

# **AAPDA MITRA – KOTTAYAM DISTRICT**

COVID – 19 | PREVENTIVE ACTIONS – 2020



**Submitted by**

State Disaster Management Authority

Kerala

July 2020

Aapda Mitra volunteers were actively involved in COVID –19 preventive actions since the beginning of lockdown on the 28<sup>th</sup> of March. They provide services to the Fire Force, Police, Health department, Grama Panchayat and other common people.

The Aapda mitra volunteers are working in Kottayam district. The report has been prepared unit wise. Following are the experiences of the volunteers captured in verbatim.

## 1. KANJIRAPALLY UNIT

**Support for Health Department:** From 28-4-2020 to 20-5-2020, we disinfected areas under various pachayaths and Kanjirapally fire Station.

The places include:

Ponkunnam Bus Stand, Ponkunnam Sub-jail, Chirakadav grama panchayath building, KSEB ponkunnam, Homo dispensaries, Ration shops, Migrant Labor Camps, Water Authority Office, Libraries, Kanjirapally Gramapanchayath office, Bus Stand, Krishi Bhavan, Health Center , ATM counters, vazhikathod town, Elikulam village Office, Mundakayam Police Station, Supplyco Office mundakayam, Govt Hospital Mudakkayam, Manimala Police Station, Vellavoor DHC, Post Offices, Ayarkunnam panchayath office, Ayarkunnam Police Station, Old age homes, Juvenile homes, etc.



**Support for Patients:** With the help of Asha Workers and Health Supervisors, in Chirakadavu Grama Panchayat, free medicines, including drugs for cancer patients, kidney patients, etc., have been provided free of cost.

**Support for quarantined and elderly:** Helped in the distribution of free Ration to 30 elderly and quarantined people in the Kanjirapally Grama Panchayath.



**Awareness Program:** On the 20<sup>th</sup> of April, an awareness program was conducted in the Government Medical College Hospital, Kottayam, for the patients and bystanders.



**At Medical College:** Various activities were undertaken in the Medical College Hospital including helping in the implementation of social distancing, ensuring proper usage of masks, providing hand sanitizers for the visitors and patients, Screening of people in the various wards etc until June 1<sup>st</sup>.

**Blood Donation:** Actively participated in the donating blood and was able to help over 30+ patients in various hospitals across the district.

## **2. KADUTHURUTHY UNIT**

**Disinfection:** Helped in disinfecting various locations across the district including Kuravallangad, Kallara, Kurupanthara, Thalayolaparambu, Velloor, etc.

**Community Kitchen:** Our volunteers were very active participants in the community kitchen initiative by the state government.

**Blood Donation:** We donated blood to a patient in the Medical College Hospital, Kottayam

**COVID – 19 Hospital Duty:** We also were involved in the hospital duties at the Medical College Hospital and the District hospital on various days in the months of April and May

## **3. CHANGANASSERY UNIT**

**Disinfection:** Helped in the disinfection of various areas under the changanassery fire station. Some of the places are as follows: Changanassery town, njaliankuzhy bus stand, paippad junction ward, various KSEB stations, migrant labor camps, primary health care centers, places of worship, railway cross, etc.



**Providing essential goods:** With the assistance of the fire force, we were able to provide essential goods to various households in changanassery.



**Medical certificate distribution for migrants:** We helped in the distribution of medical certificates for the migrants who wanted to return home.

**Food Kit:** Helped in the preparation and distribution of food kits in Kuruchy Grama Panchayath. Also we provided food for various migrant labor camps in the district.

**Medical College:** Provided service at the medical college on the days assigned to us by the district management.

#### **4. PALA UNIT**

**Disinfection:** We disinfected various areas in the Pala municipality and panchayaths that come under our fire station. These includes Bus stands, ATM counters, Petrol Pumps, Hospitals, Bus Stops, Public Places, Schools, Banks, Police Stations, Ration shops, Panchayath Buildings, Post Offices, etc.



**Medical College Service:** We had served at the Medical College Hospital for more than a month from April 21<sup>st</sup> to the May 28<sup>th</sup> according to the schedule assigned by the administration.

