grains and pulses like wheat flour, toor dal, rice, mung, matki, chana, rava, sugar, tea packets etc.

### **Gulmohar Constituent Branch**

Gulmohar donated rations worth Rs 9,900/- to twenty ladies at Talasari centre.

### **Education Project at Dharavi**

Committee members made arrangements to donate groceries for the staff and other families living near the centre at Dharavi, the area most affected by Covid-19. Our members worked spontaneously and wholeheartedly for this noble cause.

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## ***Rural Community Development Centre (RCDC)***

*By Smt. Rekha A. Sali, Patron, Mumbai Branch*

The Rural Community Development Centre (RCDC), a project of Mumbai Branch, was established in 1946 in Talasari. This is a rural area located about 125 kms away from Mumbai, inhabited mainly by Adivasis (Tribal Communities). Since its inception the Centre

has been looking after the welfare of the tribals, emphasising medical help, education and child welfare. Women's empowerment is undertaken through various vocational courses by the managing team of RCDC, headed at present by Mrs Mohana Malhotra, Chairperson, RCDC Project.





The Centre has a full-fledged English Medium School, a well-equipped Medical Centre with ten beds; IV facility and a library with books in English, Marathi, Hindi and Gujarati. It also regularly runs computer and sewing classes.

The Covid-19 pandemic has very badly affected the small town of Talasari. As it is inhabited mostly by daily wage labourers, the situation is pathetic. The RCDC team is doing their best to help them out. In accordance with the guidelines issued by the local authorities the OPD Centre has been operational from day one, with proper preventive measures in place. Patients complaining of cold, cough or fever are referred for a Covid-19 test. On an average fifty patients are checked daily. Dr. Akshay who looks after this Medical Centre has been giving Homoeopathy medicine, prescribed by Ayush, free of cost to all patients coming to the

OPD as well as in the surrounding areas. Masks are distributed to all who come for a check-up.

Special care is being taken of the children of the school so that they do not lag behind in studies because the school has closed. Since no exams were held, results were declared on the basis of the average performance of the students during the semesters. Regular homework is being given to the children through a WhatsApp group formed by the parents and each Class Teacher. The children are making good progress and are also enjoying this new method of learning.

Groceries worth Rs 8,000/ were also distributed to fifteen needy families in the month of June.

Salaries of the entire staff of twenty, amounting to Rs 1,42,000/pm (One Lakh forty two thousand per month) is being paid regularly every month, even during the lockdown period.

★ ★ ★ ★ ★



## *Shraddha Street Children Project*

*By Smt. Rekha A. Sali, Patron, Mumbai Branch*



The Mumbai Branch runs a Street Children's Project, 'Shraddha'. This Project has been running successfully for the past twenty four years. It is a Day Care Centre for children in the age group of 5 to 15 years, open from 9.30 am to 6.00 pm everyday except Sunday.

During the COVID 19 Pandemic, the Centre closed down, but the Shraddha team headed by Smt. Nivedita Sheth, Chairperson of the Shraddha Project, along with her team, ensured that the children were kept occupied. WhatsApp groups were made to stay in touch with them. Care was taken to see that those whose parents did not have a mobile had access to someone else's mobile. They began with formal and non-formal education and the response from the children was very encouraging. Using different techniques, children were taught English, Marathi, Hindi, grammar, computer studies and drawing. Through video calls, vegetable cutting and spiritual classes were also conducted. The children were taught Vedic Maths in a Maths Mystery Summer Camp.

On 24th June, forty-one children were given rations worth Rs 1,000/- each. Masks were worn by all and the norm of social distancing was maintained.



A donation of Rs 25,000/- was given by Desimal Breakfast Revolution Organisation. Through this donation nutritious breakfast cereals were distributed to the children. Kellogs also donated 400 gms of Chocolate Cornflakes to each child. The entire ration along with the cereals was also given to the five staff members. The entire process was carried out in accordance with the rules laid down by the Maharashtra Government.

The Project has six employees and the total monthly salary of Rs. 81,300/- (Rs. Eighty one Thousand Three Hundred) is being paid to all the staff members regularly every month even during this pandemic.



## *Kesarbai Bhimani Working Women's Hostel*

*By Smt. Jailaxmi Gupte Chairperson KBWW Hostel, Mumbai Branch,*



The pandemic dealt a big blow to us at Kesarbai Bhimani Working Women's Hostel, a project of the Mumbai Branch of AIWC. Since the offices were closed, the girls had to return home. Our attendance of seventy-seven residents came down to twenty five.

We have a staff of thirteen people to whom we pay total salary of INR 1,70,000/- per month. During the lockdown period the staff who could not report for duty were also paid their full salary taking into consideration their financial condition and their long association with us. We provided food to the residents as well as some staff throughout this period. Some of our canteen staff stayed on the premises and kept the canteen running.

We take utmost care of all the residents staying in the hostel. We got the whole hostel premises sanitized, which the BMC officials came twice to check. To safeguard all our residents, we have made it compulsory for everyone to wear masks when in common areas, to observe distancing, and to sanitize themselves.

We have bought a digital Gun Thermometer, an Electronic Sanitizer dispenser which is touch free, and a Pulse Oximeter to check the residents. One room has been kept vacant as a precautionary measure, to keep someone under observation or quarantine if required.

Hopefully we will tide over this Corona virus and make a comeback to a normal lifestyle as early as possible.



PUNJAB

## Amritsar Branch

*Smt. Prem Duggal, President*

**A**mritsar Branch distributed 450 masks made by our staff and we continue making more.

Amritsar branch again donated 400 masks to Cabinet Minister Shri. Om Parkash Soni for distribution



## Pathankot Branch

Priyadarshini kandi Area Pathankot branch has always kept the service as the Prime motive. At this time of difficulty, some needy people are out of the reach of administrative help. Members of the organization, Mrs. Raj Daga and Mrs. Anila Ale approaches these families to provide Ration to them. Still they are in contact of these families to provide required help to them. These are the families which are very needy and poor. Even yesterday a lady came to us, that told there is not a single grain of wheat or rice. Our organization felt its duty to help these needy families, maintaining social distance young children are also helped in this activity.





## *Women's Indian Association, Chennai*

Women's Indian Association (WIA) have always looked beyond women's welfare and focused on overall empowerment of the society. The current COVID-19 pandemic and subsequent lockdowns, across the country, has left several communities and individuals suffering from lack of essential resources such as food, sanitation, clothing etc. Such circumstances not only increase their vulnerability to COVID-19 but also other physical and mental illnesses. In light of this situation, WIA along with its various chapters spread across the city, joined hands to render proactive, timely and well-organised charitable services to vulnerable populations in an inclusive manner.

The quick action and implementation of our members and chapters, in these challenging times, ensured that we could reach diverse sections of our society. Inclusiveness has been at the core of all our initiatives thus far and we have strived to cater to all affected communities such as Leprosy colonies, migrant workers, Narikuravas, folk artists, people living in kuppams, self-employed individuals, gypsy communities, students, visually challenged people, hearing impaired people, special children, disabled men, women and children, cancer afflicted patients, police personnel, doctors, conservancy workers, corporation employees, platform dwellers and their children, public, animals, security staff, underprivileged people, auto drivers, elderly

population living in old age homes and Shraddha Brahmin families.

We have also taken measures to reach other states of India as and when possible by liaising with other organisations.

While we had to overcome several obstacles to collect, accumulate, and distribute aids amidst the lockdown, the acknowledgement and gratitude displayed by all beneficiaries have only motivated us to do more in the coming days. Such efforts and wide reach of our initiatives would not have been possible without the physical, mental and financial support of our members, chapters and our sister concerns. We would like to thus, take this opportunity to thank each and every one of them for taking the time and effort to help people and communities which is the need of the hour.

### **PM COVID-19 Relief Fund:**

Following the lockdown announcement, as an immediate measure, Smt. Bargavi Devendra, Hon. Secretary of WIA, and her sister Smt. Thoyajakshi Devendra donated Rs.1,00,000/- each towards CM and PM's COVID -19 relief fund.

- ♦ Smt.. Rani Danraj, President of Indira Nagar Women's Association conferred a cheque for Rs. 1,00,000 towards CM Relief Fund.
- ♦ Smt. Bargavi Devendra also donated a sum of Rs.1,00,000 to Women's Indian Association towards COVID-19 relief work.

**Adyar Cancer Institute (WIA):**

- ♦ Smt. Sarala Krishnan, Chairman of WIA, bestowed a cheque of Rs. 2,00,000/- to WIA to be given to Adyar Cancer Institute.
- ♦ Srinivasa Gandhi Nilayam donated Rs. 10,000/- to WIA to be given to Adyar Cancer Institute.
- ♦ Smt. Veena Kohli, Former President of AIWC has sent her contribution of Rs. 15,000/- to WIA to be given to Cancer Institute.
- ♦ Smt. Premalatha Gupta, Faridabad Branch AIWC, has sent her contribution of Rs. 15,000/- to WIA to be given to Cancer Institute.
- ♦ Dr. Muthulakshmi Reddy Women's Association has donated Rs. 14,000/- to WIA to be given to Cancer Institute.
- ♦ The essential groceries worth 625 kgs of rice, 80 kgs of toor dal, 15 ltrs of oil and 1550 face masks were donated by Smt. Padma Venkataraman, Smt. Srikanta Jhaver, Smt. Sitamittal, Smt. M. Bargavi Devendra and Smt. M. Thoyajakshi Devendra to WIA to be given to Cancer Institute.

