

GLOBAL  
BUSINESS LINE

# PANDEMIC *care*

Vikas Khanna

*Hands Helping Millions*  
*During* **COVID19**

Social Welfare ISSUE: 01

[WWW.BUSINESSLINE.GLOBAL](http://WWW.BUSINESSLINE.GLOBAL)

©GLOBBAL MEDIA LINE PRIVATE LIMITED

ISBN-978-81-947045-3-9

Welcome to the

GLOBAL  
**BUSINESS LINE**

D I G I T A L E D I T I O N

**#PandemicCare**

*Follow us and Share your feedback by tagging us on social media*

 gbusinessline

 gbusinessline

WWW.BUSINESSLINE.GLOBAL

Global Media Line Private Limited

# About

Global Business Line is a business website that talks about enterprise solutions that can redefine the business goals of enterprises tomorrow. Business Global Line is the leading source that shares innovative enterprise solutions developed by established solutions providers, across the globe, upcoming hot enterprises and is a neutral source for business decision makers. Published from Bangalore, Karnataka,

Global Business Line is an excellent platform for the enterprise to showcase their innovative business solutions. While the world enterprise market is growing exponentially, there is a vacuum among entrepreneurs of enterprise startups. We believe that there is no other platform which gives companies a heads up on the innovative solutions that the startups are working on, what are the needs that haven't been met yet and more.

Global Business Line will act as a platform allowing high-level executives in the enterprises to share their insights, which in turn will help the enterprise startup ecosystem, help technology and business leaders with analysis on information business trends and give a better understanding of the role that enterprise solutions play in achieving the business goals.

GLOBAL  
BUSINESS LINE  
WWW.BUSINESSLINE.GLOBAL

# TABLE OF CONTENT

PAGE 8

FEED INDIA MOVEMENT  
COVER STORY- VIKAS KHANNA

PAGE 10

TATA GROUP'S RESPONSE TO COVID-19

PAGE 14

RELIANCE

GROUP'S RESPONSE TO COVID-19

## NOTES

06 Editor's Note

07 CEO's Thought





# CONTRIBUTIONS

BY - NAVYA GEDELA

18 REEL LIFE VILLAIN REAL LIFE HERO - HUMANITARIAN ACTS OF SONU SOOD

22 HEALTH CARE WORKERS AT RISK OF UNSEEN PSYCHOLOGICAL DISTRESS



26 MENTAL ILLNESS AMONG COLLEGE STUDENTS IN THE WAKE OF PANDEMIC

## NGO'S FIGHT WITH COVID-19

29 Bharat Sevashram Sangha

33 Akshaya Patra Foundation

35 Rise Against Hunger India

37 Service to society is what meditation is to Soul - Rashtriya Swayamsevak Sangh

39 Life Quote Vishnugupta Chanakya



# EDITOR'S NOTE

A teacher of mine once told me that change is the only constant in life. That's certainly true for all mankind today. The COVID-19 came as pandemic has brought-up new challenges for everyone today, the challenge has gifted by china from where the world today is suffering but hopefully India has many individuals and great fighters and organisation who are today helping humanity to fight this challenge.

There are many organisations and people who have helped best at their level, and they are still fighting on this. In this magazine you will come to know about many such people who has started a mission to feed the nation. Once of the most obvious changes, as you've probably already notice that here there will be no advertisements on this magazine, Rather there will be QR Code for few organisations through which you can donate.

When you read us online, you represent a readership that loves humanity and care a deep, abiding curiosity about the world around you. With every story we post here, with every issue, with every day, we're committed to satisfying that curiosity.

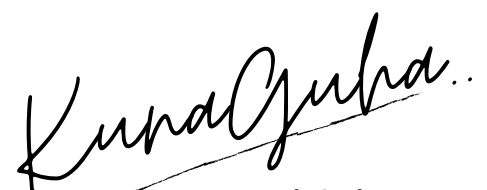


 Kunalguha8

 beingkunalguha

 Kunalguah8

 editor@businessline.global

A handwritten signature in black ink that reads "Kunal Guha". The signature is written in a cursive, flowing style with a horizontal line underneath the name.

Kunal Guha  
EDITOR IN CHIEF

# CEO'S THOUGHT



 snehagupta.in

 beingsnehagupta

 snehagupta\_in

 ceo@businessline.global

Sneha Gupta  
CEO

COVID-19 has created a massive humanitarian challenge: millions ill and hundreds of thousands of lives lost, soaring unemployment rates in the world's most robust economies; food banks stretched beyond capacity, governments straining to deliver critical services. History has taught us that the greatest challenges – like to today's COVID19 – often have seen: the emergence of leaders and heroes. So the plan is for this special issue on "Pandemic Care" is that we can share these real time heros who are feeding INDIA through this pandemic.

The notion behind this, it will work as an inspiration to motivate others to come forward whenever required realizing their responsibilities towards the nation. The Corona Virus also taught us how to take care of each other and overcome the situation. We convey our gratitude to all organizations, NGO's, health care workers, volunteers, cleaning workers, and each and every individual who has contributed during this pandemic.

Apart from the stories covered in this magazine, there may be many uncovered stories, but we believe all stories are great. If you no such story or if you have contributed something write to us [media@businessline.global](mailto:media@businessline.global) or tweet us [#pandemiccare](https://twitter.com/gbusinessline) story [@gbusinessline](https://twitter.com/gbusinessline). Thanks to the entire team and contributors who helped in this noble cause magazine 'Pandemic Care'.



# FEED INDIA MOVEMENT

Chef Vikas Khanna, who has successfully distributed 2.5 million dry ration meals to the needy across 79 cities in India during the COVID-19 crisis, to defeat the pandemic.

Chef Vikas Khanna, living in New York City, started an initiative in April to create a supply chain to ensure dry ration is procured and distributed to orphanages, old-age homes and leprosy centers as the COVID-19 cases increased in India and the government implemented a lockdown to control the spread of the virus.

In less than a month, the 48-year-old world-renowned chef distributed more than 3,100 quintals of ration, including rice, lentils and wheat flour, to orphanages and old-age homes and other needy peoples across 79 cities in India.

Khanna expressed his deep gratitude to the National Disaster Response Force (NDRF), its Director General Satya Narayan Pradhan and the force's personnel who he says have been working tirelessly on the ground to collect, package and distribute the ration across India.

***“I am not doing any favour. I am giving back to my country. Apart from the kitchen, a chef has a huge responsibility.”***

***- Chef Vikas Khanna***



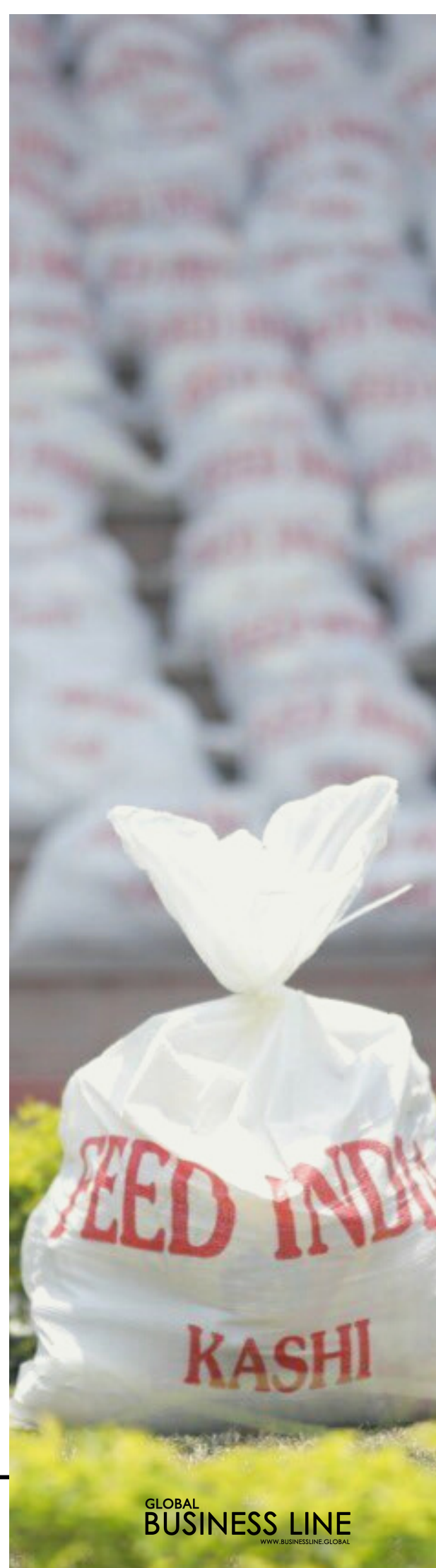
# its Started!

