



example to do a community development project

yoga (Lovely Professional University)

**Title of work**

**GOSPEL OUTREACH MINISTRIES**

**A Project Report**

Submitted in partial fulfillment of the requirements for the award of the degree of

**Name of degree**

**(specialization)**

**Submitted to**

**LOVELY PROFESSIONAL UNIVERSITY**

**PHAGWARA, PUNJAB**



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**From 06/03/2020 to 06/10/2020**

**Submitted by**

**Name of student: SHASHIDHAR REDDY**

**Registration number: 11903395**

**Signature of student: SHASHIDHAR REDDY**

## **Student Declaration**

**To whom so ever it may concern**

**1.SHASHIDHAR REDDY,11903395**, hereby declare that the work done by me on “helping the needy people in this pandemic“ from 3rd june, 2020 to 10th of june, 2020, is a record of original work for the partial fulfillment of the requirement for the award of the degree, B.tech(CSE)

Name of student(registration number): Shashidhar reddy (11903395)

Signature of the student : Shashidhar reddy

Dated:3<sup>rd</sup> June – 10<sup>th</sup> june

# GOSPEL OUTREACH MINISTRIES

Society Regd.No: 34/1989 : FCRA No. 010190459

10th Ward, REPALLE - 522 265, Guntur District, Andhra Pradesh

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"Go ye into all the world and preach the Gospel to every creature." Mark 16:15

## Certification of Participation

We, Gospel Outreach Ministries express our deep appreciation to the 1<sup>st</sup> year student of Lovely Professional University, Punjab for being in participation of **COVID-19 FOOD RELIEF** in collaboration with Gospel Outreach Ministries on 3<sup>rd</sup> of June 2020 at Gospel Outreach Campus, Repalle.

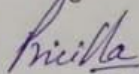
We Thank GOD and appreciate **Mr. Danda Shashidhar Reddy** with ID No. **11903395** the 1<sup>st</sup> year B.Tech (CSE) student of Lovely Professional University, Punjab for his good spirits and helping nature and during this Covid Pandemic lockdown struggles and sufferings distributed Food Provision Kits for poor families and made them to feel glad in their times of need.

We really appreciate him for his participation for about a period of time of 30 hrs in this regard.

We Pray and wish him every success.

GOD BLESS YOU!

Regards.



(Smt. PRICILLA FRANCES GOKANAKONDA.)

**CHAIRMAN**  
**Gospel Outreach Ministries**  
10th Ward, REPALLE - 522 265,  
Guntur Dist., Andhra Pradesh



## **CHAPTER 1:**

### **Objectives of the work undertaken**

\*The main objective of community development is working to make the people aware from various problems in a community which hinders growth, education, health of the society.

\* Community development project combines learning objectives and community service so that the students can enhance their personalities while being socially sensitive to the issues face by the community.

\*The project provides students with the opportunity to collaborate and engage with a not-for-profit or non- government organizations by undertaking a project targeted at the identification and eradication of the problems faced by the community at large.

\*These can regarding cleanliness, personal hygiene, health awareness camps etc. Students will meet with leaders of the organization, community members, people already working in this field etc. and develop an action plan to raise awareness about the problem identified by the mand work towards seeking the possible resolutions to the problem with the help of local community people.

\*The students shall present their project work at the end of the course. Students will have the opportunity to develop a range of skills while working on the project such as complexity of understanding, problem analysis, problem-solving, critical thinking, and cognitive development.

\*They demonstrate greater interpersonal development, particularly the ability to work well with others, and build leadership and communication skills.

\*The project shall be designed via collaboration between faculty and community partners, such as non-governmental organizations or government agencies.

\*This project shall give the students experiential opportunities to learn in real world context and teach them civic responsibility.

\*Community program is interested in all aspects of a community the development is necessary in these places as a whole in education, health, and welfare of people.

\*One of the objectives of community development programs are changing of pattern and style of community people. It gives new directions to the changing life style. It helps to create the acquaintances among them, to following the positive thinking about the children.

\*Different problems faced by community people may be solved due to the start of such programs in the affected areas. The community also give hand to government for help them in development and growth.

\*programs are working for the motivation of community people. Social organizers are employed in various sectors for their arousal and working for community welfare and betterment of humanity.

\*At last I found it the best choice because somehow, its goals matched with my aims. Through getting enrolled in this NGO, I contributed towards the upliftment of the society by providing education to underprivileged children as education is a crucial element in today's society and I grabbed the opportunity to serve the society in the best manner.

\*At the height of the Corona lockdown and the resulting migrant crisis, volunteer undertook a campaign to deliver meals to the needy. The campaign ended as the urgency and the scale reduced. Our volunteers, donors and partners made this happen - our sincere thanks to them all!!

\*The COVID-19 pandemic has inflicted immense misery and suffering on people. As a result, common people, industries, educational setups and housing neighborhood's face a complete lockdown.

\*However, the country's lifeline continues through the commitment of public service officials like policemen, health service providers and municipal workers - who soldier on fighting the most unexpected odds in these difficult times.

\* There are also several marginalised sections of society who are facing tremendous food insecurity and need help.

\*To support those affected as well as those who continue to serve the society, I Volunteer sprang into action reaching out to its network of volunteers and partner organizations to understand where the need is most critical. It is now helping deliver meals to thousands of people every day in many cities across India.

\*The coronavirus pandemic and the subsequent lockdown has affected us in many ways, but it has affected the poor and the marginalised sections of the society the most. It has resulted in an economic crisis, resulting in loss of livelihoods of daily wage workers and migrant labourers.

\*During this crisis, NGOs from across the country have come forward to help these vulnerable groups by providing food and other essential items

\* If you think this lockdown is harsh on us, think about those who are underprivileged and those who are in their twilight years. And with many small restaurants and tiffin center's being shut, it's especially difficult for those living alone to get their hands on essentials like food.

### Scope of the project

\*Our main aim of the project is to help the poor people and needy people during the corona crisis in our surroundings. I have seen many families suffering due to lack of food and lack of money and they are unable to meet the basic needs.

\*I have also seen many who ate only two times a day. They are unable to even get milk to their children. By seeing the situation of the country and our surroundings, me and my friends decided to help the poor people and help them to get better in their daily life. We thought that even small amount of amount from us will help a family

\*Even my friends' family has suffered due to the pandemic. I have seen so many families in my surroundings who are suffering due to the pandemic .so we have decided to help the poor families in our surroundings.

\*But we are having lockdown in our area. So, we have decided to help them through an NGO. Me and my friends collected some amount and we have given that amount to the NGO. They have given the money taken from us to many poor families and who are in need of daily needs.

\* Me and my friends watched many videos in TV and social media about people suffering with lack of food, and they are unable to meet the daily needs.so, after watching those videos we decided to help as much as we could to the needy.

\*With no fixed monthly income and no house of their own, they live more in a fear of dying of starving than the pandemic. From household helps to daily-wage labourers and lower-salaried employees, a large section of India's poor have been hit severely due to the lockdown.

\*However, disruptions in food supply chains result in food security concerns. Due to quarantine regulations, logistical hurdles, inadequate availability of labourers and drivers have led to increase in 'transportation and distribution' costs.

\*While our immediate priority must be to protect people from the pandemic and contain its spread, ensuring food security and preventing more people to fall below poverty line (BPL) should also be on focus.

\*The COVID-19 pandemic is not just a public health emergency but the crisis goes far beyond that. It has impacted policy and regulatory instruments, agriculture, manufacturing, transportation, services besides impinging on psychology of citizens at large.

\* It is different from other significant crises such as World Wars or even cyclone, or Tsunami and a total shutdown which the world has never seen in the past. Covid-19 may be temporary but its impact is to stay for an ‘indefinite’ time period. It has high stakes and even higher uncertainty.

\* While our immediate priority must be to protect people from the pandemic and contain its spread, ensuring food security and preventing more people to fall below poverty line (BPL) should also be placed in the forefront of the agenda. Pandemics impact our ability to get food, especially the vulnerable class. The Government must work to avert this dual crisis of lack of food security and rising number of people in the BPL as COVID-19 hits hunger hotspots.

\*The shuttered restaurants and less frequent shopping trips are curbing demand and will ultimately depress prices. Reduced labour mobility threatens to leave some crops rotting in the fields and deprive producers of their livelihoods.

\*All these have resulted in a ‘paradoxical’ situation wherein prices are high at the consumer level on one hand, lower price realisation by farmers due to ample harvests on the other.