**Smt. Padma Venkataraman, President, Women's Indian Association:**

- ♦ In collaboration with Rising Star Outreach, India (RSO), Smt. Padma Venkataraman, President of WIA, provided essential provisions to 25,000 leprosy affected families in Tamil Nadu, Andhra Pradesh, Bihar, Maharashtra and Odisha.
- ♦ Procured vegetables in large scale to the value of Rs. 3,00,000/- from farmers of adjoining villages and distributed the same to leprosy colonies in Chennai, Thiruvallur, Kancheepuram and Chengelpet districts.
- ♦ This above service was also extended to thirty employees of Chennai Corporation, thirty families in local slum areas, stranded migrants, self-employed individuals, Narikuravas in three districts, one hundred and thirty two folk artists and gypsy communities.
- ♦ Collaborating with RV foundation donated PPEs (Personal Protection Equipment) worth Rs. 50,000/- to the front line doctors and other healthcare professionals through Dr. Sathya Jaganathan.
- ♦ Facilitated online medical consultation services to the needy and supplied ulcer care kits and two thousand masks to the victims of leprosy.
- ♦ Facilitated online coaching classes for students, to ensure continuity of learning, for students in residential schools located in Uthiramerur, Venkatapuram of Tamil Nadu as well a school in the state of Bihar.
- ♦ On the occasion of May day, food packets,

groceries and other essential commodities worth Rs. 34,000/- were distributed.

- ♦ A sum of Rs. 50,000/- was spent to supply food and water bottles for the migrant workers on their way back to their hometown.

### **Women's Indian Association:**

#### **Smt. Padma Venkatraman, President**

- ♦ WIA also supplied five hundred sanitizers worth Rs. 25,000/- to Greater Chennai Corporation
- ♦ Food packets were offered, through Balasevikas, to individuals who are visually challenged, hearing impaired and/or aged people who are residing in the vicinity of Balasevikas.
- ♦ Donated provisions such as rice, dal and oil amounting to Rs.7,670/- to twenty women senior citizens residing at AIWC Daycare Centre for Women Senior Citizens in Mylapore.
- ♦ To cater to the needs of stranded migrants, members of WIA distributed five hundred biscuit packets and two hundred and ninety five sanitary pads worth Rs.6,180/- to the migrant workers boarding trains at the Chennai Central railway station.
- ♦ WIA distributed sanitary pads for the migrant women workers who boarded Sharmik Special train at Egmore Railway Station.

### **Dr. Muthulakshmi Reddy Women's Association (MRWA),**

#### **Dr. Booma Srinivasan, President**

- ♦ Dr Booma Srinivasan, President of MRWA and treasurer of WIA, cooked and delivered food



packets and nutritional porridge to platform dwellers, their children and conservancy workers for a period of one month.

- ♦ 100 face masks were also donated to people in the area. Kabasura Kudineer (a herbal immune booster) was also donated to the public.
- ♦ Total spend for food, snacks, tea, and masks: Rs.7,500/-, Rs.1,300/- and Rs.1,000/- respectively.
- ♦ Several members of MRWA also provided food to private and residential security personnel, family members of patients in government hospitals and healthcare staff. Total spend: Rs. 8,000/-.

### **Jothi Madhar Sangam**

#### **Smt. Lakshmi Raghukumar, President**

- ♦ 100 food packets, per day, for 20 days amounting to Rs 1,20,000/- were distributed.
- ♦ Groceries to 60 families comprising of differently abled families (10), underprivileged families (10), Shraddha Bhramin families (40) spending Rs.1,200/- per family, totaling to Rs.72,000/- were donated.
- ♦ Groceries worth Rs.2,000/- per head were also donated to 5 auto and share auto drivers.



- ♦ Home-made masks were also prepared spending Rs.1,000/- for resources and engaging five women workers.
- ♦ Total spend: Rs 2,03,000/- was spent for the aforementioned relief activities.

### **Sanju Women's Welfare Association**

#### **Smt. Shanthi Socrates, President**

- ♦ Mrs. Shanthi Socrates and other members donated provisions and groceries.
- ♦ 300 kgs of rice, provisions worth Rs.10,000/- cash amount of Rs.15,000/-, 100/- litres of butter milk, 500 packets of food, 200 face masks and Kabasura Kudineer have been donated to the public.
- ♦ Total spend: Rs.75000/-

### **Srinivasa Gandhi Nilayam**

#### **Smt. Padma Venkatraman, President**

- ♦ Distributed 15 food packets over a period of fortnight alongside 10kgs of rice to 180 families and 5kg rice bags to 20 families.
- ♦ Individual members, as per their capacity, have distributed food packets for conservancy workers in their areas.
- ♦ Contributed Rs. 50,000/- towards Kannaginagar relief activities.



### **RPM Women's Welfare Association (RPMWWA)**

#### **Mrs. Preetha Raj, President**

- ♦ Mrs Preetha Raj led the initiative of distributed items such as rice, toor dal, oil, salt, tamarind, sugar, tea, hand sanitizers and masks to corporation sanitary workers.



- ♦ Executive member, Ms. Praba Sathyanarana distributed rice bags to the near by inhabitants.
- ♦ Hundred pairs of cloth gloves were distributed to police personnel in the area.
- ♦ Hundred food packets were also distributed, every day for three days, worth Rs.15,000/-.
- ♦ Total spend: Rs.13,100/-.

#### **Other initiatives:**

RPMWWA members were encouraged to make cotton masks at home, instead of buying commercial masks which have plastic content thereby supporting the Government of India's Atmanirbhar self-reliant scheme. Those who know sewing, made cotton masks using left over cloth pieces. Those who did not know sewing were encouraged to make masks without involving stitching.

### **Society for Rights of All Women with Disability (SFRAWD)**

#### **Smt. M. Lalithambigai, President**

- ♦ Donated grocery provisions and masks to the tune of Rs.1,700/- (per head) to 535 physically challenged individuals which totals to Rs. 9,09,500/-.
- ♦ Dry rations for 150 women and children with disabilities at a cost of Rs.2,500/- (amounting to Rs 3,75,000/-) and another portion of dry rations for 500 special children with disabilities worth Rs.5,00/- per kit, to the tune of Rs.2,50,000/-, was provided.
- ♦ Overall spend: Rs.15,34,500/-.

### **Bharathi Magalir Narpani Mandram**

#### **Smt. Suseela Gopalakrishnan, President**

- ♦ Distributed 250 kits worth Rs.350/-, consisting of rice and provisions, to residents of Choolapallam slum and MGR Nagar.
- ♦ Distributed 50 kits worth Rs. 750/-, consisting of rice and provisions, to conservancy workers in Saligramam area. Total spend: 37,500/-.



### **Mangaiyarkarasi Magalir Mandram**

#### **Smt. Zaheera Mohideen, President**

- ♦ Food materials, worth Rs.10,000/- was distributed.
- ♦ Rs.20,000/- cash was donated to WIA.
- ♦ Rs.5,000/- was donated to All Children Home in Vyasarpadi, and Kevin Welfare Society in Chennai.

### **Smt. Vanaja Krishnamurthy**

#### **Joint Secretary of WIA:**

- ♦ Collected provisions to the value of Rs. 60,000/- from the neighbourhood for distribution.
- ♦ Collected 5000 face masks (worth Rs. 60,000/-) and hand gloves, to the tune of Rs.3,000/-, were donated. The gloves were exclusively given to police personnel and distributed to over hundred families in need.

### **Kodaikanal Protection Care for Animals**

#### **Janani Krishnamurthy, Animal Activist**

- ♦ Food and medical assistance to fifty stray dogs for over two months.
- ♦ Total spend: Rs. 1,68,000/-.

## Thanjavur Branch

*Dr. G. Vasantha, President*

The Branch conducted four Awareness Programmes in Vallam, Thiruvaiyaru, Papanasam and Orathanadu villages under the guidance of President Smt. G. Vasantha. Masks, hand sanitisers, soap, rice and vegetables were

distributed free of cost. Dr Rajkumar, Dr.T.S. Chandra, Dr.S. Chinnasamy and Dr. Radhika Michael explained the use of handsanitisers and the importance of hand washing and social distancing. Five hundred beneficiaries attended.

GOA

## Goa Branch

*By Smt. Priti Shetye, President*



*Distribution of Masks and essential items during pandemic Covid-19*



TRIPURA

## *Tripura Adibashi Mahila Samity Agartala*

*By Smt. Rita Roy, Secretary*

When members of the Branch approached a village for discussion with the local leaders regarding distribution of relief materials for village people in distress, they found the entrance of the village closed. No outsiders were being allowed to enter due to fear of spreading Corona Virus. However, after discussion with our members they allowed them to distribute the material among the villagers who were very much in need of assistance.

Fifty beneficiaries received rice, dal, soyabean, mustard oil, salt, potato and spices for adults and sooji, sugar, Amul Taza, egg and puffed rice for children. Masks and soap were also distributed in four villages.

A total of two hundred and twenty six beneficiaries received these items.

A cheque of Rs. 25,001/- was given to Chief Minister's Relief fund through Smt. Pratima Bhowmik, M.P. from Tripura.




 TELANGANA

## *Aasritham-NGO, Mehabubnagar*

*By Smt. P. Nagalakshmi, President*

The activities of our Branch during this period in different parts and ratios are listed below. We are a small organization with a commitment, and have taken the following precautionary initiatives towards the pandemic Covid-19:

Covid-19 precautionary measures and awareness at different levels like colonies, gathering places, Bus stands, Railway Station, vendors, police, judicial and community base areas.

Our activities included distribution of stitched masks, hand sanitizer, medical support and food for the needy, especially elders and children.

