

## **Report on Community Awareness Campaign on Covid 19 related Appropriate Behaviour**

INCLIN-SOMAARTH has decided to create awareness on Covid related appropriate behaviour among community/villagers as most of the people in villages getting effected by covid 19. This decision was taken in meeting with Executive Director, Chief Operation Officer, Deputy Director Research, Senior Station Manager and other Senior Program Officers dated 15.5.2021 held at INCLE Demographic Surveillance Site office SOMAARTH, Mitrol, Palwal. The same day Team visited to Sondh village to get idea and feedback on proposed plan. We taken time with Mr Ramji Serpanch of this village an he asked to reach us to Lal Baba temple where Antigene test was done in camp mode for villagers. We waited her half an hour and Serpanch did not come here then we went to Serpanch houe in village wher we met him. Besides him 4 to 5 other persons were present and all are sleeping in their Baithak. Most of them were not well suffering or suffered from fever as they told us. Serpanch was also suffered/effected by fever. No one has gone for Corona Test, not today or earlier. Dr NK Arora has briefed about our today visit purpose. He explained about present covid situation and in the scenario what we from Somaarth wants to do. He told that we want to create awareness in village by calling some people like Member of Panchayat from all wards, some Youth and Medical service providers in village Quacks/Jhola Chhap Doctors(RMP). We would like to brief them about Covid related appropriate behaviour after covid and during covid. Then we asked Serpanch opinion on all these ideas. Serpanch told us that these information will be very useful but in present situations no one will come from their house. Very difficult to gather them at one place. People are very afraid. He also commented that No need Govt to put lock down, this time People has isolated them and they put lock down in village. Then we came back to Somaarth office.

Then from 17.5.2021 we started contacting Village Serpanches to brief them about our plan and taking appointment for conducting meetings in their villages. First we ( Dr Rupak/ Rakesh) visited Aurangabad and met village Serpanch Sh. Hardeep and 5 other persons were also present in his baithak. We briefed him about our todays visit that we want to conduct awareness meetings in villages on Covid where we will invite some main people from all over village and RMPs/Jhhola Chhap Doctors who are involved in providing treatment. We also informed him about our –Somaarth clinic timing and dates where new Doctor is seating- Monday/Wednesday/Friday from 9.0 Am to 5.30 Pm. We also shared with him that we have all required medicines as per Govt. protocol for treatment. If anybody is sick can get benefit of this facility. We also requested him to ask Village Chaukidar to make an Announcement about this, so that maximum people can get benefited. He ask Chaukidar on phone to make this announcement tomorrow itself. For conducting meeting in village to make people aware, he suggested that most of the people are aware with all these things and all are coming in News TV. So, no need for this to do any more and people will not take interest. And presently people are afraid and they do not like to come from their houses. Yes, one thing can be done that is for RMP Doctors, so let me speak some of them, if they are interested then will inform you accordingly. He also shared that from April month onwards 35 persons were died. Out of this 7-8 person were young and rest were old 70 years plus. We reached here 9.30 Am and back by 10.30 Am

Then we contacted Bahin Serpanch wanted to go and meet him in his village, but he was going to Palwal on the way he came to our office and met us. That day our Executive Director sir also present besides Dr Rupak and Dr Abhishek. We briefed him about conducting community awareness campaign on Covid related appropriate behaviour, getting right and timely treatment, symptoms-mild and danger sign etc. Serpanch welcomed of this idea and suggested to organise this meeting in his village tomorrow at 11.0 Am at Badi Choupal. During this meeting Serpanch also shared that in last one month 35 deaths has occurred in his village.

## (Meeting in Bahin at Badi Chaupal)



Then in afternoon we ( Dr NK Arora, Dr Rupak, Dr Abhishek, Rakesh) went to Gohpur and Kot villages and met Serpanch. We briefed them about conduct of awareness meeting on Covid for villages and RMP doctors. They also appreciated our idea and both told that we will inform you date and time after consulting others in village. According to Serpanch one death occurred in Gohpur and 5 death in Kot village during last one month.

