



COVID Relief – Uttarakhand

An appeal for assistance and support

**YOU CAN HELP
SAVE LIVES!**

Your donations will help us supply COVID support kits to the villages in the hilly regions of Uttarakhand which await basic equipment like oximeters, thermometers, etc.. These kits will be supplied to ASHA health workers and village pradhans so that they track the health of patients and ensure timely intervention, if needed.

₹8000/-
per village

COVID SUPPORT KIT

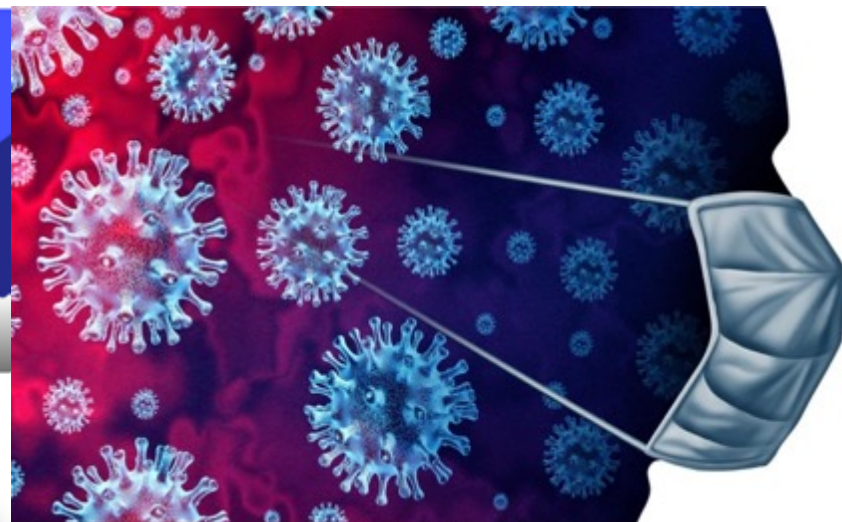
- ✓ OXIMETERS
- ✓ THERMOMETERS
- ✓ STEAM INHALERS
- ✓ MASKS FOR HEALTH WORKERS
- ✓ SPARE MASKS

<https://pages.razorpay.com/helppahad>

SHEG
Society for Himalayan Environment and Geology
@shegngo - Nonprofit Organization

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Society for Himalayan Environment and Geology

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Our approach – Relief in a Box – trusted in time

In order for us to respond well to the growing pandemic crisis we must provide the following at grassroot level

- A village kit with Oximeters, Thermometers, Masks and Manual Steam machines is to be disbursed immediately.
- Our initial target is 1000 villages of Uttarakhand
- Once such kit is costing us approx. INR Rs. 8000/-
- The net monetary requirement to meet this target is INR Rs. 80,00,000.

Requirement	Qty	Rate	Amount	Remarks
Oximeter	5	700	3500	At community level
Thermometer	1	1000	1000	At community level
Manual Steam Machine	10	225	2250	At community level
Masks	100	12.5	1250	For Healthcare workers N95 and others
Total			8000	

Current status so far

- **7** hill districts & expanding
- **100+ remote** village & growing
- **8-10%** of rural population
- **Delivery hubs** – Haldwani & Dehradun
- **Essentials delivered**
 - Oximeters
 - Thermal scanners
 - Digital Thermometers
 - Steamers
 - Masks
 - Sanitizers : 181
 - Examination gloves
 - BP Instrument
 - Other miscellaneous items
- **Ambulance Operation**

Tens of daily requests – unstructured but with great hopes



सेवा में

25 मई 2021

अध्यक्ष महोदय
सोसायटी फोर हिमालयन इन्वायरमेंट एण्ड जिओलोजी
बेरीनाग

महोदय

पैन हिमालयन ग्रासरूट्स डवेलमेंट फाउंडेशन एक स्वयंसेवी संस्था है जिसका मुख्य कार्यालय कलिका, रानीखेत, जिला अमोढ़ा, उत्तराखण्ड में स्थित है। संस्था पिछले 28 सालों से पर्वतीय ग्रामीण क्षेत्रों में ग्रामीण विकास के कार्य कर रही है। वर्तमान में संस्था दुसरा गधेरे के लगभग 80 फेडिव 19 से प्रभावित गाँवों के सीधे सम्पर्क में है जहाँ पर लगभग 15000 जनसंख्या निवास करती है।

महोदय इन गोंवों के आशा कार्यकर्ताओं के पास कोविड किट नहीं है , कोविड मरीज आने पर इनको जो कोविड किट विकास खण्ड कार्यालय से मिलता है या तो वो खराब होता है या फिर किसी मरीज को मिलता है किसी को नहीं मिल पाता। इस क्षेत्र में अभी 12 आशा कार्यकर्ता काम कर रही हैं।

अतः महोदय से निवेदन है कि हमें इस क्षेत्र हेतु निम्नानुसार कोविड सामग्री उपलब्ध करवाने का कष्ट करें, हम आपके आभारी रहेंगे।

