

Miranda House Initiative During Covid'19 Lockdown

As part of our efforts to help the villages we are engaging with, despite the pandemic and more so because of it, UBA Cell, MH undertook the following activities during the lockdown imposed since March'20.

❖ **WHATSAPP GROUP TO PROVIDE INFORMATION REGARDING COVID-19**

With the purpose to share the requisite information with people of the villages concerned on topics like farmer guidelines and permissions, KVK advisories etc., a whatsapp group was created. Apart from the UBA Coordinator from Miranda House for the respective villages, the group comprised of the village Pradhan, KVK (Krishi Vigyan Kendra) representatives, farmers and senior and respectable people from the district, self-help groups and non-profit organizations(NGO). The group has ensured a flow of necessary information about schemes and guidelines released by WHO, Ayush, and government on covid-19 so that people are aware about the prevalent situation(pandemic) and can ask for help or clear queries as and when they need it. For the same reason, the cell also curated and shared a list of counsellors to deal with the psychological impact of the lockdown/quarantine when the need arises.

LIST OF COUNSELLORS...

Counselling Team, Miranda House				
As part of COVID-19 Response, students and staff are free to contact the following experts in case of any concerns.				
College Counsellor and Physician				
Mrs Alpana Rustogi	9818530456	rustogialpana@gmail.com	Mon - Fri	12:30 PM - 5:30 PM
Dr Krishna Gola	9711777045	-	Mon - Fri	12:30 PM - 5:30 PM
Specialists available on call (volunteer basis)				
Dr Bindu Kapoor	9999973906	bindu29mar@gmail.com	Mon - Fri	10:00 AM - 2:00 PM
Dr Tripti Sakuja	9968834954	sakhujatripti@gmail.com	Mon - Fri	11:00 AM - 1:00 PM
Ms Astha Mahajan	9873485062	asthabajaj23@gmail.com	Mon, Wed, Fri, Sat	12:00 PM - 5:00 PM
Ms Balneet Kaur	9891080462	balneet.k@gmail.com	Mon - Fri	3:30 PM - 5:30 PM
Ms Bhavya Singhmar	8023901066	singhmar.bhavya@gmail.com	All days	3:00 PM - 7:00 PM
Ms Bindu Verma	9999973906	verma8bindu@gmail.com	Mon - Fri	10:00 AM - 12:00 PM
Ms Jyotee J	7711076076	jjyotee9@gmail.com	Mon - Fri	5:00 PM - 8:30 PM
Ms Kanika Dua	9818940549	kanikadua@gmail.com	Mon - Fri	2:00 PM - 3:00 PM, 6:00 PM - 7:00 PM
Ms Namrata Gupta	8948339393	namrata.blossom@gmail.com	Mon - Fri	2:00 PM - 5:00 PM
Ms Preeti Garkhel	9871894330	preetigarkhel@gmail.com	Tues, Thurs, Sat	5:00 PM - 6:00 PM
Ms Preeti Sinha	9999838304	preetidhriti@gmail.com	Mon - Sat	4:30 PM - 7:30 PM
Ms Rajkumari Meena	9716452828	princessmeena@gmail.com	Mon - Sat	9:00 AM - 9:00 PM
Ms Rupali Saini	8800823401	rupali.rsn@gmail.com	Mon, Wed, Fri	3:00 PM - 6:00 PM
Ms Shivanshi Pathak	9999889620	shivanshi19@gmail.com	Mon, Wed, Fri	11 AM - 2:00 PM, 4:00 PM - 6:00 PM
Ms Sushmita Patra	8800426765	sushmitapatra7499@gmail.com	Mon - Fri	4:00 PM - 7:00 PM

❖ **SURVEY FOR NEED BASED ASSESSMENT**

Uncertain times like these impose additional difficulties, especially on poor and rural populace of the nation, which can range from hunger and increased domestic violence to greater exposure to infection due to paucity of sufficient knowledge and unhygienic living conditions. To have a better understanding of the present requirements, know the degree of risk people are exposed to and how much aware they are about the infection and relief measures being provided by the government a questionnaire (in both Hindi and English) was circulated to be filled by the villagers. The survey questioned people on their knowledge about covid-19, prevention from virus, whether they faced any violence, psychological effects or discrimination and how education of their children was being managed etc..

❖ YOUTUBE CHANNEL

Spreading information through engaging and comprehensive mediums becomes necessary given the possibility that some people have low literacy levels. UBA Cell, Miranda House created a youtube channel titled “**MH UBA CELL COVID-19**”. Uptil now, 2-3 videos have been uploaded on this channel raising awareness and giving information on covid symptoms, prevention, immunity boosters and hygiene. The videos are mostly made in Hindi in accordance with the government and WHO guidelines/advisories. Student volunteers of UBA Cell create these videos and share it with the faculty. After a quality check, the videos are shared in the whats app group and uploaded on you tube by Dr. Yasha.

❖ MAKING MASKS

Student volunteers of UBA were requested to make a minimum of 10 home-made masks for distribution in the villages engaged as the people might not have access to it.

❖ POEM AND POSTERS

One of our faculty members from Department of Hindi, Miranda House, Dr. Renu Arora penned down a poem to raise awareness and guide people on preventive actions like washing hands, boosting immunity and staying positive during coronavirus pandemic. The poem was recited by Dr. Namrata Singh, a recording of which was shared on the whats app group along with the written piece.

Student volunteers prepared posters on Covid-19 for visual and appealing spread of information. The poem along with one of the posters prepared can be found below.



POEM BY Dr. RENU ARORA, Department of Hindi, Miranda House; RECITED BY Dr. NAMRATA Singh...

कोरोनाबनीहैमहामारी
येसंसारपरपड़रहीहैभारी
हमारेदेशमेंभीयहछारहीहै
हमसबकोबड़ाडरारहीहै
लेकिन, हमेंनहींडरनाहै
समझदारीसेइसकासामनाकरनाहै
घरकेभीतररहनाहै
मेल-जोलनहींरखनाहै
हाथोंकोहरघंटेसाबुनसेअच्छेसेधोनाहै,
घरकोखुदकोसाफ़ -सुथरारखनाहै।
ताज़ागरमखानाखानाहै
पानीकोभीगुनगुनाकरकेपीनाहै
सरदीखाँसीसेनहींधबरानाहै
साँसभीजोफूलेऔरजाड़ासाथसताए, तोतुरंतडॉक्टरकेपासजाएँ
लक्षणअगरकोरोनाकेपाएँतोतुरंतअपनोंसेभीदूरीबनाएँ, नाक-मुँहकोकपड़ेसेढंककररखें
एकसेदूसरेकोयेपकड़ताहै
यदिएकदूसरेसेनहींमिलेगातो
कोरोनाअपनीमौतखुदमरेगा
फ़ैसलाआपकोकरनाहै
समझकादामनपकड़नाहै
ज़िम्मेदारबननाहै
खुदसतर्करहकर
दूसरोंकोभीसजगकरनाहै।।