It all started as a click on a relief site to donate to helpless and needy Indians, which turned out to be suspect. It made the New York-based chef want to start his own relief efforts. Today, #FEEDINDIA has crossed over 7 million meals with the help of National Disaster Relief Force as its logistics partner with head Satya Narayan Pradhan and his team helming efforts on the ground. #FEEDINDIA has a satellite kitchen spread across roads and highways to cater to those heading back home or left stranded during the lockdown.



The first was an old age home near Bengaluru where the logistics man disappeared with the large amount of rice and lentils! Vikas was disheartened and as he complained to his mother in Amritsar about the failed attempt, and his constant battle with deadlines, she told him not to lose heart. “I decided to help those who need it most as,” he says. “We have two kitchens in Noida and Mumbai and mobile kitchens that move across 135 cities in India,” says the chef who works on his deadlines in NY by day and on food relief for India by night. The food consists of khichadi and juice which Khanna now hopes to improvise upon.

Vikas Khanna, on Monday, shared an adorable post of himself along with his parents. The chef can be seen paying a visit to The Golden Temple. With the post, he also shared the news of providing a meal to 27 million people. He also stated that the Golden Temple is a place from where he, his roots and his heritage belong.



# TATA GROUP'S RESPONSE TO COVID-19



**GROUP'S RESPONSE TO  
COVID-19**



## Tata Trusts launches countrywide health campaign

Under the leadership of Mr Ratan N Tata, we committed INR 1500 crore as a group to Covid-19 relief. Tata employees have, in addition, contributed tens of crores towards various response projects.

*-Chairman N Chandrasekaran*

Since inception in 1892, Tata Trusts, India's oldest philanthropic organisation, has played a pioneering role in bringing about an enduring difference in the lives of the communities it serves. Guided by the principles and the vision of proactive philanthropy of the Founder, Jamsetji Tata, the Trusts' purpose is to catalyse development in the areas of healthcare and nutrition, water and sanitation, education, energy, rural upliftment, urban poverty alleviation, and arts, craft and culture. The Trusts' programmes, achieved through direct implementation, partnerships and grant making, are marked by innovations, relevant to the country.

Tata Trusts has begun a pan-India community outreach to induce adoption of health practices, as promoted by the Government of India, in rural areas to prevent the spread of COVID-19. Beginning 31st March, the exercise is expected to have already reached about 12 million people in 21 states.

Over 70 celebrities, from all over India, have lent their support with video and audio messages. Among them are Nana Patekar, Sonali Kulkarni, Harbhajan Singh, Ila Arun, Atul Kulkarni, Malini Awasthi, and Sanju Samson for Rajasthan Royals, to name a few.

The Trusts have deployed more than 430 master trainers in these 21 states who in turn have trained a pool of over 8,700 community resource persons (village volunteers) to deliver the message till the last mile. Through the existing network of the Trusts' programmes, the volunteers, associate organisations of the Trusts, community radios, village-based public address systems, and use of various internet and communication technologies, the programme is expected to have reached out to about 12 million people till date.

A significant Covid-19 outbreak in India would quickly result in an acute shortage of ventilators, personal protective equipment (PPE) kits, masks and gloves, as well as Covid-19 testing kits. Amid soaring global demand, purchasing can be very difficult and lockdown makes guaranteed delivery problematic. Tata Group looked at this problem and pooled our knowledge to do more as a group than any one business could do alone.

Drawing on the procurement expertise across Tata Steel, Tata AutoComp Systems and Tata Consultancy Services (TCS), TCS orchestrated a plan to buy large quantities of medical supplies from China, the US, South Korea and domestic sources.

The Tata Group visited ventilator suppliers and underwent training in installation to help guide medical staff in India. To date, over a thousand ventilators and respirators, 400,000 PPE kits, 3.5 million masks and gloves, and 350,000 testing kits have been procured. The result of the group's collaboration was a series of interventions that were life-saving.



Tata group companies have worked to scale meal and food grain provision and provide accommodation across the country. The Indian Hotels Company Limited (IHCL) has distributed over two million meals to healthcare professionals and migrant workers, including to over 20 hospitals in Mumbai, Delhi, Bengaluru, Agra and Coimbatore. The company worked with Tata Trusts to support the Mumbai police with daily meals.

Over the past few months, fifteen Tata group companies have worked to scale meal and food grain provision and provide accommodation across the country. The Indian Hotels Company Limited (IHCL) has distributed over two million meals to healthcare professionals and migrant workers, including to over 20 hospitals in Mumbai, Delhi, Bengaluru, Agra and Coimbatore. The company worked with Tata Trusts to support the Mumbai police with daily meals. Tata Power, Tata Consumer Products, Tata Chemicals, Tata Motors,



Tata Advanced Systems Ltd, Titan and Tata Communications each undertook efforts to keep meals flowing to migrant and frontline workers, and those in need across townships, factory locations and settlements where they are located. IHCL also opened the doors of its various hotels, including properties like Taj Mahal Palace and Taj Lands End in Mumbai, for medical professionals. These rooms helped doctors and nurses spend less time commuting, thereby lowering the risk of viral transmission. Various Ginger properties across the country have also offered rooms for quarantine purposes.



All the above information have been shared by the Chairman N Chandrasekaran on the Tata group's response to Covid-19, on there official website TATA.COM, TATA have shown that when all come together, to collaborate as One Tata, TATA can accomplish more than all can ever imagine.

# RELIANCE GROUP'S RESPONSE TO COVID-19



Reliance

GROUP'S RESPONSE TO  
COVID-19



-Nita Ambani

Reliance Industries Limited (RIL), through Reliance Foundation, has significantly contributed to and made measurable progress toward its vision of an inclusive India. Moving well beyond its business activities, the RIL Group contributes to a positive societal impact through diverse community engagement initiatives.

During COVID-19 The entire Reliance family joined forces to strengthen and fuel the nation's fight against COVID-19. With a 24x7, multi-pronged approach, Reliance quickly mobilised on-the-ground efforts to ensure the nation wins the battle against COVID-19 and worked relentlessly during the global coronavirus pandemic to be at the service to the people of India. Reliance leveraged all of its resources – human as well as material – to help India overcome the threat posed by the virus.

Realising that during the lockdown marginalised and under-resourced communities across the country would need support with daily essentials, Reliance Foundation quickly launched a programme to distribute food to the needy. Mission Anna Seva is the largest meal distribution programme undertaken by a corporate foundation anywhere in the world. The entire staff of Reliance Foundation and the larger Reliance family unitedly worked to support this mission on a war footing to ensure that the needy do not go hungry during the lockdown period. Reliance Retail employees contributed to this programme by packing, preparing and supplying the provisions needed for the programme.

The entire staff of Reliance Foundation and the larger Reliance family unitedly worked to support this mission on a war footing to ensure that the needy do not go hungry during the lockdown period. Reliance Retail employees contributed to this programme by packing, preparing and supplying the provisions needed for the programme.

