

There is no exercise better for the heart than reaching down and lifting people up



‘Relief Distribution for COVID-19 affected Families’ in Gonda

Report

**“Love and compassion are
necessities, not luxuries.
Without them, humanity
cannot survive.”
-Dalai Lama**

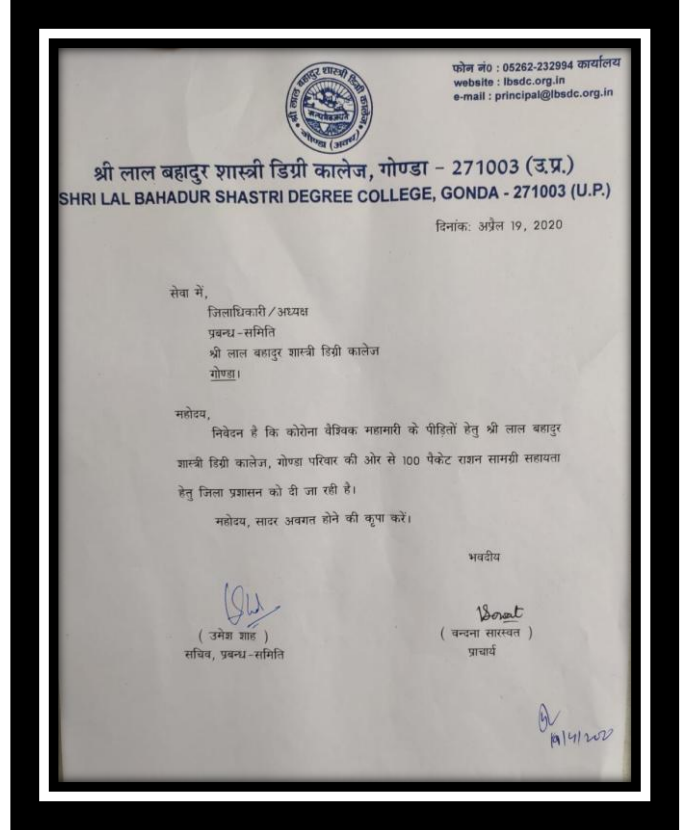
2020 & 2021

The idea under best practices aimed to support families coping with loss of work and income due to unavailability of daily wage labour due to the COVID-19 pandemic related lockdown. The **COVID-19 pandemic in India** is a part of the worldwide pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first cases of COVID-19 in India were reported on 30 January 2020 in three towns of Kerala. Lockdowns were announced in the country on 25 March. During lockdown daily wedges poor families were short of basic amenities to live. Hands on hands with local government authorities SLBSDC offered its continuous efforts to help poor in nearby villages. As a helping hand college distributed relief food packets in bunches of 100 every alternate days and other groceries and tried to fulfill other needs of our surroundings.

In both the lockdown period after first and second wave of Covid-19 the **‘Relief Distribution for COVID-19 affected Families’** reached families from backward areas of Gonda city and nearby villages, dependent on daily wage labours, with survival kits including food, groceries and household cleaning materials. These families living in the nearby areas were left with no work and income post the lockdown. The government provided ration was insufficient to meet their needs. Self help groups of women, village development committee members, community cadre sourced, packed and distributed the kits in the immediate weeks to ensure that they are hunger free in the absence of work and income.

RESULTS

- 559 families dependent on daily wage labour received monthly ration, personal hygiene and cleaning materials.
- 860+ migrant workers after returning from Mumbai, Delhi and Punjab stranded in Gonda received food ration.
- 150 persons with disabilities received ration.
- 50 traffic police received personal protective kits including face masks, hand sanitizer and gloves
- Local administration used teachers and staff as volunteers to manage challenges in local Quarantine centers.



Some glimpse of our attempt to help others at extremely hard conditions