

## TEACHER'S ACTIVITY REPORT 2020-21

**FACULTY: Humanities COMMITTEE: History/MGNCRE Swachhta Action Plan Psychosocial Support for COVID Pandemic Conditions IQAC ACTIVITY No:SVC/2020-21/HIST/VJ/2**

**Name of the Activity: MGNCRE Post COVID Swachhta Action Plan**

DATE	FACULTY	COMMITTEE	COORDINATOR NAME
2020-21	Humanities	MGNCRE/Swachhta Action Plan COVID	Vandana Joshi
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
NA	Virtual/SVC	12	Outdoor/indoor
<b>SUPPORT/ASSISTANCE:</b>	Self-funded		

### BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO.3 and 7)

TOPIC/SUBJECT OF THE ACTIVITY	MGNCRE Swachhta Action Plan Psychosocial Support Plan COVID initiated in June 2021
OBJECTIVES	To reach out to COVID survivors and help them overcome their trauma and challenges by providing support
METHODOLOGY	Supplying food and essentials distribution drive, raising vaccination awareness, helping with vaccine registration, and providing emotional support
OUTCOMES	To submit periodic reports of activities to MGNCRE

### PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	Student list of participation	Activity report	Photos	Feedback
		Certificate		

IQAC Document No:		Criterion No: III and I	Metric No:
Departmental file no		IQAC file No;	
NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)	
Vandana Joshi Haokam Vaiphei Punam Sood	Dr Vandana Joshi Teacher-in-charge(History Department)	DR N. Latha  IQAC COORDINATOR  Sri Venkateswara College	

Proofs

## **MGNRCE Workshop and Action Plan: Psychosocial Support for COVID Pandemic Conditions**

**Team Title:** Communicating with the Covid Patient-

**Team details-** Core Team Covid Helpers NSS Students

**College-** Sri Venkateswara College

Consolidated report June-July 2021

**Students:** Prerna Singla (Eco Hons), Preetika Sinha (Zoology Hons), Manish Rohilla (B.Com Hons), Tanvi Jaiswal (B.Com Programme), Shreyash Sinha (Pol Science Hons), Madhur Chhabra (Pol Science Hons), Kartika Goyal (Chemistry Hons), Ram Kishor (Hindi Hons), Naman Gupta (Sanskrit Hons.), Shikha Jha (Sociology Hons.), Aditya (Hindi Hons.), Mudit Hans (B.Com Hons)

### **Contact Details:**

**Students:** Prerna Singla (8872305904) and Manish Rohilla (8178805528)

**Faculty:** Coordinator: Dr. Vandana Joshi (9560901980)

Additional faculty: Dr. Punam Sood and Haokam Vaiphei

### **WORKSHOP: 13 JUNE, 2021**

#### **Workshop on Psychosocial support for Covid Pandemic Conditions**

*organised by Mahatma Gandhi National Council of Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India in collaboration with Core Team Covid Helpers, Sri Venkateswara College, University of Delhi*

**Resource Person:** Ms. Neha Dagar, Consultant in MGNCRE under Swachhta Action Plan

**Coordinator:** Dr. Vandana Joshi and Haokam Vaiphei

Ms. Neha Dagar in her presentation highlighted skills as under:

- Skill required for providing emotional + psychological support.
  - ❖ *Attentive Listening:* Keep a pen and paper ready while listening and divide everything that client (covid patient/recovered patient) says in three categories on a paper which are feelings, issues and needs of the client.
  - ❖ *Observation:* Observe closely everything about and around the client and make them confident. Understand their emotions and state of mind.
  - ❖ *Alternative framework of reference:* Once the client calms down, then extract the issues they want to resolve and make them self-reliant in the process.

- ❖ *No Generalization*: Never generalize anything and ensure timely follow ups.
- Explained the importance of empathy over sympathy in counselling and asked to put aside our preconceived notions if any.
- Stated the motto: each one, reach one. Helpers could reach out to one each. Dr. Joshi asked if stories out of these interactions could be filed over the entire period of the initiative and the idea was approved. Helpers could identify and reach out to lonely people and youth who lost parents.
- Focused on the parameters like spreading vaccination awareness, and helping with registration, food distribution drives, campaigns through social media and “each one reach one”.
- Our team pointed out challenges such as: Unavailability of vaccines and vaccination centres, confidence building in clients as the epidemic brings in its wake stigma, ostracisation, fears and phobias that make patients reluctant to talk and share information.
- The project at this stage is planned till mid- September, 2021.
- The reports will be provided in a frequency of 15 days.



