

**SUKHNA**

**AWWA ACTIVITIES**

**PERIOD FROM APR TO NOV 2020**

## Women Empowerments.



## ADVISORIES ISSUED FOR FAMILIES



## ONLINE INTERACTIVE SESSIONS



**PROVISION OF ESSENTIAL COMMODITIES TO FAMILIES DURING LOCKDOWN**



**INTERACTION WITH JCO'S FAMILIES BY CHAIRPERSON FWO**



**ONLINE FACE MASK AND GLOVES STITCHING CLASSES**



**HAND MADE SANITIZER CLASSES**





**ONLINE COOKING CLASSES**



**ONLINE FACE MASK MAKING CLASSES**



**ONLINE IMMUNITY BOOSTING TIPS**



**WELL BEING OF MOTHER OF NEW BORN BABIES**



ASTC/VTC.

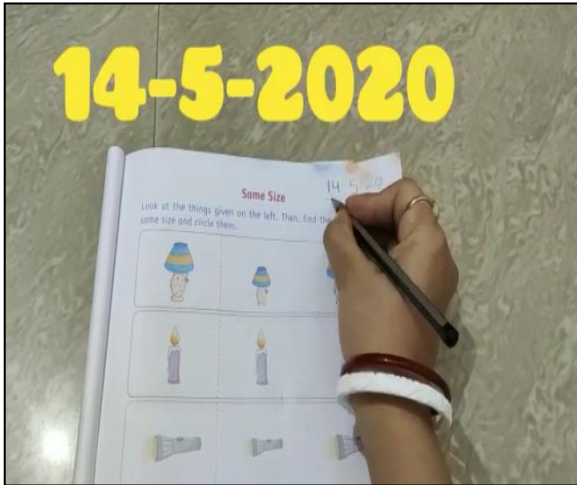


ONLINE BEST OUT OF WASTE CLASSES



ONLINE COOKING CLASSES BY

APS/APPS.



