







ABHIVYAKTI

हलचल

APRIL TO JUNE 2021

 www.abhivyakti.org.in
 admin@abhivyakti.org.in
 [/abhivyakti.nasik](https://www.facebook.com/abhivyakti.nasik)
 [/Abhivyaktimedia1987](https://www.youtube.com/Abhivyaktimedia1987)



हलचल Means Activity

The aftermath of the second wave of the COVID 19 has been overwhelming. Its scar on the mental health of the people along with other effects on physical health has been unprecedented. Several of our team members were severely affected, more by the feeling of helplessness and frustration at being denied hospital beds and access to health care. The trauma, the suffering, and experiences of death from close quarters cannot be expressed easily. The most damning part was the unavailability of support, care and understanding left many with wounds which will take long time to heal. Its a challenging aspect for many NGOs who work on providing such support and care. How do we understand this critical need? How can we address this in the future with empathy and compassion?

In such tiring times, we have managed to put together yet another edition of Hulchal. Do go through this edition and hopefully it will provide you with an opportunity to dialogue with us.

TEACHING RESEARCH ONLINE


Abhivyakti team facilitated an online workshop on Research for the activists of SNEHA, an organisation working in the area of health, education and research for the empowerment of the marginalised communities living in Mumbai. Over five Sunday afternoons, we facilitated sessions for the youth working in different slum communities of Mumbai on the fundamentals of research. Our aim was to make research easy to understand and enable the youth to conduct it in their work areas. It was interesting learning experience as the process was online.

Recording

01:35:52 View

CONSTRUCTING AN INSTRUMENT FOR DATA COLLECTION

- Anything that becomes a means of collecting information for your study is called a 'research tool' or a 'research instrument'
- Constructing an instrument is the first practical step in carrying out a Research
- Field testing (or pre-testing) is important
- Forming a question
What are open ended and close ended questions?



Kajal Boraste

Avinash, Abhi...