We provided information and awareness towards substantial benefits receivable through Government like Monthly Pension, Covid-19 Fund, Ration and



Self Health Assessment to overcome the crisis raised by the Covid-19 pandemic.

## *Renuka Mahila Mandali, Nalgonda, Telangana*

*By Smt. A. Manemma, President*

Branch members distributed food, stitched and distributed cloth masks and created awareness regarding sanitation and social distancing. By empowering the local people with the correct information, and with their active support, the area is prepared to fight the spread of the Covid-19 virus.



UNION  
TERRITORIES

## *Jammu and Kashmir*

- The organisation is running Family Counselling Centre for needy women at Gandhi Nagar Jammu in which 91 cases from Distt. Jammu, Samba and Kathua registered in FCC during the year out of which 55 cases settled and the remaining 36 cases are under process of settlement. The programme is funded by Central Social Welfare Board New Delhi.
- Distributed masks and ration including rice, dal, nutri, oil and salt to about 100 people during the lockdown condition due to Covid-19.
- Provided financial help of Rs. 10,000 to six needy women for their livelihood.
- The members of the organisation also honoured Safai Karamcharis during the present lockdown.

## *Puducherry Branch, U.T.*



*Vegetables, rice and groceries distributed by our Member Smt. ANJALATCHI to 50 beneficiary families.*



*Masks distributed to people by our Member Smt. BANUMATHY to 200 beneficiaries.*





*Food packets, bread and biscuits distributed by our Member Smt. Jayalakshmi at Women and Children hospital.*



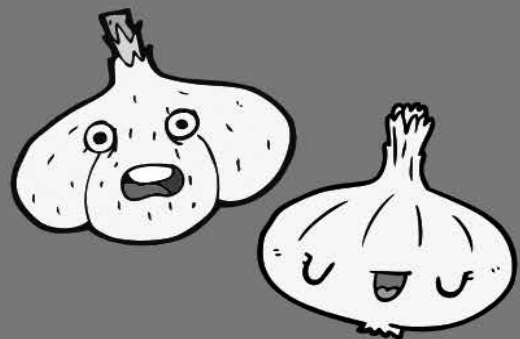
*Rice distributed by our Vice President Dr. Premila to 50 beneficiaries.*



*Food packets, mask distributed by our Joint Secretary Smt. Panchagandhi to 200 beneficiaries*

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?



UTTARAKHAND

## *Calmness in Calamity*

*By Smt. Shevata Rai Talwar, Assistant Secretary AIWC*

**C**ovid 19... The dreaded Corona virus and disease hit the world and left us all totally shaken up, disillusioned and frightened.

What really struck me was that the so called super powers of the universe, proud of their nuclear warfare bowed to the holocaust of this disease . The world sat glued to TVs and social media glumly following the patterns of misery and death that it was leaving in its wake .

The new found joy of becoming a grandmother as my daughter recently had a baby has hardly sunk in when I realised I was back alone in a lockdown condition in my late mother's house , my children's grandmother . The vagaries of nature hit me hard as I mused on the passing of the generations ...

It was yesterday once more. My mother's calm and peaceful yet confident nature engulfed me and embraced me when I sat all alone sleeplessly looking at the stars. Her skills of needlework , perfection in culinary delights, empathy for the needy and animals made me surge forward to help those in despair , homeless and destitutes all awaiting to return to the small world they called their homes .

In lighter moments I cooked, studied spirituality, listened to devotional music and her favourite ghazals and instrumental music and also rested and rejuvenated with a calmness that soon all this would be over. The environment too breathed and the levels of pollutants dropped heavily, and I could see the sunset , the mountains ranges from the roof of my maternal home with the news that wild animals were being sighted along with abundant varieties of birds and butterflies . Rivers

were purifying again; Mother Ganga's water was consumable for the first time in a decade. This rejuvenation was like the sweet smell of my mother's bosom to which I nestled even as a grown up woman to find strength and solace from a great personality of her cadre who was my role model and has taught me values, finesse , supreme sacrifice, empathy , fairness and great faith in the Almighty . All these held me in good stead during this time of crisis and solitude . Will miss you always Mumma .





## Dehradun City Branch

*By Smt. Aruna Chawla, Standing Committee Member*

**H**ard times are sometimes a blessing in disguise. We do have to suffer but in the end it makes us strong, better and wise. This is exactly what Covid-19 has done to the world.

Dehradun City Branch members distributed groceries and prepared cooked food for needy families. Manju Harnal, Renu Bhatnagar, Gurdeep Kaur and Anita Gupta stitched cloth masks for free distribution. More than five hundred masks have been distributed till date. Mask making is still

being continued as it has become a necessity. Soap and sanitizer have also been distributed to improve hygiene. Food for street dogs and fodder for cattle were also being supplied. Archana Singhal shared Yoga tips. Dance Steps were demonstrated by Sandhya Joshi to remain fit and cheerful. Niti Saxena who has won several titles,organised an online Fashion Show to enhance self confidence. Dr Lalita Bakaya and other Doctor members are also doing their bit. We are still contributing for the welfare of the people.







## *Lockdown: A Safe Heaven or Prison For The Women*

*By Dr. Seema Jain, Sanjeevani Mahila Sansthan, Meerut*

The ongoing COVID-19 pandemic is a public health emergency with grave implications for the whole of the world. India, as part of the global community, has also been adversely impacted by the ongoing health crisis with catastrophic implications. Life has been oddly suspended by the pandemic because it has frozen us not only in our homes, but in the larger areas of our caste, class and gender. In general, the lockdown has increased the burden of household chores for women. Offices and schools have closed due to which husband and children are at home full time. Domestic staff such as maids and dhobi have left for their hometowns. The elderly are at greater risk of infection, so they need greater care and attention. For the working woman, the situation is worse. Work from home has doubled her workload. It is not a holiday for her. She needs to cook, clean, wash, feed, teach and also attend to her workplace requirements at the same time. A lucky few have helpful spouses and children which reduces their workload but by and large patriarchy has conditioned her and all those around her into believing that household work is primarily a woman's responsibility. Their menfolk are a grumbling lot with their jobs gone, movements restricted, brothels closed, and alcohol shops shut. It is women who bear the brunt of their frustration. Some other common issues faced by

women in lockdown are health issues, change in sleep patterns, feeling of frustration, pressure, guilt, fear, stress and anxiety. The gendered impact of the pandemic is not only restricted to the boundaries of domestic chores. Domestic violence is the shadow pandemic that has thrived in the conditions that were created to cure the pandemic. Domestic violence has increased, globally fuelled, by mandatory stay-at-home rules, social distancing, economic uncertainties, and anxieties caused by the coronavirus pandemic. Domestic violence can be verbal, psychological, financial and sexual. Ironically, for domestic violence victims, home is the most unsafe place to be quarantined as they are forced to live with their abusers. In India, too, the National Commission for Women has reported a large increase in distress calls from victims of domestic violence since the pandemic broke out. The fear of refusing sex or asking one's partner to use a condom compounds physical and sexual violence between partners and makes it harder for women to access contraceptives, pregnancy kits and abortion services (1).

Due to lockdown the lack of access to friends, family and support organisations is expected to aggravate the situation for abused women further (1). Other contributing factors include the reduced working of courts, inability and fear to travel to

counselling centres, the risk of contracting the virus at these centres and increasing financial dependence of women, increased home drinking or forced abstinence from alcohol, the stigma of domestic violence as a couple's "private matter" and torture from in-laws. The victims are also scared of complaining to the police because they fear that harassment will increase. Also, police and authorities are often looking to get the woman to reconcile and resolve the conflict. "Many don't have the attitude of treating it as a crime but as a marital discord".

Many measures have been adopted by governments all over the world regarding this. For example, in India the NCW has launched a WhatsApp number (72177135372) to report domestic violence. Government, NGOs and local authorities are working for it (2). Various campaigns are also being conducted. What can be done is: Helplines, psychosocial support and online counselling, shelter and medical services should be boosted. Police force and other government agencies should be more responsive. Social media should raise awareness in regional languages emphasizing that domestic violence is a crime. Educate communities to support women survivors. Provide transportation services to seek security, safety and easy access to courts and lawyers. So, to conclude, if we have to emerge from this pandemic as a "healthier" society in a holistic sense we need to consciously cultivate

more sustainable interdependent networks of care and responsibility with a larger, more rational and humane perspective that respects differences and diversity, be it that of gender, caste, ethnicity, language or religion.

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#### **Seema Jain<sup>1</sup>, Bhavna Jain<sup>2</sup>, Atif Khan<sup>3</sup>**

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## *Agra Cantonment Branch*

Motivated by our warriors like Doctors, Nurses, Police and cleaning staff, Agra Cantt. Branch organised a team to fight against Corona. Our members prepared homemade masks and sanitizers and pledged to save lives by distributing these masks, sanitizers, food and other essentials to the needy.

We distributed five hundred cakes of soap in Agra District Jail for proper sanitation, and provided food to Ramlaal Vridhashram and Moolchand Quarantine Centre.

To boost individual immunity we also organised Yoga classes in March and April, keeping to the strict protocol of social distancing.

All these efforts were a huge success, under the guidance of Director Anshu Bhargava and Secretary Pratima Bhargava., and members, especially Saroj Gaurihar and Shaila.

We will continue to do so in future as well



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## Allahabad City Branch

*By Smt. Ranjana Gulati, President*

The worst health crisis of all time is challenging the world. In India, the lockdown was bearable for the fortunate but what about those who have no roof over their heads, let alone money to buy masks and sanitizers with no daily income to pay for their next meal.