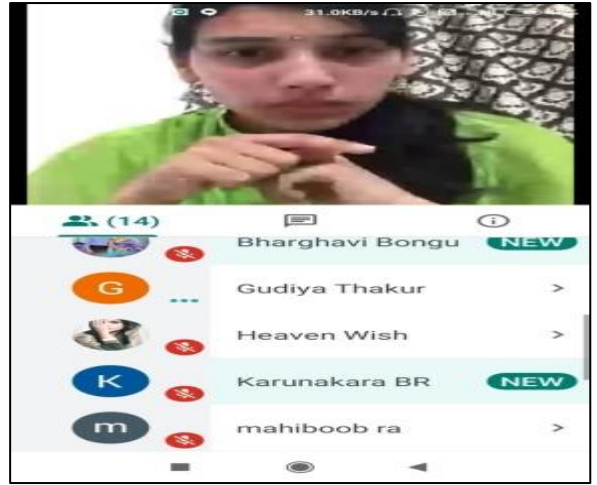
ONLINE ACTIVITIES BY STUDENTS OF TAPPS



ONLINE ACTIVITIES BY STUDENTS OF TAPPS



**Workshops/Lectures.**



**ONLINE LECTURE ON COVID-19**

**Celebrations.**

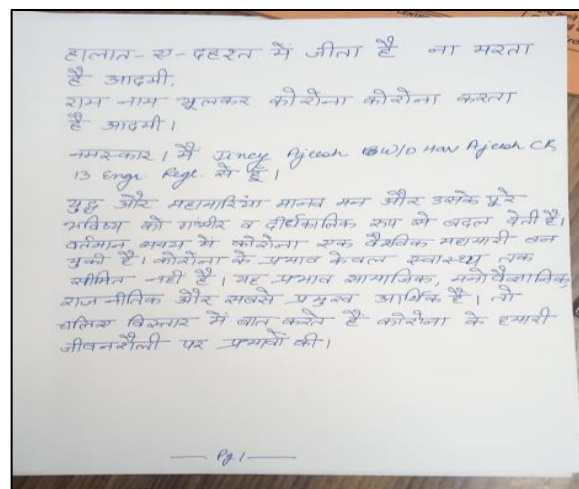


**MOTHER'S DAY CELEBRATION BY TAPPS**



**CELEBRATION OF INTERNATIONAL YOGA DAY AT HOME**

**Online Competition During AWWA Day Celebration.**



**BEST OUT OF WASTE COMPETITION FOR LADIES**

**WRITE-UP OF DECLAMATION COMPETITION FOR LADIES**





**FIRELESS COOKING**  
**COMPETITION FOR CHILDREN 1<sup>st</sup>**  
**to 4<sup>th</sup> STANDARD**



**FIRELESS COOKING**  
**COMPETITION FOR CHILDREN 5<sup>th</sup>**  
**to 8<sup>th</sup> STANDARD**

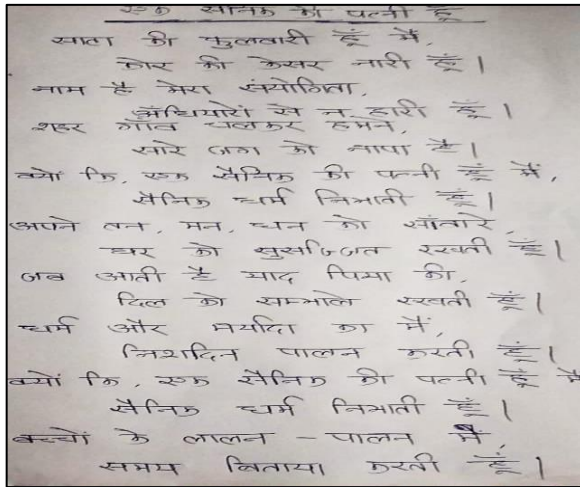


**FIRELESS COOKING**  
**COMPETITION FOR CHILDREN**  
**9<sup>th</sup> to 12<sup>th</sup> STANDARD**



**HANDMADE ITEMS COMPETITION**  
**FOR LADIES**





**POEM WRITING & RECITATION  
COMPETITION**



**BEST OUT OF WASTE ITEMS  
COMPETITION**

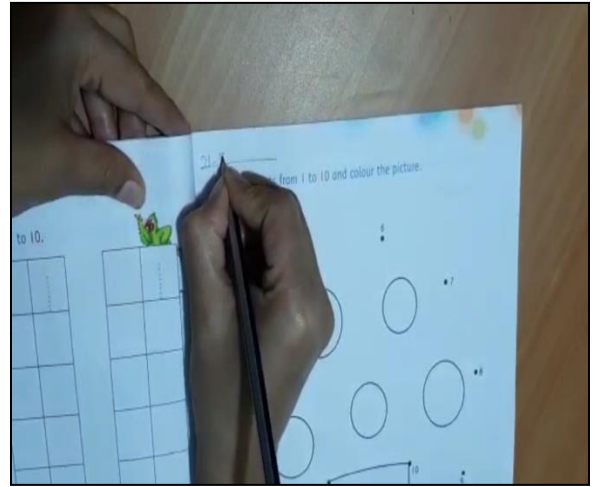
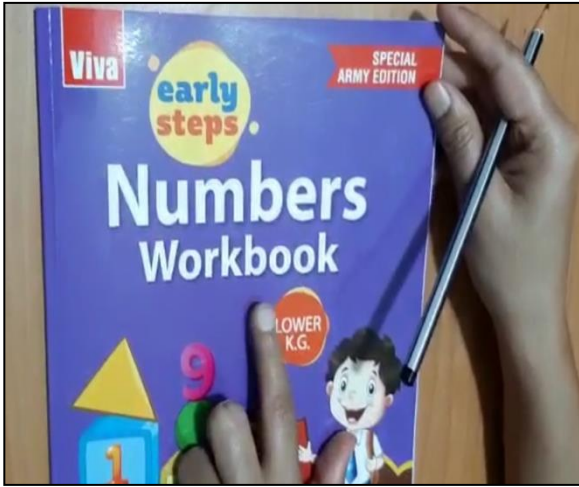