## Our Report June-July 2021

### TELEPHONIC SURVEY

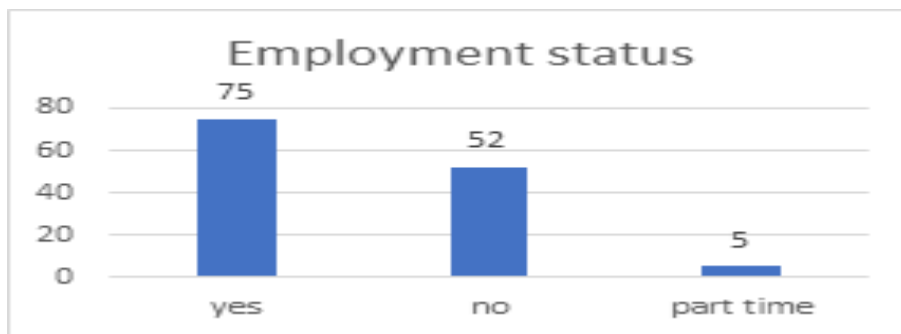
When the world went into complete lockdown after the global pandemic hit, and everything shut down within a blink of an eye, everyone’s first priority was to save themselves and survive, but there were many who did not have the means or basic resources to survive or save themselves.

Many slum areas were severely affected during the pandemic, due to various reasons: like the shortage of ration, improper sanitation, lack of access to resources, loss of jobs, no vaccination, lack of information, misheard information etc.

We at NSS SVC are trying to do our bit by helping people in our adopted slum, Sanjay Camp and to collect proper information and make a note of their needs and requirements, we conducted telephonic surveys. These surveys helped us identify the major problems faced in the area and collect organised data to back the information.

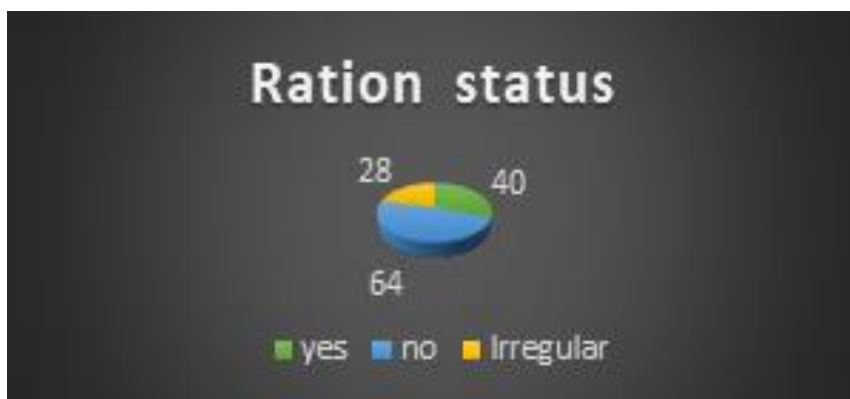
### Loss of Jobs

One of the major problems being faced by the people in Sanjay Camp is the loss of jobs due to the lockdown or a part time job with improper work conditions, worked by a few. A total of 52 families have mentioned that their earning members lost their jobs.



### Supply of Food

Another pressing matter which came to light and has a major impact on their well-being and their ability to sustain themselves during this lock down period, is the lack of supply of food. They do not have a constant supply of ration and food and that leads to major health issues amongst lack of proper nutrition for the kids, 64 families have talked about not having a constant food supply and 28 families have talked about having an irregular food supply at large.



These are some of the problems being faced by people belonging to the underprivileged communities. From lack of resources to lack of awareness, these people might not be able to return to their jobs completely even when the lockdown

opens up due to the new vaccination guidelines. All employees must be fully vaccinated before they resume full time work.

These issues can be tackled if organizations join hands and work with government bodies to spread correct information, distribute ration, etc.