The Reliance Foundation Hospital has also offered to set up special medical facilities to quarantine travellers from notified countries and suspect cases identified through contact tracing. This will

quickly augment additional facilities for isolation and treatment of infected patients.

Additionally, it will provide free meals to people in various cities in partnership with NGOs to offer livelihood relief amid the crisis, the statement said. Reliance has built a fully-equipped isolation facility in Lodhivali, Maharashtra, and handed it over to the district authorities. Reliance Life Sciences is importing additional test kits and consumables for effective testing, said the statement.

The conglomerate is enhancing its production capacities to produce 100,000 face-masks per day and a large number of personal protective equipment (PPE), such as suits and garments, for the nation's health-workers. It has also announced an initial support of ₹5 crore to the Maharashtra Chief Minister's Relief Fund. To ensure that everyone stays connected while at home, Jio will provide Basic JioFiber broadband connectivity (10 Mbps), wherever it is geographically feasible, without any service charges, for this period. Jio will also provide home gateway routers with a minimum refundable deposit, the statement said. For all existing JioFiber subscribers, Jio will provide double data across all plans. Reliance will provide free fuel for all emergency service vehicles used to transport Covid-19 patients (as per lists provided by government agencies) to and from quarantine and isolation facilities, as well as for quarantined people. Reliance Foundation also supplied relief kits and bulk rations to over 75 partners that were engaged in similar hunger alleviation programmes in their respective locations. This programme was also supported by over 2,400 volunteers across the nation to ensure that food reached the most needy communities as fast as possible.



-Mukesh Ambani



Reliance Foundation has also been supporting rural communities across the country during these unprecedented times. Reliance Foundation has provided specialist help and advice to Gram Panchayat (GP) leaders and other community groups, giving them guidance on how to meet challenges and learn about various schemes for financial support and livelihood opportunities. In addition, Reliance Foundation has provided knowledge and capacity building support on livelihood opportunities in farming, horticulture, animal husbandry and fisheries for migrants who returned back to their villages from the cities following the lockdown.

In rural areas, GP and Self-Help Groups (SHG) supported and mentored by Reliance Foundation have helped address various challenges related to the pandemic. In many villages, they have taken the lead to create awareness on COVID-19 and put in place the necessary precautionary measures. For example, community initiatives were established to stitch masks and distribute them to frontline workers. SHGs have taken a leading role in this. For example, in Jamnagar over 1 lakh masks were made by 148 women from villages located near the Jamnagar refinery and supported by SHGs. Community leaders have also created opportunities for employment as well as providing protection for the community. They have also helped raise awareness on various government schemes that were put in place to support rural communities. Moreover, the 26 Farmer Producer Organisations (FPO) mentored by Reliance Foundation have helped farmers in establishing market linkages so they were able to continue harvesting, aggregating, transporting and selling their produce for a fair price during the lockdown. These FPOs also supported farmers to procure seeds and other input materials for the next sowing cycle.

Reliance Foundation also leveraged digital technology to disseminate health advisories on the preventive measures for COVID-19 along with safety precautions for agriculture workers and relevant government schemes people could opt for to seek respite during the lockdown among other important topics. These advisories reached over 10 lakh people. In addition, Reliance Foundation also organised virtual audio-visual conferences for farmers, fishermen and livestock owners across the country so that they could connect with agriculture experts, local officials and policy makers to address their concerns and get the necessary advice on how to overcome challenges

during the lockdown. This timely help in their hour of need enabled them to have access to the information and advice they needed to be able to harvest their crops at the right time and get the right price for their produce.





**REEL LIFE VILLAIN  
REAL LIFE HERO**

HUMANITARIAN ACTS OF SONU SOOD

The COVID-19 pandemic has unmasked the random acts of kindness by the actor Sonu sood, an onscreen villain and offscreen hero. This engineer turned actor and producer was born in Moga, Punjab and left to Mumbai to unleash his unfelt dreams and desires. He started his acting career in films of regional languages as supporting actor, then made into Bollywood and also won prestigious awards as best villain for the film Dabaang and received Nandi award, film fare award as the best villain for the film Arundhati. Sonu Sood has been persistent in helping thousands of poor people, migrants, students, daily wage workers, health care workers and frontline workers in these unexceptional times conquering the hearts of millions of people.

The pandemic has thrown the lives of many people into havoc and then there are god like celebrities who are ready to help in any circumstances devoid of the place and the issues. The announcement of complete lockdown in India has kept migrant workers in an uncontrolled movement. Many people lost their jobs and has no source of income. The state borders were closed for the safety issues, buses and trains were suspended on a temporary basis and there is no option left other than walking if they want to reach home. Men, women along with their children had to walk for hundreds of miles in order get back to their villages. Sonu Sood has helped thousands of migrant workers in reaching their home safely by arranging hundreds of buses. The actor said “it gave me sleepless nights seeing the visuals of hundreds of people walking to reach their villages” revealing his true kindness.

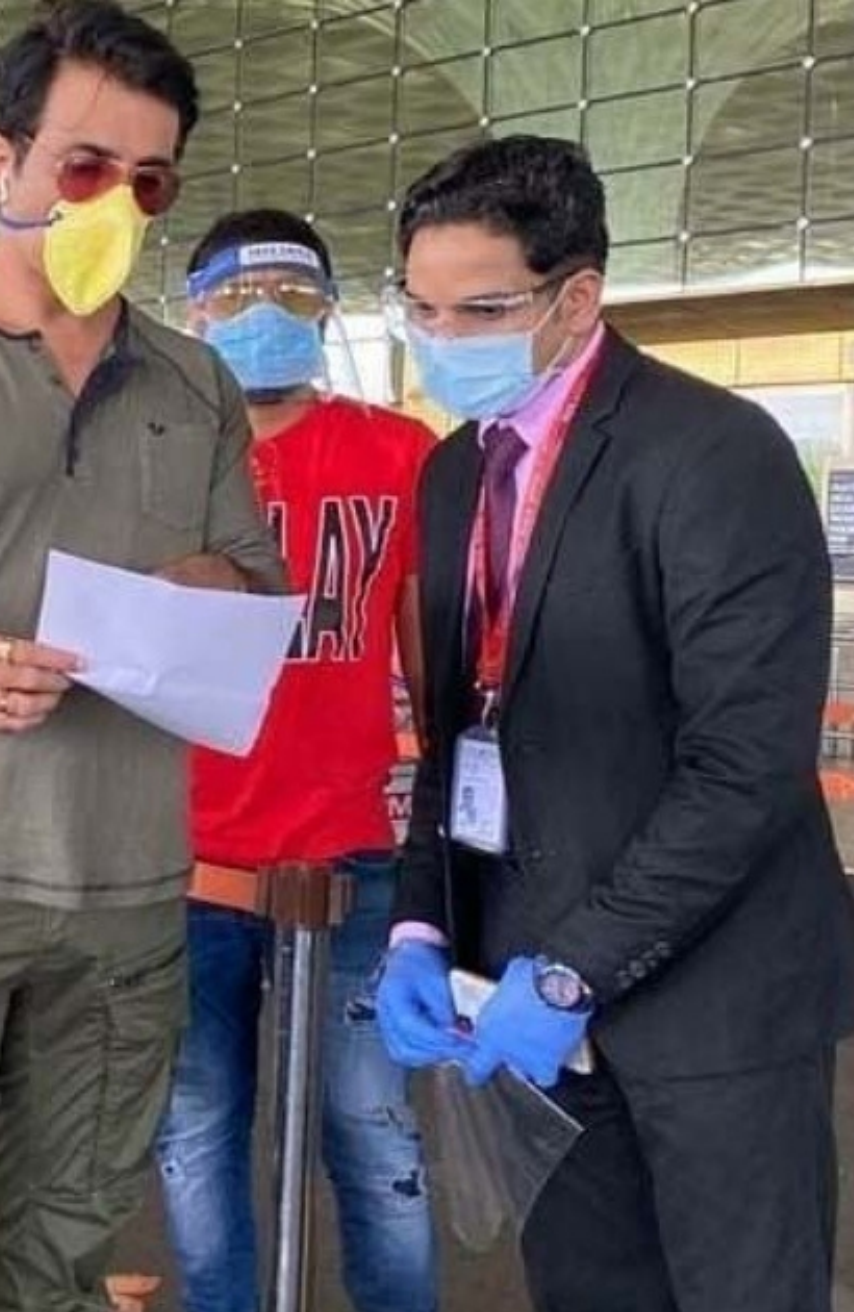
This nationally renowned actor has been helping the people who were badly impacted by the lockdown along with his childhood friend Niti Goel. They started helping in march by distributing the food which includes 500 packets of cooked meals and groceries. Eventually they started to distribute food and groceries to the people in slums along with those who stranded on the slums and to those walking on the highways. When they were distributing food, the two friends came to know that, a group of people were