**VASE DECORATION USING HEENA  
PRODUCTS**



**DECORATIVE ITEMS COMPETITION**

**Any Other Events.**



**DISTRIBUTION OF SCHOOL TEXT BOOKS TO CHILDREN**

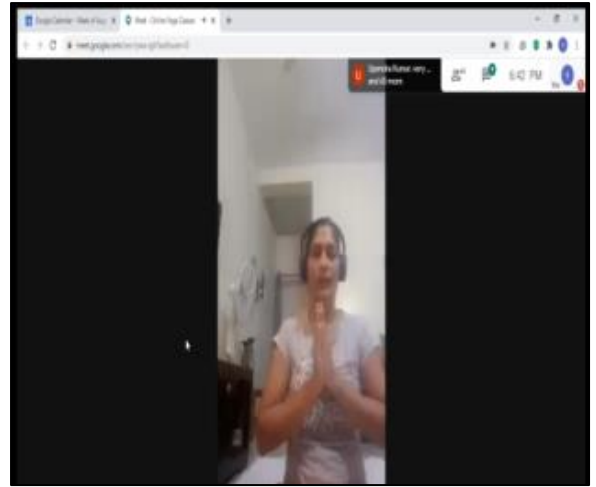
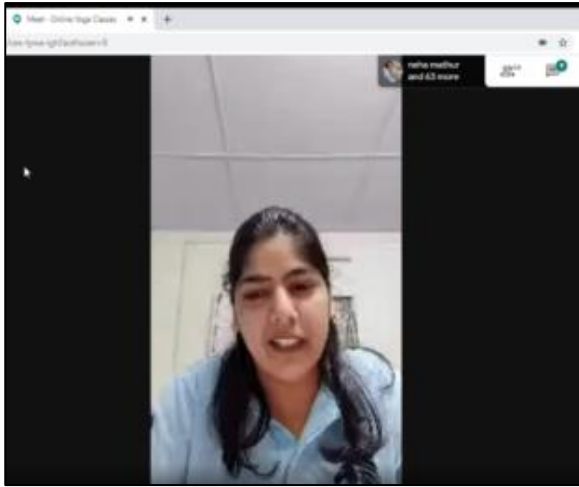


**ONLINE CRAFT ACTIVITIES OF CHILDREN CONDUCTED**

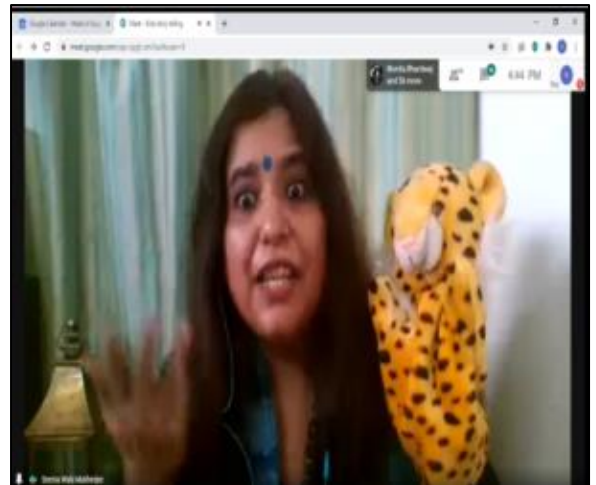


**ONLINE YOGA CLASSES**





**ONLINE YOGA CLASSES**



**ONLINE LECTURE ON MINDING OUR MINDS**

**Celebration.**

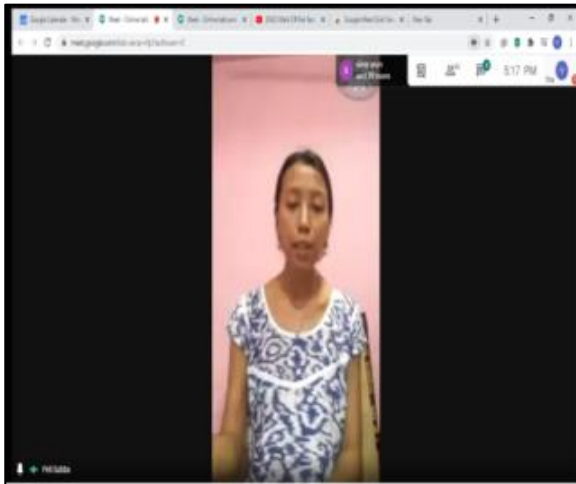
**AWWA Day Celebration.**



**ONLINE STORY TELLING  
COMPETITION : LADIES**



**ONLINE STORY TELLING  
COMPETITION : CHILDREN**



**ONLINE TALK AND CONDUCT OF  
HEALTHY LIVING THERAPY,  
BREATHING EXERCISES, AND  
LAUGHTER THERAPY FOR BLACK  
CAT LITTLE CHAMPS**