Subrato Dey

nikhat

Pragati vaishya

SNEHA Mumbai

Anjali pore

Shubhangi Bagul

Neeta Karandikar

Mannat More

Unmute

Stop Video

Participants 23

Chat

Share Screen

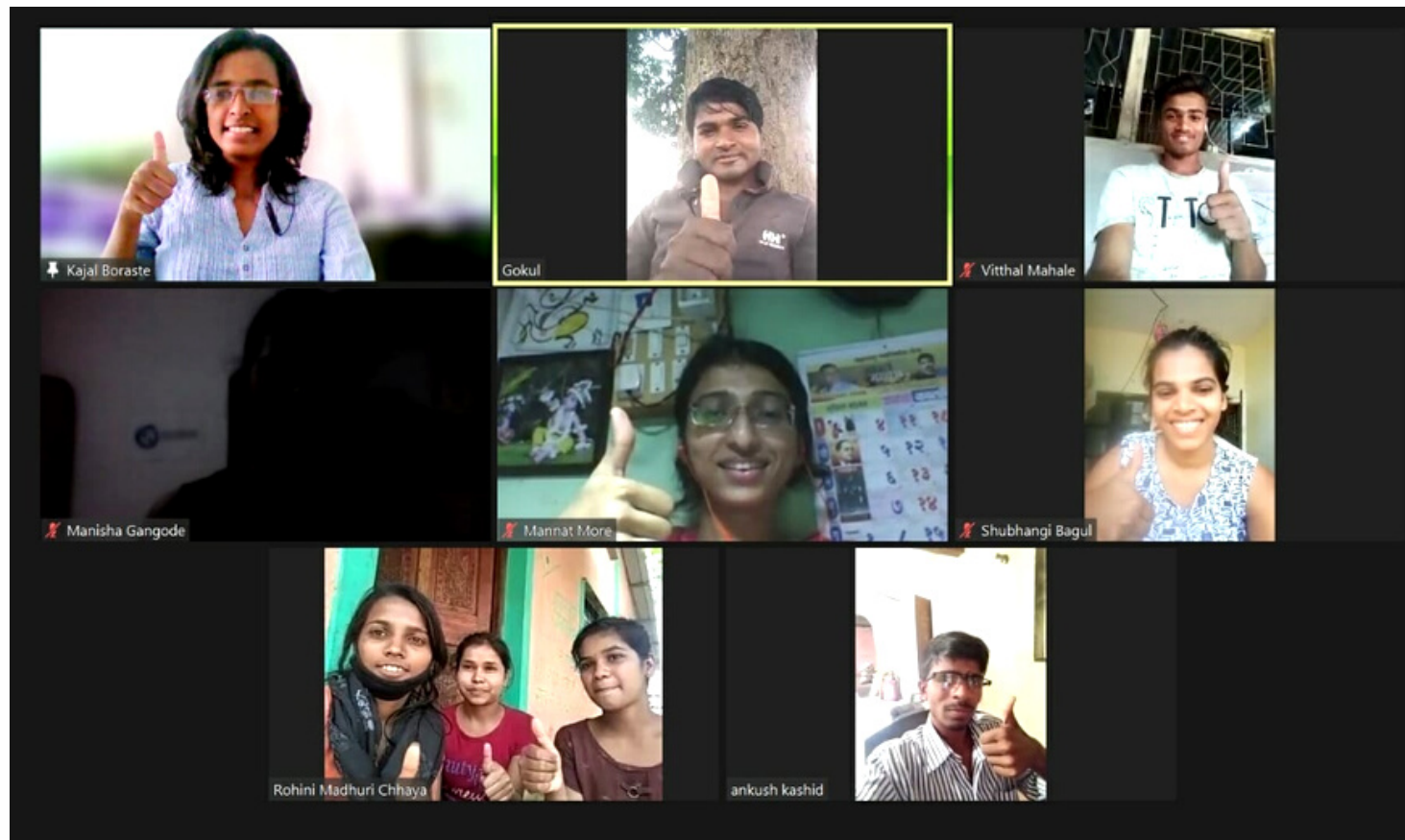
Record

Reactions

Leave

ONLINE MEETING WITH SHODHINI/SHODAK

Due to the second wave, most of our work was done online. We decided to reach our team of Shohini and Shodaks through Zoom, knowing well that network connection might be an issue. However, despite the connection issue we were able to speak with our field team based in the villages in Trimbakeshwar taluka. The team of community researchers informed us about the situation in the villages during the second wave. People were scared, had misconceptions about vaccination, and were engaged in treating Corona patients with household methods. In light of this situation, we decided to conduct a survey on the Covid situation in the villages where we worked.



COVID SURVEY

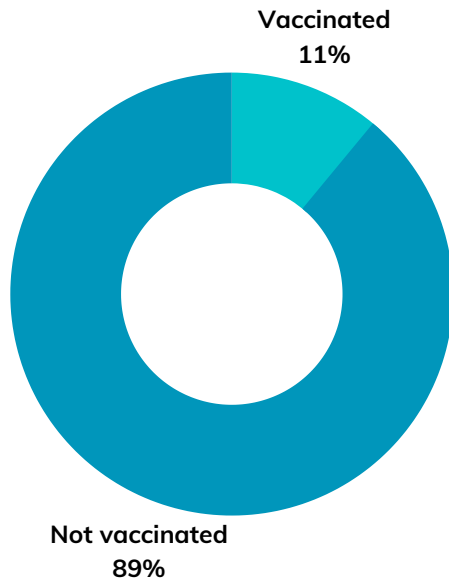
We decided to reach some of the villagers to collect data on the ground realities during the second wave of the pandemic. We focused on four main areas – vaccination, employment, facilities available in the primary health centre and sub centres and the reality of Khawati scheme. We reached out to 324 people in 12 villages and collected data on the above issues. Our village field team took due precaution amidst rising Covid crisis. We intend to present the data to the health officials at the local and regional level so that health services become easily accessible to the people.



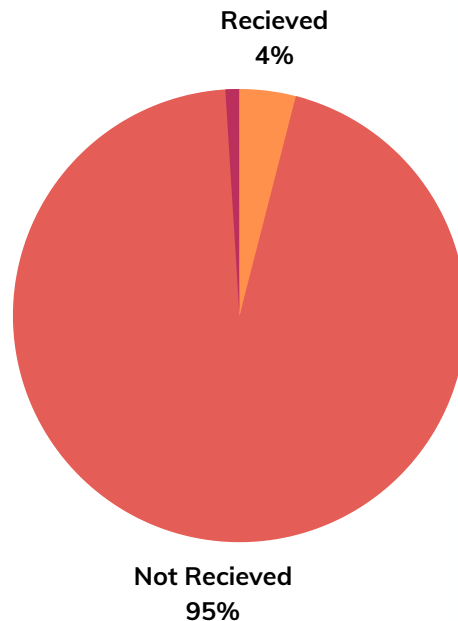
REPORT OF THE COVID SURVEY

What does the data of Covid survey inform? We collected data from 324 people in 12 villages. The picture is dismal. People are wary of the treatment, have many misconceptions about the disease as well of the vaccination process. People with symptoms refused to visit the health centres and relied on household remedies. Due to poor transportation facilities, reaching the health centre was a big hurdle. The highlight of the survey points to the following – only 11% of those surveyed had taken vaccination, regarding receiving Khavati aid, only 4% had got it, and only 37% had benefitted from the employment guarantee scheme. The report is available with us.