going home located in Karnataka which was 550km far away from Maharashtra for which they need to certainly walk. Sood requested the migrant workers to give him two days so that he will make arrangements to reach their home and as promised he took permissions from the governments of Maharashtra and Karnataka states. That was the first time when the buses were carrying the first batch of 200 migrant workers to home i.e. on May 11, Sood and Goel were there to flag them off and Sood broke a coconut on the road as sign of wishing them a happy journey. The actor said that “when they left, they had smiles on their faces and tears in their eyes” which made me to continue to help thousands of migrant workers and their families across India. Goel says “when families are spending time together, we are working for 18 hours a day” and further adds that “we get a lot of criticism from our families but we do because it has to be done”.

Sood feels that “he is blessed to be a tool of almighty” and sees this as a rare moment because he has given the opportunity to help the people. He says that “I came to Mumbai as a migrant and henceforth feels the migrant issue so strongly. “I just boarded a train one day and landed up here. Everyone comes here with a dream, they want to make their family proud, and everyone should be treated well”. When asked “how long will you keep sending migrants back to their home”, Sood laughed and said that he can’t stop until the last migrant has reached home.

Frontline workers are facing a unique challenge in these turmoil times and are working restlessly towards the wellbeing of the community. Sonu Sood helped them by giving away 1,500 PPE kits to paramedics across Punjab and also 25,000 face shields to police officers in Maharashtra. He has been the unsung hero for the Indian students who were stuck in Kyrgyzstan by organising a charter flight from the capital city Bishkek to Varanasi and the mission was successfully completed when 135 students safely reached Lal Bahadur Shastri International Airport, Uttar Pradesh. The video of the farmer K. Nageshwar Rao from Andhra Pradesh, went viral where in his daughters are ploughing an agricultural field as they could neither afford for an ox nor a tractor. As soon this video got attention by Sonu Sood he arranged a tractor for the farmer which is indeed a generous act. Many frontline health care workers are at risk of transmitting COVID-19, experiencing physician burnout, extended work hours, social stigma and self-isolation. In context to the problems faced by the health care workers, Sood provided a place to stay by opening the gates of his Juhu hotel, Mumbai. He initiated a food drive “Shakti Annadanam” under his father’s name and nearly 45,000 people are being fed everyday across Mumbai under this drive. The actor has helped over 20,000 families to get together from different states of India through buses, trains and didn’t stepped back even in providing air tickets. He initiated a toll-free helpline number for migrant workers for immediate help. Sonu Sood had started a free app and website named “Pravasi Rojgra” with an intention to offer healthy employment opportunities to migrant workers in India. This app will help to connect



job seekers with job providers which was launched recently on his 47th birthday. The actor is now planning to support the students who appear for JEE and NEET exams amidst pandemic.

Sood's magnanimous attitude has earned him thousands of admirers, ever since the pandemic started. Celebrity chef Vikas Khanna who has also been a real hero in helping the people in these devastating times has created a dish named after Sood's birthplace i.e. Moga. His fans have sent him cartoons picturing him as a superhero, created memes praising his work, and on Twitter, he's being hailed as a "real hero": After all this, Sood wants to convey one message that "this is, what he learnt from his parents and if are in a position to help others, always do it." He adds that in these turmoil times every household should cook one extra meal to help the needy and the poor and if this happens, we as a country can be able to defeat the pandemic. Sonu Sood is being the torch bearer in this pandemic and won the hearts of people enormously.

A photograph of healthcare workers in blue full-body protective suits, hoods, and masks, working in a clinical setting. They are gathered around a table, handling what appears to be a patient or medical equipment. The scene is brightly lit, and the workers are focused on their task.

# informative

# ARTICLE

## **COVID 19- HEALTH CARE WORKERS AT RISK OF UNSEEN PSYCHOLOGICAL DISTRESS**

The COVID-19 pandemic aggravates the work-related stress among health care workers which heightens their psychological distress. Drivers of this pandemic are mostly encapsulated in health care organization which comprises of immense work burden, work-home conflict by simultaneously effecting their work lives and mental health. Even before the COVID -19 outbreak, being employed in the health care profession was indeed stressful. The pressure of caring for patients is escalated in the setting of a virus with human-human transmission and no specific lifesaving treatment. Physician burn out is a work-related syndrome which includes emotional exhaustion, depersonalization and a sense of reduced personal accomplishment, portrays health emergency with adverse effect on individual physicians, patients, health care organizations and systems. Frontline healthcare workers had a nearly 12 times higher risk of testing positive for COVID-19 than the general population. The limited availability of PPE(Personal Protection Equipment) such as masks, gown and gloves also increases their vulnerability to the virus. Being susceptible to the truth that, there are a limited number of ventilators and ICU beds cause emotional and psychological strain. The psychological distress faced by the health care workers in an unseen raise as they evidence high rates of death, infection and also deterioration of co-workers.

**Research on the “Mental Effects of other Pandemics on Medical Personnel”** had showed that the psychological suffering continues for long time even after the exposure to victims has stopped, not just confining to the duration of the pandemic. An initial research carried on the “Psychological Effects of COVID-19 on Medical Staff” revealed that psychological distress is more on those who care for corona virus patients and surprisingly more on the young women. Another study conducted on “Mental Distress in Health Care Workers” had proved that, health care workers were more liable to experience psychological distress, revealing the fact that approximately half of the physicians were suffering from burn out and that the highest rate of suicide is among the doctors in comparison with the general population.

An online survey showed that medical health workers are more prone to psychosocial disturbances like anxiety, depression, insomnia, and obsessive-compulsive symptoms. People who resides in rural areas and are in risk of contacting with COVID-19 infected people are more likely to experience these psychosocial symptoms. During the SARS(Severe Acute Respiratory Syndrome) outbreak in 2002-2004, a study conducted on “Psychological Impact of Severe Acute Respiratory Syndrome on Health Workers” proved that in the repair phase, when the infection was about to control, depression and avoidance were prevalent.

## **Unpredictable Stressors Experiencing by Healthcare Workers**

**Separation from Families-** They are being in self-isolation in the fear that they will spread COVID-19 to the families. A doctor mom said “I’m about to separate from my family within my home for (who knows how many) months. So that I can keep treating you, whilst trying to keep my family safe. It hurts. No hugs from my girls, no cuddles from my partner.”

**Threat of Infection-** There will be direct risk of infection on health care workers who attend to the sick. Healthcare workers are challenged everyday with the alarming truth that they are continuously unveiled to the patients and are at risk of transmitting the virus to families and colleagues.

**Extended Work Shifts-** Longer shifts are related with the negative impacts of the health care workers due to increased volume and severity of the patients.

**Discernment to Helplessness** is felt among health care workers as they don’t have sufficient beds or equipment to provide the patients with the best care. One patient with chronic obstructive pulmonary disease was turned away at St. John’s hospital and the doctors called other 10 hospitals but unfortunately none of them have beds.