Meeting at Bahin village at Badi Choupal on 18.5.2021 at 11.30 Am to 1.15 Pm. From Somaarth-INCLIN team members were- Dr NK Arora, Dr Divya, Dr Abhishek, Dr Rupak, Rakesh. From Village Serpanch Father Sh. Ram Prasad who organised this meeting, 25 persons including 8 Local Medical Service providers-Jhhola Chhap Doctors were present.

Dr Arora introduced INCLIN team members and briefed about today's meeting purpose. Then he asked Dr Divya to conduct today's session. Dr Divya explained about mild and severe symptoms of Covid and what they have to do. What precaution they have to take. She also explained about danger sign when one should be alert and go to hospital or take expert Doctor opinion, otherwise there may be serious damage/loss may be death also. She also explained about mild symptoms of Covid when one can be at home in isolation and take medicine at home. Copy of contents is under:



## कोविड-19 के मुख्य लक्षण

- बुखार, खांसी और सांस लेने में समस्या
- थकान, बदन का टूटना
- गले में खराश
- स्वाद या सूघने की क्षमता घटना

नजदीकी  
स्वास्थ्य केंद्र  
में कोविड-19  
टेस्ट कराएं

यदि आपके **लक्षण हलके हुए**, तो डॉक्टर आपको **घर पर ही इलाज** की सलाह देंगे।

- अलग कमरे में रहे, परिवार के अन्य सदस्यों के संपर्क में ना आएं
- हमेशा मास्क पहनें एवं हाथों को साफ रखें
- डॉक्टर के निर्देशानुसार दवा लें (मुख्य दवा पेरासिटामोल)
- फलों और सब्जियों से भरपूर आहार लें

हलके लक्षण में **बेवजह स्टेरॉयड का उपयोग बहुत हानिकारक** हो सकता है

## गंभीर बीमारी के लक्षण

- बातचीत करने के दौरान लगातार खांसी आना या सांस फूलना
- थोड़ा (3-6 मिनट) चलने पर सांस फूलना, खांसी आना या छाती में दर्द होना
- बीमारी के 7वें - 8वें दिन के बाद 101°F से ऊपर बुखार
- ऑक्सीजन का स्तर 90% से नीचे (यदि पल्स ऑक्सीमीटर हो)

तुरंत  
नज़दीकी  
**अस्पताल**  
जाएं

सी.एच.सी/ पी.एच.सी  
में ऑक्सीजन उपलब्ध

# कोरोना महामारी से जंग गांव के डॉक्टर करेंगे इसका इलाज

## कोरोना महामारी से पीड़ित हल्के बीमार मरीजों के लक्षण

- बुखार (शरीर का तापमान 98.4 से ज्यादा)
- खाँसी / जुखाम
- गले में खराश होना
- सूंघने या स्वाद की क्षमता कम हो जाना
- थकान, बदन का टूटना

### इनके साथ

- शरीर में ऑक्सीजन की मात्रा 95 % से ज्यादा एवं
- सांस लेने में तकलीफ ना होना

## कोरोना के हल्के मामलों के लिए पर्चे

(१८ साल की उम्र या उनसे बड़े लोगों के लिए)

1. टेबलेट इवेरेमेक्टिन 12 मिलीग्राम रोज एक बार - 5 दिन के लिए
2. टेबलेट अज़िथ्रोमैसीन 500 मिलीग्राम रोज एक बार - ३ दिन के लिए
3. टेबलेट पेरासिटामोल 500 मिलीग्राम रोज चार बार - 5 दिन के लिए
4. टेबलेट जिन्कोविट रोज १ गोली - 7 दिन के लिए

## कोरोना के हल्के मामलों के लिए स्टेरॉइड्स को न लिखें

गंभीर बीमारी के कोई भी लक्षण दिखें तो तुरंत नज़दीकी कोरोना अस्पताल के लिए रेफर करें