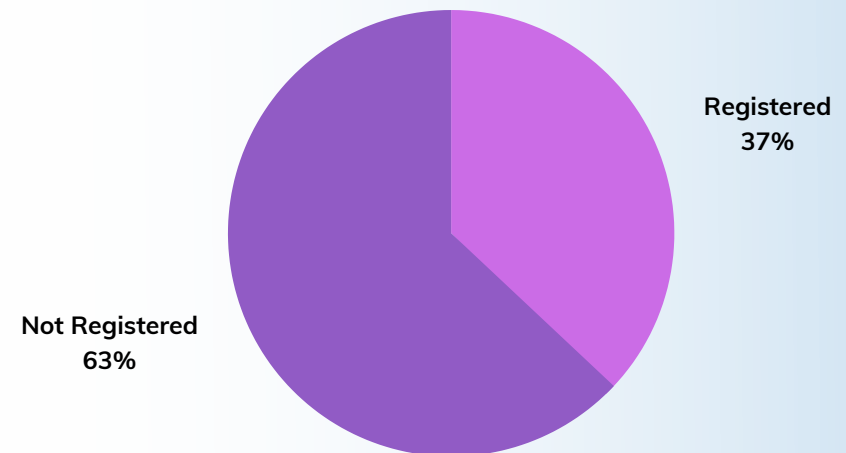
**COVID - 19 PREVENTIVE
VACCINATION**



KHAVATI YOJANA

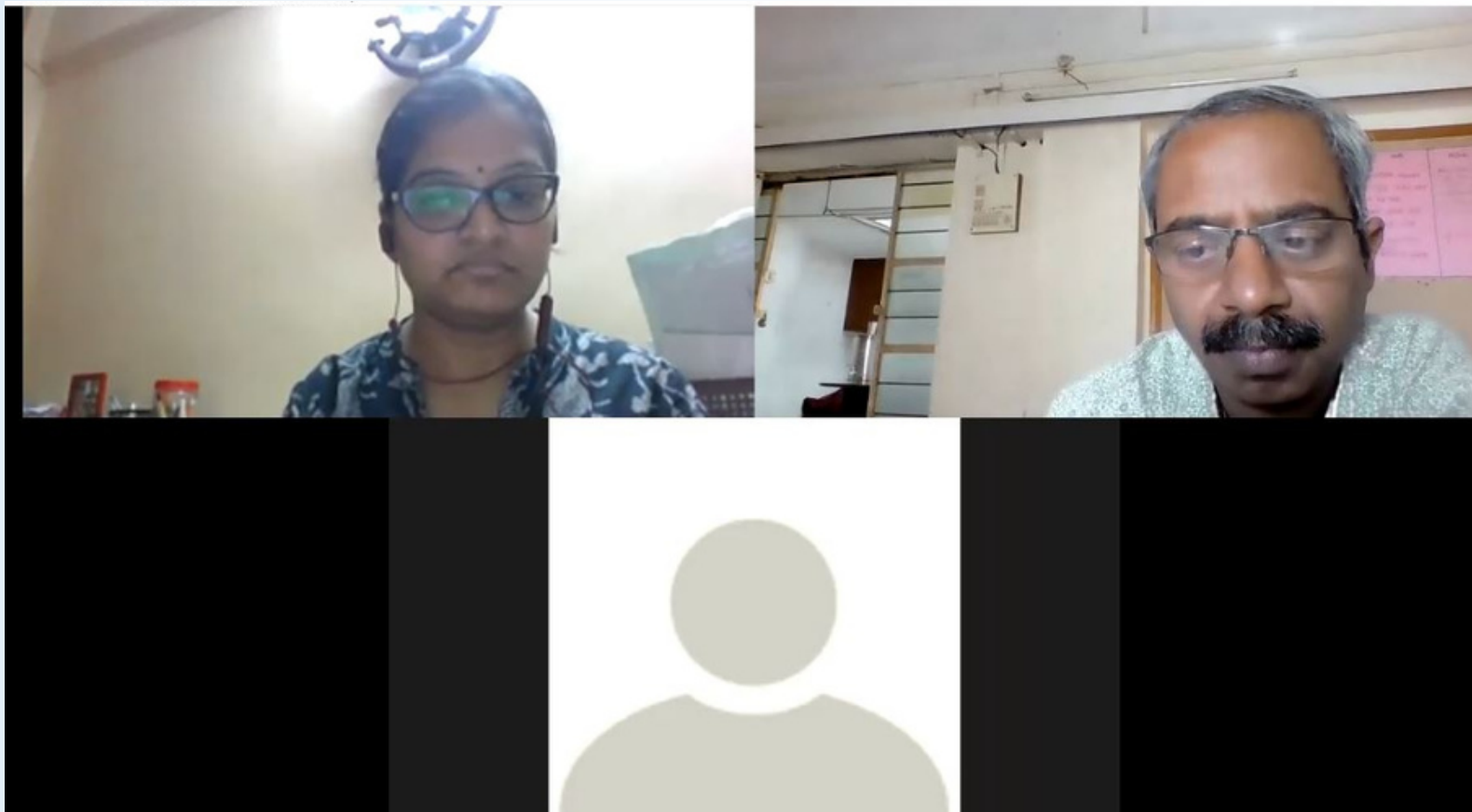


EMPLOYMENT



DESIGNING MODULE ON SELF AWARENESS

Our collaboration with PAHAL, Mumbai continued with work on developing the Self Awareness module. The module is part of several such modules which will be facilitated in a workshop for youth of Gujarat and Maharashtra to build their capacities with the aim to raise their employability and empowerment. The process of working on the self-awareness module was an enriching experience as the duration of the module was limited to only seven hours. The Self Awareness module will be tested with the youth in the coming months.



STRENGTHENING LOCAL ECONOMIES

The project to initiate local livelihoods with the help of people got affected due to Covid lockdown. We had started the process of initiating six social enterprises in different villages in Trimbakeshwar taluka of Nashik. We are now in the process of meeting communities again and taking steps to start the livelihoods process. The Honeybee Unit in the village of Aadgoan was visited by former member of the Legislative Assembly Shri J. P Gavit who appreciated the efforts of the farmers in starting this business. He felt that honey-making process was apt for the farmers. About 150 farmers were present on the occasion.



WORKSHOP TO LEARN SEED-MAKING