**MIRACLE WALK EXERCISE AT  
HOME**



**ONLINE COOKING COMPETITION**



**ONLINE HAIR-DO COMPETITION**



**HEALTHY BABY AND HAPPY BABY COMPETITION**





**SHARING OF MOST INNOVATIVE  
THING THAT HAPPENED TO ME  
OR MY FAMILY DURING  
LOCKDOWN**

**BLACK CAT GOT TALENT  
: CHILDREN CATEGORY**



**BLACK CAT GOT TALENT : MOTHER CATEGORY**

**Workshops/Lecture.**



**LECTURE ON COVID – 19**

(a) **AWWA Day Celebration.**



**FELICITATION OF VEER NARIS**

**Any Other Events.**



**GROCERY ITEMS PROVIDED TO  
LEAVE RETURNEE FAMILIES**



**MOBILE GROCERY AND CSD**



**PRESENTATION OF GIFT TO NEW BORN BABBIES**





## AWAIRNESS OF COVID-19 THROUGH MOBILE PA SYSTEM

**ADVISORY ON CORONA VIRUS (COVID-19)  
SOCIAL DISTANCING**

1. MEETINGS/ CONFERENCES KE LIYE VIDEO CONFERENCES KA PRAYOG KAREIN.
2. CHILDREN KE EDUCATION KE LIYE ONLINE EDUCATION USE KAREIN.
3. EK METER KA PHYSICAL DISTANCE MAINTAIN RAKHEIN.
4. SOCIAL & CULTURAL GATHERINGS – FESTIVALS, MARRIAGE, PARTIES, SPORTS EVENTS, ETC POSTPONE KAREIN.
5. NO OVERCROWDING – BHEEDWALI JAGAH AVOID KARNA.
6. NON-ESSENTIAL TRAVELS/TOURS – POSTPONE KAREIN.
7. ONLINE ORDERS KO LENE SE PEHLE ITEMS & SURFACES KO DISINFECT KAREIN.
8. HOSPITALS, SHOPPING COMPLEX, CSD, MARKETS, FOREIGN COUNTRIES MEIN FAMILY/ FRIENDS/ CHILDREN VISITS RESTRICT KAREIN.
9. CADRES, TRG ACTIVITIES, PROFESSIONAL & SPORTS COMPETITIONS POSTPONE KAREIN.
10. PT. ROLL CALL, SAINIK SAMMELAN, MESS FUNCTION, WELFARE ACTIVITIES FURTHER ORDERS TAK CEASE KAREIN.
11. FOREIGN NATIONALS SE PHYSICAL CONTACT NA KAREIN.
12. KISE SE HATH NA MILAYE, GALEY NA LAGE, CHUMBAN NA KAREIN.
13. PERSONAL HYGIENE MAINTAIN RAKHEIN.
14. SOAP SE 20 SECONDS TAK HANDWASH KAREIN.
15. HANDWASH KE BINA APNI EYES, NOSE & MOUTH KO NA TOUCH KAREIN.
16. COUGH AUR FEVER MEIN APNA FACE & MOUTH COVER KAREIN AUR APNE GHAR MEIN HI RAHEIN.
17. RAW/ UNDERCOOKED/ FROZEN MEAT KA SEWAN NA KAREIN.
18. JARURAT PADNE PAR FACE MASK KA PRAYOG KAREIN.
19. LEAVE/ TD SE WAPAS AANE PAR MEDICAL SCREENING KARWAYE AUR PALTAN KE ISOLATION WARD MEIN 14 DIN RAHEIN.
20. PROBLEM MEIN – NEAREST MI ROOM MEIN REPORT KAREIN.

**CORONA VIRUS**

1. Corona virus ek khatarnak aur sparsh se failne wala virus hai jiski pehchar Dec 2019 mein China ke Wuhan shehar mein hui. Yeh virus lungs (feidon) ko infect karta jisse saans lene mein dikkat hoti hai. Yeh ek vyakti se dusre vyaktiyon mein failta hai.
2. **Lakshan (Symptoms)**
  - (a) Bukhar.
  - (b) Saanson ki Taklif.
  - (c) Khaansi.
  - (d) Naak ka Behna.
  - (e) Chhati Ka Jaam Hona.
  - (f) Sar Dard.
  - (g) Kidney fail hona.
  - (h) Pneumonia.
  - (i) Bechaini Badhana.
3. **Failne ka Zariya**
  - (a) Khansne aur chhikne se, hawa ke dwara.
  - (b) Ek dusre se hath milane ya chhoone se.
  - (c) Kis infected vastu ko chhoona aur fir bina hath dhoye muh, hath aur naak chhoona.
4. **Bachne ke upay**
  - (a) Sabun aur paani se hath dhona.
  - (b) Khaansne aur chhikne ke wakt muh dhakna.
  - (c) Zukham ya Flu Grast vyakti se doori rakhna.
  - (d) Frozen meat na khana.
  - (e) Virus ke lakshan wale patients ko 14 din tak alag rakhna.