Juxtaposing this on the fact that India is net agriculture exporting country and trade restrictions / border closures are affecting the agriculture exports. Given India’s heavy dependence on imports of edible oils, domestic consumers will end up paying higher prices of this commodity.

\*At the end of the round, there is a wedge between consumer and producer prices of food. This, in turn, will lower the income levels of farmers and some of them could find themselves BPL.

\*There is heavy reliance on migrant workers in agriculture sector and there is wide spread reluctance of agriculture labour to travel in the wake of current Covid-19 which is already affecting agriculture activities as our agriculture continues to be labour intensive, given low level of farm mechanisation and scanty adoption of technology.

\* Due to shortage of labour, just by way of an example, farmers resorted to direct seeding of paddy in April, 2020 instead of transplantation.

\*This coupled with shortages of inputs, movement restrictions will adversely impact productivity, income levels of farmers and agriculture labourers. Leading up to the pandemic, a large number of labourers and most vulnerable would face a double crisis – hunger and COVID-19 in rural areas, notwithstanding the policy of ‘free food’.

\* There is a huge gap between policy prescription laid down by the Centre / State Governments and governance. While many of us are working from home, catching up on the latest shows, spending quality time with our family, at the comfort of our homes during this lockdown, there are also many people who aren’t as fortunate.

\* There are people out there who don’t have a roof above their heads and can’t afford freshly cooked meals even once a day; their earnings have taken a massive drop and this lockdown has ended up being a very stressful time for them.



\* But here's where you and I can make a difference and bring a smile on their faces during this trying time. Here are NGOs that provide meals and medicines to the needy during this lockdown period. You can lend a helping hand by contributing to their cause in the form of donations of volunteer work. A little help goes a long way.

\*With no fixed monthly income and no house of their own, they live more in a fear of dying of starving than the pandemic. From household helps to daily-wage labourers and lower-salaried employees, a large section of India's poor have been hit severely due to the lockdown.

\*However, disruptions in food supply chains result in food security concerns. Due to quarantine regulations, logistical hurdles, inadequate availability of labourers and drivers have led to increase in 'transportation and distribution' costs.

### **IMPORTANCE and APPLICATIONS :**

In the current covid pandemic, I have seen many people struggling. People don't have food to eat, no shelter and many labours struggled to reach their hometowns. It was heart breaking to see those people going through the situations. I felt happy for what I have and what am now. But I said to my mind that I shouldn't just sit and see people struggle. I decided to do something to them whatever I can. So, I came up with an idea to help poor people. Helping those in need gives personal satisfaction to me. I have started collecting money, but in the process I have seen people are really willing to help and they have donated really good amount of money. It is really motivating to see all those people who are willing to help, and I decided I shouldn't stop this. I have collected a good amount of money and donated the food ,water,drinks,beds daily and given shelter for them and they got me as a good person and they daily treated me as a god and they always says me that you are the one person given us the food and bed,etc..provided us . so that the poor people got satisfied and I got appreciated from the poor people and my parentes.

Helping the poor people by me given them a satisfactory possion in the pandemic situation.And life is a matter of privilege because while some live a life of luxury, some just fail to even meet the ends of life.i have studied suggests that more than half of the India population goes to bed without food. Now, that is not only painful for the people who suffer but also painful for the hearts and minds that are sensitive.and i got mottivated and done this processes ans i collected the money from different sides of my village and i brought some stuff an d i donated for the laborrrers and some poor people who are not getting the food in the pandemic sittuation.

Leaving a life that is meaningful is something that everyone needs. However, it is not something going

into a spiritual quest. All the spiritual quests are going away from life. Unfortunately, you cannot find the meaning of life by going away from life.

In fact, it can be found only in finding the meaning here in life, not going to some lonely place to meditate. You can find the real essence of life only when you help others because you are living with others and your relationship matters.

You are living in this world because there are other people. Can you imagine living on this huge earth alone? Undoubtedly, you will go crazy if you find yourself alone in this world.

Life takes place in relation to others. Whether it's someone from India or someone from Russia, that does not really matter, it is the same human being. Your idea of separate human is just an idea; otherwise, you all are inter-related and inter-connected.

Hence, by helping the poor, you can make this world a better place to live. People would love to be around you and people will bless you. Blessing never comes from the gods, in fact. It can only come from living beings. Hence, you must help people if you want a blessed life.

If you look at the world closely, then you will see that there is inequality. Governments and other organizations are trying to fix this gap but it will make sense only when you find a way to contribute to the world.

There are many people who even don't have food to eat. Now, that is something sad because it is a basic thing that every living being must-have. But humans have become the only creatures that are starving. No other animals and birds are starving.

You would also find kids without education. A world that is not educated would slowly drift away to a bad state. If you want the growth of the world, then you should and must educate poor kids who do not have money to have a good education.

There are people who are also struggling to have shelter and clothes; the world is an utterly depressing place to live now. You must find some way to give shelters to poor people. You might not be able to build a home but you can contribute to the community center to feed and give shelter to the people who live differently in the community.

Giving money to those in need can be a personally satisfying experience, but there is a choice between donating nationally and internationally through charities or giving directly to those around you. This essay will consider the merits of both approaches. There are advantages, however, in giving to charities

that are national and international. First and foremost there is the choice of good causes. Locally the kinds of places to help may be limited, but in larger organisations you can get involved in such activities as sponsoring a child or conserving wildlife. Not only this, donating to larger charities with an international reach means having the knowledge that you are involved in issues of fundamental global importance now exactly how your money is being spent. For example, if you give money directly to people in your local village or town, you can see where it has gone. When you donate to larger charitable organisations, on the other hand, you are not sure how much will actually be given to those in need as opposed going on other costs such as administration and expensive marketing campaigns. Another benefit is that you can see the impacts on those you are helping, which can lead not only to great personal satisfaction but also to respect from others in the local community who appreciate the work you do., such as curing diseases and human rights, or helping those caught up in tragic environmental events, such as flooding, earthquakes and famines.

In conclusion, given the benefits of both, I would argue that an individual should make their own choice based on their personal preferences and whichever provides them with the most personal satisfaction. What is crucial is that we continue to give to those who are more in need than ourselves.

## **CHAPTER-2**

### **INTRODUCTION OF THE COMPANY/WORK**

#### **Company's Vision and Mission**

We worked under the organization “GOSPEL OUTREACH MINISTRIES”. The organization Gospel Outreach Ministries is established in the year 1989. The organization is non-government trust.

The organization is established over 31 years ago, and one of the main vision of this NGO is to make this organization to Anti-Hunger organization. A vision statement explains the overall goal of your organization looking into the future, while the mission statement outlines the present plan to realize the vision. The main vision

The main vision of Gospel outreach ministries is to equipping nationals to reach the most unreached and helping the poor people, Orphans and Widows. The organization is also working to give the shelter to the old people who are not take cared by others.

The main purpose of establishing this organization is to promote non-profit objectives such as charity, education, religion, environment protection, social welfare and for so many reasons. This gospel outreach Ministries NGO charity is working on Key Issues of Rural Development & Poverty Alleviation. The organization Gospel Outreach Ministries operations are done in Andhra Pradesh.

As it is the trust, the organization will get funds from the people. This organization is getting 60 lakhs of funds from all over the world. The funds that are received are utilized for the purpose of maintenance of the children home and the Old-age home, Free tuition points, natural calamities , construction of community halls, Assistance to Social workers, digging of bore wells, free mobile medical camps in tribal areas. And received funds are utilized to the maintenance Orphanage and old age home. This organization is also giving help for the agricultural practice for the farmers who are not getting any support. And also giving best education to the Orphans.

We dare to envision a world where no child goes to bed hungry. To help create that world, we are dedicated to helping families and communities achieve stable lives and to reducing the need for help tomorrow all while providing food and assistance to help them today. In this state we distribute product donations of food and other items from corporate donors through our network of local community partners, we provide classroom support and school supplies to students in vulnerable areas. Main mission of organization Gospel Outreach Ministries is to increase the funds by year to year to help more people who are in needy. To get the funds they are advertising the organization.

