



Ministry of Home Affairs
Government of India



Empowered lives.
Resilient nations.

COVID-19 INITIATIVE MUNICIPAL CORPORATION SHIMLA

In Collaboration with
USAID- Government of India-United Nations Development Programme (UNDP)

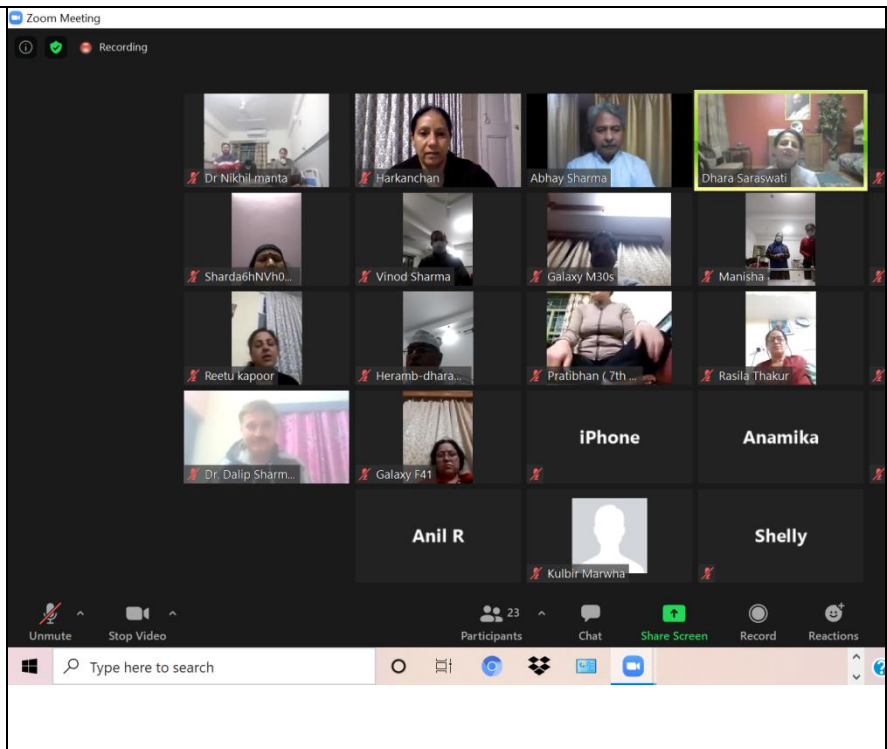
Under the Project
“Developing Resilient Cities through Risk Reduction to Disaster and Climate Change”

Various activities undertaken:

S. No.	Activities	Details of Activities
1.	COVID -19 Awareness through FM jingles	<ul style="list-style-type: none">• Jingles were prepared by BIG FM Reliance Broadcast Network Limited on public awareness regards to precautions against COVID-19 by wearing masks, sanitization, maintaining distance and against stigma associated with not coming in touch with people who become positive.• In this regards two different jingles were prepared and both were aired for a month with 12 slots (6 slot each for both the jingles per day)
2.	Knowledge Management of slums	<p>Activities related to washing hands, wearing of gloves & masks, etiquette of Hygiene, social distancing, etc. was under taken for awareness in four Slum areas of the city namely Krishna Nagar, Ruldu Bhatta (Idgah area), Phagali (Near leprosy hostel) and Totu (Bangna Colony).</p> <p>Awareness campaign was undertaken in collaboration by City Project Coordinator UNDP Dr. Harkanchan Singh with the health department of MC Shimla under the guidance of the Corporate Health Officer Dr. Chetan Chauhan and his team of sanitary inspectors and coordinators, who provided the details of Hygiene, social distancing, mask, etc. Each ward was graced by the hon'ble Councillors of the respective wards. The people in the slums were provided with masks and soaps along with which the children in the</p>

		<p>slums were provided a knowledge management kit comprising of a note pad with the printing of does and don'ts on the it for Corona safety, pencil, ruler, rubber, sharpener, Hand towel. The females in the slums were also provided with sanitary pads for hygiene awareness and good health. A total of around 250 kits were disseminated among the four wards. The kit also had symbols of does and don'ts on the hand bag for awareness.</p>
3.	<p>Community resilience through Psychosocial care awareness campaign and stigma removal</p>	<ul style="list-style-type: none"> • A three-day Webinar from 15th October to 17th October 2020 was conducted by National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangalore on the Topic of Psychosocial Care in respect of COVID 19 Unlock and Stigma Removal of the community regards to spread of Corona Virus. • The session was inaugurated by the Commissioner MC Shimla Sh. Pankaj Rai (HAS), The occasion was also graced by Dr. K Sekar Professor & Head Centre for Psychosocial Support in Disaster Management (CPSSDM) NIMHANS, Sh. Ajit Bhardwaj (HAS), Additional Commissioner Shimla Municipal Corporation along with Dr. Jaya Kumar, Associate Professor CPSSDM, Dr Sanjeev Kumar. M, Assistant Professor CPSSDM, Mr. Lithin Zacharias, Research Scholar and State Project Coordinator NIMHANS- Himachal Pradesh and City Project Coordinator UNDP Dr. Harkanchan Singh. • Day one of the workshop was based on understanding Psychosocial Care through sharing of experiences & expectations of the participants; Spectrum of stakeholder's need in COVID-19 pandemic, Psychosocial care in COVID-19 pandemic and Addressing stigma in COVID-19 pandemic. These sessions were taken by Dr. Jaya Kumar and Mr. Lithin Zacharias • Second day of the workshop was more with the Family life during COVID-19. The various sessions were taken by Dr. Sanjeev Kumar. Dr Roopesh B N covering the topics Understanding the stress in family life during COVID-19 pandemic; Impact of stress on family functioning in COVID-19 pandemic; Assessment of family life issues in COVID-19 pandemic and • Third and last day was mainly focussed on the elderly during COVID-19 Pandemic. These sessions were undertaken by Dr. Ajay Goel and Dr Dinakaran Damodharan both as Assistant Professors at NIMHANS.