### गंभीर बीमारी के लक्षण

1. बातचीत करने के दौरान लगातार खाँसी आना या सांस फूलना
2. थोड़ा (3-6 मिनट) चलने पर सांस फूलना, खाँसी आना या छाती में दर्द होना
3. बिमारी के 7वें - 8वें दिन के बाद 101°F से ऊपर बुखार
4. ऑक्सीजन का स्तर 90% से नीचे (यदि पल्स ऑक्सीमीटर हो)

Participants had asked questions like what medicines can be taken at home, about symptoms in details other than fever, few persons asked about Corona vaccine like which vaccine is more good, how it is safe, after first dose when they should get second dose, after covid/corona when they should go for vaccination, either it is first dose or second in both. How much gap /interval should be between two doses of vaccine. After replying all these questions, we thanks to participants and Serpanch for organising this meeting. We also asked Jhhola Chhap Doctors(RMP)

Then we asked to all Jhhola Chhap Doctors(RMP) to collect at one place. All 8 persons collected and Dr Divya and Dr Abhishek briefed them about treatment and medicines. They also taken feedback on how they are treating/handling patients, what type or with complaint patients are coming to them. They also suggested about the use of appropriate medicines, avoid steroid in early stages, motivate peoples for corona testing etc. Some of them asked questions about only cough/khasi symptoms what medicines they should suggest, use of cough syrup etc. After this meeting ended. Then we went to Pahadi village where we have to meet village Serpanch to fix as such kind of awareness meeting in his village. We reached to Pahadi village and met to Serpanch father Sh. Vijay Singh and Serpanch Sh. Surender Singh at his Baithak. We briefed him about conducting awareness meeting on covid in his village. He welcomed and appreciated for conduct of as such meeting and told that after speaking other persons and RMP Doctor he will inform about meeting. He also suggested that I will call our all ward members. According Serpanch4 death occurred in his village. He offered tea and then we left for Somaarth office

On 19.5.2021 we made plan first to visit some big villages and after meeting with Serpanches and few RMPs will fix meetings and then conduct accordingly. We made tentative plan that which and how many villages we should visit for this purposes. We decided to cover almost all big villages where population is more than 7-8 thousand and following villages we identified to visit: 1. Bahin, 2. Pahadi, 3. Manpur, 4. Kondal, 5. Kot, 6. Utawar, 7. Gohpur, 8. Andhrola, 9. Gurakshar, 10. Aurangaba, 11. Gahlab, 12. Tikari, 13. Johpur, 14. Banchari, 15. Nagal Jat.

On 20.5.2021we (Dr Rupak/Rakesh) visited 5 villages- Utawar, Gurakshar, Andhrola, Manpur and Kondal to fixe up meeting.

First we went to Utawar and met to Serpanch Sh Yunush and we briefed him about conducting awareness meeting in his village on Covid where some main persons from village, panchayat members and RMP/Jhhola Chhap Doctors should be available. He told that it is good for village and can be organised. He told after speaking to others will intimate time and date of meeting.

Second village we went to Gurakshar and here also we met to village Serpanch and Maulvi Hafij Jamil. We briefed them also about conducting awareness meeting on Covid on coming Friday ie 28.5.2021 at 10.0 Am. Both agreed and asked us to come

Third village we visited to Andhrola. Here present Serpanch was not available at home. We spoke him on phone and explained him todays visit purpose to conduct awareness meeting on Covid for villagers and RMPs/Jhhola Chhap Doctors both. He also agreed but asked to confirm date and time latter on phone. Then we went to Ex-Serpanch Sh. Yakub and me thim. Here also we explained him about the same which we explained to Serpanch. He also told to cooperate in conduting this meeting. WE also spoken one RMP/Jhhola Chhap Doctor in village Sh. Wajid. Then we moved to next village.Fourth village Manpur we went and met RMP/Jhola Chhap Doctor Sh. Data Ram and Sh. Satish. Here also we explained to conduct awareness meeting with some village people and all RMPs/Jhola Chhap Doctors. They told it can be conducted but first let speak to others and then will tell you time and date. Then we went to next village.