Even today, 11.2 lakh children in India die before their fifth birthday. Every 25 seconds, a child under five years of age dies mostly due to preventable causes such as infections and malnutrition. So this organization is mainly focused on:

Child Survival, Newborn Health, Maternal Health, Nutrition

While the mission and vision statement may show up in other places on the site, it's a good idea to give the two a home of their own where visitors can learn more in depth about what the current and future goals are for your non-profit. Aside from noting each statement, use this opportunity to explain how your work is moving toward your mission and vision and teasing the impact you've had so far. Well-crafted mission and vision statements can inspire people to engage with Gospel Outreach Ministries organization and deserve a well-thought-out place on organization website.

Consider designing your mission and vision page in a way that draws visitors in and makes it both easy and interesting to learn about the foundation your organization is built upon. Make your page stand out with photos showcasing how you serve your community. Or, create a video that tells viewers what drives your nonprofit and why you do what you do everyday

### **Origin and Growth of Organization**

The organization is established in 1989. The operations done by this organization is reflected in Repalle, Guntur district, Andhra Pradesh. This organization is firstly established to work on Key Issues of Rural Development & Poverty Alleviation. Then as per the situations of the people, the organization is trying to give their best to help the poor people, old people, Orphans and Widows.

From 1989, the organization is participating in many activities and they adding some more activities to the successive years. The activities added by the organization are: establishing oldage homes and Orphanages, Sewing centers, free mobile medical camps in tribal areas, free tuition points for children, distributing food to the people during natural calamities. By this , the organization is developed a lot in 20 years from the establishment.

When the state is affected by the natural calamities like Hud-Hud cyclone, floods and like many, the organization is helped the effected people by donating food and required items.

In 2014-15 year, the organization got funds of 60 lakhs from all over the world. And the fund is utilized to the activities like to maintain the Children Home and Old age Home, Sewing Centers, Free tuition points, natural calamities ,construction of community halls, Assistance to Social workers, digging of bore wells, free mobile medical camps in tribal areas and for study purpose.

In 2015-16 year, the organization got funds of 29 lakhs from all over the world. And the fund is utilized to the activities like to maintain the Children Home and Old age Home, Sewing Centers, Free tuition points, natural calamities, Assistance to Social workers, free mobile medical camps in tribal areas and for study purpose.

In 2016-17 year, the organization got funds of 1.3 lakhs from all over the world . And the funds utilized to activities like the purpose of maintance of Children Home and Old age Home.

in the year of 2017-18 , the organization got funds of 90 thousand from all over the world. And the funds are utilized for maintaining the Orphanage and the oldage homes for old people.

After 25 years of establishment of the organization, the funds were drastically decreased from year to year due to lack of donors. So, this organization is advertising themselves for the funds donating by the donors. In this way, they introducing new ways to collecting funds.

### **Various departments and their functions**

It is very difficult to run the NGO by single departments. So, there are various departments are established in NGO. The top management of an NGO consists of three entities the Board of Directors, the General Assembly, and the Executive Director.

At the top is the Board of Directors of the NGO. An NGO Board is a legal requirement in most countries in order to get it officially registered with the local authorities. Many NGOs stipulate that membership in a board is voluntary and non-remunerative. Board meetings are kept closed, though written proceedings, reports and minutes may be made public for transparency purposes. A Board may be responsible for a number of tasks, for example hire and supervise the Executive Director, develop and approve budgets, etc. Board members will also be expected to champion the NGO's cause, and represent the NGO to the larger community. Many NGOs also expect board members to help raise fund for their projects. Next comes the Executive Director, who may also be called by other names such as Coordinator, Chief Operating Officer, or CEO. He or she is responsible for the overall direction in which the NGO moves, and the responsibility for managing the day-to-day activities of the NGO. The Executive Director is also member of the board - usually its Executive Secretary. He or she reports to the Board.

The Board of Directors and the Executive Director may be assisted by advisors. These advisors are optional, but are useful to create a good image of the NGO, and enhance its "brand name" besides providing specialist advice for the NGO.

In some cases, a General Assembly may be set up at this level. Especially in cases where the NGO is a membership-based NGO, the General Assembly is a group of all such members, including its board members and staff members. The General Assembly usually meets annually or biannually, and is held sequential to a Board Meeting. Staff members of an NGO are responsible for the day-to-day functioning, and implementing of its programmes and projects. They report to the Executive Director, who overall is responsible for the NGO's activities. (See Figure 3) Staff members of an NGO fall into

three groups - responsible for activities related to (1) administration, (2) publicity and (3) programmes/projects.

Administrative activities are led by an administrative manager. This manager may have several staff members assisting him/her, including a Finance Assistant or a Membership Coordinator. Besides the financial management of an NGO, a Finance Assistant may also be responsible for fund-raising activities of the NGO. This means that he/she will have to work closely with the staff members responsible for communications and dissemination, as well as those responsible for programmes/projects. In the case of larger NGOs, this fund-raising responsibility may fall under a separate position specifically set up for the purpose. The membership coordinator manages the NGO's members, membership fees, customer relations etc.

Communications and dissemination activities are the responsibility of a staff member at the level of a manager. This manager may be assisted by other staff members such as a Public Relations Assistant, a Publications Assistant, or a Web/Social Media Assistant. The Public Relations assistant works closely with both the Finance Assistant and Membership Coordinator on one hand, and the Programme Manager on the other, to publicize its activities and build a "brand name" for the NGO. Similarly, the publications assistant will have to work with the public relations and web/social media assistant in order to make sure the NGO'S publications are disseminated widely and in a timely manner.

Programme and project activities of an NGO are led by a manager. This is, of course, the biggest part of an NGO's activities, and forms its structural core. A Programme Manager may be assisted by several Project Assistants, Training Assistants, and other Assistants, depending on the number and size of the projects being implemented. Short-term external consultants, who provide specific services for projects, or field staff who are hired to implement projects in the target community, also fall under this section.

One of the department is responsible for the maintenance of children home and oldage home. The staff members will take care in all the accepts like clothings, education, nutritious food for children. And clothing, nutritious food and medicines, hospital expenses for the old people. Giving employment in sewing centers for widows.

And there are different departments for the following as well, and there are free tution points, assistance for social workers, digging borewells in drought areas and etc.,

One department is responsible for natural calamities .NGOs extend all possible help to victims of Cyclone Hud-hud. Vegetables and other essential commodities donated to cyclone victims by the organization Gospel Outreach Ministries. Gospel Outreach Ministries are lending their support and help to Hud-hud cyclone affected families in Visakhapatnam and neighbouring districts by arranging

food, vegetables, milk and other commodities. Arranged truck loads of vegetables and other commodities to be transported to Visakhapatnam.

And one of the department is responsible for free mobile medical camps. People from tribal settlements in Srikakulam attended the camp, where they received health check-up to detect underlying medical conditions. A team of 30 volunteers, including medical professionals specializing in diabetes and dental care, participated in the camp. Medicines, women hygiene products and clothes were distributed to the participants free of cost.

### **CHAPTER 3:**

#### **INTRODUCTION**

The COVID-19 pandemic is considered as the most crucial global health calamity as the most crucial global health calamity of the century and the greatest challenge that the humankind faced. Covid-19 has rapidly spread around the world, posing enormous health, economic, environmental and social challenges to entire human population. The corona virus outbreak is severely disrupting the global economy. Almost all the nations are struggling to slow down the transmission of the disease by testing and treating patients, quarantining suspected persons through contact tracing, restricting large gatherings, maintaining complete or partial lock down etc. This paper describes the impact of COVID-19 on society and global environment, and the possible ways in which the disease can be controlled has also been discussed therein.

In this pandemic situation most of the poor families causing problems like labourers and daily wage workers. Labourers from other states are moving back to their homes because where workers have little social security and they have lost their employment and no daily wages to them.

Workers are desperate. Not only have they lost their meagre income, but now their only options are to risk contracting COVID-19 or facing starvation. So, many of them set out to walk hundreds if not thousands of kilometres to return to their villages, carrying their few belongings, children on their shoulders and no food in their bellies. Some have already perished on the way.



Due to this we have decided to help all the poor people with NGO, we have distributed the Vegetables, Groceries, Masks and Rice. Because most of the people are effected by Covid-19.

A lockdown requires businesses to close and lay off workers or not pay them wages. This again highlights the insecure working conditions of workers. The workers have small incomes and little savings so they cannot stock up on essentials of life to survive weeks of lockdown. They, and if their family is with them, start to starve unless someone provides them with food.

So, while a lockdown works for the middle classes and the well-off sections, it is next to impossible for the poor unless the state steps in and makes arrangements. There has to be free testing and hospitalisation, provision of essentials of life and clean water wherever the workers are. Furthermore, slums need to be decongested and some moved to tented colonies in vacant grounds, empty school buildings, halls, etc.