		<p>Sessions focussed on COVID-19 impact on elderly –care and services; Psychiatric intervention in elderly in COVID-19 pandemic</p> <ul style="list-style-type: none"> • The E-certificate workshop of 3-days was attended by around 70 people from various stakeholder departments. From within the city participation was seen from the elected ward members, medical, paramilitary, education, NGO’s Women Help groups, etc. and disaster management department of the Shimla district. Participants were also from other parts of the state of Himachal Pradesh as well as the country like Delhi, Sikkim, Rajasthan, Madhya Pradesh, Andhra Pradesh, etc. A few participants were from abroad as well. • The valedictory session was done by Dr. K Sekar Professor & Head Centre for Psychosocial Support in Disaster Management (CPSSDM) NIMHANS with a vote of thanks on behalf of MC Shimla by Dr. Harkanchan Singh, City Project Coordinator UNDP.
4.	Yoga for inmates of Institutional Quarantines	<ul style="list-style-type: none"> • Online four days yoga session was undertaken from 9th November to 12th November 2020 from 7:00 PM to 8:00 pm for the inmates of Institutional Quarantine centers across the city and Shimla district under the COVID -19 Initiative of UNDP project at MC Shimla. The yoga sessions were conducted by the teachers of Art of Living Shimla section - Ms. Dhara Saraswati and Sh. Abhay Sharma and facilitated by Dr. Harkanchan Singh, City Project Coordinator UNDP • There were participants from home quarantine as well • One -hour Session included yoga along with kriyas with stress on breathing exercises. • At the end of the session feedback was taken by Art Of living which highlighted the positive effects by the participants on the conduction of 4 -day yoga sessions.

		
5.	<p>WASH initiative in wards for capacity building of COVID 19 for Elderly and Physically challenged persons</p>	<ul style="list-style-type: none"> • Awareness campaign was undertaken from 9th November to 12th November 2020 in 12 wards of the city on COVID-19 and Wash Activities. Special emphasis during the campaign was on the wellbeing and care of the elderly and physically handicapped people. Wards which had reported more cases were selected for the campaign. This four- day campaign across Shimla city was undertaken by UNDP-MC Shimla in collaboration with Himachal Pradesh State Red Cross Society and HelpAge India Shimla. A team of four personnel's included Sh. Arvind Kumar and Sh. Virender Singh from HP State Red Cross and Sh. Anand and Ms. Shabnam from HelpAge India along with UNDP City Project Coordinator Dr. Harkanchan Singh • The 12 wards visited were- Pateog, PanthaGhatti and Maijiath on 9th November 2020; Kaithu, Annadale and Boileauganj on 10th November 2020, Benmore, New Shimla and Vikas Nagar on 11th November 2020, and last day on 12th November 2020 the team visited wards Mahobra, Sanjauli and Bhattakufar. The campaign was successfully conducted due to support of the hon'ble councillors, who not only took part in the awareness campaign but also helped in organizing these sessions within their respective wards. A few also shared their own COVID-19 experience after having been tested positively with the community. • The community was practically provided knowledge of WASH and elderly care by Ms. Shabnam, staff nurse of HelpAge India, She also provided a diet chart that could

		<p>be followed for the elderly during COVID -19 pandemic. She physically demonstrated a few back exercises that can be done by family members or helpers of the elderly or bed ridden persons to activate their nerves.</p> <ul style="list-style-type: none"> • A good feed back was received by the community on a campaign which focused on the elderly and the disabled.
6.	Awareness regards to Domestic Bio Medical / Hazard Waste Management	<ul style="list-style-type: none"> • IEC material for awareness among the community for proper disposal of the Domestic and Bio-medical waste was printed under the banner of USAID-GoI-UNDP banner in collaboration of MC Shimla for the citizens of the city. • The three- fold IEC pamphlet includes the details on segregation of wet and dry garbage from both domestic and commercial buildings, along with proper disposal of bio medical waste like masks, gloves etc. It contains the control room number 1916 of MC Shimla along with the What's App complaint no. 7876578935 displayed for the public. It also has the mobile numbers of the Sanitary Inspector of the respective 34 wards of Shimla city for public information and requirement in case of emergencies. These pamphlets have been distributed by the garbage collector within their respective wards among the houses, shops, hotels, schools, etc. • Hoardings were prepared and installed at various public places within Shimla city with regards to awareness of Proper hand wash, mask wearing, social distancing and hygiene.

7. Finally, there has been Formation of a Documentary on:

COVID-19 awareness initiative done under the UNDP Project within Shimla city