Fifth village today we went to Kondal and here also we met to one RMP/Jhola Chhap Doctor Sh. Yash pal and spoken on phone with village Serpanch and explained them about conducting awareness meeting in village. First Serpanch was very angry and complaint that why till now you people were not contacted to them. Last month when crisis and need was so much to do some thing. First we told him sorry and asked to pardon on late coming but also explained him reason why we came late like we were also suffering from same problem and most of our staff were corona positive and in



that situation it was difficult to us also to do or manage all these things. Then he realised and suggested to speak to these two RMPs Sh. Yash pal and Sh. Satish. He also told them to help.

### **(Meeting in Pahadi Village at Sarpanch Home)**



On 22.5.2021 we conducted awareness meeting in Pahadi village from 11.0 Am to 1.30 Pm. We (Dr NK Arora, Dr Abhishek, Rakesh) were present from Somaarth-INCLIN team and besides Serpanch Sh. Surender and his father Sh. Vijay Kumar 15 persons including 02 RMP/Jhola Chhap Doctors from village were present in this meeting. We reached here around 11.0 Am and meeting started 12.0 Pm. People taken time in gathering. Dr Abhishek briefed about mild symptoms and Danger sign of Covid 19 and what precautions one has to take during these symptoms. He also explained to RMPs about treatment. There was some questions from villagers like- After Corona how much time gap for vaccine. One person asked about Typhoid problem these days, one person shared one incident of death of young person whose age was 28 years resident of Manpur. As per him this person had fever and then tested Typhoid positive, after 5 days treatment in Palwal when oxygen level dropped 60-70 he was referred to Medical College, Nalhad, Nuhu, where he died. He also told that his corona report was negative. Dr. Arora asked that person to make him speak to the father of died person/boy. Then he asked all details after expressing his deep condolence and grief. Then we came to know that he was corona positive not negative. After all these discussions meeting ended. Serpanch sahib has offered us sweets and soft drink. Then we left for office Somaarth.

### **(Meeting Uttawar at Sarpanch Home)**





On 24.5.2021 we went to Utawar village where Serpanch Sh. Yunush is supposed to arrange meeting. We reached at his Baithak at 11.0 Am. Serpanch Sh. Yunus, his elder brother Sh. Ass Mohmad and 20 others also were present. Most of them were out side of village who came here in Jamat/religious activities. Mostly were senior Imam/Maulvi. We briefed them about our today meeting agenda that we are trying to conduct awareness among villagers and Jhola Chhap doctors about present Mahamari/Fever problem so called corona. All were agreed that this kind of initiatives are very useful and beneficial to villagers and Serpanch suggested that today one senior Imam has died and most of them gone there and also not good day for as such work, he suggested to meet his son and one Medical Store person on main road. They will inform all RMPs/Jhola Chhap Doctors in village and fix meeting time and date with them. He also told that make me also speak with them so that he also tell them to help. Then we went to that Medical Store on road and met there Mr Vasim and Mr Tarif and fix the date for 27.5.2021 at 11.0 Am. Then we went to Nangal Jat to meet Serpanch and RMP there to fix meeting.

We reached Nangal Jat village and here we met Sh. Radhey RMP/Jhola Chhap Doctor and briefed him about conducting awareness meeting. We also spoke to Serpanch, he was not in village but he told that in evening he will tell after speaking some others in village and also suggested to Mr Radhey to help in conducting this meeting. Mr Radhey also suggested to meet one other RMP. We went there but he was not in village and we were told that he is sick also and practicing in village. Then we came back to Somaarth office.

On 25.5.2021 again we planned to organise meetings in following villages: on 27.5.2021 we shall conduct 03 meetings - 1. Utawar at 10.30 Am, 2) Kondal 2.0 Pm, and 3) Andhrola 2.0 Pm.

On 28.5.2021 will conduct 04 meetings - 1) Gurakshar 10.30 Am, 2) Nangaljat 12.0 Pm, 3) Manpur 2.0 Pm, 4) Kot 2.0 Pm. We also decided to create two teams- 1) Dr Mohan/Mr Rakesh, 2) Dr Abhishek/Dr Rupak for both days 27.5.2021 and 28.5.2021 as Dr Divya was not well.