### **DISTRIBUTION DRIVE: 27 JUNE, 2021**

The outbreak of COVID-19 in 2019 and its subsequent waves created havoc in everyone's life, let alone daily wage workers. According to Statista, people between the ages of 15 and 39 were most impacted by the coronavirus lockdown in India between April and July 2020, in terms of job loss. Those between 25 and 29 years old alone accounted for about 46 percent of all job losses. The situation is getting worse with every approaching wave and coronavirus mutant.

To get first-hand knowledge about the situation in our adopted slum, Sanjay Camp, volunteers from **Project Poshan** along with project **Pahal** conducted a telephonic survey. Around 200 families were surveyed and questioned regarding their source of income and food supply at the slum. As it was found out, most of them were out of work and were facing an irregular supply of food. Some families even lost their working family members and were making the ends meet with their savings.

Following this survey, NSS SVC immediately contacted several NGOs which could provide food to the people of Sanjay Camp. Serve Smiles foundation agreed to join hands with us and provide 200 cooked meals. We shortlisted families who were in dire need of food and prioritized them for this distribution drive.

On the day of the distribution drive, 27th June 2021, five volunteers of NSS- Naman, Shikha, Shreyash, Aditya, and Mudit went on ground to carry out the food distribution drive meanwhile other volunteers of Project Poshan coordinated with the families telephonically. We followed a token system so that the distribution could unfold smoothly. By the end of our drive, we ended up distributing 200 cooked meals to over 60 families. The clients came to National Railway museum to collect their packets to ensure social distancing.

Please find below the attached pictures of the same.



[National Rail Museum, Delhi, 27th June, 2021, 2:00-3:00PM]



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[National Rail Museum, Delhi, 27th June, 2021, 2:00-3:00PM]



[National Rail Museum, Delhi,27th June,2021, 2:00-3:00PM]



[National Rail Museum, Delhi, 27th June,2021, 2:00-3:00PM]

[National Rail Museum, Delhi, 27th June,2021, 2:00-3:00PM]

## **RATION DISTRIBUTION DRIVE: 11 JULY, 2021**

Ever since the onset of COVID-19 pandemic in India, the lives of 1.39 billion citizens dwelling here have shifted drastically. It has deeply affected people from all walks of life by impacting their income and lifestyle, especially the daily wage workers and labourers. The intermittent lockdowns, shutting down

of businesses and factories accompanied with a declining economy have created havoc in the impoverished sections of the society. Numerous surveys and statistical data suggest a dramatic decline in incomes of the daily wage workers, with one suggesting an 82% decline in the month of May 2020. With the pandemic's increasing intensity of waves and rapid mutations in coronavirus, the situation doesn't seem to be taking a turn for the good.

However, acting as a beacon of hope, NSS-SVC, has been doing whatever it can to uplift the situation. Following their successful distribution drive and survey last month, NSS-SVC, again returned to their adopted slum, Sanjay Camp to conduct a mega ration distribution drive on 11 July 2021. By taking the help from the survey conducted previously, families in crucial need of ration and low to negligible income were identified and helped accordingly. The members of NSS-SVC contacted multiple NGOs which could provide bulk ration kits to families in Sanjay Camp and were finally helped by "Saday NGO", which collaborated with them for the same.

On the day of the ration drive, around 50 bulk ration kits were distributed to 50 needful families with the help of several on ground volunteers from NSS-SVC, who conducted the whole process meticulously. A token system along with IDs and compulsory masks was devised by the members, which was followed with utmost precision and care. At the end of the drive, the people of Sanjay Camp received ration kits containing the following essential items- Rice(10 kg), Wheat(5 kg), pulses(3 kg), Chana(2 kg), jaggery(1 kg), oil(1 L), along with 4 masks. The drive proved to be successful and brought smiles to the faces of struggling families.



The following are the pictures of the distribution drive.

**Place: National Railway Museum**

**Date: 11th July, 2021 Time:11:00AM-2:00PM**





## **Each One Reach One**

### **Phase 1**

Under this, we have collected the stories of covid survivors pertaining to the physical aspect of the covid.