Our devoted members, Subhash Rathi, Kamini Jain, Suparna Agrawal, Maya Dwivedi, Usha Rani Gupta, Vijya Tiwari, Bhawna Gaur, Neetu Kesarwani and students of Subodhini School stitched two thousand masks to distribute to needy people.

Throughout the Lockdown period, our member Dr. Kirtika Agarwal has reached rickshaw pullers, slum-dwellers, migrant workers and other daily

wagers in and around the city with masks, food grains, soaps, sanitizers and other basic necessities to keep them protected from the virus amidst their circumstances.

Our members living in big apartments tried to safeguard our own guards, sweepers and sanitation workers who provide an invaluable service and are forced to risk their lives daily.

On the auspicious day of Navratri we have given Gupt-Daan of one hundred packets of food in the slum area and rations to the Corona Warriors working for us. I am really thankful to all my AIWC sisters and friends because every penny counts when we are fighting a pandemic war.



## Greater Noida Branch

*By Dr. Upasana Singh, President*

**D**istribution of ration and essential goods among needy people was carried out by Human Touch Foundation for Women, Greater Noida branch. Sharing a glimpse.



## Mathura Vrindavan Branch

*By Smt. Sadhana Kulshrestha, Secretary*

### Awareness Program:

- ♦ Targeted for Short Stay homes and Old Age homes ( Tarash Mandir Vrindavan).
- ♦ In association with Vrindavan Bal Vikas Manch(NGO).
- ♦ All activities covered were under the directives given by Government
- ♦ Information on Covid-19 (Posters, Training to the staff).
- ♦ Prevention of Covid-19 (lecture and demonstration on handwashing, use of sanitizers, posters, training to the Old Age Home staff and Short Stay Home staff etc.).
- ♦ Highlighted the importance of social distancing and its importance.

### Daily Essential Distribution

- ♦ Targeted for Slum areas in Yamuna Nagar, Pani Ghat near Vrindavan.



- ♦ Distribution of free ration in packets (including flour, cooking oil, spices, snacks, soap and Surf) by our team.
- ♦ Social distancing and Government directives were followed and highlighted to targeted areas during distribution.
- ♦ Funds collected by members for 50+ families

### Meal Distribution Program :

- ♦ Targeted at needy people in Vrindavan (Parikrama Marg).

- ♦ Distribution of bread packets, healthy meal packets by our team.
- ♦ Distribution of rations and cash to needy families.

### Next Steps (In Progress) :

Manufacturing of three-layered cloth masks (500+ in numbers). The raw material to be procured by members, to be made by Short Stay Home women (+ AIWC members) on payment basis. This will be distributed in rural areas.

- ♦ Distribution of soap and cleaning material.



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## *Corona Virus - A Curse or a Boon?*

*By Smt. Madhuparna Chakraborty, Behala Utsab Foundation,  
Constituent Branch of Calcutta South West Suburban Branch*

**W**e have been in constant conversation about this pandemic that is flowing through the earth. The scientists are still in search of an answer. Humans are losing lives, but many are recovering. Reporters ask, are we on the edge of the ultimate end? Or we will survive? If we live, what will the world be like?

The world is trying to save humans. We no longer believe in gods, but only in researchers, scientists and doctors. People are fighting to stay positive. In all this turmoil that we are going through, I would ask the people reading this article to sit back for a while, take a mug filled with your favorite beverage and close your eyes. Think, are we happy in this nationwide lockdown or not? Are we satisfied staying with loved ones and leaving the world for the time being, discussing all those happy times that we had in the past when we were young? I know the world is facing the most terrible time it has ever suffered since the Spanish flu of 1918. Yet, if we speak about this virus, then according to me, it's a boon for us in many ways:

- ♦ People have started to find inner talents which they had lost due to work pressure.
- ♦ Old people are no more alone- they get someone to talk with.
- ♦ Gadgets have now become boring.
- ♦ Indoor games are back.

- ♦ Children are being able to spend much more time with their working parents.
- ♦ Cleanliness and sanitation has become a necessary part of our life because of this virus.

Now if we talk about nature then:

- ♦ It's having its best time.
- ♦ The world has become pollution free.
- ♦ Different coloured birds of different varieties are back and even a few animals like barking deer, elephants and hyenas are coming out in cities. People are no more on roads and there are no vibrations as well. Hence they feel safe on roads.
- ♦ The entire generation is seeing the clear sky which wasn't possible for the world to see but today we are.
- ♦ Nature is turning more beautiful and growing day by day.

We know clearly that if we recover from this hard time, we will try to get back to our normal lives. But this time we will not forget the tough lesson Nature has taught us. I believe we will be more controlled and take care of Nature quite well, so that the world never again suffers such a penalty of worldwide lockdown for months.

## *Behala Utsab Foundation,*

### *Constituent Branch of Calcutta South West Suburban Branch*

*By Smt. Susmita Chakraborty, Secretary*

Our work is not limited to the suburbs of Kolkata, but carried out mainly in the villages of Arampur, Borabari of Gosaba Block, South 24-Parganas.

Two months back we had provided Corona relief to one hundred and fifty poor villagers on two occasions. Meanwhile, on 20th May 2020, the devastating Amphan super cyclone damaged the mud houses, belongings, livestock, harvest

and agricultural land of our poor beneficiaries. Moreover, there were fresh floods due to breakage of the embankment, which made their lives more miserable. Their constant pleas for help forced us to take monetary loans from big hearted people to purchase dry rations. We sent all items to our counterparts in Arampur, Gosaba for packing on 24th May and distributed the same through our members among one hundred and fifty villagers on 2nd June.





## Darjeeling Branch

*By Smt. Gunkeshri Pradhan, Member-in-Charge, Disaster Management*

All over the India , branches are conducting relief camps in their respective areas. In Darjeeling branches we have carried out relief work in Bijanbari and Majuwa.

A Medical Camp was held in Majuwa on 15th June 2020

Here are some pictures of the relief camp, with distribution of masks, sanitizer , medicine, ration etc.



*Relief camp in Bijanbari with ration and mask distribution on 28th March 2020*



*Mask making in Darjeeling Branch for distribution*



*Masks, sanitizer, soap , medicine , healthy food distribution in Sinbungdera Majuwa on 8th May 2020*



## *Kalimpong Branch*

On 28th April, six members of Kalimpong Branch reached out to Sakiyong Busty, a very remote area in Pedong, two hours drive from Kalimpong, to distribute rations, with due permission of the District Magistrate.



## *Calcutta North East Suburban Branch*

*By Smt. Kathika Das, President*

One of our constituent branches, Social Welfare Mahila Samiti arranged relief for one hundred and fifty families at Ramratanpur, Kakdwip on 14th June. The following items were distributed: Dry foods (cheera, muri, sattu, sugar, biscuits), candles, matchboxes, sanitary napkins, mosquito nets, lime and bleach, ORS, basic medicines for fever and diarrhoea and drinking water.



## *Raiganj Mahila Sammilani*

*Raiganj, Uttar Dinajpur,*

*By Smt. Kalpana Roy, Secretary and  
Zonal Organiser, Eastern Zone (A)*

In this COVID-19 pandemic situation we, Raiganj Mahila Sammilani are trying to help the surrounding people. Due to lockdown period they were suffering from lack of food. So we took the initiative to distribute some food grains among them. On 4th April 2020 we went to our Raria Constituent Branch with some food grains like rice, dal, salt, soyabean, potatoes etc. to



*Children are learning the use of sanitizing their hands in Covid 19 by Zonal organiser Kalpana Roy*



*Fifteen beneficiaries of Daycare Centre and four poor women have taken the cash for medicine and food during the lockdown period. All society members and Zonal Organiser were present there.*

help the families of crèche children.

Then on 18th April 2020 we went to our other Constituent Branch namely Giribala and on 20th April, 2020 we went to **SMOKUS** with some food grains like rice, dal, salt, soyabean, potatoes etc. to help the poor children from mainly tribal families.

In this lockdown period we have not faced any disturbance from beneficiaries and villagers. They were very quiet and cooperative to our programme.



All Governing body members were present during the time of distribution: S/Smt. Bani Datta, President; Swati Barman, Vice – President; Kalpana Roy, Secretary; Pratima Sinha, Asst.

Secretary; Geeta Pramanik, Treasurer; Sudipta Sarkar Bhowmick, Asst. Treasurer and Mira Dutta, Sudipta Das and Paramita Roy, Directors.