**Moral Injury-** Healthcare workers has to make the unimaginable decisions and are obligated to take medical choices which involve patient’s family members

from not entering the hospitals, resulting in moral injury which refers to the mental agony caused due to credible injustice.

**Deprivation of Social Support-** One of the major coping mechanisms of stress i.e. social support is deprived for the healthcare workers due to the policies around COVID-19. In addition to the work related distress and lack of social support, many of them are facing increased stress in difficulty obtaining daily essentials including food.

### How to Tackle Psychological Distress- Health Care Workers?



**Stay Connected** with friends and family members through text or video chat and if possible, join meals virtually. Share the feelings with trusted colleagues at work as they may be experiencing the same.

**Retain Healthy Life style** by a healthy diet, frequent hydration, few minutes of exercise a day, enough sleep between the shifts and by avoiding tobacco, alcohol or other substances.

**Take Care of Yourself** by keeping time for simple actions which brings joy, comfort and enhance self-esteem on a daily basis. Practise breathing exercises, progressive muscle reaction, grounding and mindfulness.

**Seek Help** from health professionals, if the distress feeling continues and difficulty concentrating on the daily activities either at home or at work.

**Procure Information** from worthy sources like WHO (World Health Organisation) and local authorities on case identification, infection prevention and control (IPC). Avail online classes from a reliable provider and keep these tools in reach.

## Government and Organisations

**Identify Healthcare Workers at Risk** who are suffering from psychological distress, monitor them and offer necessary psychological support until they recover.

**Individualised Emotional Support** as psychological care is not one-size-fits-all, use of telemedicine, video chats or online forums are to be encouraged to make individual appointments with the psychologists or psychiatrists.

**Diversified Psychological Assistance** should be provided in various methods, so that the health care workers have an opportunity to select an approach which suits best.

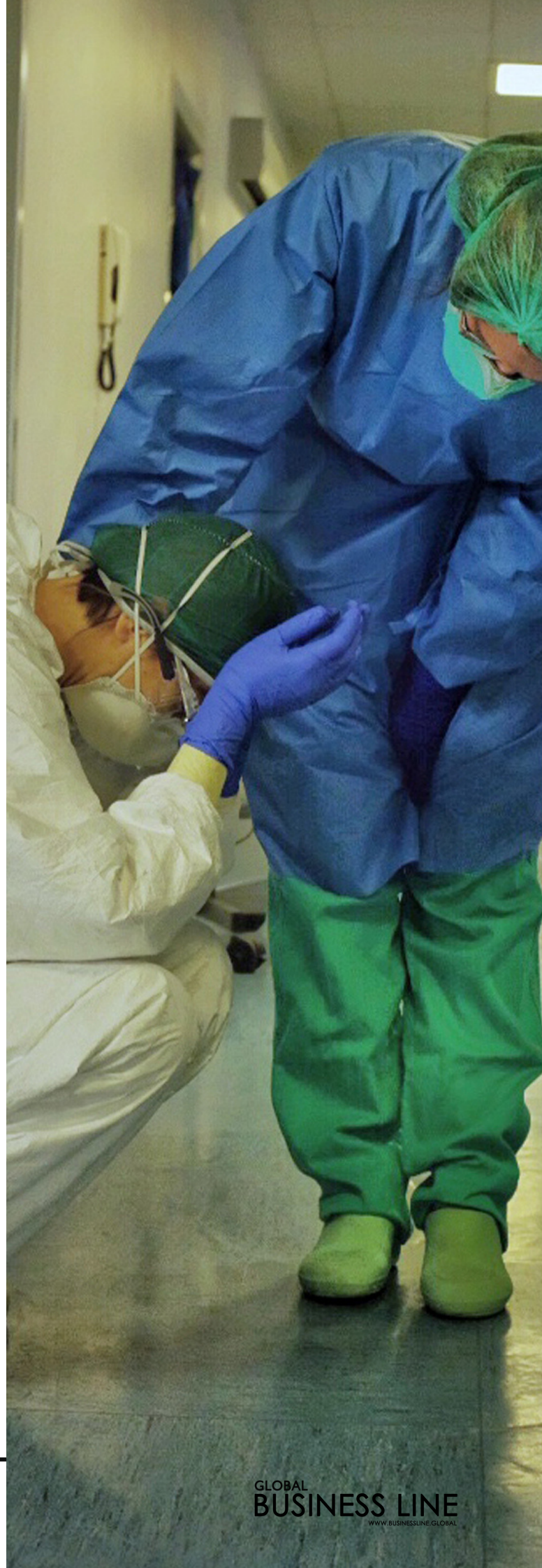


**Immediate Help** should be provided to the health care workers if needed, keeping aside the stigma or repercussion. Support groups and reading materials should be provided to tackle with the current stressors.

**Mental Health Education** which include the dissemination of mental wellbeing journals/ magazines and education on how to emotionally support and work with patients suffering from psychological disorders.

**Render Practical Support** by developing and implementing infection-control measures, reducing work stress by providing more medical staff and PPE kits.

The COVID-19 pandemic agitates an unique challenge to the frontline health care workers. Supporting the mental wellbeing of them is crucial to assure global recovery from the outbreak. Health care workers should be provided with the same psychological support like others in the uncertain situations. The exceptional services extended by the frontline workers in these turmoil times is remarkable and should be truly respected. Henceforth, it is significant to address the psychological condition of health care workers due to the COVID-19 not only today but also in the weeks, months and even years to come.





# informative

# ARTICLE

## COVID-19 MENTAL ILLNESS AMONG COLLEGE STUDENTS IN THE WAKE OF PANDEMIC

COVID-19 is not just a public health emergency but indeed emerged as a mental health emergency where in the mental health status of many of the people is kept under distress. Mental illness are the health conditions in which the person experiences emotional, thinking, behavioural problems or even the combination of these and are related with distress responses and also difficulty functioning in social, work or family activities. College students confront peculiar challenges ever since the pandemic started, eventually leading to poor mental health conditions ranging from anxiety, depression and substance abuse to behavioural changes such as difficulty sleeping and stress eating. Even before the COVID-19 outbreak, one in every 5 students across the world are suffering with either one or more mental disorders.

The universities decided to temporarily close, the in person classes came to an end for time being, keeping in view the intensifying situation caused due to COVID-19, being a reason for the psychological distress among students as they have no option than staying at home. Even though classes continue online, the campus life with its rich resources and strongest support system for the students has been ended on a short term basis which is responsible for the heightened stress among them. Few students who feel campus like home are experiencing hard feelings like frustration, anxiety and betrayal. Some students are facing loneliness and separation while being at their own places as they have no in person connections with friends and relatives due to movement restriction. Students who avail counselling services by campus/colleges are no longer able to receive counselling due to this pandemic which again have major impact on their psychological well-being. This may lead to suicidal behavior and substance abuse with the fact that the second most common cause of death within this age group is suicide.

The holistic health of the students is under threat because of these distressed indicators as mental health conditions and viral diseases are linked to each other by biological and behavioral pathways. On one hand, stress and depression may rise the sensitivity towards viral infections and on the other hand due to these mental health disorders, they may seek for help slowly than others and also the probability of diagnosing the health conditions like communicable diseases would be delayed. The mortality rates will be high, that is two to three times more than the normal population, reducing the life expectancy by 13 to 30 years in the people who are experiencing severe mental illness conditions like schizophrenia, bipolar disorder, schizoaffective disorder and major depressive disorder.

