

## COVID-19 RELIEF ACTIVITIES



The COVID-19 preventive lockdown has changed the life of every individual in the country. While the lockdown is very much required to fight the pandemic, it has also led to numerous problems, especially for the underprivileged section of the society who live in a hand to mouth situation throughout the year. Millions of daily wage earners have lost their jobs and are struggling to fend for themselves and their families.

Fresh covid-19 infections rising in India and it have crossed over one million. Adding to fear and anxiety, many are become jobless; families are unable to feed themselves and their families.

In this situation, the sisters of the Helpers of Mary, almost all the communities (69) initiated to reach out to the needy persons and families despite the lockdown conditions.

The sisters in every community identified families of the following categories:

- Who are economically poor in the slums and villages
- Those who do not own ration cards (Ration card is an official document issued by state governments in India to households that are eligible to purchase subsidized food grain from the Public Distribution System)
- Those who are widows and abandoned
- Those who are differently-abled
- Daily wagers
- Migrants
- Families of the children who are in our care homes
- Senior citizens
- Cancer patients and their family
- Fisher folks
- Homeless and living on the streets
- Tea garden workers
- Rag pickers and shoe makers' families
- Hawkers and rickshaw drivers



The distribution was carried out maintaining the social norms and rules of the social distancing laid down by the government. The aids were distributed with the assistance of the village authority, police and volunteers of the respective places.

**The relief kit contained:**

- Rice - 10 kgs
- Atta (Wheat flour) - 5 kgs
- Dal (Lentils) - 2 kgs
- Bathing soap - 2
- Washing soap – 2
- Sugar & Tea leaves
- Oil packets
- Spices (Chilly powder, coriander)
- Biscuits
- Facemasks, sanitizer etc



Cooked food distributed for 500 families for 15 days  
Cooked food and snacks for 200 children for one month



### **Besides distributing food kits to the families;**

- We have helped people to restart their small business; like petty shops, bought vegetable carts, vegetable seeds etc
- Helped the poor families to pay medical bills of the patients,
- Assisted the families to pay the house rent, etc.

### **Tele-calling and counseling**

Keeping in view the fear and anxiety developed in the people's mind specially the poor owing to the spread of deadly COVID-19, our sisters reach out to them through tele-calling and help them fight their fears and anxiety.

Suicidal tendencies, fears, and anxieties have gripped the poor and migrant labours who have been the worst affected by the lockdown extension to hold the spread of the deadly COVID-19 virus. Through our direct connection, we aim to create a sense of safety and help in addressing their fears.

### **Aged Homes/ Mukhta Jivan Leprosy home**



The elderly and the patients are more at risk, which make our old age homes/HIV homes/Leprosy patients especially vulnerable. Most of our inmates in aged home have diabetes or hypertension and age related sickness. So we have to be more careful than ever before. Hence we are focusing on prevention and taking extra care. All are provided with masks, social distancing is observed and nutritious food is provided besides their regular medicines.

Caregivers and volunteers cannot come so the sisters have to manage everything, cooking to caring of each patient.

## Children's Home

The kids did not understand social distancing at first. They saw that all of a sudden school was shut, the playground was shut. It was a lot for children to process. They asked us questions about the virus and we did our best to explain everything. Now they sit apart and don't touch anyone after washing their hands. They're getting anxious. They want to know when school will reopen and they will meet their friends and teachers.



Social Distancing is practiced in all the common places such as dining room, dormitory, study room, and while performing curricular and extracurricular activities.

**Health & Hygiene:** We have instructed and monitor to wash their hands regularly, to wear masks to prevent the spread of the coronavirus. Every child is provided masks. Sisters are keeping them all safe and healthy.

### **Online Classes:**

Children follow the school schedule, they are engaged in studies, lessons, projects, assignments, reading, grammar, craft work, games and other recreational activities.

The school now started with online lessons. We have organized our computer classroom for them with Internet facility to attend online lessons. It is difficult to organize 100 children to attend online lessons at the same time; different schools, different subjects, same time... We are trying our best to organize computers, laptops, mobiles etc. Life has completely changed. We have to adjust with new situations and new challenges.



**So far the Helpers of Mary has reached out more than 30000 needy families.**

Thank you so much for the support in making a difference to the many people whose lives have been shaken and overturned by the coronavirus pandemic and lockdown. At this juncture, we whole-heartedly express sentiments of gratitude to you and all the collaborators of LIFT for the contribution and support to the people in need.

Thank you for your love and concern,

Sr. Pushpy (Priya) Alappadan

Superior General

19<sup>th</sup> July 2020