

# CHHAYAnke

SWASTHYA SUSHIKSHIT SURAKSHIT CHHAYA

## CHHAYAnke's fight against Corona

A month ago, CHHAYAnke awarded women on International Women's Day, for their noble and selfless service. One of the awardees, Mrs. Dipti Saika, a very hard working beautician by profession and a mother of 3 kids, lost her battle with Corona on 20th April, 2021, just in a matter of 4-5 days, shifting from one hospital to another. We are deeply saddened by the loss of a dear one. We thank all the residents of Aparna Sarovar Grande community who came together to raise some funds for her medical expenses which was directly transferred to the family phone number via Google Pay.



As the situation tightens under the grip of the second wave, we urge everyone to stay safe, in this long fight against the deadly virus. It is also the ideal time to step forward and do our bit for the society.

If you wish to contribute to Dipti Memorial Fund (a fund for medical assistance to the underprivileged), please send your contributions with the following bank account with comments/note stating (DMF).

[CHHAYAnke@yahoo.com](mailto:CHHAYAnke@yahoo.com) | [www.CHHAYAnke.org](http://www.CHHAYAnke.org)

CHHAYANKE CHARITABLE TRUST  
HDFC BANK  
A/c. No. 50200057984563  
IFSC CODE: HDFC0003788  
MICR CODE: 500011189

जो आत्मा मैं बस जाता है,  
वो भी क्या अग्नि से जल पाता है?  
जो स्मृतियों मैं शेष रह जाता है,  
क्या वो भी गंगा मैं बह पाता है?



CHHAYAnke (tapati dhoop, thodi si CHHAYA)  
Mission:- Swasthya, Sushikshit, Surakshit CHHAYA

Vision: All round development & empowerment program for a girl child.

CHHAYAnke is working for women, kids' safety, security & cybersecurity. We do empowerment through education, health care & law support. Focusing on PCSO Act 2012 & POSH Act 2013. We are organizing Free Workshops, awareness sessions, audio, video & podcast sessions on various issues related to kids & women, safety, security & their human right with professionals.

CHHAYAnke is working for environmental safety by plantations & becoming helping hands to the survivors of natural disasters.

# CHHAYAnke continues its efforts towards helping the underprivileged, even amidst the pandemic



Serving the needy has always been CHHAYAnke's mission. This month, Tapasvi foundation, an orphanage for underprivileged boys, had requested help for their monthly groceries and also exam fees for 2 kids. Mrs. Sujata Naidu, CHHAYAnke's Member visited Tapasvi foundation orphanage for donating 100kgs rice which was sponsored by her along with her friends, as the grocery of the month.

**Join hands with CHHAYAnke as we work towards humanity.**

The main aim of CHHAYAnke is all-round development, enrichment & care of underprivileged children, women and all genders (educational, medical, social, psychological, mental & physical well being of the individual) | Working towards equality of all genders & human rights | Focusing on kids (POCSO) & women's Safety & Security by guiding them on different important laws for women | Working towards empowering children with cyber security norms | Working To Save Mother Earth by plantation & using sustainable item | Natural Disaster Support & Recovery |

CHHAYANKE Provides "4 Honors Awards" in a year. To know about those awards, to participate & to know how to apply for these prestigious awards please write to:

[CHHAYAnke@yahoo.com](mailto:CHHAYAnke@yahoo.com) | [www.CHHAYAnke.org](http://www.CHHAYAnke.org)

For Google Pay & PAYTM: 8328089875

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# CHHAYAnke SWASTHYA SUSHIKSHITH SURAKSHITH CHHAYA



**1 Self-isolate.**  
Do not wait to get tested or receive results.

**2**



**Contact a doctor**  
for advice

## AS SOON AS YOU FEEL UNWELL

Stay calm. Remember that most people recover from COVID-19 and do not require hospitalization.



**3**

**Check your oxygen level** every 6 hours or more frequently if your breaths are too fast.

**Seek emergency care if** oxygen level on the oximeter shows less than 94%.



**5 Seek emergency medical care in any of these cases:**

- Shortness of breath
- Lips or face turn blue-ish
- Feeling of disorientation increases
- Persistent pain or pressure in the chest
- Slurred speech/ seizures
- Unable to wake up or stay awake

**4**



**Monitor your temperature** every 6 hours. Do it more frequently if you have a fever.

**Seek emergency care if** fever of more than 101°F (38°C) persists for 3 days.

unicef | for every child

As the situation in some of the states worsen due to Corona, hundreds of people are struggling to get even basic medicines for mild to moderate symptoms.

We are announcing the launch of CHHAYA Pandemic Relief Fund which will be used for medicinal support to underprivileged. Please share your generous contributions to this fund and help the nation battle against Corona. The fund will be used across India to cover the cost of home treatment kits including Paracetamol/Dolo 650, steam kits, Thermometers etc.

CHHAYAnke urges everyone to stay safe and take precautions for self and family... We encourage everyone to get timely vaccinations and help the nation recover from Corona. Lets help India battle Corona ...Jai Hind!

Online transfers can be made via UPI, BHIM, IMPS:

For Google Pay & PAYTM: 8328089875

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**1 Only have medicines a doctor prescribes.**

- ✗ Do not self-medicate. Home concoctions like garlic, camphor and carom seed (ajwain) bundles cannot improve oxygen levels.



**2**

**Take paracetamol (500mg) every 4 to 6 hours** if you have a high temperature, aches or pains.

- ✗ Do not have more than 4 doses maximum within a 24-hour period.

## HOW TO MANAGE MILDER COVID-19 AT HOME

Stay home and recover if that's what your doctor advises.



**3**

**Stay hydrated (drink water)** and eat nutritious meals even if you are unable to taste.

There is no food known to treat or cure COVID-19 but eating healthy will help your body recover.



**4**

**Do tepid sponging using tap water.**

- ✗ Do not use cold water.

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## CHHAYAnke's farewell to its core members...

CHHAYAnke, a vision of four strong and beautiful souls, has today strengthened the NGO to deepen its roots in social service across the nation. As 2 of the 4 core members, Garima Agarwal Goyal & Moushumi Saini leave Hyderabad, a farewell party was hosted by a Senior member and guide Mrs. Uttama Behera, reminiscing all the milestones CHHAYAnke has touched over these five years. A journey should rightly be measured by its magical moments and not by the length of its time.

CHHAYAnke wishes them best of luck in their future endeavours and also looks forward to collaborating once again, once they are settled in their new cities!

#tohappyendings #tonewbeginnings