## POSTERS & BANNERS PLACED AT VARIOUS RWA's

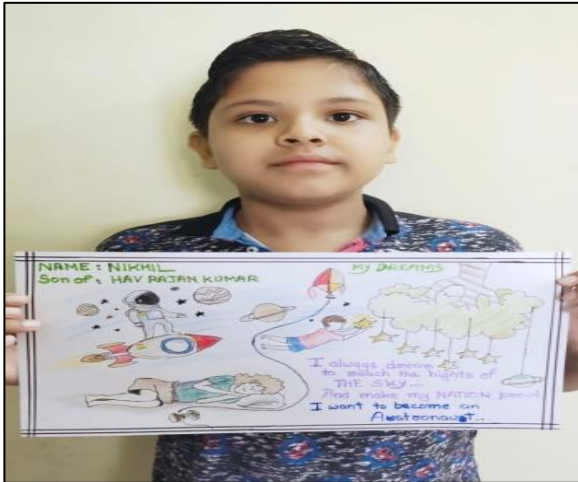


**SANITISATION OF COMMON AREA**

**Online Family Welfare Meet**



**ONLINE BEST OUT OF WASTE COMPETITION**



**DREAMS AND IMPORTANCE OF HOBBIES IN LIFE OF STUDENTS COMPETITION FOR CHILDREN**

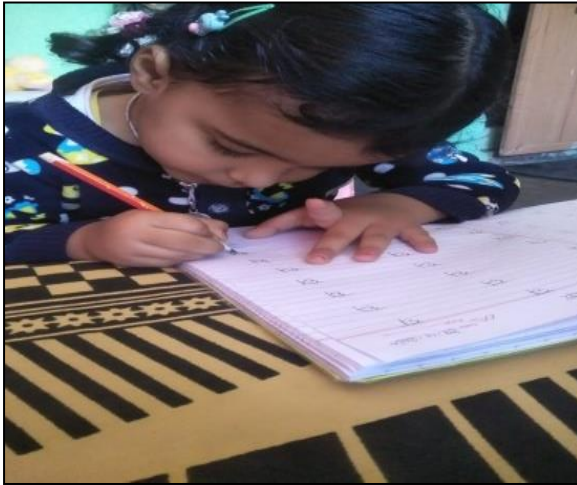
(c) **Awareness Video on COVID-19.**



**AWARENESS VIDEO ON COVID-19**



**APS/APPS.**



**SELF STUDY DURING LOCKDOWN**



**ONLINE LECTURE BY PRINCIPAL, APS DARJEELING**

**Patients Welfare.**



**SPECIAL MED CHECKUP**

**Workshop/Lecture.**



**COUNSELLING BY BLOCK DIDI**

**Celebrations.**

**AWWA Day Celebration.**



**VIDEO LECTURE BY DIRECTOR FWO**

**Any Other Events.**



**STITCHING OF HOMEMADE FACEMASK BY FAMILIES AT KALIMPONG MIL STN**





**PROVISION OF FRESH RATION AND GROCERY FOR MD ACCNS**

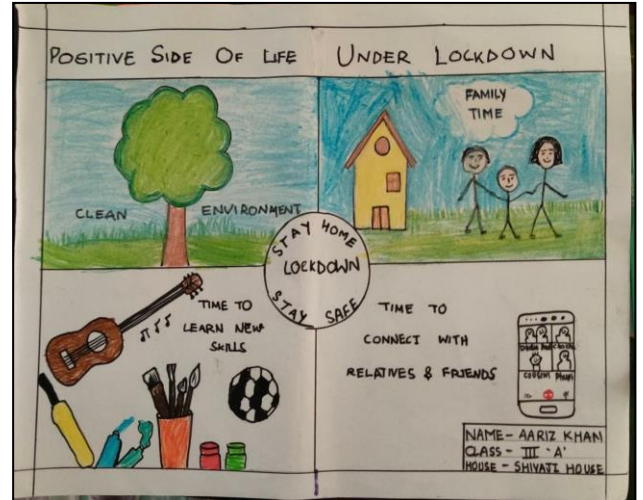
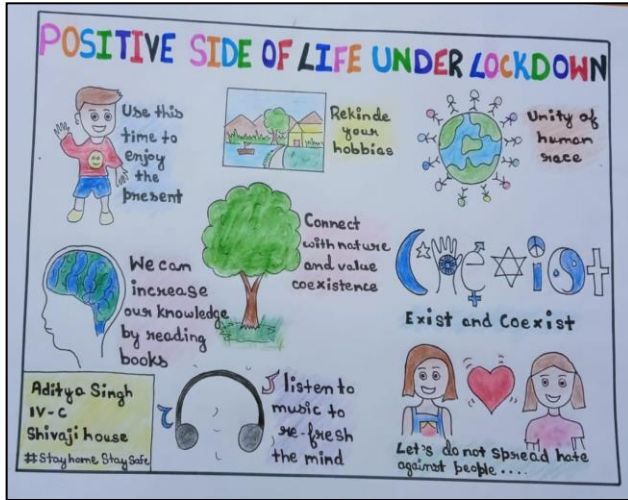