There are an estimated 139 million migrants in the country, according to the world economic forum. The International Labour Organization predicted that due to pandemic and the lockdown, about 400 million workers would be poverty-stricken. Most migrants in the country originate from Uttar Pradesh and Bihar, followed by Rajasthan and Madhya Pradesh. The cities of Mumbai and Delhi attract the highest number of migrants.

Hunger is a major issue for the impoverished; small or non-existent incomes mean little money remains to purchase one of life's key necessities: food. To help feed those in need and we distributed the vegetables, rice to all the poor families in this pandemic situation most of the poor families and their children are suffering with hunger. Other states laborers are going back to their homes without any transportation facility.

Around the world, Action Against Hunger is responding to this pandemic, supporting health centres, raising awareness about how to prevent outbreaks, and providing essential supplies ranging from medicine and hygiene kits to PPE.

“We’re also committed to continuing our fight against hunger, so we’re keeping our programmes running through this new crisis. Even with travel restrictions and lockdowns, we’re in some of the hardest to reach places ensuring children and their families receive the vital care they need.

According to the United Nations, the number of people globally suffering from acute food shortages could nearly double in the next year due to Covid-19 and its economic impact. In East Africa, food insecurity could double in just the next three months.

Everyone reacts differently to stressful situations. And the fear and anxiety resulting from the recent outbreak of COVID-19 can be extremely overwhelming.

Pandemics are not just a medical phenomenon. They affect individuals and society on so many levels, with stigma and xenophobia being just two aspects of the impact of pandemic outbreak. It's important to know that those with a mental illness may be vulnerable to the effects of widespread panic and threat. Be kind to one another. Be understanding of their fears, regardless if you don't feel the same. Be safe and make informed decisions during this time. And I encourage everyone to take care of themselves and to reach out to others in need.

For the children and their families living in poverty, social distancing and access to medical care can be difficult and sometimes impossible. This means that during a pandemic like COVID-19, the poor are disproportionately affected and among the most vulnerable.

With more than 200 countries affected and more than two million confirmed cases at the time of writing, COVID-19 is officially a pandemic, according to the world health organization.

For the majority of us, social distancing measures have added some inconvenience and friction to our everyday lives, but many in developing communities don't have a secure place to 'stay home'.

For millions of people living in dilapidated conditions and slum communities, social distancing is practically unattainable and 'staying home' is just as risky as a public gathering.

Research shows people living in lower socioeconomic levels are more likely to catch an infectious disease. During the influenza pandemic, poverty and inequality in wealth and living standards were key factors that exacerbated transmission and mortality rates.

It's the world's poorest who are more likely to work in the informal sector and hold unstable jobs with fewer rights and benefits. They are also less likely to have savings to help cover additional gaps in income.

For those reliant on a daily wage to put food on the table, national lockdowns and social-distancing measures are drying up work and incomes, leaving families with an impossible choice: stay at home or feed their children.

According to the World Food Programme (WFP), 135 million people were living with "acute hunger" at the end of 2019. But now, this number is likely to almost double to 265 million within a year.

People living in poverty are mercilessly impacted during a pandemic but among the poor, women and children face additional vulnerabilities.

Across many rural communities in developing nations, women are predominantly responsible for collecting and preparing food for their family. Often, this requires visits to street markets, where their exposure to infectious diseases is increased.

It's also not unusual for women and children in rural communities to travel long distances to collect water from wells in neighbouring villages. Around the world, women will collectively spend around 200 million hours every day, collecting water.

Most families living in poverty lack the resources to stockpile their food and essentials, requiring women and children to frequently visit markets and water wells.

A pandemic or emergency increases the incidence of gender-based violence. Social distancing and lockdown measures may mean extended periods of time with a potentially abusive partner or family member. Women and girls are also less able to access support networks and groups.

Women also take on the role as a primary carer for children and elderly, making it difficult to practice basic social distancing measures.

While those living in poverty are exposed to greater risks during a pandemic, a pandemic also perpetuates, and may even increase both short- and long-term poverty levels.

A recent study by the United Nations University's World Institute for Development Economics Research has warned that half a billion people could be pushed into poverty as world economies shrink because of COVID-19. This could set poverty levels in developing countries back by up to 30 years.

This poses a real challenge to the UN Sustainable Development Goal of ending poverty by 2030 because global poverty could increase for the first time since 1990.

An increase in those living below the poverty line will put further pressure on already stretched and limited resources. The impact of this will be felt long after the pandemic is over as future generations become locked into cycles of poverty.

The pandemic has been affecting the entire food system and has laid bare its fragility. Border closures, trade restrictions and confinement measures have been preventing farmers from accessing markets, including for buying inputs and selling their produce, and agricultural workers from harvesting crops, thus disrupting domestic and international food supply chains and reducing access to healthy, safe and diverse diets. The pandemic has decimated jobs and placed millions of livelihoods at risk. As breadwinners lose jobs, fall ill and die, the food security and nutrition of millions of women and men are under threat, with those in low-income countries, particularly the most marginalized populations, which include small-scale farmers and indigenous peoples, being hardest hit.

Millions of agricultural workers – waged and self-employed – while feeding the world, regularly face high levels of working poverty, malnutrition and poor health, and suffer from a lack of safety and labour protection as well as other types of abuse. With low and irregular incomes and a lack of social support, many of them are spurred to continue working, often in unsafe conditions, thus exposing themselves and their families to additional risks. Further, when experiencing income losses, they may resort to negative coping strategies, such as distress sale of assets, predatory loans or child labour. Migrant agricultural workers are particularly vulnerable, because they face risks in their transport, working and living conditions and struggle to access support measures put in place by governments. Guaranteeing the safety and health of all agri-food workers – from primary producers to those involved in food processing, transport and retail, including street food vendors – as well as better incomes and protection, will be critical to saving lives and protecting public health, people's livelihoods and food security.

In the COVID-19 crisis food security, public health, and employment and labour issues, in particular workers' health and safety, converge. Adhering to workplace safety and health practices and ensuring access to decent work and the protection of labour rights in all industries will be crucial in addressing the human dimension of the crisis. Immediate and purposeful action to save lives and livelihoods should include extending social protection towards universal health coverage and income support for those most affected. These include workers in the informal economy and in poorly protected and low-paid jobs, including youth, older workers, and migrants. Particular attention must be paid to the situation of women, who are over-represented in low-paid jobs and care roles. Different forms of support are key, including cash transfers, child allowances and healthy school meals, shelter and food relief initiatives, support for employment retention and recovery, and financial relief for businesses, including micro, small and medium-sized enterprises. In designing and implementing such measures it is essential that governments work closely with employers and workers.

The basic principles remain the same:

- Keep a distance of 2 metres!
- Wash your hands!
- Wear a mouth and nose covering when on public transport!
- Stay home if you are ill!
- Follow the informative signs in public places!

Wear a face mask in all public places, when receiving and providing services, as well as on public transport, in shops, in pharmacies, at the post office, at museums, in libraries, at airports, at bus stations

and railway stations, and when attending exhibitions and places of religious activity, for example, a church service!

Subject to keeping a 2 metre distance between persons, gatherings are allowed for:

- up to 300 persons indoors, regardless of the size of the premises; however, no more than 50% of the total capacity of the room may be exceeded and an area of 3 m<sup>2</sup> must be provided per person;
- up to 300 persons to gather outside, ensuring publicly available information about the maximum acceptable number of persons is provided at the venue or place where the provision of commercial service occurs.

Freer gatherings mean an increase in people's personal responsibility! Currently, the rate of the virus' spread in Latvia has decreased; however, the pandemic is not yet over, so it is very important to follow daily precautions when meeting with relatives and friends, as well as in other situations. Although larger gatherings are now allowed, before visiting an event or meeting up with others you should ask yourself if you really need to go. Be aware that every event and meeting of other people comes with the risk of catching the virus.

The individual responsibility and actions of each person in observing quarantine or self-isolation, if necessary, as well as in taking preventive measures, is still the strongest weapon for limiting the spread of the virus! Let's carry on being responsible for our own and others' health!

From this all the above pandemic situations, we have decided to distribute vegetables, rice and daily needs to all the poor families and laborers with NGO. By this they can save there one week daily needs and money.