## ***Bolpur Santiniketan Branch, West Bengal***

***By Smt. Soma Singha, Secretary***

**O**n behalf of BolpurSantiniketan Main Branch, we distributed ration(grocery) to the residents of Dwaranda Village.

We distributed Rice(5 kg), Lentils(500 gms), Salt(500 gms), Sugar(500 gms), Mustard oil (500gms), Turmeric, Coriander Powder, Potato(2 kg) and Onion(1 kg)





## बापनु घर आ.भ.म.प. नई दिल्ली

Magdleen Marin and Counsellor

Member in charge, Bapnu Ghar AIWC, New Delhi

लॉकडाउन के कारण हमें अपने बापनु घर का ख्याल आता है और वहां रहने वाले सभी रेजिडेंट जोकि अलग-अलग शहरों से हमारे पास आते हैं। उनके लिए चिंता गहरी हो जाती है। अभी दो-तीन महीने से तो लॉकडाउन है जिसकी वजह से हम उन के घरों का पता लगाने के बाद भी उन्हें भेज नहीं पा रहे हैं। बापनु घर के काउंसलर व इंचार्ज के द्वारा वार्डन जो अकेली इस मुश्किल के समय बापनु घर संभाल रही है उन की वीडियो और टेलिफोन द्वारा संविदा आत्मक काउंसलिंग की जा रही है। समय-समय पर जो भी जरूरत पड़ी व प्रेसीडेंट व सचिव द्वारा बात करके पूरी की जा रही है। बापनु घर की पूरी कोशिश होती है कि वहां की रेजिडेंट को स्वावलंबी बनाकर उन्हें नौकरी दिलाना और उनके घरवालों की काउंसलिंग कर उन्हें सुरक्षित घर तक पहुंचाना। बापनु घर को काउंसलर और इंचार्ज के द्वारा शहर वासियों और बाहर से आने वाले केसों की टेलीफोन द्वारा काउंसलिंग कर उन की समस्या का समाधान करने की पूरी कोशिश कर रहे हैं। बापनु घर के सहवासियों द्वारा कपड़े के मास्क बनवाए जा रहे हैं।

उनके द्वारा हाइजीन का भी पूरा ध्यान रखा जा रहा है। उन्हें बार-बार हाथ धोने के लिए साबुन डिटोल सैनिटाइजर दिया गया है। हमारे दो काउंसलर बेंगलोर NIMHANS, जैसे अनुसंधान से 5 दिन की ऑनलाइन ट्रेनिंग प्राप्त की है कि किस तरह से अपने परिवार और समाज को सुरक्षित रखा जाए इसके बारे में जानकारी प्राप्त की है। बापनु घर में टेलीफोन वीडियो कॉलिंग द्वारा कार्य किया जा रहा है। वार्डन द्वारा पूरी साफ सफाई व गार्डनिंग का ध्यान और रहने वाली रेजिडेंट

की स्वच्छता पर भी ध्यान दिया जा रहा है कई बार पुलिस भी दवाई लाने में मदद कर रही है। उन्हें अच्छे से अच्छा भोजन प्राप्त हो इस का भी ख्याल रखा जा रहा है। इस के बाद में पारिवारिक परामर्श केंद्र में इस विषम परिस्थिति में आए हुए केसों की चर्चा करना चाहूंगी। 24 तारीख को राजेश जी का फोन पारिवारिक परामर्श केंद्र में आता है और वह बताते हैं कि उनके पास में रहने वाली एक महिला के घरवाले, रिश्तेदार उस के संग मारपीट कर रहे हैं और उसे घर से निकाल दिया है। पुलिस में इस की कम्प्लेन की गई है लेकिन पुलिस दोषियों के खिलाफ कोई मुकदमा दर्ज ना करके मामले को रफा-दफा करना चाह रही है इस कारण से उसके ऊपर कोई कार्यवाही नहीं हो रही है। वह महिला को घर से बाहर निकाल दिया गया है काउंसलर ने सारी जानकारीयां राजेश जी से प्राप्त की और DCP का नंबर प्राप्त किया और बात कर उसको सुरक्षित घर में रखवाया और जो हमारी एक बहुत महत्वपूर्ण प्रक्रिया है उसका बराबर हम पालन कर रहे हैं और पुलिस से भी अग्रह किया गया है कि उसकी सुरक्षा का पूरा ध्यान रखा जाए।

सुनीता (बदला हुआ नाम) सुनीता हमारे पास 2015 में आती है और उस के बारे में पता चलता है कि वह अपने परिवार से पीड़ित होती है उस के माता-पिता नहीं है और वह चाचा चाची के पास दिल्ली में रहती थी और उस के चाचा चाची ने उसे घरेलू कार्य के लिए कार्यकर्ता के रूप में किसी के घर में लगा रखा था। वहां पर उसने बताया कि उस के चाचा चाची उसके साथ मारपीट करते हैं और अच्छी तरह से खाना पीना

भी नहीं देते हैं जब वह काफी परेशान हो गई तो जिन के यहां वह काम करती थी उन्होंने शिकायत दर्ज करके उसे बाल गृह में रखवाया। बाल गृह से 18 वर्ष के बाद में वह वापस बापनु घर में आई पिछले 5 सालों से बापनु घर में रह रही है और यहां उसे ब्यूटीशियन का कोर्स भी करवाया गया था और स्कूल में एडमिशन भी

करवाया गया जिसमें उसने 9वीं, 10वीं और 11वीं 12वीं की है और काफी अच्छा मन लगा करके पढ़ाई कर रही है। अभी 12वीं की परीक्षा में उत्तीर्ण हुई है और उसमें वहा के इंचार्ज और काउंसलर वार्डन का पूरा सहयोग रहा है। और अब वह खुद अपने पैरों पर खड़ी होकर के एक अच्छा जीवन यापन कर सकती है।

## कोरोना: एक नज़रिया

—किरण सिन्हा

Executive Member, Ujjawal Women's Association, East Delhi Branch

आज पूरा विश्व कोरोना की महामारी से त्राहि-त्राहि कर रहा है। दुनिया के वैज्ञानिक, इसका इलाज ढूंढने में लगे हुए हैं। समस्त विश्व आज लॉकडाउन में है। सामाजिक गतिविधियां बंद हैं। सभी भविष्य की अनिश्चितता में डूबे हैं, हजारों लाखों लोग विस्थापित होकर अपने घर को लौट रहे हैं। स्थिति विकट है। किंतु इस त्रासदी में कुछ सकारात्मक बातें भी हो रही हैं, हमें इन्हें नजरअंदाज नहीं करना चाहिए। वर्षों बाद वातावरण स्वच्छ और हवा हल्की हो गई है, तारों से चमचमाता नीलाकाश, चांद की चांदनी, सूर्योदय और सूर्यास्त की सुंदरता दिख रही है। चिड़ियों के चहकने की आवाज आ रही है। जिससे मन को सुकून मिल रहा है। पौधे हरे हो गए हैं, कई शहरों से हिमालय की चोटियां दिख रही हैं। नदियां फिर अपने नैसर्गिक रूप में बहने लगी हैं। नदियों का पानी फिर, स्वच्छ और, जीवनदाईनी हो गया है।

मजबूरी में ही सही, पूरा परिवार एक साथ है। नई पीढ़ी के लिए खासकर युवाओं के लिए यह अनुभूति बिल्कुल नई है। ज्यादातर बाहर की दुनिया में रहने वाले अब घर की दुनिया को समझ रहे हैं। उन्हें समझ में आ रहा है कि माता-पिता उन की सुख सुविधाओं के लिए कितना मेहनत करते हैं। वे घर बाहर के कामों में मदद कर रहे

हैं। बड़ों के लिए आदर और सुरक्षा की भावना बढ़ गई है। घर में रहकर बच्चे ज्यादा संवेदनशील और परिपक्व हो गए हैं। हमें अपनी क्षमता का एहसास हुआ है, कि बिना बाहरी मदद के हम कितना कुछ अपने आप कर सकते हैं। बाहर जाकर काम करने वाले लोगों ने घर में रहकर अपने छूटे हुए शौक को फिर से शुरू किया है। कोई पाककला, कोई पेंटिंग तो कोई संगीत आदि को अपने जीवन में फिर से लौटा लाया है। भूली बिसरी यादों का एल्बम खुला है। समय की कमी के कारण, जिनसे हम कुशल-क्षेम भी नहीं पूछ पाते थे उनसे, सुख दुख की बातें हो रही हैं। दोस्त रिश्तेदारों से ज्यादा अपनापन का एहसास हो रहा है। पहले अपनी व्यस्तता में लगता था हम कहीं छूटते जा रहे हैं। मशीन की तरह अपनी दिनचर्या से लोग थक गए थे। इस महामारी में परिवार और समाज में एक भावनात्मक तारजुड़ गया है। विदेश में रहने वाले परिवार और दोस्त के साथ वीडियो कॉल द्वारा लोग साथ मिल बैठकर बातें कर रहे हैं।

इस कठिन परिस्थिति में आमलोगों की उदारता और परोपकार की भावना सामान्य से ऊपर दिखाई दे रही है। दुख कष्ट परेशानी में पड़े लोगों के लिए अकेले या समूह में लोग जान जोखिम में डाल कर बाहर निकल

आए हैं। खाना पानी दवा, वाहन, चिकित्सा मुहैया करा रहे हैं। करोड़ों में दान दे रहे हैं। मनुष्य से लेकर, सड़कों पर भटकते पशुओं तक की सुरक्षा की बात लोगों के समझ में आई है। डॉक्टर, पुलिस, सरकारी तंत्र, गैर सरकारी संगठन अपनी क्षमता की पराकाष्ठा तक बीमारों के लिए काम कर रहे हैं। काम को काम की तरह नहीं पूजा की तरह कर रहे हैं। ऐसी भावना पहले विरले ही देखने को मिलती थी। भौतिक सुख सुविधा जुटाने की होड़ में रात दिन काम करते लोगों को समझ में आया है जीने के लिए हमारी जरूरतें कितनी कम है। यह सारे भौतिक संसाधन एक छोटे से विषाणु के सामने कितनी महत्वहीन है।

कोरोना की वजह से आज भारत के आयुर्वेद चिकित्सा पद्धति, योग, प्राणायाम को विश्वव्यापी पहचान मिली है। भारत आज वैकल्पिक चिकित्सा का प्रेरक बन गया है।