Note: All the details of the individual are kept confidential as being directed by their consent

**Respondent 1- Anamika**, 22 years old, Sector-24, Rohini, New Delhi  
(Recorded Statement)

"It wasn't just about the virus"

Anamika's "mini-survival journey" could be summarized as a glimpse into a "2-week long Bollywood climax", overlooking the fact that no one knew who was the protagonist. When her mother tested positive, she just had a mild fever. Loss of taste and smell soon followed. By the time she and her sister had begun showing symptoms, the thought of recovery seemed grim, "my brother, being a kid, was asymptomatic but there was still this precaution of avoiding any contact with him, the probability of its spread was never certain. But for how long could a dependent little kid avoid contact with his own family?".

"We were all advised bed rest, but how long could we stay there when all of us relied solely on ourselves", the most herculean part was arranging daily necessities from the market, "you could ask someone to drop it at your doorstep but not many were comfortable and in fact, willing", she recalls.

The worst came forth when telephonic consultations with the doctor failed to give any accurate cure for the symptoms. "My mother and I had to be admitted, it was getting severe by the day and nothing seemed to work". But were the hospitals prepared?

Hospitals were bed-less. Decent beds available at exorbitant prices could probably beat gold in the stock exchange. The struggle was no longer against the virus but basic survival facilities. After finally being able to get treated, they were back home, counting the experience as a major revival. Who to question? The pandemic for sure, but also a lack of preparedness.

**Respondent 2- Akashika Sharma**, 21 years old, Sector-32, Chandigarh  
(Recorded Statement)

The fear and anxiety that grips you when you process the fact that everybody around you is dying from the same disease which you have also contracted is painfully depressing and stressful.

I am Akashika Sharma, 21 years of age, and my family and I got exposed to the corona virus in the month of April. After months of not going out anywhere, passing up opportunities to meet-up with friends and loved ones, having been cooped up in my house, taking every single precaution, I still got infected for some reason. The moment my father and sister started experiencing the symptoms, I honestly had no idea about what was to follow in the upcoming days. Although my family had a mild case of COVID-19, the recovery, fear and constantly keeping yourself together for the sake of your family was both mentally and physically taxing. Apart from that, managing college assignments, society work and events while taking care of your bedridden family was exhausting and distressing in every possible way. The helplessness and gut-wrenching pain of losing three of your school teachers, juggling housework with college work, comforting your sick parents and sister, all the while keeping a happy and strong front was severely overwhelming.

But I got through it. I realised that sometimes taking responsibility in sticky situations toughens you up and the only thing which you can do at that time is to, "Just keep Swimming!". I just felt that if I kept myself distracted with work and comfort indulgences; I would somehow get through it. There were many sleepless nights and hopeless moments, but by keeping faith in God or whatever higher power is out there, not giving up and constant support from friends and loved ones, my family and I got through it. It was no less than a war, a physical and mental war, which my family and I fought together and came out the other end victorious!

**Respondent 3- Soumya Jha**, 20 years old, Sector-63, Phase 9, Mohali  
(Recorded statements)

Saumya is a 20 year old girl who successfully won her battle against Covid-19. Her visit to the doctor on 17th April 2021, to get a rabies injection was the day she felt that she caught the virus as she was wearing a basic cloth mask. As delta variant is not stopped by cloth masks, she emphasized that one must wear an N-95 mask or a surgical plus cloth mask.

After two days of the doctor's visit she started getting symptoms like body pain and fever for around four days between 99°F and 100°F. She went through unbearable stomach-ache and vomiting when she took medicines or food. She even suffered loss of appetite and lost 6 kg in one month because of which her energy went tremendously low, whatever food she used to eat dragged her to a severe stomach-ache.

Her body couldn't handle the antibiotics so she cured herself with home remedies by consuming *Kadhha*, hot herbal concoction turmeric water and steam. Being an introverted person, isolation was not an issue for her; still talking to friends and being on phone rejuvenated her and helped to be positive. According to her, being positive and focusing on yoga and healthy food is the key for healthy survival and boosted immunity. She also started spreading awareness and helping other people as 80-90% of problems are solved by it.