The life is more meaningful if you live not only for yourself, but help others. Nevertheless, people sometimes forget about others and selfishly pursue only their own interests, while helping poor people is one of the best things everyone can do. Poor people are an integral part of our society and everyone should not turn a blind eye towards them, but think over what they can do in order to help. Thereafter, the objective of this paper is to discuss how people can help poor individuals within society as well as what I personally have done in order to contribute to that.

Unfortunately, there are many poor people within any society, which is why they need much help from those who have a better life. The inequality gap between the rich and poor has been only growing from year to year irrespective of the fact that the governments have been trying to do something in order to improve the situation. Everyone can help people in some way. First, I would like to mention that helping poor people is related to personal sacrifice as an individual might not give all his or her money to the poor person but

allocate some part of it. It is about volunteering and the desire to make a change. I would like to mention that helping poor people is not that easy as it might be a heart-breaking experience. Sometimes, a person can decide to donate money and have nothing to do with that due to the feeling of deep distress for those who are not that successful in life.

### **Activities and equipment handled:**

Activities in the sense we planned many things in order to achieve my goal that is to serve all the needy of the locality who even cannot buy their daily goods such as soaps, rice packets, sanitizers, masks, Dal, vegetables, Milk and other house hold goods etc. we done our work in one week, daily we spent four to five hours of time for serving them with the help of my friends and support of NGO. Firstly, I am goanna explain all the things I and my team had done in the whole week as Day 1, Day 2 and so on

#### **Day 1:**

And now here in my day 1 I thought to implement many things. Such as build a team collect some money as donation and then I and my team started contacting everyone for the purpose of donation. We faced a lot of issues in collecting money and calling everyone some are not believing and some are not even interested in doing this and some were directly said that i was part of some other things so please like that was part of some other things so please don't mind like that and we got many new excuses from many one but we did not gave up because good things will happen only after lot of struggles so this is the only reason why I did not gave up and given my bests and took best from my team also. But at the end of the day we got some money so that we can serve for the people in that locality.

And then we made posters and written some articles and many things we dine and circulated them in our village and started doing them viral only for the sake of poor ad at some situation I thought like that I can't achieve my dream because of many useless things and I thought to leave my idea but after seeing the conditions of the people in that locality I was melted completely and then I got motivated myself and again started doing my work for them. Then we made a video regarding the corona cases and the crises of the locality people. Because those were daily labors, they will get money only by doing work work daily that is just like daily wages if there is no work no money for those people and now the government made strict lockdown. So, no work for them that means no food for them. Keep food a side they were not having enough money for the basic house holds even. By keeping all these terms in mind, I made a video and circulated it in social media. We got very good number of responses and views for the video which is circulated by our team and we got some funds from them also it's a very good thing I got and it is the only productive thing which was done by me and also by my team.



This picture shows the complete and detailed explanation about the living of the people of that locality and I circulated this type of photos and the video by interviewing some people so that everyone will get a clear cut idea regarding the work done by us. There is business or something like that because many people will think that if we donate money for the sake of poor for somebody else the money will not be reached for them like that. But our team is not like that I had to make people understand that so I made this video and photos in social media. This is how I made answers for all the questions and done my work. And the things done by me and my team were marvellous brought a good feeling for the work with all these mighty things we done for this day.

## **Day 2:**

Soon after the day 1 we are very much interested and excited in our work because in our day 1 we got good results even though we are having some ups and downs we are passed for the day 1. And we thought our dream will come true within next seven of days of time we are eagerly waiting for that day. But at that moment we like that we can face any type of risks and also any type of steps etc. We are in such a mood only to attain our last goal that's it. And with that spirit we started our day 2 even. Now we are having a team and also sufficient money all. But thing we required now is a proper support. We cannot directly believe someone in these types of things so we thought of taking help from government authorities but it's a very difficult thing for us and also by taking their help we cannot give all the money for the donation purpose only because we know about government how it deals with these types of things. They are only made for business not for service or something else like that. So we changed our decision of taking help from government officials. So, we are thing about what to do

something like that. Then we thought of NGO (non-governmental organisations) actually they are build only for purpose of the service but not for any business something like that. So we thought taking support from an NGO which is in nearby to that location which will support us for our work. Then we started searching for a perfect NGO that helps for us. Then one of our friend informed us about an NGO at his home then we researched about that NGO like when they were started and their aims and targets and how they fulfilled peoples wishes till now and all the things we enquired then we took an appointment with the head of that NGO.



Before appointment we had a conversation with person who is working in that organisation to know more about the people in the organisation and everything regarding our work. I took couple of my friends to have conversation with person who is working in that NGO and we asked all the doubts and shared our views about our work and we got many questions cleared with him. But thing we required now is a proper support. We cannot directly believe someone in these types of things so we thought of taking help from government authorities but it's a very difficult thing for us and also by taking their help we cannot give all the money for the donation purpose only because we know about government how it deals with these types of things. They are only made for business not for service or something else like that.

Then we people got appointment next day with the head of that NGO I thought we will getting that day itself so it will be difficult for us to share our views and plans. But luckily that day they were busy they went to some other village to donate households which completely related for our views and we thought definitely we will get some support something like that and then we moved out to our place and started preparing slides for the presentation to present our views and plans for the execution of our ideas. And we thought our dream will come true within next seven of days of time we are eagerly



waiting for that day. But at that moment we like that we can face any type of risks and also any type of steps etc. We are in such a mood only to attain our last goal that's it. And with that spirit we started our day 2 even. And we are done with the preparation of all ppts etc. And now the only thing remained is proper explanation and execution and now we are eagerly waiting for our day that is tomorrow.

### **Day 3:**

And now we went to the office of that NGO we were waiting for the time of our appointment and then they called us we went inside we are of ten people we all sat in a hall the head of the organisation came to us then we explained all our views one by one. And we showed the situation of that locality they are very much needy people right now because no work no food for them and present situation is just like that everyone must wear musks due to corona virus but they are not in a situation to buy a musk which is very dangerous at present situation and they were unable to buy soaps ,rice bags ,dal ,salt ,vegetables ,sanitizers ,masks and many house hold items so our main motto is to provide such things for them. Then they raised some questions about how we people reached them and is that we will work perfectly .We developed a kind of feeling for them like that we can do any sort fo things without any excuses and they approved our idea and now we are having support even to do our service and then we started thinking about the things to distribute for them as a service. Then we decided to give them all the households that were sufficient. Then we thought to distribute some vegetables,salts,dal,soaps,hand sanitizers,masks,oils etc for the house hold purposes and also we want to distribute some food around the locality because change takes place only when the persons change I want to be that change and I made my team my team can make change many things and many people will get inspired by the work done by us. Because we put efforts like that so if we distribute food and some service so that many other people will do the same thing for those people who can't afford their money for the basic needs also. Now iam doing change in a locality nearby me so that tomorrow another locality people also can be served by some other people and it will get to all the people one or the other day all the people will get served. And now we officially announced these things in that locality about our donation for them they felt very happy for us and for our donation and some people cried and said not even our sons and daughters were taking care of us but you people even didn't know about us but still came forward to serve us it is a very great thing for us from your side like that they given their views and some people became emotional also. Then we decided to give those items which we thought earlier by packing them and to distribute for them by inviting local sarpanch of that locality in his presence it will be good if we give in his presence and we invited him also for the donation for them he also felt very happy for us about our concern for other people and he congratulated us for our work everyone felt happy for our work because these days are like that no one even care their own family members but we

people were taking care of that whole locality. But we cannot serve them forever we can develop this idea in the g=heart everyone so that their will be many helping hands to serve them its is a very good sign of progress which leads to reduce poverty evenif we give in his presence and we invited him also for the donation for them he also felt very happy for us about our concern for other people and he congratulated us for our work everyone felt happy for our work because these days are like that no one even care their own family members but we people were taking care of that whole locality. But we cannot serve them forever we can develop this idea in the g=heart everyone so that their will be many helping hands to serve them its is a very good sign of progress which leads to reduce poverty even.

#### **Day 4:**

Finally the day came for what we are waiting till now today is going to be a big day for us not only today we are decided distribute this house hold good that is we made them into packets to distribute them for tomorrow and day after tomorrow even only to reach for everyone because everyone had to enjoy that so we extended our time for distribution these days were very big and huge days for us for what we frae waiting till now these days etc.