Students were asked to vacate the hostels within the notice of few days. Vacation of the hostels is the most stressful as it is not easy to go home for many students. The international students who are left at the hostels are facing concerning issues. Students with families having economic crisis, limited housing structure may find it difficult in arranging the last moment transportation and housing as the students are arriving their home towns. Many students cannot get nutritious food like in hostel who are having financial burdens at home and the situation may even get worsen if the college canteens are closed or else if they don't get the financial assistance for the year. The closure of local business centres has further more increased their stress levels as it is not so easy to get low wages jobs to earn some income. The students who earn little income for their monthly expenditures by taking tuitions to juniors or to the co-classmates were stopped which may in turn have effect on their mental health.

The students who do not have enough infrastructure at their homes, cannot either receive online classes or tackle with the new virtual era leading to academic stress and isolation. Few students who are allowed to stay in the hostels are provided with limited facilities. Other students like research scholars, who are quarantined because of increased vulnerability of spreading the virus may not be able to involve in their research activities which certainly lead to the stress of not completing their degree in time. This social isolation and reduced academic and research activity may increase their feelings of hopelessness and anxiety in many students. Even the students who are not quarantined and are receiving enough facilities from home are also under threat of mental illness because of sudden academic changes like online teaching, and the events which are pre planned like graduation ceremonies are cancelled. Many college students have lost campus placements due to this pandemic and the provisional hostel fees which has yet to be paid can worsen their financial problems and also mental health issues. They are also sensitive to the issue that they can transmit the COVID-19 to the family members while coming back to home with the context that youth are asymptomatic carriers.



## HOW TO OVERCOME MENTAL ILLNESS

**Support the Development of Life skills** by adapting to the new situations caused because of this pandemic which includes managing friendships, relationships, study skills, time management, problem solving, decision making, controlling anxiety and being emotionally strong. Faculty members should virtually engage with the students at least once in a week to know their concerns related to academic, study or other issues.

**Promote Healthy Social Connections** as social distancing doesn't mean that they have to lose their social contacts. Encourage the students to be in touch with their friends, classmates and teachers by actively making them to participate in online study groups and extracurricular activities. Colleges should also start online social activities from their side to make students socially connected.

**Identify Students at Risk** while communicating with them through telephone, email or social media, ensure active listening and if a student seems to be vulnerable, listen carefully at three stages- content of what they are saying, emotions and behavioural responses to the thoughts and feelings. If in that case, offer tips and suggestions to the parents and families on how to recognise and counsel the students who are facing these situations.

**Increase Help-Seeking Behaviours** in the students, who needs help, but are not sure of how to get it may find even more difficult in these stressful times. So, virtual counselling centres should be offered by the colleges in order to keep the students mentally health.

College students are psychologically in peril and the present situations are making them extra mentally assailable. With respect to these issues, they are currently at high risk experiencing extreme stressful conditions and social isolation. In presuming the truth, that today's youth are the promising future of the tomorrow's nation, the families and colleges should unleash their difficulties and give all the mental health support needed to them in these unprecedented times.



## Bharat Sevashram Sangha

The Bharat Sevashram Sangha, a pioneer registered charitable organization estd, In 1917, was founded by the great illustrious patriot saint Acharya Swami Pranavanandaji Maharaj. Nearly 500 Monks and Brahamacharis are running hundreds of charitable dispensaries, Hospitals, Mobile Medical Units, Ambulances, Patient homes, Cancer & Leprosy Hospitals, Tribal Welfare centers, Free residential education for nearly 5000 students ( in collaboration with Govt. of India) in Jharkhand, Nagaland, Assam, Tripura, Arunachal Pradesh, Gujarat, West Bengal etc. Schools & Technical institutes, Women empowerment centers, Youth welfare centers etc. besides Relief work during hours of natural calamities of flood, famine, earthquake in any part of country.

The large network of volunteers enables the Sangha to respond promptly and effectively towards the emergency pandemic and other calamities. Bharat Sevashram Sangha focus on meeting immediate basic human needs by providing shelter, food, and health relief services. Bharat Sevashram Sangha also provide assistance to individuals and families affected by disaster to enable them to resume their normal daily activities independently. Hundreds of monks joined forces to provide extensive relief and started distributing masks and sanitiser to prevent spreading of Corona Virus and delivering cooked food to 30 thousand people in corona lockdown everyday.

# CORONA RELIEF

As Safety measure more than 10,000 Masks, Sanitizers, Suthol, Dettol, Savlon, Soaps were distributed from 16. March onwards. Cooked food & dry doles (rice, Pulse, Potato, Mastered Oil) are being distributed among the poor, the needy, street children and slum dwellers. Cancer patients at Mumbai 57 and other patients at Bangalore, Hyderabad, Delhi and Kolkata numbering 360 are getting free boarding & lodging from 16. March onwards. Delhi Branch Delhi Ashram has provided 50 Rooms for stay of Doctors of AIIMS. It is also providing cooked food to nearly 5000 slum dwellers from 27. March onwards 200 pas. of bread is also distributed daily. Haridwar, Vrindaban, Faridabad, Allahabad, Gaya, Varanasi, Jammu, Ashram are also providing cooked food as well as dry doles to nearby villagers. Raipur - Mane Camp Dry food and doles (Rice - 5 kg, Pulse 2 kg, Soybean 1 packet per family) are being distributed among the poor and needy 102 families daily. Head Office Kolkata Ballygunge, Kolkata, H. O. is providing cooked food to nearby slum dwellers Ballygunge Railway Station and Bus Stand, Kasba - Khalpar approx. 5000 people are getting cooked food daily from 27th March onwards.



# CORONA RELIEF WORK - DETAILS

SOURCE: BHARAT SEVASHRAM SANGHA OFFICIAL WEBSITE

## **Corona Relief**

As Safety measure more than 10,000 Masks, Sanitizers, Suthol, Dettol, Savlon, Soaps were distributed from 16<sup>th</sup> March onwards. Cooked food & dry doles (rice, Pulse, Potato, Mastered Oil) are being distributed among the poor, the needy, street children and slum dwellers.

## **Cancer patients at Mumbai**

57 and other patients at Bangalore, Hyderabad, Delhi and Kolkata numbering 360 are getting free boarding & lodging from 16<sup>th</sup> March onwards.

## **Delhi Branch**

Delhi Ashram has provided 50 Rooms for stay of Doctors of AIIMS. It is also providing cooked food to nearly 5000 slum dwellers from 27<sup>th</sup> March onwards 200 pcs. of bread is also distributed daily. Haridwar, Vrindaban, Faridabad, Allahabad, Gaya, Varanasi, Jammu, Ashram are also providing cooked food as well as dry doles to nearby villagers.

## **Raipur – Mana Camp**

Dry food and doles (Rice – 5 kg, Pulse 2 kg, Soybean 1 packet per family) are being distributed among the poor and needy 102 families daily.

## **Head Office, Kolkata**

Ballygunge, Kolkata, H. O. is providing cooked food to nearby slum dwellers Ballygunge Railway Station and Bus Stand, Kasba – *Khalpar* approx. 5000 people are getting cooked food daily from 27<sup>th</sup> March onwards.

## **Diamond Harbour Branch**

Diamond Harbour Ashram providing food to nearly 1000 people daily in addition to dry doles in remote areas.

## **Burdwan Branch**

Villagers of Ram Mudi Colony, Sepiya, Amarun and other wards are getting dry doles to 500 families daily.

## **Bankura Branch**

Patients of District Hospital and slum dwellers cooked food is distributed to nearly 1000 people.

## **Purulia Branch**

Villagers of Manipur, Miguria, Sanajuri, Raghunathpur are provided cooked food to nearly 500 people daily.

## **Bongaon Branch**

Villagers of Kujarbag, Vijaynagar, Bajitpur Colony are provided cooked food to nearly 500 people and cow milk to 200 children.

## **Siliguri Branch**

Dry food and pulse etc. are being distributed in remote villages from different centres of North Bengal

# CORONA RELIEF WORK - DETAILS

SOURCE: BHARAT SEVASHRAM SANGHA OFFICIAL WEBSITE

## Relief Work after CORONA Havoc

Bharat Sevashram Sangha has distributed Masks 20000 & Sanitizers, Dettol, Suthol, Savlon, etc. to approx. 40000 people in remote areas.