1. धरमल स्कैनर	5
2. आक्सीमीटर	10
3. मास्क	500
4. सैनीटाइज़र	10
5. दस्ताने	10 जोड़ी
6. धरमापीटर	20
7. स्टीमर	10

सहयोग हेतु धन्यवाद

Mukari

प्रबन्धक
ग्रासरूट्स

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कार्यालय अधीक्षक सामुदायिक स्वास्थ्य केंद्र गैरसोनी प्रखण्ड।

स्वास्थ्य संचालक / 2020-21 / गैरसोनी 13 मई 2021

सेवा में,
जन्म
नियंत्रण क्लब विकास समिति
राजपुरा।

विषय:- कोविड वायरस को रोकने हेतु आवश्यक औषधि / उपकरण प्राप्त करने के सम्बन्ध में।


प्रति,
जयदी सेंटर स्वास्थ्य कार्य में प्रवेश प्राप्त करने वाली स्त्री में आप अपने निम्न अनुसूची में कि कोविड वायरस को रोकने हेतु निम्न औषधि एवं उपकरण प्राप्त करने का कष्ट करें।

क्र। सं.	वास्तवीय का नाम	मात्रा
1	Nebulizer	02
2	BP Instrument	04
3	Asthma Respire	200
4	Budecort Respire	200
5	Mask Triple Layer Surgical	500
6	Doriply (Iin Injection	100
7	Dexamethasone Injection	100
8	Pulse Oximeter + Battery	100
9	Examination Gloves	15000
10	Sensitizer 500 ml	20

11. Thermal Camera. 100

12. Digital Thermometer. 100

आप आवश्यक में निम्न में कि आप अपनी सेंटर में स्वास्थ्य के निम्न वास्तवीय उपकरण करने में सहायता करने की कृपा करें।


 13/5/21
 प्रमुख स्वास्थ्य अधिकारी
 गैरसोनी प्रखण्ड
 स्वास्थ्य केंद्र

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Unconventional supply chain – speed and agility



मिले अदृश्य हाथ हैं, मीलों चले साथ हैं। कुछ और दूर तक जाना है, साथी हाथ बढ़ाना है।

Unique COVID Challenges in Uttarakhand

1. Lack of Awareness

- Primary precautions for COVID, like wearing masks, social distancing, washing hands regularly, etc. are not followed in general.
- Social gatherings continue in functions like marriages, funerals, etc.

2. Unacceptance

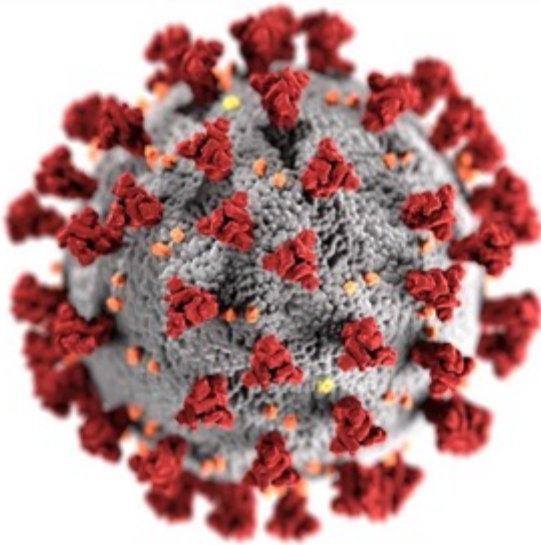
- Villagers are ignoring COVID Symptoms like fever & cough.
- Patient's with COVID positive reports are hiding information with society, thereby spreading disease.

3. Poor Community Health Services and accessibility.

- In most of the cases, patients are referred to higher centers within 2 – 8 hours time.
- Higher commute time due to poor infrastructure or geo location.

4. Lack of COVID care facilities

- Basic equipment like Oximeters, Thermal scanners, Nebulizers,
- BP machines to Oxygen Concentrators, Oxygen refilling units, Oxygen Cylinders, etc. and
- COVID specific medicine kits.





How are we mitigating the risk?

Raise Awareness

- Spread awareness in social media, through gram panchayats, activists, etc.
- Create audio, video and pictorial collaterals in Hindi & local language and distribute widely.

Short Term Actions

- Reach out to individuals /NGOs/ Grassroot healthcare workers and volunteers to analyze the need and aggressively provide support for it.
- Plan for immediate relief in terms of medicines, masks, sanitizers and instruments like thermometer and oximeters.

Medium & Long Term Actions

- Consult District Magistrates, Chief Medical Officers and state level planning teams and assess items needed for COVID relief.
- Prepare a plan of action to cover at least 1000 villages through existing government network of Asha workers and Gram Panchayat's
- Help in Infrastructure scale up at remote community centers, district base hospitals and COVID specialist centers

Actions WE initiated and ongoing...