To enable the women of Ganeshgoan get familiar with the process of seed-making and conservation, a one-day workshop was organised at Kobhalne. Padmashri-honoured Rahibai Popare gave her guidance. She emphasised the importance of home-grown organic seeds and its effect on living sustainably. Rahibai narrated her own life-journey of growing organic seeds and efforts to develop a Seed bank in her village. The women of Ganeshgoan visited the Seed bank and saw its functioning and were greatly inspired by Rahibai who herself was a tribal woman like them and who was honoured with Padmashri for her pioneering work in preserving seeds for the benefit of farmers interested in sustainable farming.



PRODUCTION NEWS

A. POSTER MAKING

As a response to the 2nd wave of the COVID pandemic, we have been creating series of posters on Vaccine awareness and on the issue of Mucormycosis to generate awareness in rural and urban areas. We released the posters in the villages and shared it with our field contacts who were responsible to distribute the posters to others in the villages where we work. We also disseminated the posters on our social media platform.

कोविड-१९ ल सी क र ण

अभिव्यक्ति, नाशिक.

1

www.cowin.gov.in/home वेबसाईट उघडा.

रजिस्टर बटनावर क्लिक करा. फोन नंबर टाका, तुम्हाला एसएमएसद्वारे ओटीपी मिळेल. ओटीपी लिहा व नोंदणी करा. शासकीय आयडी आवश्यक (आधार/ड्रायव्हिंग लायसन्स/पासपोर्ट)

2

अपॉईंटमेंट बुक करा.

" सदस्य नोंदणी " (Register member) पर्यायावर आपल्याला लसीकरणचे वेळापत्रक नियोजित दिसेल. पिनकोड टाका. रुग्णालय/आरोग्य केंद्र, तारीख आणि उपलब्ध डोसची संख्या दर्शविली जाईल. स्थान तारीख आणि वेळ निवडा आणि खात्री करा. सेव्ह करण्यासाठी प्रिंट दबा (आपण लसीकरणसाठी जाता तेव्हा आपल्याला त्याची गरज पडेल)

3

लसीकरण करा.