It is distributing cooked food to nearly 32000 people daily in Kolkata and its outskirts and distribution of dry food to nearly 10000 people in most remote areas from 27<sup>th</sup> March'20 onwards.

### Outside of Kolkata in West Bengal

- |                      |  |                   |
|----------------------|--|-------------------|
| 1 Burdwan            | 2 Durgapur   | 3 Diamond Harbour |
| 4 Bajitpur (Bongaon) | 5 Teor   | 6 Siliguri        |
| 7 Malda              | 8 Purulia  | 9 Delhi           |
| 10 Alipurduar        | 11 Hundreds of H. Milan Mandirs & Pranavananda Vidya Mandirs |                   |

**(Total cooked food distribution more than 32000 people daily)**

And

**Patient Homes and Dharmashallas where patients, pilgrims,  
& migrant labours have been stranded**

- |                     |              |   |
|---------------------|--------------|---|
| 12 Mumbai           | 13 Haridwar  | 14 Jammu & Kashmir  |
| 15 Varanasi         | 16 Gaya      | 17 Hyderabad  |
| 18 Thiruvanthapuram | 19 Ahmedabad | 20 Kalol are getting shelter and food daily for one month till date |

### The details break up of Expenses are given below:

	People	Articles	Amounts (Rs.)
<b>Cooked Food Daily</b>	<b>32000</b>	Rice - 48 Qtls. X 32000	1,53,600.00
		Pulse - 10 Qtls. X 10000	1,00,000.00
		Potato - 300 Qtls. X 1600	48,000.00
		M. Oil -75 kg X 120	9,000.00
		Fuel	48,000.00
		Masala	30,000.00
		Misc.	12,000.00
<b>Total</b>			<b>Rs. 4,00,600.00</b>

(Rupees four lakhs six hundred only.)

	Articles	People	Amounts (Rs.)
<b>Dry Food</b>	Rice - 5 Kg = Rs. 150.00	<b>10000 persons @ Rs. 50.00</b>	<b>= Rs. 50,00,000.00</b>
	Pulse - 1.5 Kg = Rs. 150.00		
	M. Oil - 1 Kg = Rs. 120.00		
	Spices = Rs. 80.00		
	<b>Rs. 500.00 per people</b>		

(Rupees fifty lakhs only.)





The Akshaya Patra Foundation is an NGO in India headquartered in Bengaluru. Our organisation strives to eliminate classroom hunger by implementing the Mid-Day Meal Scheme in the government schools and government-aided schools. Alongside, Akshaya Patra also aims at countering malnutrition and supporting the right to education of socio-economically disadvantaged children. Since 2000, Akshaya Patra has been concerting all its efforts towards providing fresh and nutritious meals to children on every single school day. We are continuously leveraging technology to multiply our reach. The state-of-the-art kitchens have become a subject of study and have attracted curious visitors from around the world.

The Government of India has announced a 21-day complete lockdown to contain COVID-19 pandemic outbreak, which has affected the lives of people in every section of life, especially vulnerable communities like migrant labourers and homeless people. The Government, on its part, is implementing various relief efforts to help them. The Akshaya Patra Foundation will be aiding the Government's efforts by providing food relief in various locations across the country. We will be initiating these efforts through our network of kitchens whilst working closely with the Government of India, State Governments and other civic administrations.

# AIM TO FEED 10CR NEEDY

With the proactive support of corporate partners, individual donors and motivated volunteers who have selflessly come forward at this hour of need, we will strive to comfort people, either through cooked meals or through food relief kits.

As the COVID-19 crisis continues to loom over us, The Government of India has taken a strict combat measure by directing a lockdown of the entire nation. At this great hour of need, The Akshaya Patra Foundation, in close coordination with State Governments & District Administration, has stepped in to provide relief by providing food to thousands of people across the country. By adhering to all safety and hygiene measures, Akshaya Patra has begun its relief service by providing meal or packed grocery kits to the marginalised and low-income segment of the society comprising of daily wage workers, migrant labourers, construction site workers, and needy people at old age homes and night shelters. Presently, the Foundation and its Association Foundations are providing food relief in, Rajasthan, Karnataka,



Telangana, Gujarat, Maharashtra, NCR, Uttar Pradesh, Andhra Pradesh, Tamil Nadu, Chhattisgarh, Odisha, Assam, Madhya Pradesh, Uttarakhand, Tripura, West Bengal, Punjab, Jharkhand and Himachal Pradesh.





Rise Against Hunger India has been working with Need Base India, a Bangalore based organization that provides holistic support to children who are facing challenging situations. Need Base India operates separate residential homes for girls and boys within Government School premises. For over 3 years, over 250 children are receiving meals from Rise Against Hunger India regularly. Many of these children, when taken into the project, are either school drop outs or have never been to school. With regular support, counseling and motivation – and with nutritious meals supported by Rise Against Hunger India – all children are enrolled back into mainstream education system. Children get healthy and nutritious meals everyday.

Rise Against Hunger India meals are big hit among the children and the food committee constituted by children decides the menu on a weekly basis to add different flavor, vegetables to the main ingredients. Children are growing into caring, confident and resilient human beings. Children excel in computers, music, dance, sports and other areas as well.

# RISE FIGHTS COVID-19

COVID-19 pandemic outbreak caused cancellation of all meal packaging events with sponsoring companies for the past four months. However, this is the time when meals are much more required than ever as many have been pushed to severe hardship. In the middle of logistic constraints and other challenges during the early weeks of the lock-down, Rise Against Hunger India staff have been packaging meals for COVID-19 relief work.

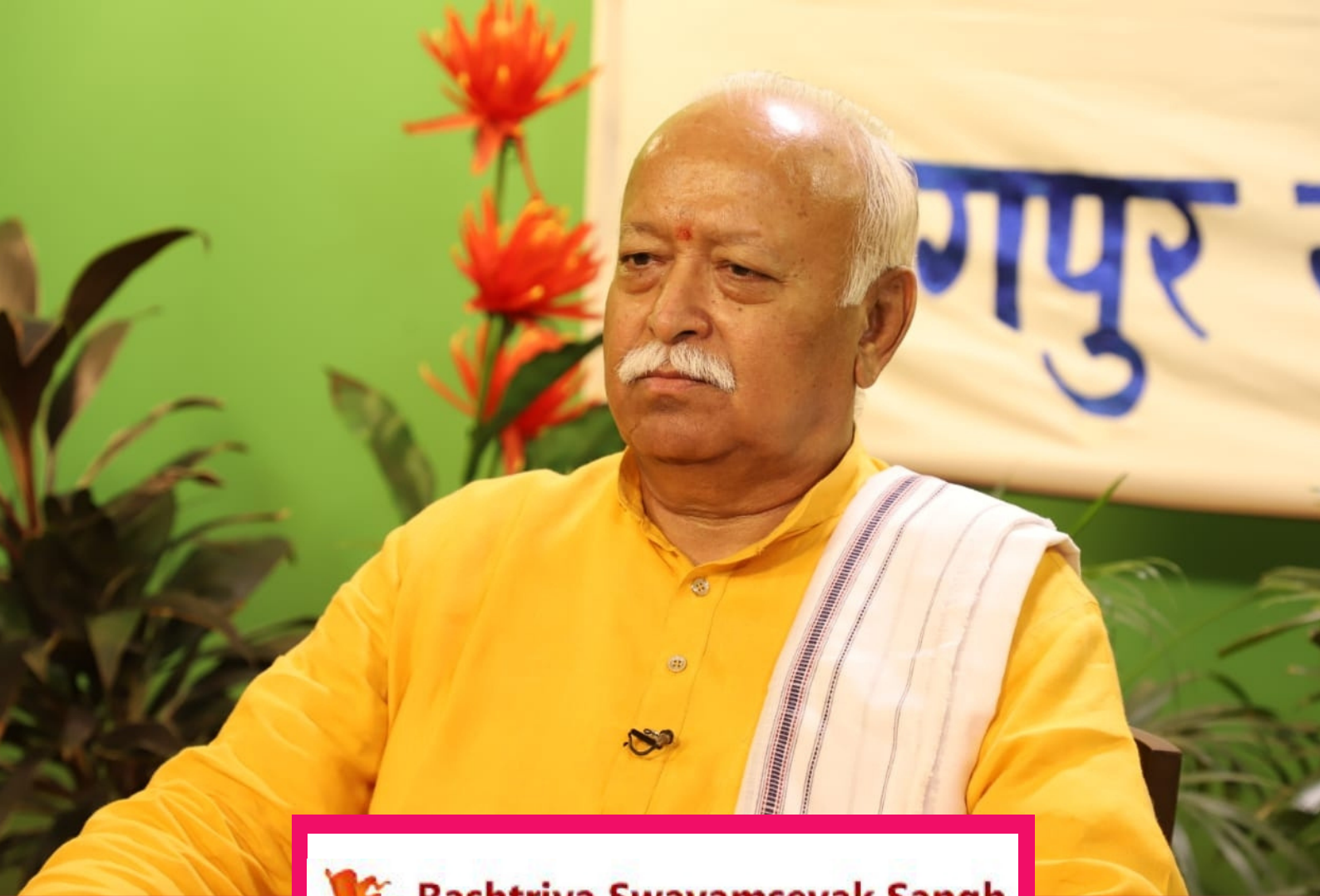
With gradual easing up of the lock-down measures, open volunteering opportunity is now being started in a managed environment applying COVID-19 safety guidelines. RAHI team has made elaborate preparations and designed COVID-19 Guidelines Compliant Layout to for packaging meals while maintaining utmost care for the safety of our volunteers, staff and beneficiaries.

