

Migrant worker collapses and dies after walking from Bengaluru to his home in Andhra

He died, reportedly of exhaustion, as he walked around 100 km from Bengaluru to reach home earlier this week.



CORONAVIRUS

DEATH | FRIDAY, MAY 01, 2020 - 09:58

TNM Staff

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The last rites of a migrant worker were performed on the outskirts of his native village in Andhra Pradesh's Chittoor district after he died, reportedly of exhaustion, as he walked around 100 km from Bengaluru to reach home earlier this week.

26-year-old Hari Prasad was a native of Mittapalle village in Ramasamudram mandal and had migrated to Bengaluru to do odd jobs. With the lockdown announced and no means of livelihood available, he began walking to his native village and reached on Monday.

However, within a day he fell sick and collapsed after which he was rushed to a local hospital where he passed away on Tuesday. The incident came to light on Thursday as locals in the village did not allow his family to bring back the body over fears of the coronavirus.

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Following this, locals allowed the family to conduct Hari Prasad's last rites on the outskirts of the villa

[COVID TRACKER](#)

The Ministry of Home Affairs on Wednesday issued a fresh set of guidelines to let migrant workers, students, tourists and pilgrims stranded in different parts of the country to get back home.

The inter-state movement of these stranded people will be facilitated by the state governments by road only, the order stated. Anyone willing to be transported back home will have to be medically screened at the source as well as destination and will be kept in a home or institutional quarantine on arrival, the home ministry guidelines said.

Andhra Pradesh has reported 1,403 COVID-19 cases so far, with 71 new cases reported on Thursday. The death toll remains at 31, with no further casualties reported over the last few days in the state.

With 321 persons cured and discharged from various hospitals till date, the number of active cases in the state is 1,051. Vizianagaram district remains the only district in the state to remain untouched by the virus.

Read:

['Just want to go home': Migrants hope states will take them back after Centre's nod](#)

[Meet Aadesh whose Telugu song on plight of migrant workers during lockdown is viral](#)

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How to beat work-from-home burnout: Take a break with these video playlists

With stress levels rising, your Netflix binge-breaks aren't going to be enough. These awesome video playlists might just be what you need.



TUESDAY, MAY 26, 2020 - 18:14

Work-from-home burnout is a very real problem. The work hours aren't clearly defined, neither are the breaks. On top of that, a lot of us are cooking and doing other chores ourselves. With stress levels rising, your Netflix binge-breaks aren't going to be enough. So, here's how you can build a playlist that relaxes and revitalises you, and keeps you productive from morning to night, between breaks and during free-time.

According to Opensignal, a global authority on mobile network analysis, [Airtel](#) offers the best video experience and download speed experience in India.

Though keep in mind, poor data service during these breaks will make it more stressful than calming. So make sure you have a network connection that allows for quality streaming and downloads. According to Opensignal, a global authority on mobile network analysis, [Airtel](#) offers the best video experience and download speed experience in India.

Check out these 4 playlists, they might just be what you need today!

1

MORNING POWER-BOOSTERS

You wake up with only an hour to go before your first work call of the day, and you're groggy. How do you inject some energy into your morning?

OIL THOSE JOINTS

POCKET YOGA
Practice yoga at your own pace, with guided sessions.

10 to 20 minutes



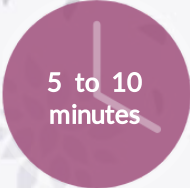
COVID TRACKER



KINETIC LIVING
Nike trainer Urmi teaches everything, from pushups to pilates.



HIIT FITIFY
High-intensity workouts that you can customise.



BETWEEN-WORK ENTERTAINERS

You log out of one Zoom call and your calendar pings - you have 10 minutes before the next one. How can you turn a quick break into a super-fast relaxation session?



ALL IT TAKES IS 10 MINDFUL MINUTES
A TED Talk on how to do nothing for 10 whole minutes.



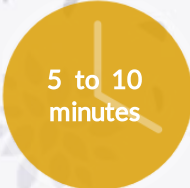
EXTREME RELAXATION ASMR SOAP GRANNY
Tranquil visuals of colourful soaps being cut into tiny pieces.



DANISH SAIT'S COMEDY SKETCHES
Hilarious parody videos on life during lockdown.



YOUR FOOD LAB
Snacky food videos on delicious desi recipes.



LUNCH-TIME STRESSBUSTERS

You have a little less than an hour for lunch before you have to jump back into work. What can you do to cure that afternoon drowsiness while you eat?

FILMS

COVID TRACKER



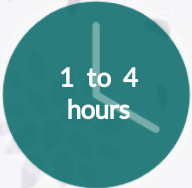
F.R.I.E.N.D.S.
Pick any episode for a comforting re-run.



SALT FAT ACID HEAT
Lessons on cooking and eating with passion.



MODERN LOVE
Practice yoga at your own pace, with guided sessions.

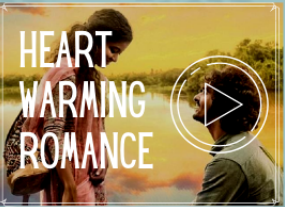


DOWN-TIME UNWINDERS

You've wrapped up for the day or the week, but you can't seem to relax. How do you force your brain to take a chill pill?



TIDYING UP WITH MARIE KONDO
Best show to watch along with your weekend cleaning.



KUMBALANGI NIGHTS
A love story set in a world of class-struggle and sexism.



FAMILY MAN
A middle-class man who is a world-class spy.



EXTRACTION
A straightforward story loaded with gripping fight scenes.

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