We also decided that one person will visit again these villages to confirm these timeline with village Serpanch and RMPs in respective villages. And 26.5.2021 Mr Sahdev Field Worker sent to these villages and he met all Serpanches and some of RMPs and made me speak on phone with them, then it has been fixed up.

On 27.5.2021 (1) we (Dr Abhishek, Dr Rupak, Dr Shikha, Brig Panday, Rakesh) went to Utawar and meeting started 10.30 Am and ended 11.30 Am. Total 15 Persons were present, out of this 05 were RMP/Jhola Chhap Doctors. Dr Abhishek and Dr Rupak briefed them about Mild and Severe symptoms of Corona, Danger sign and what they have to do while mild symptoms and Severe. At last Dr Abhishek also briefed to RMPs about what precautions they have to take in treating to patients in this epidemic situation, which drugs they have to avoid etc.

People present there they shared with us about what villagers are thinking/having opinion about corona. They told that people are very Afraid. After this all they are doing their day to day work in village. They also shared that people understand that if people will tell/report about symptoms of corona, Govt. will take them to hospital, do the test, and definitely report they will give positive. And after death they will not give dead body to family for rituals which they understand is not good.



Govt. should give dead body to family to complete rituals as per their religion and customs. Some RMP asked about treatment. Meeting ended with asking feedback/questions. Nobody asked anymore. Then we came back to Somaarth.

(2). Afternoon 2.0 Pm we went to **Kondal** village where total 25 Persons were present for meeting. Out of this besides Member of Zila Parisad 04 RMP/Jhola Chhap Doctors were also present. Here Dr Mohan Sing/Dr Shikha/Rakesh conducted this session from Somaarth-INCLIN. We briefed them little bit about Somaarth what we are doing and then today meeting subject/agenda, why we are doing this all we explained them. We also taken feedback and told the reason for late coming. Most of them told that now things are under control. No much cases/fever is in village but in last month mostly were suffering/suffered. People asked about medicines and Vaccine. After Corona when they should get vaccinated. Mostly villagers appreciated RMP job during this corona crisis. Few people asked about Black Fungus illness. Its symptoms, why it is happening, what precautions we should take for this. Dr Mohan replied. We also explained mild and severe symptoms of corona, what they have to do, what medicines to be taken. We also explained danger sign of this illness and they need to do. Mostly people appreciated this kind of awareness meetings and also suggested this kind of meetings should be held regularly. RMPs also asked about Typhoid treatment in this situations, they also discussed use of medicines in Typhoid. At end Member of Zila Parisad Mahipal Bandhu thanks to us and all and appreciated us to come increasing their village people knowledge. Meeting started 2.30 Pm and ended 3.30 Pm. Then we came back to Somaarth.

### (Meeting in Andhrola Village at Panchayat Bhawan)



3. Andhrola- Dr Abhishek, Dr Rupak And Brig. Panday Went to Andhrola. Team reached at scheduled time 2.0 PM at Panchayat Bhawan in Andhrola. No one was present there. We contacted village Serpanch Muhmad Hamid, he told that he has gone outside due to some urgent work and he has given responsibility to organise this meeting to Wajid who is one of RMP in this village. Wajid asked to come to his house and he arranged meeting at his house. Total 10 persons attended meeting and 01 RMP/Jhola Chhap Doctor. Dr Abhishek and Dr Rupak briefed about today purpose- explained about covid appropriate behaviour, mild and severe symptoms and precautions etc. Meeting started at 2.30 Pm and ended 3.30 Pm. Then team came back to Somaarth.

### (Meeting in Gurakshar at Govt. Sr. Sec. School)





On 28.5.2021 total 04 meetings are scheduled . 1) First meeting was in Gurakshar at 10.30 to 12.0 Pm conducted in Govt. School. Dr Mohan Singh/Rakesh conducted this meeting. Total 15 persons were present. Village Serpanch and 04 RMPs/Jhola Chhap Doctors attended this meeting. We briefed and told them about purpose of today meeting and mild and severe symptoms of covid, safety measures and what treatment/medicines they have to take, specially to RMPs. RMPs asked about treatment of Typhoid, symptom and treatment of Black Fungus. Meeting ended at 12.0 Pm and we came back to Somaarth.

