15 YEARS ANNIVERSARY

SAMA FOUNDATION

# COVID NEWS CAST

## Director's message

In March 2020, everyone was scared about the pandemic which spread rapidly and made many people's life miserable. People were not only affected by covid but also struggled in getting the basic needs due to lockdown and many lost their daily wages. Moreover, the fear of losing their dear and near ones was high, so people were really confused.

At this point, we did not have any separate projects or funds to help the needy in our working areas. We had also shut down our office and were hesitating to come out. However, one of our staff, Gayathri, and her husband came to distribute ration kits even though they are diabetic. This challenged us. I felt when a diabetic person can come forward then why can't I. Also, it strongly hit my mind that "IF MY STOMACH IS FULL IT DOESN'T MEAN OTHERS' STOMACH IS ALSO FULL".

Then we started raising funds and collected ration from organizations such as Rotary, ProjectVision, etc., and distributed them to the people in need. Through this, we were able to reach around 1200 people. But we did not know what to do with covid. This was the time when we got the right support from Ajim Premji Foundation (APF). They gave training on what is covid, how to prevent it, when to get tested and treated, etc. Initially, we started in DJhalli with a group of 36 volunteers to create awareness among the people and particularly monitoring the high-risk people (i.e. people with diabetes, BP, breathing problem, etc.) so that they take necessary precautions (testing & treatment).

Now, since vaccination is available, we are trying to get everyone vaccinated as soon as possible. With the help of the same volunteers, we have tied up with Primary Health Centres to facilitate the people in getting the vaccination. More than 80% of the people in our working area have got their 1st dose and 40% of them have got 2nd dose. By December 2021, we have targeted to complete vaccination for everyone i.e. covering around 20000+ families.

*Paul Ramanathan*

# Covid project

Started in September 2020

| D.J Halli | Yelahanka | Yeshwanthpur |
|---|---|---|
| Ward No 47 & 48 | Ward No 03 & 04 | Ward No 45,17,36,37 |
| 32 Volunteers | 18 Volunteers | 19 Volunteers |

- **20000+ households covered in baseline survey**
- **3079 comorbidities identified and taken care**
- **Created awareness through wall writing, posters, stickers and street plays**
- **5681 ration kits distributed**
- **Medical support for 10000+ people**
- **Vaccination for 20000+ people**

# HELPING THE COMORBIDITIES

The risk of developing dangerous symptoms of COVID-19 may be increased in people who are older and also in people of any age who have other serious health problems – such as heart or lung conditions, weakened immune systems, obesity, blood pressure or diabetes.

Hence, we planned to do door-to-door survey of all the households in our working area and identified such comorbidities so that we can help them take necessary precautions.

**Data collected through baseline survey**

**Arround 3000+ comorbidities identified & taken care**

**Weekly follow-ups done by Volunteers**

Beneficiary Name : Venkatamma
Age : 47
Area : Kanaka Nagar
Ward No : 04

At first, I didn't know about my BP level, sugar level, etc. Sama Volunteers came to our Area and they organized Health Camps.
These Health camps are very useful to us because in this pandemic situation we can't visit any hospitals because we have fear to visit hospital due to covid positive case and covid persons in hospital. Volunteers visited my house regularly and guided me how manage in this situation. So I am thanking to Sama Team

Thanking u so much.

# ADDRESSING THE BASIC NEEDS

**Millions of poor labourers got affected due to Covid lockdown. They are still struggling to even access food and ration for their family. So, we started distributing ration kits in our working area by availing the resources from Rotary, Project vision and APF.**

## 5681 ration kits distributed

Beneficiary Name : Selvi

Age : 50

Personal Details : She is a widow, living in sujjana nagar ward 37 since 13 years. She is deaf and works in the Garment factory as a house keeping.

When lock down was imposed there was no source of income to earn and eat . At that point sama foundation has provided me the ration kit and helped to meet around 10 days meal. This helped me a lot to manage the situation. Thank you for ur help.

# Medical support

## Case study

Person Name : Ranga swami
Age : 54
Area : Kanaka Nagar
Ward No : 04

I got Covid positive in pandemic situation
I feared so much either I will live or die when I got covid positive
That time Sama Foundation Volunteers came, They gave me awareness and they visited me daily. they check saturation level and temperature daily and they told don't fear and I will get recovery and they supplied medicine and food from BBMP.
After 19 days I have got negative report and I have recovered and I have Thanked the Sama Volunteers

**The organisation closely worked in mobilising volunteers, training and enabling volunteers to understand the situation and accordingly help the people in need.**

- **20 health camps**
- **35000+ people got tested**
- **30000+ people got vaccine**
- **Distributed 10000 mask with the support from Lets mask india campaign**

# AWARENESS PROGRAMMES

**Awareness awakens an individual to be more careful as well as helps in reducing unnecessary stress when one undergoes due to lack of knowledge.**
**Hence we conducted the following awareness activities in our working area :**

1. 25 Banners

2. 41 Posters

3. 75000 Phamplates

4. 26 Street theatre
(10k+ people reached)

5. 40 Wall writings

6. 7840 Community engagements
(40k+ people reached)

# Vaccination drive

Vaccines save millions of lives.
We all know the saying "Prevention is better than cure", hence getting vaccinated is a must for evryone since it work by training and preparing the body's natural defences – the immune system – to recognize and fight off the viruses and bacteria they target.
Hence, it was our responsibility to work towards making it available for each one in the working area.

> 80% HAVE GOT 1ST DOSE

> 40% HAVE GOT 2ND DOSE

Total number of people who have got vaccination :

DJ Halli = 26107

Yelahanka = 15743

**Beneficiary Name : Poulina**
**Stays at Thangamalai Nagar**
**ward 47.**
**She is affected by stroke and was hesitant to take vaccination.**

**After regular visits and creating awareness on vaccination, later with help of asha workers and Sama community health workers I came to knw the importance of vaccination. And I took vaccination in one of the camp organised by Sama foundation with the help of PHC. Now I'm feeling ok. My leg pain an all got relieved. Thanks.**

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SAMA FOUNDATION

WE ARE EQUAL

EVERY ONE WHO SUPPORTED US IN THE CRUCIAL TIME