**Community Kitchen:** Many of our volunteers have actively taken part in the community kitchen initiative by the state government. One of our volunteer, Sijimon M had been the coordinator of one of these kitchens too.

**Blood Donation:** We were able to donate blood and helped in providing in assistance to various patients across the district.

**Medicine transportation:** Our volunteers with the help of the fire station were able to deliver medicine to needy people in various places across the district.

**Quarantine Centers:** Some of our volunteers have been providing help in the quarantine centers in the district.





**Migrant Laborers:** Our Volunteers assisted the local self-bodies in taking count of the migrant laborers and also provided help in the distribution of food and essentials for them.

### **5. ERATTUPETTA UNIT**

**Disinfection:** Have been helping in disinfecting various places under the fire station including quarantine centers, hospitals, vehicles bringing goods from other states, etc. from March 20<sup>th</sup>.

**Distribution of medicines:** Helped in providing live saving drugs to patients under severe medical conditions.

**Mask Making:** Was able to contribute more than 1000 masks to the municipality, fire station, police station, health centers etc.

**Sanitizer Preparation:** Prepared and distributed sanitizers free of cost with the help of Erattupetta Municipality.

**Essential Good Service:** Provided essential goods to many essential households across the fire station limits.

**Vehicles for hospital service:** We were able to provide vehicle support for emergency patients.

**Blood Donation:** Four of our members provided blood for emergency cases in various hospitals in the district.

**Food Kits:** Provided almost 500+ food kits with the help of supplyco and various organizations.

**Awareness program:** Provided awareness to shopkeepers of essential services and helped them understand the government guidelines.

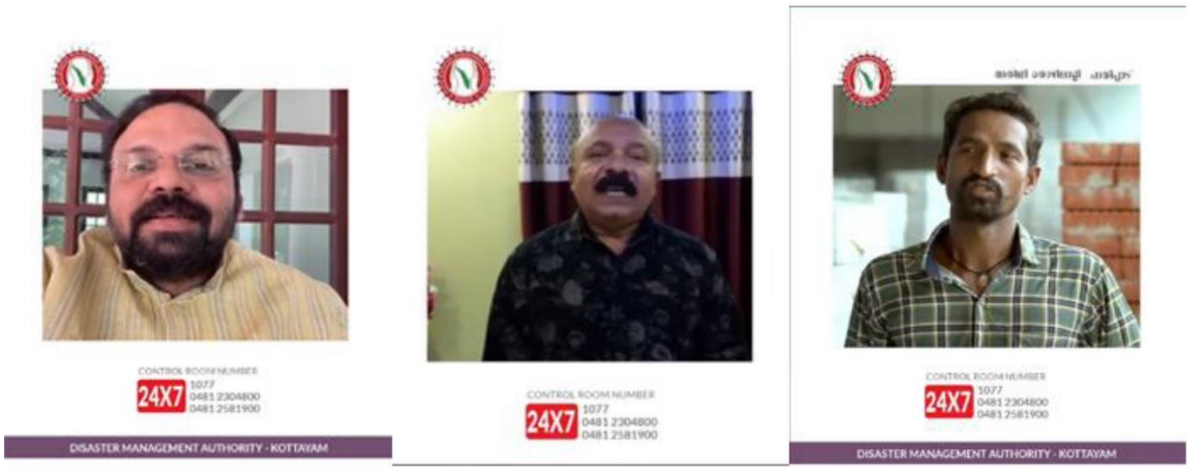
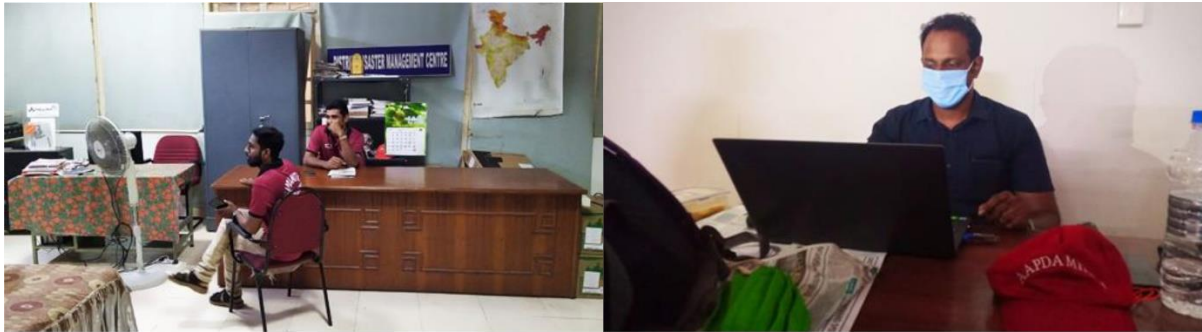
**Drinking Water:** Provided drinking water to two families with the help of contributions from kind hearted people.