फोटो असलेले ओळखपत्र (आपण नोंदणीकृत केल्याप्रमाणे) आणि नोंदणी झाल्याची स्लिप सोबत ठेवा. वेळेत पोहचा. मार्स्क घाला. पाणी आणि बिस्किटे सोबत ठेवा आणि सुरक्षित शारिरीक अंतर ठेवा.

4

आपले आरोग्य तपासा.

आपल्याला ताप, अंग दुखी, इंजेक्शनच्या ठिकाणी वेदना इत्यादीसारखे काही दुष्परिणाम जाणवू शकतात परंतु हे पूर्णपणे सामान्य आहेत. तापावर आपण 500mg पॅरसिटामोल घेऊ शकता. २४ तासांनंतर ताप खाली न आल्यास डॉक्टरांशी संपर्क साधा.

नोंदणी कशी करावी?

सत्यापित माहिती.

इनवोल्व आणि इतर विश्वासाई संस्थांच्या सहयुक्त पुढाकाराने.

कोरोना-१९ लसीकरणासंबंधीत अफवांवर विश्वास ठेवू नका!



- लस घेतल्यामुळे कोरोना विरुद्ध रोगप्रतिकारक शक्ती वाढेल आणि संसर्ग होण्याचा धोका टळेल.
- डॉक्टरांच्या मते, लस घेतल्यानंतर ताप, थंडी किंवा अंगदुखी अशाप्रकारचा थोडा त्रास होऊ शकतो.
- ती आपल्या शरीराने लसीला दिलेली सकारात्मक प्रतिक्रिया असते.
- असा त्रास होत असेल तर आपल्याला लसीमुळे कोरोना झाला असं समजू नये.
- लसीबद्दल असलेले समज गैरसमज विसरून त्वरित लस घेणे ह्यातच आता शहाणपण आहे.



अभिव्यक्ति, नाशिक.

म्युकरमायकोसिस (काळी बुरशी)

ह्या रोगापासून सुरक्षिततेसाठी सूचनापत्र

म्युकरमायकोसिस (काळी बुरशी) आहे काय?

अति जलद पसरणारा बुरशीचा रोग, जो मुख्यतः नाक, डोळे आणि मेंदू ह्यांना बाधित करतो. वेळेवर उपचार लाभल्यास हा रोग पूर्ण बरा होऊ शकतो परंतु वेळेवर योग्य उपचार न केल्यास रुग्ण त्याचा डोळा, दृष्टी किंवा प्राण देखील गमावू शकतो.

कारणे

१. अतिरिक्त मधुमेह
२. कोरोना उपचारादरम्यान स्टेरॉइड अथवा टॉसिलिड्युमॅब सारख्या औषधांच्या जास्त वापर
३. कृत्रिम श्वासोच्छवास मशीनचा अतिवापर
४. प्रमाणाबाहेर प्राणवायुचा वापर
५. रोग प्रतिकारशक्ती कमी असणे

लक्षणे

१. चेहऱ्याचे स्नायू दुखणे
२. अर्धशिथी
३. नाक चोंदणे, सूज येणे
४. नाक नाकपुडीतून रक्तस्राव
५. चेहरा अथवा डोळ्यावर सूज
६. एक पापणी आधी बंद रहाणे
७. दात दुखणे किंवा हलू लागणे

नकारक

१. रक्तातील साखरेवर काटेकोर नियंत्रण
२. कान, नाक, घसा तज्ञाकडून एका आठवड्यानंतर तपासणी
३. वरील लक्षणे आढळल्यास लगेच डॉक्टरांशी संपर्क
४. डॉक्टरांनी संगीतल्यापेक्षा जास्त दिवस स्टीरॉइड न घेणे
५. दूध ब्रश / मार्स्क सतत बदलणे
६. दिवसातून एकदा गुळण्या करणे आणि वैयक्तिक स्वच्छता ठेवणे

नकारक

१. छोट्या छोट्या लक्षणांकरिता दुर्लक्ष करू नये
२. घरगुती उपायांचा पर्याय निवडू नये
३. वैद्यकीय सल्ल्यानेच स्टेरॉइडचे सेवन करावे

वेळेवर योग्य उपाय करणे अत्यंत गरजेचे आहे कारण रोग बळावल्यास दृष्टी आणि जीवाला धोका पोहचू शकतो.