Awareness Campaigns

- Created scripts and songs for video and audio recordings.
- Posting daily messages on 50+ local social media groups.
- Sharing pictorial and text messages through popular messaging system like WhatsApp.

Short Term Actions

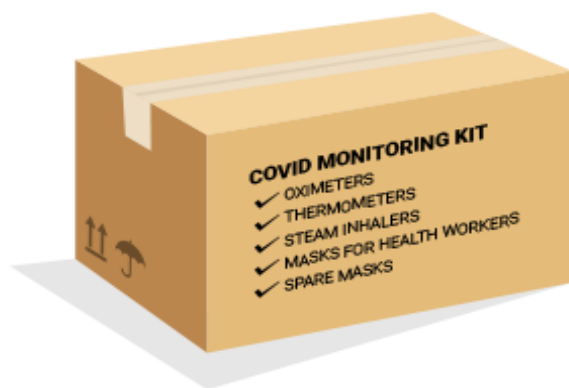
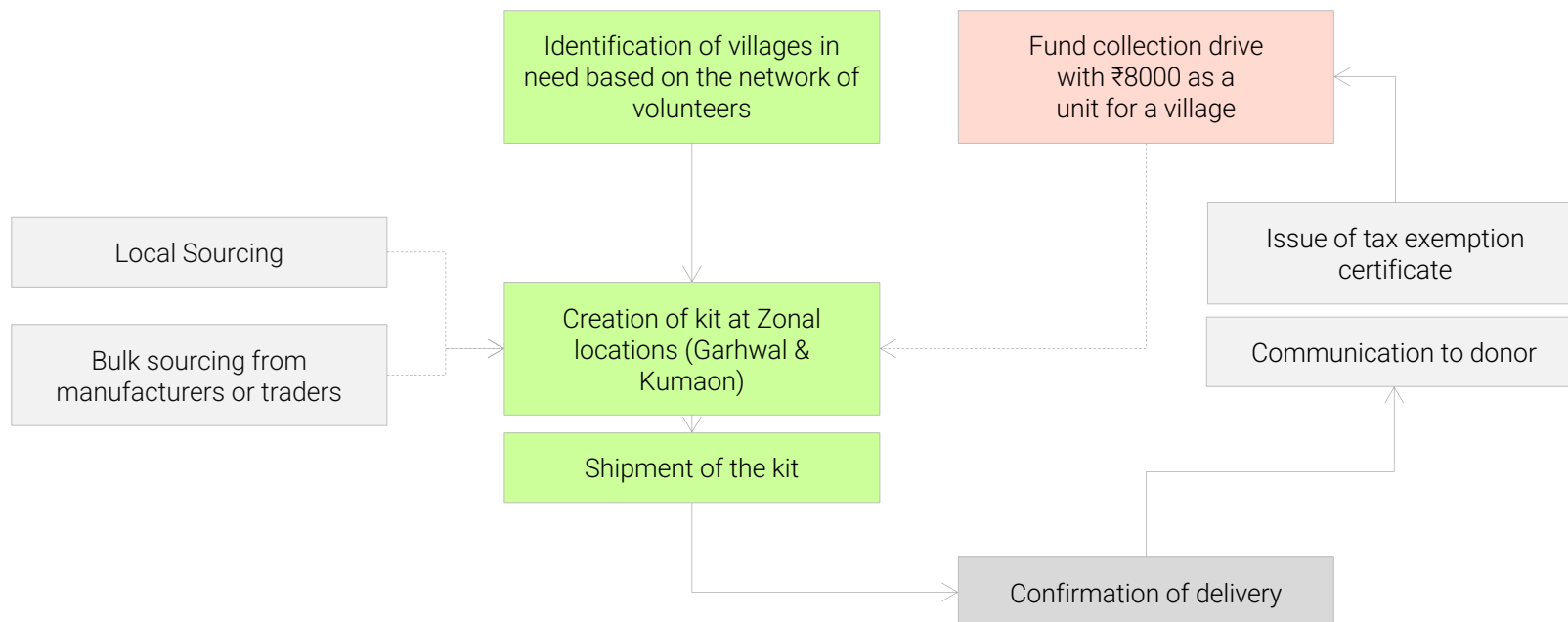
- Dedicated core team and extended team setup.
- Provided equipment and medicines to Community Health Centers at Berinag & Gangolihat. In Pithoragarh district
- More such aids in pipeline.
- 10+ Village heads provided with COVID kit consisting of medicines & instruments.
- Raised funds through social media

Medium Term Actions

- Work in progress for need assessment in consultation with District Magistrates, Chief Medical Officers and state level planning teams for COVID relief.
- Ready with Plan of Action to cover at least 1000 villages through existing government network of ASHA health workers and Gram Panchayat's.
- Discussion in progress with Corporates for CSR funds and other NGO's to seek support.



Our Plan of Action – it's working



Your support will take us a long way

Let's work together !

Saving the lives, Saving the environment and Saving the Villages