**House Maintenance:** Did the maintenance of a family where an elderly couple resided for free of cost with the help of kind hearted people.

**COVID – 19 help desk:** Some of our volunteers worked in the COVID – 19 helpdesk as well.

**Break the Chain Campaign:** As part of the break the chain campaign, setup 6 hand wash kiosks across the station limits.

**Medical College Works:** Volunteered at the Kottayam Medical College on various days and was able to provide assistance to various departments.



## 6. KOTTAYAM UNIT

### DDMA Control Room Duty

Worked From 24-03-2020 to 17-06-2020

1. Coordination of Volunteers  
Coordinate the working of Aapda Mithra Volunteers, Civil Defense and other NGOs.
2. Preparation of Awareness Videos:  
With the help of famous personalities from various departments across the district and by collaborating with National Award Winner Nikhil S Praveen, Aapdha Mithra created 13 awareness videos and handed them to the district public relations team. Out of the 13, 3 of the videos were for migrant laborers in their mother tongues.  
*For more videos and details*  
[http://www.facebook.com/pg/diokottayam/videos/?ref=page\\_internal](http://www.facebook.com/pg/diokottayam/videos/?ref=page_internal)
3. Providing assistance to DDMA  
Helping in the collection of data, making and designing of maps, translating data etc for projects.
4. Area Mapping of Covid Positive Patients  
Making a map of the Covid-19 positive patients in the district and marking the red orange and green zones in the respective maps and handing it over to the health authorities.
5. Management of Food for the Volunteers.  
With the collaboration of various organizations, we arrange food for volunteers working in the medical college, district hospital and other places.

Volunteers participated

1. Elsa Bachen Mathew (05/KTM/201, Unit Coordinator)
2. Devaraj Kadavan (05/KTM/200)
3. Sarath C R (05/KTM/214)

### OP Management at Kottayam District Hospital:

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**Work Period: 19/04/2020- 12/05/2020**

Aapdha Mithra Volunteers have provided assistance in the Kottayam District Hospital by helping in ensuring social distancing in every OPs, providing assistance in the ticket counters, and also by providing food for needy. Our volunteers also donated blood for patients in emergency cases. The hospital superintend and the other doctors were really thankful for our help during this emergency.

People Who Worked:

1 - ALEX V JACOB 05/KTM/196, 2 - ABIN B 05/KTM/194, 3 - JITHIN SAJIDEV 05/KTM/204, 4 - JAYARAM C SATHEESH 05/KTM/203, 5 – SUBIL P.S 05/KTM/218, 6 - LIJO PAUL 05/KTM/207, 7 - ANANDHU E M 05/KTM/197, 8 - VINEESH K B 05/KTM/221, 9 - VIGNESH BABU 05/KTM/220, 10 - SARATH C R 05/KTM/214, 11 - SREEJITH K 05/KTM/215, AKHIL K R 05/KTM/110.



## Delivering Medicines



As directed by KSDMA, we could give hearing aid batteries for two patients.

Following the direction from the Idukki Collectorate, we transported medicines to the Kerala Border in Wayanad from Kottayam for a patient in Karnataka.

Also provided medicines for patients and various organizations across the district.

Volunteers who worked:

1 - SUJITH P S 05/KTM/219, 2 - ANANDHU E M 05/KTM/197, 3 - LIJO PAUL 05/KTM/207, 4 - DEVARAJ KADAVAN 05/KTM/200, 5 - ABIN B 05/KTM/194 6 - AJITH P R 05/KTM/195, 7 - V JACOB 05/KTM/196.