These are some goods we bought for the purpos of donating for poor people of the locality it is a very big task in our view because we are not having idea about this house holds something like that we tried our level best in buying them we went to many shops fot the purpose of buying them and roamed around the city only for the purpose to buy them it's a huge task though we got a good experience its funny and also abit tricky and logic to buy them from the shop keppers at last we brought them in very huge amount some products got in less aount some we didn't got up to the expected level,some got less and some got more etc like that we brought them all and packed them as shown in the next below

figure in the next page some got more etc like that we brought them all and packed them as shown in the next below figure in the next page.



In this way we packed all the house hold items like we packed around 50 to 60 packets which were more sufficient for the people of that locality each packet is sufficient for a family like that there are approximatley 50 to 60 families so we made approximatley 0 packets which will be sufficient if not we have to do something else again. But I guess it wll morethan enough for all the people in that locality and in that sense we made all arrangements and made a flexi for attraction so that everone will be notified and everyone will be coming I guess . And the local sarpanch came to start the donation for the people. we have to do something else again. But I guess it wll morethan enough for all the people in that locality and in that sense we made all arrangements and made a flexi for attraction so that everone will be notified and everyone will be coming I guess . And the local sarpanch came to start the donation for the people. So that we started everyone were coming and we maintined and followed covid 19 restrictions perfectly so that anyone will not cause any incovinience because of us.





And all the people were coming in the line with covid 19 restrictions we are started distributing them for everyone one by one in the hoour of our sarpanch feeling great because at the start I was the only person but now I am having a tem that includes ten to fifteen people and an NGO and suport from the local sarpanch etc now my idea was very bigwith all these people I was feeling great and speechless weather these all were real or its our imagination but cool os all real as we felt before to do all these we doing our job great it great to see us like these helping others without any help from our homes at before we arenot havin any money to roam outside but now we are having sufficient money to serve people and I thought in my mind that if we wanted to do any good thing that automaticallt that will happen definatley because it's a good thing that's why all these we doing our job great it great to see us like these helping others without any help from our homes at before we arenot havin any money to roam outside but now we are having sufficient money to serve people and I thought in my mind that if we wanted to do any good thing that automaticallt that will happen definatley because it's a good thing that's why.where there is will there is a way this Is true in our case it's a pleasure feeling foreveryone of us the feeling is great for us we were doing something great etc But I guess it wll morethan enough for all the people in that locality and in that sense we made all arrangements and made a flexi for

attraction so that everyone will be notified and everyone will be coming I guess . And the local sarpanch came to start the donation for the people. So that we started everyone were coming and we maintained and followed covid 19 restrictions perfectly so that anyone will not cause any inconvenience because of us.

### **Day 5:**

And now coming to day 5 here we done a lot of things some people did not received the things we donated so we again came to distribute for them so that everyone will get without any excuses and iam happy for the performance of my team and also coming to my work I didn't this much punctuality at before but now I done all the things within the time without any delay this shows how I developed in the skills such as punctuality etc like that and my primary goal is to share this type of service all over the world but this is not possible for me but may be I should come forward to do all these things within the time without any delay this shows how I developed in the skills such as punctuality etc like that and my primary goal is to share this type of service all over the world but this is not possible for me but may be I should come forward to do all these things good thing that's why. where there is will there is a way this is true in our case it's a pleasure feeling for everyone of us the feeling is great for us we were doing something great etc But I guess it will more than And the local sarpanch came to start the donation for the people. we have to do something else again. But I guess it will more than enough for all the people in that locality and in that sense we made all arrangements and made a flexi for attraction so that everyone will be notified and everyone will be coming I guess . And the local sarpanch came to start the donation for the people. So that we started everyone were coming and we maintained and followed covid 19 restrictions perfectly so that anyone will not cause any inconvenience because of us. got up to the expected level, some got less and some got more etc like that we brought them all and packed them as shown in the next below figure in the next page some got more etc like because no work no food for them and present situation is just like that everyone must wear masks due to corona virus but they are not in a situation to buy a mask which is very dangerous at present situation and came to distribute for them so that everyone will get without any excuses and iam happy for the performance of my team and also coming to my work I didn't this much punctuality at before but now I done all the things within the time without any delay this shows how I developed in the skills such as punctuality etc like that and my primary goal is to share this type of service all.



This people are the sarpanch and the head of the NGO they were been very nice to us in doing our job perfectly without any excuses we done a brilliant job I guess this is first achievement done by us in our life I guess because we were not at all puntual in our life and in acadamics and in eveything but now we are something but not zero that's what we developed by doing this activity we developed our skills and at a time we benefited them it's a matter of two things but something else.we got help from the NGO and also local sarpanch thanks for that valuable help.

#### **Day 6 :**

in day 6 as we discussed before we went for food distribution in that locality and we succesfully prepared food for the people of that locality we took all the food in a vechile and went their and triied to cover all the people to serve them but we did not reached some people because of some reasons but actually we done a great job in sevicig food house holds ets all the things were done succesfully and last one week is just like an year time is not completing it is so long to be ccomplete lots of fun and emotions etc my primary goal is to share this type of service all over the world bit this is not posible for me but may be I should come forward to do all these things good thing that's why.where there is will there is a way this Is true in our case it's a pleasure feeling foreveryone of us the feeling is great for us we were doing something great etc But I guess it wll morethan And the local sarpanch came to start the donation for the people.we have to do something else again.But I guess it wll morethan enough for all the people in that locality and in that sense we made all arrangements and made a flexi for attraction so that everone will be notified and everyone will be coming I guess . And the local sarpanch came to start the donation for the people. So that we started everyone were coming and we maintined and followed covid 19 restrictions perfectly so that anyone will not cause any incovinience because of us. got up to the expected level,some got less and some got more etc like that we brought

them all and packed them as shown in the next below figure in the next page some got more etc like because no work no food for them and present situation is just like that everyone must wear musks due to corona.



### **DAY 7:**

In the day 7 it is the last day of our work we will finish with our working and all. so we finished with serving household items and some food to eat etc now we given a seminar to all the kids of that locality most of the kids will not go to schools as their father and mother were daily labours they won't have sufficient money to get into their academics so they left their studies only for the sake of money so we thought to give a seminar for them to let them about Corona because they don't know anything about corona and its effects so we took all of them in to a room and then started a proper lecture regarding covid\_19 pandemic with some pictures and then we explained about how the growth of corona is taking place and we shown the graph of death rates and active cases and also recovered cases world wide and then state wide and district wise to let them know about how the scenario is there in world we explained many things and had a talk with them talk in the sense just a fun talk to see the smile in their faces like that but this seminar is the most successful day by comparing with before days because before days were we have to work externally but last day is just like an internal work which is very easy and interesting thing for us so we given our best for that also that's it then we all received our certificates for working with that organisation without delays or something like that it's a great pleasure for all of us world wide and then state wide and district wise to let them know about how the scenario is there in world we explained many things and had a talk with them talk in the sense just a fun talk to see the smile in their faces like that but this seminar is the most successful day by comparing with before days because before days were we have to work externally but last day is just like an internal work which is very easy and interesting thing for us so we given our best for that



also that's it then we all received our certificates for working with that organisation without delays or something like that it's a great pleasure for all of us

Here I am going to keep some photos of how we distributed etc:



### **CHALLENGES FACED AND HOW THOSE WERE TACKLED :**

I have faced many problems, when I want to help poor people near my area. When I have an idea to help poor people. Because so many are died due to insufficient food and water during covid situations. And no one came ahead to help those people. Because covid19 is a dangerous virus and we didn't have a proper medicine till now. So I decided to help, but that help will not be possible only by me. So I took help from my friends and NGO (nongovernmental organization) is a non-profit group that functions independently of any government. So they helped me in this pandemic situations. I am so thankful to them. We supplied food, shelter, household goods, books and clothes. But we can't able to provide all people because of insufficient money. Extremely poor people will go hungry as covid19 response measures hit. COVID 19 has arrived at a time of unprecedented global need, with a record 168 million people already requiring humanitarian assistance at the beginning of this year. The covid19 pandemic is already affecting global food systems, supply chains, and purchasing practices. Stock piling and growing demand for food items are creating a strain on global supply chains while restrictions on trade and movement have had a knock-on effect on availability of food stuffs as many Americans stock up on weeks of food.