अभिव्यक्ति, नाशिक.

B. MAKING SHORT VIDEOS AND TECHNICAL SUPPORT FOR ONLINE EVENT

Vikas Sahayog Pratisthan, Mumbai approached us for making short videos on their interventions and provide technical support for the online HRDP [Holistic Rural Development Project] Handover Ceremony event on 25 June 2021 at Dhule. The event focused on interacting with the project stakeholders of HRDP in Dhule, Maharashtra. Success of the projects were shared along with recognition and appreciation.

We made videos on seven successful stories on livelihood enhancement, education, health care, and sanitation. The videos were released in their online ceremony.



OTHER HAPPENINGS

A. Shubhangi and Rohini, Shodhini from Hirdi Village participated in a webinar hosted by MASUM, Pune on the issue of Child Marriage where they shared their experiences of early marriages of girls, especially during COVID.

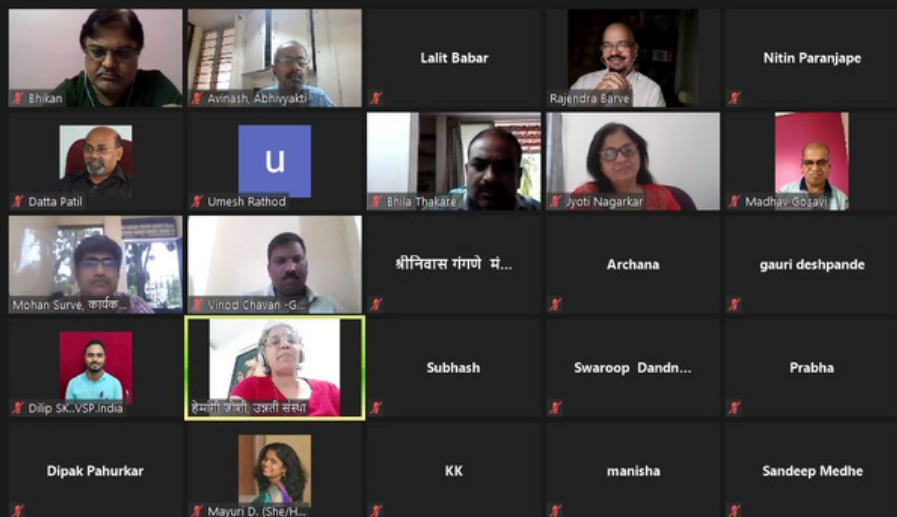
B. Abhivyakti and ASPBAE will collaborate on series of initiative for the marginalised youth. One which we are excited about is on mental health.

C. Series of online workshops were organised in collaboration with College of Architecture and Design and MET College of Architecture for their first-year students on creating awareness on environmental perception.

D. Abhivyakti also participated in an online session on designing Gap Year programme for the youth which was organised by UNICEF.

E. Abhivyakti organised two online sessions on Mindfulness for the activists, functionaries and volunteers of Vikas Sahayog Pratishthan and NTLN [Non-traditional Livelihoods Network] in the month of June. The sessions were facilitated by Dr Rajendra Barve, Board member of Abhivyakti.

F. Abhivyakti attended the General Body meeting of the Indian Multiversity Alliance [IMA] in June which is a network to promote alternatives to higher education.



BEFORE WE SAY GOOD BYE



While the pandemic has left us all numb and helpless, it has also surfaced many emotions, like fear at one end of the spectrum and compassion at the other. People have started behaving strangely – going into an overdrive of protection and becoming wary of even near and dear ones coming in close contact. One common emotion that most of us experienced was the feeling of helplessness! Series of external events like not finding a hospital bed or oxygen led to facing traumatic conditions and feeling helpless. In psychology, it is believed that helplessness is learnt in face of situations which are stressful and not in our control. The feeling is pervasive and results in our inability to act. Learned helplessness is a way to bear painful experiences and leads to avoidance of such situations in the future. This also happened in the recent pandemic, as the lack of access to health services became a devastating reality that many of us experienced. Individually, resilience and mindfulness can lead us to learn hopefulness instead of helplessness. Collectively, let us hope for better services and compassionate governance.

What do you think? We would love to hear your views on this. Pl write to - admin@abhivyakti.org.in and visit our website www.abhivyakti.org.in