**CONTRIBUTION BY THE FAMILIES OF SEVOKE ROAD MIL STN**



**PREPARING AND DISTR OF MASKS BY THE  
FAMILIES OF BAGRAKOTE MIL STN**

APS/APPS.



**VARIOUS ACTIVITIES AT APS BENG DUBI**



Fun Task by Children.



PLANTATION



SET RIGHT YOUR BED



HELP YOUR MOTHER



MAKE A LEMONADE

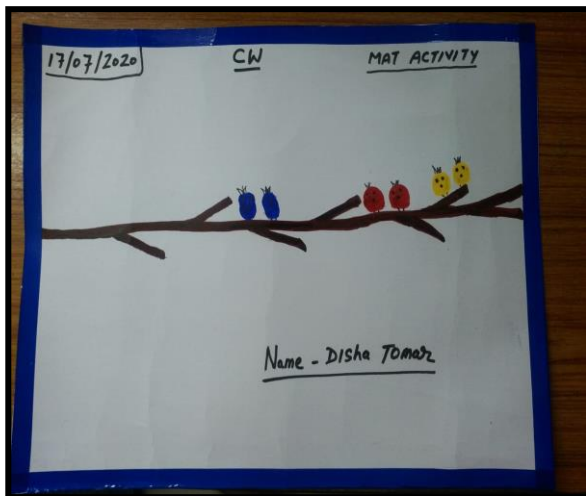


**ARRANGE YOUR TOYS**



**FEED A STRAY ANIMAL**

(d) **Competition for Children.**



**MAT MAKING**



**TEAR AND PASTE IN FLAG**





**VEGETABLE PRINTING**



**STONE PRINTING**



**PALM PRINTING**



**CLAY STROKES**





**MASK MAKING COMPETITION**  
**FOR CHILDREN OF APPS**  
**BENG DUBI**



**RAKHI MAKING COMPETITION**  
**FOR CHILDREN OF APPS**  
**BENG DUBI**

(f) **Celebrations by Children.**



**MOTHERS DAY**



**FATHERS DAY**



**INTERNATIONAL YOGA DAY**



**WORLD ENVIRONMENT DAY**

**Celebration.**

**AWWA Day Celebration at Bengdubi Military Station.**

**In Ladies Cat.**



**BEST OUT OF WASTE COMPETITION**





**RANGOLI COMPETITION**



**WINNER OF BEST CHEF COMPETITION**

**In Children Category.**



**WINNER OF SPEECH COMPETITION**



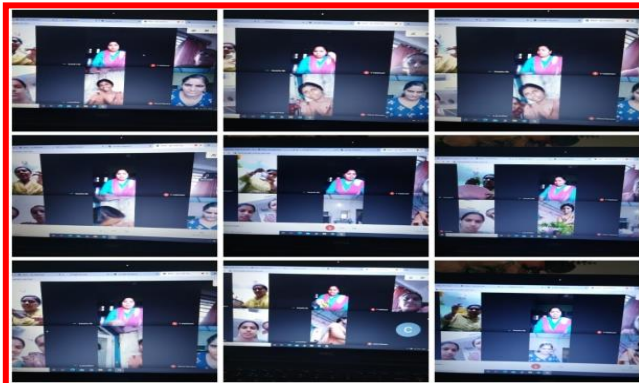
**WINNER OF FIRELESS COOKING COMPETITION**



## ONLINE INTERACTION WITH FAMILIES



## ONLINE COURSE ON MAKING OF HAND SANITISER





**VISIT OF REGIONAL PRESIDENT AWWA TO VTC ON 20 NOV 2020**