इस महामारी ने दुनिया के अति संपन्न से लेकर अंतिम वंचित को एक धरातल पर लाकर खड़ा कर दिया है। जीवन की सच्चाई सामने आ गई है। हम आध्यात्मिक मानसिक शांति से दूर जा रहे थे, इन घटनाओं से लोगों में अध्यात्म पर विश्वास और एक असीम शक्ति की उपस्थिति का एहसास हुआ है। विश्व के कुछ देश सर्वशक्तिमान बनने की होड़ में प्रकृति के साथ जो अप्राकृतिक प्रयोग कर रहे हैं यह सब उसी का परिणाम है। विश्व के कण-कण में एक तारतम्य है, एक शक्ति का प्रवाह है, जिसमें दखल देना प्रलय लाने जैसा है। अतः प्रकृति को अपने मूल रूप में पनपने दें, और उसके विस्तार से लाभ उठाएं। यह बातें जितनी जल्दी समझ में आए, उतना अच्छा है। उम्मीद है इस विपदा से जूझने के बाद विश्व में बहुत कुछ सकारात्मक बदलाव आए। मानवता इसे समझेगी और हम आगे एक सुखद विश्व का निर्माण करेंगे।

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**The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.**



World Health Organization

#Coronavirus

#COVID19

**FACT:**

**Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.**





## मध्य प्रदेश

## भोपाल

मधु सरन, अध्यक्ष

ऐ आई डब्लू सी भोपाल संस्था के द्वारा महामारी कोरोना कोविद 19 की रोकथाम एवं संक्रमण से सदस्यों द्वारा जरूरतमंद लोगों को अनाज तथा आवश्यकता का सामान जिसमें अनाज बिस्कुट दूध के पैकेट इत्यादि सामान बांटे गए।

संस्था की अध्यक्ष एवं सदस्यों द्वारा बनाये गए मास्क का वितरण किया गया, मास्क देकर लोगों को उन्हें नियमित उपयोग करने के लिए कहा गया व समय-समय पर साबुन से हाथ मुँह एवं पैरों को भी साफ करने के बारे में जानकारी दी गयी तथा अपने हाथों एवं मुँह को साबुन से बार-बार धोने की जानकारी भी दी गयी।

संस्था की सदस्य ने चाय बिस्कुट तथा नगद राशि भी वितरित की, संस्था की काउंसलर ने लॉकडाउन के दौरान लाभार्थियों को फोन पर परामर्श दिए तथा उनकी

आपसी मतभेदों को दूर करने का प्रयास किया साथ ही गर्भवती महिला, बच्चे आम वृद्धजनों की देख रेख व खानपान पर विशेष ध्यान रखने के लिए जागरूक किया संस्था की अध्यक्ष श्रीमती मधु सरन ने सभी सदस्यों को आरोग्य सेतु ऐप डाउन लोड करने की सलाह दी तथा उस पर अपनी सही जानकारी देने का अनुरोध भी किया संस्था की अध्यक्ष ने अपना लक्ष्य लॉकडाउन का उद्देश्य लोगों को इस भयवाह महामारी के संक्रमण की चपेट में आने से बचाना है।

लोगों को सुरक्षा दिलाना की वह घर पर ही रहे लोगो को मानसिक तनाव से बचाये रखना लोगो महामारी में सामाजिक दूरी का पालन करना मास्क पहनने पर जोर डालना और समय समय पर हाथ साबुन से धोना या सैनिटाइजर इस्तेमाल करना।



## उत्तराखंड

## नैनीताल

शाखा अध्यक्ष

AIWC नैनीताल ब्रांच द्वारा कोविड 19 संक्रमण से प्रभावित गरीब एवं जरूरतमंद लोगों की मदद के लिए रक्त दान शिविर, मास्क बनाकर करीब 400 लोगों में वितरित करने के साथ ही 12000 रु. का चेक भी

एसडीएम नैनीताल के माध्यम से जिलाधिकारी राहत कोश में जमा किया गया है। साथ ही संस्था के सदस्य व्यक्तिगत स्तर से भी अपनी भूमिका निभा रहे हैं।

## जागृति, हरिद्वार

शाखा सचिव, करुणा शर्मा

कोरोना महामारी ने मानव को आर्थिक, सामाजिक, मनोवैज्ञानिक, शैक्षिक आदि सभी क्षेत्रों में इतनी बुरी तरह झिझोड़ा है कि वह आज असहाय सा महसूस कर रहा है। अगर हम मानव मात्र को सामाजिक रूप से बाँटें तो सबसे ज्यादा असहाय उस वर्ग ने महसूस किया है जो अपना जीवन यापन रोज कमाकर करता है। आज कि परिस्थितियों में उनकी मूलभूत आवश्यकता है— उनकी भोजन कि व्यवस्था। ऐसे में सामाजिक वर्गों का दायित्व बनता है इस वर्ग कि ओर सहायता का हाथ बढ़ायें व इसी सोच के साथ हमारी संस्था ने इस वर्ग की सहायता का संकल्प लिया और तुरंत इस दिशा में कार्य प्रारंभ कर दिया। रिपोर्ट निम्न प्रकार है—

1. 29-3-2020 को संस्था द्वारा पूरी सब्जी अचार के 200 पैकेट्स जरूरतमंदों को राजा गार्डन, जगजीतपुर, फुटबॉल ग्राउंड गुरुकुल क्षेत्र में वितरित किये गए।
2. 1-4-2020 से संस्था द्वारा निरंतर रसोई चलायी जा रही है और लगभग 100-125 जरूरतमंदों को दाल-चावल, कढ़ी-चावल, खिचड़ी, पुलाव आदि उपलब्ध कराये जा रहे हैं। अक्षय तृतीया (26-4-2020) को संस्था की सदस्या उषा राजपूत

द्वारा 27 किलो दूध उपलब्ध कराया गया और उस दिन रसोई में पूरी खीर तैयार कराकर उक्त वर्ग को खिलाई गई। उषा जी के द्वारा कढ़ी के लिए निरंतर छाछ भी उपलब्ध करायी जा रही है।

3. संस्था द्वारा पुलिस को, विभिन्न क्षेत्रों में जरूरतमंदों को 300 मास्क बनाकर वितरित किये गए और ये कार्य भी अभी जारी है।
4. संस्था द्वारा MAATRA AANCHAL SANSTHA, राजा गार्डन, हरिद्वार को आटा, दाल, चावल, सरसों



का तेल, चीनी, मसाले, चाय की पत्ती, बिस्किट्स, चिप्स आदि भी उपलब्ध कराये गए। MAATRA AANCHAL SANSTHA अनाथ बालिकाओं की संस्था है। साथ ही साबुन और SANITIZERS भी वितरित किये गए।

5. संस्था की उपशाखा काँगड़ी द्वारा 14-3-2020 को कोरोना वायरस के विषय में जागरूकता कार्यक्रम किया गया तथा 12-4-2020, 15-4-2020 तथा 24-4-2020 को राशन के 100 पैकेट्स, साबुन, आदि ग्राम के दिहाड़ी मजदूरों, गरीबों आदि को वितरित किये गए।
6. संस्था की उपशाखा तववतामम द्वारा 200 मास्क, ब्रेड, बिस्कुट आदि के कार्टन 3-4-2020 को नगर निगम रूड़की को उपलब्ध कराये। रूड़की शाखा द्वारा कोरोना पर ऑनलाइन ड्राइंग कम्पटीशन भी कराया गया तथा कोरोना टाइम में हो रहे तनाव को कम करने के लिए 5 दिवसीय (20-4-2020 से 25-4-2020) ऑनलाइन कवि सम्मलेन का भी

आयोजन किया गया जिसमें संस्था के सदस्यों के अतिरिक्त नगर के प्रतिष्ठित महानुभावों ने भी प्रतिभाग किया। यह कार्यक्रम अपने उद्देश्य को पूर्ण करने में बहुत सफल रहा।

7. संस्था द्वारा तथा उसकी उपशाखाओं द्वारा मानव सेवा के साथ-साथ पशु सेवा भी की जा रही है कबूतर, बन्दर, कौए आदि को भी भोजन उपलब्ध कराया जा रहा है।

संस्था तथा उपशाखाओं के कार्य अभी जारी हैं। और कोरोना काल में needy व्यक्तियों को 29-03-2020 से 25-05-2020 तक प्रतिदिन भोजन उपलब्ध कराया गया। इस समय में लगभग 150 व्यक्तियों को प्रतिदिन भोजन वितरित किया गया।

10-06-2020 से काँगड़ी गाँव में होम्योपैथिक इम्युनिटी बूस्टर मेडिसिन खिलाई जा रही है। अभी तक लगभग 80 व्यक्तियों को ये मेडिसिन खिलाई जा चुकी है और अभी भी खेलने का क्रम जारी है। संस्था का प्रयास है कि गाँव के हर व्यक्ति को इस मेडिसिन का कोर्स करा दिया जाए।

## लॉकडाउन

रक्षा शुक्ला

ताले नहीं परताले परे हैं। दरबार खुले हैं, पर अंदर हम बंद हैं। ये कैसा लाकडाउन है... घर-घर में जन-जन की, जान पर बन आई है..., भगवान सबकी 'रक्षा' करें।



## उत्तर प्रदेश

## सहारनपुर शाखा

शाखा अध्यक्ष

22 मार्च 2020 से सहारनपुर शाखा को सरकार के आदेश के कारण बंद रखना पड़ा। लेकिन इस मुश्किल घड़ी में भी अखिल भारतीय महिला कान्फ्रेंस सहारनपुर सदस्याओं ने बहुत से कार्य किये जो निम्नलिखित हैं।