**Respondent 4- Ananya Kapoor**, 18 years, Palam Vihar, Gurugram (Recorded Statement)

A Covid-19 positive patient named Ananya Kapoor from Ghaziabad, having five members in family, tested positive along with two other members. So they went into self-quarantine, maintained social distance and helped one another to defeat the virus.

On 18th April 2021 she noticed the very first symptom of sore throat and on 19th April she along with her mother and brother got an antigen test done, in which all of them tested positive. Later she also tested positive in the RT-PCR test. Her dad and grandmother did not catch the virus as they were vaccinated, they took all the precautions to stay away and keep them safe. She said, "We used to eat our food on paper plates, my dadi used to cook and dad used to keep the food near my room, it was a very tough time".

She suffered from high fever for around seven days which was accompanied with symptoms like body ache, breathlessness, loss of smell and taste. As a result, she suffered from extreme bodyache and weakness, but she slowly started practicing yoga, walking and breathing exercises. She exclaimed, "by taking doctors prescribed medicines followed by doing proper breathing exercise and walking boosted my immunity and helped me beat this deadly virus, now as a precaution I regularly do walking, eat healthy food and wear double mask when I go out!".

**Respondent 5- Akash Baweja**, 25 years, Pitampura, New Delhi (Recorded Statement)

If someone/their family has had a close encounter with COVID-19, the chances of it being a non-panicked and non-stressful experience, are very less. With the image built around the virus and some misinformation being spread, it automatically alarms the patient and their family, the minute they suspect having covid.

My experience with COVID-19, in 2021 April was no different. Both my grandparents became prey to the virus and we had to isolate them on a different floor. With continuous blood tests and Covid-19 tests, and being on call with the doctor 24\*7, the atmosphere at home started becoming tense and stressful.

The situation where my grandfather needed continuous oxygen supply through and oximeter and had to be admitted to the hospital also arose, despite using all possible contacts and connections, it was extremely difficult to arrange the two for him.

Eventually, yes, they did get better and are recovering, but the recovery is slow paced and there is always the continuous worry of them catching some other infection due to low immunity.

Covid-19, though tackled, does leave a lot of marks on a person's health. However, Finally after loads of hope and prayers, we all were saved. All's well that ends well.

## Phase 2

**Respondent 1- Akash Baweja** ,25 years, Pitampura, New Delhi (Recorded Statement)

In those days, a few months back, every newspaper and every news channel would be available to scare the covid victim with one fear – “What would happen if I won't recover?” And this thought is powerful enough to ruin your mental balance. It's quite arduous to stay motivated and keep a psychological balance all time especially when you are down with the now global enemy Covid-19. But ultimately, what matters is to gather vitality and courage from all corners and keep yourself engaged with some optimistic and positive approach.

When I tested Positive, What became a challenge was not my declining physical health but my devastating mental and intellectual conditions. I was literally depressed. But, we often say that every cloud has a silver lining. With this thought I gathered all my strength and all my courage. I came across a guide – **“While it is important to win, it is even more important to remain undefeated.”** This gave me true hope and potential to fight till the very end. Now, I am very happy to report that after my new positive and healthy approach to illness, I felt I was having a speedy, good and efficient recovery. It actually felt that all the medicines were now working even faster as if the entire universe was there to help me. This challenge taught me a lesson – **“NEVER TO BE DEFEATED”**. Therefore, we should never lose hope. Also, my seniors guided me that – **Wherever you go, be a pillar of Strength who brings peace of mind to all! Always be a person of magnanimous character who inspires hope!** This made me realize that recovering alone is good, but making others

recover is even better. I did the same and we all became fit, fine and healthy quite earlier than expected! I express my earnest gratitude to all tough situations which encountered me for making me **stronger** than ever in life.

**Respondent 2- Anamika**, 22 years old, Sector-24, Rohini, New Delhi (Recorded Statement)

Anamika has always been this beautiful ball of Optimism. For her, happiness could be sought in the little things, beyond just books, music and poetry. But when the real world hit hard, it distorted the fictional escapades.

She could not run away from what she calls "the lowest ebb" of her life. Never having suffered from the virus herself, it did come down hard on her, being the eldest daughter in a family run by two brave-hearted covid warriors. Her fears were well-founded. At a time when the entire country was instructed to bolt their doors, her parents were out, with no assurance of returning safe from work. She was concerned, her mind dwindling towards a helpless state of anguish, despair and helplessness. "What could I possibly do for them? I had no answer. I could only pray. But was there any saviour?".