But with movement restrictions, it's been hard to staff up, especially since the pantries heavily rely on corporate volunteer days. "Having the people power to do transportation and delivery and to change our model is really important and that's our second concern," said Tennent. Experts say the logistics will get tougher to solve. "There's a lot of specifics about this situation that makes this particularly risky for food-insecure households," said Judi Bartfeld, a food security researcher at the University of Wisconsin, Madison. "So, in many ways I think it's a perfect storm."



People who are food insecure often have health problems. And they can't afford to stock up and hunker down. So, they're more likely to get sick. And for families with kids, losing school lunches will eat into SNAP benefits.

The potential for food borne transmission is a concern with every new emerging infection. However, there are no reports or any evidence of faecal-oral transmission of Coronavirus Disease (COVID-19) and no reported case of the disease has been linked to transmission through food. In case of COVID-19, the main risk involved is human to human transmission during food handling, from close contact with food handler or customer. Current evidence on other coronavirus strains shows that while coronavirus appear to be stable at low and freezing temperatures on food surfaces for a certain period, however food hygiene and good food safety practices can prevent their transmission through food. The best practise for food business operators and consumers is to maintain highest standards of personal hygiene, the standard protocol of social distancing and limiting social contact, and detecting /isolating the infected persons from food handling operations. World Health Organisations (WHO) has advised social distancing and maintaining high personal hygiene standards as a means of containing and stopping transmission of this virus. Use of AarogyaSetu application may also help in containing the virus. It is mandatory for all the food businesses to implement General Hygiene Practices (GHPs) specified in Schedule 4 of Food Safety and Standards (Licensing and Registration of Food Businesses) Regulation, 2011 to ensure food safety and hygiene in food establishments. Under the present circumstances of COVID-19 pandemic, there is an urgent requirement for food industry to ensure compliance with measures to protect food handlers from contracting COVID19, to prevent exposure to or transmission of the virus, and to strengthen the food hygiene and sanitation practices. This document provides guidance to food businesses, including their personnel involved in handling of food and other employees to prevent spread of COVID-19 in the work environment and any incidental contamination of food/food packages. These practices should be adopted in conjugation with Schedule 4 requirement Apart from GHPs laid in Schedule 4 of Food Safety and Standards (Licensing and Registration of Food Businesses) Regulation, 2011, food handlers/workers should be made aware about COVID19 symptoms so that they are able to recognize the symptoms early and seek appropriate medical care and testing, and thereby minimising the risk of infecting fellow workers. They should be provided with training on risk factors, safe food handling, social distancing and other protective behaviours (e.g., cough etiquette and wearing of face masks/face covers, hand washing with soap or using of alcohol based hand rubs) required amid COVID-19 infections. 2.2 Employers should have a COVID-19 Screening Protocol in place to screen all personnel entering the premise. All employees/workers/visitors should be screened at entry point for the symptoms of COVID-19 such as

temperature (using non-contact type thermometer), cough, cold, etc. Those with temperature more than 37.50 C (99.50 F) and/or flu like symptoms shall not be allowed to enter the establishment. Entrance of food establishment should have mandatory hand hygiene (sanitiser dispenser) for employees/ customers/visitors. Employees/food handlers/visitors should be encouraged to self-declare and inform about any signs/symptoms of respiratory illness before visit to the premises. Or during working there. Such declaration is expected to be forthcoming with the assurance of assistance and pay/job protection especially in the low income group of employees. In some cases, infected people may be asymptomatic or pre-symptomatic and may not display any signs or symptoms of disease or may have mild symptoms that can be easily overlooked. The employers, therefore, should ensure the availability of masks and protective gear to all food handlers. In case a food handler is COVID-19 infected or is identified at the premises, he/she should be instructed to remain in home quarantine for specified time period and not return to work until free from infection. 2Regular monitoring of the employees/ food handlers is essential for prevention of COVID-19 spread within the food establishment. The employees/ food handlers should also self-monitor and report any symptoms to the employers. Wearing masks/face covers and protective gears at all times should be ensured. Employers should be aware and sensitive of workers' concerns about salary, leave salary, health and other issues that may arise during the outbreak. Posters/standees/Audio Visuals (AVs) on preventive measures for COVID-19 should be displayed in the food establishments for awareness of employees/visitors/customers. An in-house emergency response team should be established in large food businesses to effectively deal with suspected COVID-19 infections and one person should be designated as the COVID-19 co-ordinator. Their contact details should be shared with all employees. The team should have detailed protocols on the steps to be taken when handling suspected/positive COVID-19 cases. Further, as a means of general preparedness, the following should be ensured: List of local authorized hospitals for COVID-19 testing and treatment is regularly updated; Contact details of the professional disinfection company are kept handy; Adequate disinfectant for emergency use are available; Dedicated face masks/facecovers, gloves, safety glasses, protection suits for emergency use (personal protective equipment or PPE) are procured and stored as per government advisories, from time to time; Isolation rooms (one for suspected cases, one for close contacts) are prepared with special trash bins; A process for record keeping is established wherein all the related information - attendance, health status of employees, visitor details - are maintained. Process for record keeping shall be developed for suspected/ confirmed cases and should be recorded, including, but not limited to employee name, the whole process of the incident. Employees/food handlers shall wear reusable face covers/ masks and clean protective clothing like full sleeves clothes/aprons, head gears, caps gloves at all the time while in the production area. The face cover shall fit perfectly on face without leaving any gaps on mouth, nose and chin. The face covers/ masks should be changed every six hours or as soon as they get wet. Reusable face covers shall be cleaned and sanitized thoroughly. In case disposable face masks are used

or reusable face cover is damaged or changes shape, it shall be disposed of in a closed bin. While removing face cover/mask, care shall be taken not to touch outer surface of the face cover. Employees shall avoid touching their face, eyes, nose, etc. after removal of face cover before washing their hands. Authorities in Asia must assist street food sellers struggling to make a living as the coronavirus outbreak shuts offices and tourism, and forces people to stay indoors, labour and urban experts said on Wednesday. More than 420,000 people have been infected by the coronavirus across the world and about 19,000 have died, according to a Reuters tally. In an effort to slow infection rates, many countries and cities have imposed strict lockdown measures. While many food businesses have remained open by offering online deliveries, few food hawkers - who favour locations in public areas popular with pedestrians - use such services because of the cost and their informal status. "Clampdowns are catastrophic for them (street vendors) since they operate on a daily basis and lead a hand-to-mouth existence," said Ajay Suri, a Bangkok-based manager at Cities Alliance, a global partnership for urban poverty reduction. "Governments should design a bailout package for informal sector workers, including street vendors, whereby direct cash transfers are made to their bank accounts to help them survive," Suri told the Thomson Reuters Foundation. Asia is famous for its street food, with hawkers serving fresh foods and local delicacies in cities including Hong Kong, Bangkok, Jakarta, Hanoi and Mumbai. They use vans, motorcycles, rickshaws, bicycles, carts, tables and chairs, or even a simple piece of cardboard laid out on pavements to transport and sell their foods. Clampdowns are catastrophic for them (street vendors) since they operate on a daily basis and lead a hand-to-mouth existence. As Asian cities expand and modernise, authorities often view street food vendors as a hindrance to progress and target them for forced evictions, although some cities have made efforts to accommodate them and help raise sanitation standards.

In Bangkok, where street vendors have rallied against evictions, earnings are down by up to 80 per cent since a partial lockdown began last week, according to Poonsap Tulaphan, a director of HomeNet Thailand, a network of informal workers. "Street food vendors are still able to sell food for takeaway, but there are fewer customers," she said. "Prices of commodities are also much higher but they can't raise prices." While some Asian governments have unveiled financial schemes to help businesses and workers cope with the coronavirus outbreak, many have failed to provide assistance to gig, casual and informal workers. Measures in Thailand include cash handouts and soft loans, but many street vendors find the application process challenging, and continue to ply their trade, said Poonsap. "Business is not so good because offices and shops are closed, and people are afraid to go out," said Wat Laithi, a street vendor who sells noodles and fried snacks in Bangkok. "But I have no other option. I have to make a living for my family. India, the second-most populous country in the world is under tremendous pressure. The first confirmed case of coronavirus was detected on January 30, 2020, in the state of Kerala. As the pandemic was leaving deep scars around the globe, India was able to foresee the depth of the socioeconomic hit that could be caused shortly by the pandemic. Fortunately, the government has

handled the aftermath of the outbreak with the utmost presence of mind so far. The ordinary lives of every Indian took a turn when a nationwide lockdown was declared on 21 March 2020, for 21 days. Even though the Indian government has taken some measures to protect the lives of 1.3 billion people, the COVID-19 cases were increasing day by day. By 20 April 2020, India had 15 712 confirmed cases and 507 deaths. After the 21 days of lockdown, the government has extended the lockdown until 3 May 2020, and restrictions of the least affected areas will be reviewed after 20 April 2020. However, these draconian measures have a drastic effect on the lives of the ordinary people and local food systems.