### **(Meeting in Nangal Jaat Village)**



2. Nangaljat- Dr Abhishek and Dr Rupak went to Nangaljat. Meeting held between 12.0 Pm to 1.0 Pm. Total 8 persons. 04 were RMP/Jhola Chhap Doctors. Village Serpanch also present in this meeting. We briefed about mild and severe symptoms and precautions. RMPs were also briefed about what kind of care they have to take in treatment.

### **(Meeting in Kot Village )**





3. Kot- Dr Abhishek and Dr Rupak went in this village and meeting held between 2.0 Pm to 3.30 Pm. Total 25 persons were present. out of this 06 RMPs/Jhola Chhap Doctors were attended. Village Serpanch also present. Team briefed about mild and severe symptoms of corona/Covid 19. RMPs/Jhola Chhap Doctors also briefed about treatment and precautions. During symptoms briefing Serpanch commented that this time fever and no test problem mostly peoples had.

### **(Meeting in Manpur Village)**



4. Manpur- Dr Mohan/Rakesh went to in this village. Total 20 Persons were attended this meeting. 06 RMPs/Jhola Chhap Doctors were also present. Village Serpanch also present. We briefed about



mild and severe symptoms of corona/covid. Participants and sarpanch demanded to open Somaarth clinic in this village. They told to provide space for clinic. If not possible daily, then may be twice or three day in a week. Someone asked about Black Fungus symptoms an treatment. Sarpanch appreciated Somaarth efforts and coming here. He also suggested that this kind of meeting should be held in future also. This will help us specially these village Doctors to treat villagers. Time to time this kind of orientation will help them. If any new medicines come, please tell these Doctors. Meeting started 2.30 Pm and ended 3.30 Pm. Then we came back to Somaarth office.

On 30.5.2021 Dr Mohan Singh conducted awareness meeting in Khatela between 10.0 Am to 12.0 Pm. Total 35 Persons were present. He briefed about covid related appropriate behaviour, mil an severe symptoms of corona. He also distributed Mask.

### (Meeting in Banchari Village at Sarpanch Home)







On 02.06.2021 we ( Dr.Divya/Rakesh/Jitender) went to Banchari at Serpanch house where he called RMPs/Jhola Chhap Doctors and villagers for meeting. Meeting started 2.30 Pm and ended 4.0 Pm. Total 35 persons were present. 09 RMPs/Jhola Chhap Doctors also present. Some of them were retired servicemen. Participants demanded clinic facility in village. They are ready to provide space. All appreciated our efforts coming here an conducting this meeting. They asked about black Fungus symptoms and treatment. RMPs asked about treatment specially large numbers of Typhoid. We briefed about mild and severe symptoms of corona. Meeting ended and sarpanch offered tea and then we came back to office.

### **(Meeting in Village Gehlab at Feel Chaupal)**









Gahlab Meeting was conducted on 7.6.2021 at 3.0 pm to 4.30 Pm at choupal in Gahlab. From Somaarth-INCLIN we( Dr Divya, Rakesh, Nitesh, Jitender) were participated. From village besides Serpanch Sh. Narender Singh total more than 35 persons were present, including 04 RMPs/Jhhola Chhap Doctors. Over all very good interaction. We explained about today's meeting purpose and then described about mild and severe symptoms of Covid and its appropriate behaviour and precautions to be take care, we also shared danger sign in details. People asked about Vaccine, which vaccine is good. What are all vaccines are available. What is interval between first and second dose. How we know about first dose which vaccine is given. As one old person asked that I do not remember which vaccine I got/given. I do not receive any certificate of first dose etc.

Mr Nitish has also explained about Dementia activities to does in this village. One person suggested that pl take person age fro 56 – 57 years because so many people are in this group. All together people appreciated this efforts. After meeting ended we came back to Somaarth.