1. श्रीमती कुंतीपाल जी के सुपौत्र राघव लखन पाल ने अपने निवास स्थान पर पत्रकारों को 2000 मास्क व सेनेटाइजर दिए। इसके अतिरिक्त राघव जी ने अपनी और आंटी की ओर से एक लाख रु. प्रधानमंत्री केयर फंड में भी भेजे हैं।
2. स्वाधार गृह की संवासिनियों ने भी 5 व्यक्तियों का भोजन बनाकर कालोनी के अन्य परिवारों के माध्यम से जरूरत मंदो तक पहुंचवाया इस कार्य में संस्था की अध्यक्ष श्रीमती चंदा पौदार एवं कौंसलर श्रीमती हुमा उनके पति ने विशेष सहयोग दिया।
3. श्रीमती विदुषी के घर के पास पुलिस चौकी है जहां 5 पुलिस कर्मी कार्यरत हैं उनके लिए अटल जी दूध मट्ठा और भोजन पहुंचा कर आए।
4. अखिल भारतीय महिला कान्फ्रेंस सहारनपुर की संवासनीय ने मास्क बनाए और सदस्यों ने वितरित किया।
5. इस मुश्किल घड़ी में अखिल भारतीय महिला कान्फ्रेंस सहारनपुर की संवासनीयों की ऑनलाइन काउंसिलिंग की गई।

## लॉकडाउन में क्या खोया क्या पाया

प्रीति तोषनीवाल, कानपुर (मैन ब्रांच)

“जीवन एक मानक पाठशाला है  
और समय एक आदर्श गुरु”

वर्तमान समय में कोरोना महामारी के जिस दौर से हम गुजर रहे हैं वह दौर कई कड़वे-मीठे अनुभवों के मोती हमारी झोली में डाल रहा है सर्व प्रथम हम बात करेंगे कि हमने क्या खोया— लॉकडाउन की अवधि में अनेक लोगों ने अपना आर्थिक आधार खो दिया। लोगों की नौकरियां छूटने व रोजगार बंद होने से लोगों की मानसिक शांति खो गई और लोग अवसाद के शिकार होने लगे। अर्थात् घुमक्कड़ जिज्ञासा” अर्थात् घूमते रहने, देश दुनिया की सैर करने से आपकी जिज्ञासाएं शांत होती है। लॉकडाउन की वजह से घूमना, सैर पर जाना एवं सामाजिक आयोजन होना बंद हो गया है। इसका

दुष्प्रभाव यह हुआ कि लोगों के ज्ञान कोष में कुछ अध्याय जुड़ने से रह गए।

लॉकडाउन में घर पर ही रहने से शारीरिक गतिविधियां कम होने से लोगों में आलस्य घर करने लगा। मुख्यतः स्कूल—कॉलेज बंद होने से बच्चों की दिनचर्या प्रभावित हो गई। ऑनलाइन क्लास चलने से सेल—फोन और लैपटॉप के अधिक प्रयोग से उनकी आंखों और मस्तक पर प्रभाव पड़ने लगा, बच्चे एकांत प्रिय होने लगे और आलसी भी साथ में हमने क्या पाया—सर्व प्रथम इसे स्वीकारा कि जीवन सर्वाधिक मूल्यवान है। धन उपार्जन की अंधी दौड़ में हम लगभग यह भूल चुके थे कि जान है तो जहान है। कल—कारखाने निष्क्रिय होने से तथा वाहनों का बहुत कम प्रयोग होने से हमारा जहान भी

प्रदुषणमुक्त हुआ जो कि हम लाखों खर्च कर के भी नहीं कर पा रहे थे। हमने जीवन के मूल्यों के साथ ही बचत के महत्व को भी जाना। आपत्तिकाल में हमारी जमा राशि ही हमारे जीवन को बचाने का एक मात्र स्रोत साबित हुई। घर पर रहकर हमने घर परिवार का महत्व समझा और माना परिवार के साथ मिलजुल कर कार्य करने की सीख पाई। हमने साफ सफाई के महत्व को भी समझा और स्वयं को और अपने आसपास के परिसर को स्वच्छ रखने पर ध्यान दिया। हमारी श्रद्धा उस सर्व शक्तिमान ईश्वर के प्रति अधिक जागृत हुई अतएव हम प्रकृति के आगे नतमस्तक होने को बाध्य

हुए। इस दौरान खाली समय का सदुपयोग करने के लिए अपने पुराने शौक खंगाले और कईयों ने अपने शौक को व्यवसाय में परिवर्तित किया। वर्क फ्रॉमहोम ने टेक्नोलॉजी के अनछुए पहलुओं को छुआ। लोगों ने घर पर ही रह कर भांति-भांति के पकवान बना कर शुद्ध एवं सात्विक भोजन ग्रहण कर स्वास्थ्य लाभ प्राप्त किया। बच्चों ने अपने बुजुर्गों से किस्से कहा नियां तथा उनके अनुभवों को शेयर किया।

संक्षेप में यह मानना उचित होगा कि “बीती ताहिबि सारदे, आगे की सुधिलेय” जो खोया है उस से सीख ले और जो पाया है उसे संजोकर रखना है।

## लेडीज क्लब मेरठ

निरूपमा राजवंशी अध्यक्षा, सुधा भटनागर सदस्या, स्टैंडिंग कमेटी

### “सेवा ही परमोधर्म”

“सेवा ही परमोधर्म” को चरितार्थ करते हुए कोविड-19 महामारी की इस मुश्किल घड़ी में जनमानस की सहायता के लेडीज क्लब मेरठ AIWC की सदस्याओं द्वारा तन, मन, धन से सेवा का कार्य किया जा रहा है जोकि निम्न प्रकार से है। सर्वप्रथम क्लब बुलेटिन डिस्टन्नेब्यूटर किशनपाल को क्लब की ओर से 5000/- रुपये की धनराशि

प्रदान की। क्लब की पूर्व अध्यक्षा प्रतिदिन पुलिसकर्मियों एवं जरूरतमंदों को आवश्यक समान वितरित करती आ रही है। तथा प्रतिदिन 500 फूड पैकेट्स वितरित किये गये। राशन, सेनिटाईजर, मास्क आदि से जरूरतमंदों को सहायता प्रदान की 3 जून 2020 को AIWC Zonal Organizer Mrs. Nishi Jain Ji ने ऑनलाईन सूर्य नमस्कार प्रतियोगिता कराई जिसमें श्रीमति ममता श्रीवास्तव जी ने Consolation Prize जीता।

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# कोरोना पोजिटिव - गीता का कर्मयोग

डॉ. स्वर्ण सखूजा को. अध्यक्ष, सहरनपुर

आदिकाल से गतिमान समय के चक्र को हमारे ऋषियों व मुनियों ने कुछ विशिष्ट व लक्षण के आधार पर काल खंडों में विभाजित किया है, जिन्हें हम त्रेतायुग द्वापरयुग तथा कलियुग के नाम से जानते हैं। लक्षों के आधार पर यदि समय का नामकरण किया जा सकता है तो मेरे विचार में वर्तमान कालखंड को 'कोरोना पोजिटिव का चक्रवर्ती सम्राट की संज्ञा दी जा सकती है। 'कोरोना पोजिटिव' को चक्रवर्ती सम्राट की उपाधि दी जा सकती है। इतिहास के जाने-माने चक्रवर्ती सम्राट महाराजा अशोक व चन्द्रगुप्त आदि भी अपने-अपने साम्राज्यों का विस्तार भूमंडल पर नहीं कर पाये थे जबकि कोरोना ने पूरे विश्व के शक्तिशाली से शक्तियशाली राष्ट्रों के दंभ व वैभव को धराशायी कर अपने साम्राज्य को स्थापित कर दिखाया।

इसकी सुपर पावर का अहसास हर पल हर व्यक्ति को होता रहता है। सुबह आँख खुलते ही जब अखबार की सुर्खियों में और टीवी चैनलों पर कोरोना संक्रमण के ताजे आँकड़े दिखाई देते हैं तो मन और शरीर में भय के कारण कंपकपी छूट जाती है, और इस चिन्ता से मन आशंकित हो जाता है कि, कहीं चुपके से दबे पांव आकर ये हम पर या हमारे प्रियजनों पर हमला न कर दे। कोरोना के इस विश्वव्यापी आतंक ने तो ओसामा बिन लादेन के आतंक को भी फीका कर दिया। कोरोना के इस भयावह पक्ष की जितनी ज्यादा हम चर्चा करेंगे उतना ज्यादा मन अवसाद और निराशा से धिर जायेगा।

अतः इस चर्चा को हम यहीं छोड़ देते हैं और कुछ पलों के लिए हम दार्शनिक बन कर इसके दूसरे पक्ष की जितनी मीमांसा करते हैं।

और वह पक्ष है 'कोरोना पोजिटिव में छिपी पोजिटिविटी'। इसे ढूँढ़ने के लिए हमें अपनी बुद्धि और अपनी अवलोकन शक्ति को तनिक पैना करना पड़ेगा तो हमें इसकी कृपा से मानव समाज में होने वाले कुछ ऐसे सार्वभौमिक परिवर्तन नज़र आने लगे जो इससे पहले अनेक प्रयासों के बावजूद भी संभव नहीं हो सके। नीचे हम इनका विश्लेषण करने का प्रयास करते हैं—