Despite the fact that India had considerable economic progress over the years, hunger and poverty prevailed in the country. Out of the total population of 1.3 billion people, 190.7 million people are undernourished and 25 percent of the children experience hunger. Along with this existing backdrop of India, the sudden cease of economic activities nationwide will question the rising food insecurity and misery for the destitute. India, the world's largest democracy has a federal system of government created by the union of twenty-eight states and nine union territories. Even though the central government has greater power when compared to the states, each states' chief ministers have legislative, judicial and executive responsibilities similar to the Prime Minister. Nevertheless, the States as well as the central government have taken exceptional measures to face the extraordinary challenge with courage and confidence. To have a closer look on the socioeconomic shock on the country, we have identified the immediate effects of the pandemic on the local food systems and the resilient measures adopted by the government to cope with it.

### **LEARNING OUTCOMES : -**

#### **“ Food is an important part of a balanced diet.”**

By this project we learned many things such as..

Community – we will be able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of communities.

- Determine Determine and translate nutrient needs into menus for individuals and groups across the lifespan, in diverse cultures and religions, and for different income levels.
- Plan a community intervention based upon a needs assessment.
- Advocate for a public policy related to nutrition programs or health care.

Medical Nutrition Therapy – We will be able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of individuals with medical conditions

- Apply biological, biochemical and physiologic scientific principles to nutrition practice.
- Interpret of medical terminology and laboratory parameters relating to nutrition.
- Interpret scientific research, apply it to nutrition practices, and document interventions.

Food – We will be able to identify and apply food principles to food and nutrition system.

- Calculate and interpret nutrient composition of foods.
- Apply scientific research, including microbiology, food science and food safety to functions of ingredients in food and process controls
- Demonstrate basic food preparation, quantity food production, and food presentation skills
- Modify recipes and recipe proportions for individual, group dietary and volume production
- Summarize health promotion and disease prevention theories and guidelines and explain the role of food in promotion of a healthy lifestyle
- Analyze foodservice operations using the foodservice systems approach

Management – Students will be able to apply management principles to evaluate human, physical and fiscal resources in organizations

- Apply principles and theories of management to the administration of human, physical and financial resource in food and nutrition services
- Apply management concepts to personnel selection, training, evaluation. Organizational behavior, governmental influences, labor management relations, marketing and budgeting through case studies and the development of a business plan.

Professional Issues – We will be able to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and dietetics fields.

- Develop a position on a public policy affecting nutrition and food issues and/or programs
- Utilize outcomes based research and statistics to interpret a nutrition issue.
- Explain health care policy and systems as related to food and nutrition health.
- Describe issues related to third party reimbursement for nutrition care.

These are the lesson we learn from this project :

Lesson 1: Ruthless Reyna

- learn how to build a healthy plate.
- learn the benefits of home cooked vs. processed or prepared foods.

## Lesson 2: No Breakfast No Bueno

- Understand that breakfast is an important daily habit.
- Understand that a balanced breakfast includes foods from at least three different food groups.
- Identify lean protein breakfast foods.
- learn how to distinguish whole grain foods from refined grains.

## Lesson 3: Cafeteria Takeover

- learn the importance of eating a balanced lunch meal containing fresh whole foods.
- learn to choose lunch meals over a la carte snack items.
- learn to become an agent of change in their school community.
- learn about the need to balance cost with nutritional quality of school lunch meals.
- We will be open to trying new foods served in the school cafeteria.

## Lesson 4: Pump You Up

- We learn to choose water, low-fat milk, and 100% fruit juice instead of soda and other sugar-sweetened beverages including fruit drinks and punch.
- Understand that drinks made with fresh ingredients like whole fruit (fresh, frozen or canned packed with water or fruit juice) are healthy alternatives to processed drinks with added sugar.
- learn appropriate snack choices, specifically how to make a partner snack by combining foods from two different food groups to maximize nutrition.

## Lesson 5: Shop It Smart

- learn that fresh food options are located on the perimeter of the grocery store, whereas aisles are filled with processed foods of lower nutritional quality.
- learn that grocery stores are exploitative and that products are placed intentionally to influence purchase and sale of items.

## Lesson 6: Fast Food Addict

- learn that fruit is a sweet alternative to candy.
- learn that fresh foods have very little sodium but that processed foods contain huge amounts and vary widely.
- learn to read food labels to identify sodium content and compare products to choose the lower sodium option, striving to choose those that are <200 mg/serving.
- We understand that fast food is addicting because of its trifecta of fat, salt and sugar.

- learn that meals served at fast food restaurants do not meet the guidelines for a healthy or a balanced plate because they are missing important food groups and their portion sizes are too big.
- Understand that home-cooked meals offer nutritional advantages over fast food meals.
- learn about different types of fat and foods containing them.

**“ COVID-19 puts diets at risk through disrupted health and nutrition services, job and income losses, disruptions in local food supply chains, and as a direct result of infections among poor and vulnerable people. “**

We find that due to this we have to learn more about food nutrition.

1. Secure food at affordable prices for poor communities.
2. Ensure better nutrition
3. Realign public spending for better health and nutrition.
  - Good nutrition is very important before during and after an infection. Infections take a toll

Body especially when these cause fever, the body needs extra energy and nutrients. Therefore, Maintaining a healthy diet is very important during the COVID-19 pandemic. While no foods or Dietary supplements can prevent COVID-19 infection, maintaining a healthy diet is an important part Of supporting a strong immune system.

- Continue to practice good food hygiene. Because of COVID-19 pandemic, you might be More concerned about food safety; however, COVID-19 is a respiratory virus and is not a Food-borne disease. There is no evidence that the disease can be spread through contact With the food purchased. However, it’s always good to remember how we can support Food safety by practicing the five keys to food safety: (1) keep clean; (2) separate raw and Cooked; (3) cook thoroughly; (4) keep food at safe temperatures; and (5) use safe water And raw materials.

- Because many people are at home with their children, this time together can be used to Children on the road to lifelong habits that support a healthy diet. Fun activities to download for At home to learn about healthy diets and nutrition can be found in the Nutrition Challenge Badge.

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### **DATA ANALYSIS :**

India's food problem normally takes two aspects i.e. shortfall in internal production and high prices of food grains. These two aspects are, in fact, inter-related.it is the internal shortage of production, combined with the increased demand for food, which leads to rise in prices of food grains.

Food waste is a globally critical issue and requires collective responsibility to be appropriately addressed. The well known charities include NGO and others.

Due to covid situations many number of families are facing many problems in terms of medical and food facilities .The income source is vanished so the consequences arises in number of ways

We made our part to help these people by food donation program with the help of NGO. We participated in the program for averagely 3 hours per day and around 1 week. We managed to give out 100 food kits containing some food products like dal, oil , rice ,chilli powder etc.

Total time participated in the program is 30 hours.

We distributed the food kits in different region for everyday so to make the chain as big as possible.

The food items are selected based on the daily menu of these people so to avoid some food problems. So the wastage of food is less.

We selected different zones according to the number of people suffering from food crisis. We made groups to distribute so that the efficiency of our distribution to be good.

The food donations are different in terms of their quantity and frequency. Hence, a comprehensive way is made so make the donations in an efficient mechanism.

You have  
two hands.  
*One to help yourself,  
the second  
to help others.*  
QUOTEDAILY.NET

## **Chapter 4:**

### **CONCLUSION:**

By the end of this work we got know about many things which will help to lead a good and well being person in the society and I learnt many social values which are mandatory for a person to leave in a good manner. Even though this people will not survive on what we had donated forever but they had the satisfaction of the work done by us and these type of services may give them a hope to lead a good life.and after completion of our service we thought to do this again we are not going to stop these things right away but we will expand this and we will try our level best to do same things in all the areas where people even struggling for their basic needs.and ewe got to know yearly donation for the poor is decreasing year by year so we have that responsibility to take care upon every person who even not sufficient money. In conclusion, Singer states that it is our duty to help the poor to the utmost extent possible, even if that involves almost reducing yourself to the status of the poor that you are attempting to help.

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