So, when days felt lonely and nights bitter, she took it upon herself to radiate happiness, this time again with the "little things". "I joined Mission Raksha, helped in generating verified leads and sharing them across, made my (social media) account public and put up COVID resources", she recalls, "I was losing hope but somehow gaining the courage to regain it".

What kept her going? "I hope that through a few social media errands, I could really help at least someone in some part of the country". Was it worth it? "Now, my parents must be proud of the things that run in blood".

**Respondent 3- Yogita**, 19 years old, Sector 4, Gurgaon, Haryana(Recorded Statement)

"I got tested positive for COVID-19 on April 9, 2021; two days after my mother tested positive and went into home quarantine. Even though my symptoms were mild, the disease is highly draining, both mentally and physically. My father tested positive too, leading to all three of us being quarantined and having mild symptoms, thus recovering and tested negative on April 22 relying only on at-home treatment.

The after-effects were just as bad if not worse. Both my parents developed symptoms of anxiety and breathing problems. The weakness was so bad I couldn't keep up with college classes for another two to three weeks. All of us did develop certain complications, some of which we are still reeling out of, two

months after the negative test. That meant a whole new set of medications, surgery, which are not even mildly related to respiratory illnesses but still considered as after effects of getting COVID.

The lockdown is still something that hinders the smooth day-to-day functioning and feels like a mental cage, but is necessary for dealing with the pandemic. All in all, grateful.

**Respondent 4- Ananya Kapoor**, 18 years, Palam Vihar, Gurugram(Recorded Statement)

"I used to feel so lonely and unhappy sometimes, I mentally struggled a bit to pass my time during quarantine!", Tanvi, a 19 year old girl, said. She suffered from Covid and shares her experience on battling against mental and emotional stress during her illness.

She used to listen to songs, virtually meet with her friends in order to feel mentally strong and positive. She suggested, "one must be first mentally strong in order to win from a disease". According to her it's natural for one to be emotional during hard times, but one must stay strong throughout the journey. Also it's a proven fact that most of the illness and diseases are all evaded if one stays emotionally and mentally secure. She expressed, "It was a hard time when I found myself arrested in Covid. As the time passed and clicked on like a time bomb, I felt it went deeper into me, but the light of hope started rising as I started doing yoga and meditation".

She supported the fact that doing meditation and physical exercise helps one to recover from all kinds of emotional and mental issues. "As I couldn't put more stress on my physical self during my illness, but to combat mental stress I used to do breathing exercises and meditation to stay calm and positive", she said.

**Vaccination Registration: 22**



## Feedback received from MGNCRE



महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद  
Mahatma Gandhi National Council of Rural Education  
(Formerly National Council of Rural Institutes)  
Department of Higher Education, Ministry of Human Resource Development, Government of India



To,

Principal,  
Sri Venkateswara College, University of Delhi  
Delhi

**Sub:- MGNCRE-MHRD GOI – Workshop – Action Research Report- Feedback - Reg.**

Madam,

Greetings from Mahatma Gandhi National Council of Rural Education, MHRD, Govt. of India!

Feedback on Action research Activities carried out by Sri Venkateswara College, University of Delhi.

On 27 June and 17 July 2021

- The Action Research Activity has to be carried out for 10 -15 days. You can also mention day-wise plan/ action.
- The campaign to distribute rations is good but it will be better if PychoSocial impact feedback and vaccination (15 nos) campaign are kept in a separate document.
- Each Action Research activity should have been carried out for 10-15 days preferably covering a discipline/ activity – rations, Vaccination etc
- Should have an abstract sheet describing the activity, with details and numbers.
- Should have the contact information of the faculty guiding and the NGOs.
- The planning and implementation plan as also the locality chosen justified through a process was clearly mentioned.

Thanking you,

Yours sincerely,  
Maj Shiva Kiran  
Senior Consultant, MGNCRE



**SRI VENKATESWARA COLLEGE**  
(University of Delhi)

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A.O(I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

*N. Latha*

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