नम्बर — 1 : कोरोना संक्रमण ने सारे विश्व समाज से, एक झटके में ही अमीर—गरीब, राजा—रंक, दास—स्वामी, मिलमालिक—मजदूर, गोरा—काला ऊँचा—नीचा, एरिस्टोक्रेट—सामान्यजन आदि इन सबके बीच की दीवार को भूमिसात करके सबको एक धरातल पर ला खड़ा किया। बचे कार्लमार्क्स, लैनिन, स्टॉलिन आदि विद्वान वर्षों तक पूँजीवाद के खिलाफ आन्दोलन और क्रान्तियाँ करते रहे लेकिन साम्यवाद की कोई पुख्ता व्यवस्था कायम नहीं कर सके और पश्चिमी समाजों में पूँजीवाद की बुलन्द इमारत अपने पर—शंकार के साथ लक्षण खंड रही और वगभेद समाज व्यवस्था का अभिन्न अंग बना रहा। किन्तु कोरोना की महिमा से ये सदियों का काम चंद दिनों में ही सम्पन्न हो गया। है न मज़ेदार पोजिटिविटी।



नम्बर - 2 : इसका श्रेय तो भारत की मिट्टी को जाता है। यहाँ की मिट्टी के जादू के आकण से स्वयं ईश्वर ने वकण्ट लोक के वैभव को त्याग कर कृपा। रूप में, ग्वाले के पालित पोषित होने की ठान ली और बड़े होकर गीता शास्त्र जैसे कालजयी ग्रन्थ की रचना कर डाली। हालांकि इस ग्रन्थ की रचना अत्यन्त विचित्र परिस्थिति में हुई। हम सब जानते हैं कि कुरुक्षेत्र की राण भूमि में जब पांडु पुत्र अर्जुन को अचानक युद्ध न करने की सनक सवार हो गई तो उस युद्ध विरत महारथी को अपने गुरुजनों व प्रियजनों के प्रति मोह और ग्लानि के संवेग से बाहर निकालने के लिए कृपा ने उसे जीवन की क्षमता, आत्मा की अमरता, धन, वैभव, सत्ता आदि के मायाजाल का भ्रम और मृत्यु की निश्चितता आदि जीवन के चरम सत्यों का उपदेश देकर उसे मोहमुक्त किया तो वह युद्ध करने के लिए तत्पर हुआ। इस उपदेश के बहाने श्री कृष्ण ने मनुष्य मात्र के ज्ञान चुखोलने का प्रयास किया और निश्काम कर्मयोग करने का मंत्र दिया।

तभी से सभी समाजों के धर्मगुरु, विद्वान, उपदेशक, प्रचारक आदि, सब मनुष्यों को यह सब बात समझाने का प्रयत्न करते आ रहे हैं। किन्तु इन सब चरम सत्यों को नज़र अन्दाज़ करते हुए मनुष्य माया, मोह, अनैतिकता, लालच, सत्ता व भक्ति की आकांक्षा आदि वृत्तियों के दलदल में फँसता हुआ आज उपभोक्तावाद की चरम सीमा पर आ खड़ा हुआ। किन्तु वर्तमान कोरोना काल ने यह सदियों का काम लॉकडाउन के 50-60 दिनों में कर दिखाया। हर व्यक्ति की समझ में आ गया कि जीवन कितना लक्षणगुर है, धन, वैभव, विलासिता, मोह-माया सब व्यर्थ है। जान है तभी तो

जहान है। जब इसका ही ठिकाना नहीं तो धन वैभव, लालच सब व्यर्थ हैं। इस डर से अनायास ही लोगों में सद्वृत्तियों का उदय होने लगा। फोन पर आप जितने मित्रों व परिचितों से बात करते हैं, सभी किसी न किसी सद्कर्म व परोपकार में लगे हुए हैं। कोई धन का दान कर रहा है, कोई गरीबों में राशन बांट रहा है, कोई भूखों को भोजन खिला रहा है, कोई पड़ोसियों को जरूरत का सामान पहुँचा रहा है। जिससे जो बन पड़ रहा है वही करके सब निश्काम कर्म में लगे हुए हैं। इससे अच्छी पोजिटिविटी और क्या हो सकती है?

नम्बर - 3 : कोरोना लॉकडाउन के कारण बड़े-बड़े रईस और धनाड्य लोगों की भीमकाय विलायती गाड़ियाँ उनके गैराजों में लॉकड हैं। सभी अमीर-गरीब, बड़े-छोटे अपने-अपने घरों में कोरोना संक्रमण में बन्द हैं। इसके परिणामस्वरूप पर्यावरण प्रदूषण जैसी जानलेवा समस्या अनायास ही हल होती नजर आने लगी। आकाश की नीलिमा वापिस आ गई, वायुमंडल में हवा की ताज़गी और फूलों की खुशबू घर के दरवाजे पर आते ही मन और प्राण को आनन्दित कर देती है। गंगा का पानी निर्मल और स्वच्छ हो गया, यमुना फिर से 'यामरंग' में रंग कर नीली हो गई, पक्षी चहकने लगे, वृक्ष प्राण जलवायु ऑक्सीजन की भरपूर मात्रा विसर्जित करने लगे। कोरोना लॉकडाउन ने वह दुस्तर कार्य 50-60 दिनों में कर दिखाया जिसके लिए संयुक्त राष्ट्र ने करोड़ों रुपये खर्च करके अनेक गोष्ठियाँ आयोजित करने और पेरिस समझौता जैसा प्रभावी कदम उठाकर भी प्रदूषण नियंत्रण में कामयाबी नहीं हासिल की। लॉकडाउन ने कितने घातक मानवीय संकट को हरा कर पर्यावरण को शुद्ध कर दिया।

नम्बर - 4 : दो महीने के लॉकडाउन ने मनुष्य में एक और महत्वपूर्ण सकारात्मक परिवर्तन कर दिखाया। घर में बंद रह कर हमें अपनी संस्कृति के कुछ प्राचीन आदर्शों का मर्म समझ में आने लगा। 'सादा जीवन उच्च विचार' हमारी आदतों में होते जा रहा है। घर में रहने के अभ्यास ने हमें उस सनातन फारमूलों की उपयोगिता कि "जा आवे सतं धन, तो सबधन धूरि समान" पूरी तरह समाज में आ गई और हमने उसे आत्मसात करके मित्ययिता का जीवन जीने का संकल्प कर लिया।

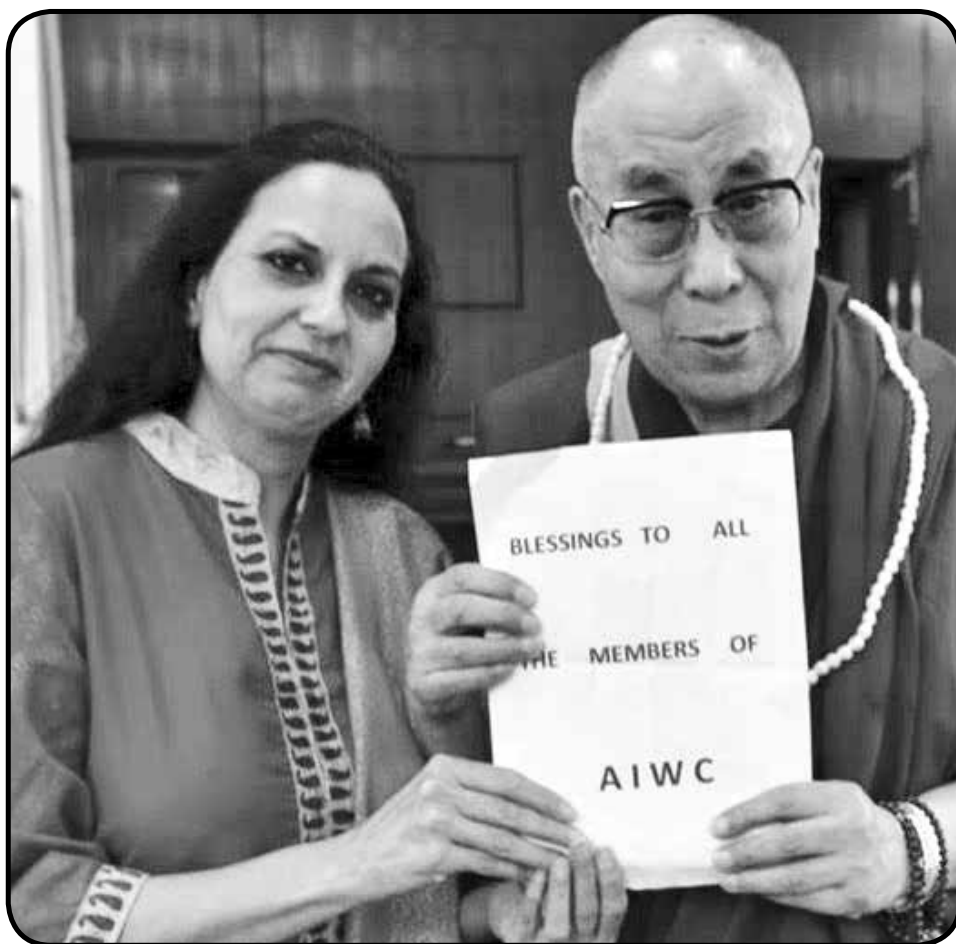
कोरोना पोजिटिव की पोजिटिविटी के कुछ और भी बिन्दु मेरे जहन में आ रहे हैं, लेकिन विवरण पहले ही काफी लम्बा हो गया इसलिए यहीं विराम कर रही हूँ।

अपील - लॉकडाउन के नियमों का पालन कीजिए, पर्सनल डिस्टेंसिंग बना, रखिए, घर में रहिए, सुरक्षित रहिए।

धन्यवाद।

जय हिन्द! जय भारत!

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***His Holiness The Dalai Lama***  
*with Smt. Shevata Rai Talwar, Asst, Secretary AIWC*

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