COVID-19 pandemic has caused severe economic hardship, including daily wage workers, construction workers, and contract laborer. These vulnerable groups have lost the only source of their income and are now under the threat of dying



from hunger. Rise Against Hunger India (RAHI), has been providing food and other essential items to such groups for the past nearly 3 months. Over 2.5 million healthy, nutritious, fortified meals have been provided to nearly 500,000 people.

Rise against Hunger India has 20 NGO partners in Bangalore. Couple of them are working with over 6,000 domestic workers and elderly women without regular source of income. Due to lockdown, most of these workers lost their jobs and only few employers paid them their wages. Due to this situation, Rise Against Hunger India mobilized meals and dry-ration kits for them. Even after gradual withdrawal of the lockdown by the government, many of these workers have not been called back to work. Several surveys conducted in recent weeks suggest that 80% of domestic workers have lost their work. Among them are also those workers, who are now very old or sick, and who would need continued support.



**Rashtriya Swayamsevak Sangh**

## **SERVICE TO SOCIETY IS WHAT MEDITATION IS TO SOUL**

Bharatiya traditional thought holds “meditation/ soul-searching in solitude and service in society” as the basis of life. Sangh too ascribes to this idiom as its belief. Akin to shakhas on open grounds, Sangh swayamsevaks and their family members are offering prayers at their homes. Ritualistically conducting prayer meetings at fixed timings, many pay obeisance to their resolve of service as swayamsevaks everyday. While everyone is committed to retaining the essence of daily shakha activities, the nature of work at hand has morphed. Service has emerged as the core of Sangh activities at present. This is evident in the sheer volume of service-oriented activities carried out by swayamsevaks and the enthusiastic reception of the same in the society.

Service activities undertaken by Sangh are selfless. Ego boost through social service is not our motto. Facilitating public discourse around support services launched is important. Publicity material aids messaging across geographies about the nature of initiatives undertaken. It boosts mass conscience, inspiring people to take affirmative action. Publicizing ongoing service activities also paves way for interested members of the society to join in the emergency task force.

# RSS COVID-19 SEVA

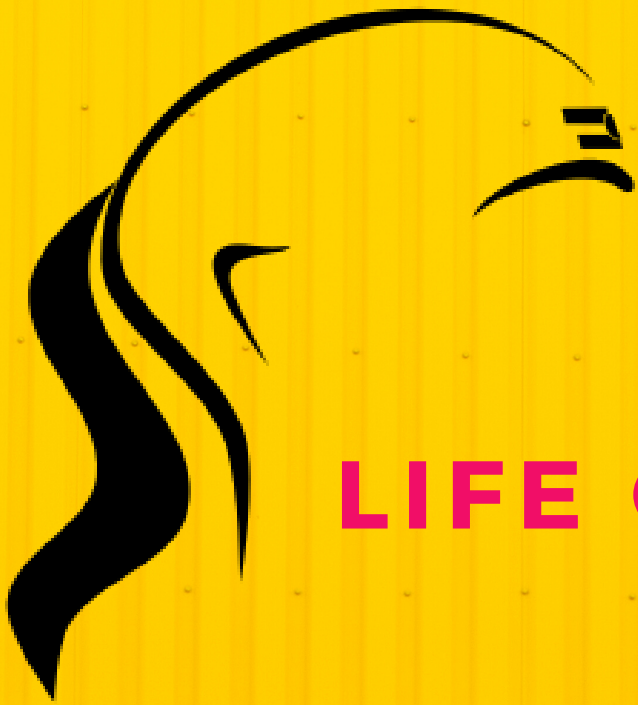
COVID-19 pandemic that has caused a catastrophic situation across the world, the Rashtriya Swayamsevak Sangh (RSS) joined in the relief measures to help the people in India who are stranded at different places across the country or those who are hungry and without food at this time of crisis. In its relief operations across the country, RSS has deployed over 3,42,000 volunteers to help people in need. The organisation served in over 67,000 locations during the COVID-19 pandemic, donated ration kits to over 50 lakh families and meal packets to over 3 crore people. RSS also donated over 44 lakh face masks to people in need. The RSS also participated in blood donation drives. Over one lakh people in the city of Mumbai were being served food daily as the organisation engaged in massive relief operations in Mumbai, through its service and environment wing, the Janakalyan Samiti and the Keshav Srushti My Green Society respectively. The operation named “Annapurna Yojana” was implemented in 24 wards of the BrihanMumbai Municipal Corporation (BMC) wherein around 1.2 lakh people were being served hot cooked meals twice a day



through 17 community kitchens. The BMC collected 40,000 food packets from these kitchens every day to serve its own staff and the medicos and police engaged in emergency services and to serve the homeless, labourers and the migrants.

Apparently most of the sex workers have turned penniless as none is visiting them in the wake of the lockdown restrictions. The RSS volunteers prepared list of 986 sex workers to whom they have been providing the ration packets and food since the lockdown was announced.

The saffron fountain-head has been striving to ensure survival and safety of several such social segments in the hour of crisis including the helpless elderlies and also a large number of people from the north east stuck in various metros. Making their contributions to combat Covid-19 virus, the RSS has activated its volunteers and the frontal organisations to work at the ground level of which feeding the underprivileged is on the top of their priority.



## LIFE QUOTE

“The fragrance of flowers spread only in the direction of the wind. But the goodness of the person spreads in all directions”

-Vishnugupta Chanakya




# GLOBAL BUSINESS LINE


WWW.BUSINESSLINE.GLOBAL

Subscribe Today

**#PandemicCare**

*Follow us and Share your feedback by tagging us on social media*

 gbusinessline

 gbusinessline

ISBN-978-81-947045-3-9



Social Welfare

ISSUE: 01

WWW.BUSINESSLINE.GLOBAL

©GLOBBAL MEDIA LINE PRIVATE LIMITED