### Providing food for the migrant laborers:

1. Provided food for migrant labor camps in paippad after taking order from the laborers.

2. We helped in the preparation of migrant laborers in Ettumanoor Municipality and provided food for them and also helped in the services of the community kitchen.

3. Provided food for migrant laborers residing in the Kottayam Town

People who worked:

1 - SUJITH P S 05/KTM/219, 2 - AJITH P R 05/KTM/195, 3 - HAREESH H 05/KTM/202 4 - ANANDHU E M 05/KTM/197, 5 - LIJO PAUL 05/KTM/207

### **Medical Checkups for migrant laborers**

1. As part of sending migrants back home, Aapdha Mithra volunteers helped in the screening and medical checkups of migrant laborers in Paippad
2. Did the screening and cloud management of migrant laborers in the Poovanthuruth area.
3. Helped in the screening of migrant laborers from Pattamuttam as part of their returning back to their home states.

Volunteers participated

1 - SUJITH P S 05/KTM/219, 2 - ANANDHU E M 05/KTM/197, 3 - AJITH P R 05/KTM/195, 4 - SARATH C R 05/KTM/214, 5 - JITHIN SAJIDEV 05/KTM/204, 6 - LIJO PAUL 05/KTM/207, 7 - SREEJITH K 05/KTM/215, 8 - AKHIL K R 05/KTM/110, 9 - VIGNESH BABU 05/KTM/220, 10 - ABIN B 05/KTM/194

### **Kottayam Collectorate staff Screening:**

Aapdha Mithra volunteers took care of the thermal screening at the Kottayam Collectorate and District Court and did the duty every day from 9am to 5pm

Volunteers participated:

1 - VINEESH K B 05/KTM/221, 2 - ANANDHU E M 05/KTM/197, 3 - SUJITH P S 05/KTM/219, 4 - ALEX V JACOB 05/KTM/196, 5 - SUBIL P S 05/KTM/218, 6 - LIJO PAUL 05/KTM/207, 7 - JAYARAM C SATHEESH 05/KTM/203, 8 - JITHIN SAJIDEV 05/KTM/204, 9 - SUJITH P S 05/KTM/219, 10 - DEVARAJ KADAVAN 05/KTM/200, 11 - ELSA BACHEN MATHEW 05/KTM/201.

### **Assistance to elderly people:**

As directed by the Kottayam fire station, provided help to the elderly couple living in SH Mount Kottayam.

People who worked:

1 - ANANDHU E M 05/KTM/197

### **Return Journey of Migrant Laborers:**

Almost 25 trains ran from Kottayam to various parts of the county carrying migrants from the districts of Kottayam, Idukki, Alappuzha and Pathanamthitta.

Apdha Mithra Volunteers helps the district administration in various fields including

- Food Packing
- Food Supply
- Marking of seat number in the bogies
- Providing sanitizers and soaps in the bogies
- Helping in keeping social distancing and queue formation in the railway station, etc

**People Who Helped:**

1 - ALEX V JACOB 05/KTM/196, 2 - ABIN B 05/KTM/194, 3 - JITHIN SAJIDEV 05/KTM/204,  
4 - JAYARAM C SATHEESH 05/KTM/203, 5 – SUBIL P.S 05/KTM/218, 6 - LIJO PAUL  
05/KTM/207, 7 - ANANDHU E M 05/KTM/197, 8 - VINEESH K B 05/KTM/221, 9 - VIGNESH  
BABU 05/KTM/220, 10 - SARATH C R 05/KTM/214, 11 - SREEJITH K 05/KTM/215, 12 -  
AKHIL K R 05/KTM/110, 13 - ELSA BACHEN MATHEW 05/KTM/201.

**Blood Donation:**



Our volunteers donated blood in various hospitals across the district during lockdown.

The volunteers are:

1 - LIJO PAUL 05/KTM/207, 2 - JITHIN SAJIDEV, 3 - ABIN B 05/KTM/194, 4 – SUBIL P.S  
05/KTM/218, 5 - SARATH C R 05/KTM/214,

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