

Dear Friends Here I am giving you about our life in Covid19 with some updates. This will help you to understand our life here now.

In CHEER:

I am happy that I am here in CHEER, Siruseri (Nandhini's office) at this juncture. I remembered January 2019 where I was alone in Canada. No communication to people, could not go out, could not breath the fresh air and no green nature totally covered by snow. Only books were my friends and company at that time. I do not want people to experience likewise here. So I have set a lockdown time table here in CHEER.

Nandhini is also full time here in CHEER. She wanted at least once to go and visit her mother but we strictly asked her not go, for her flat in Adyar is quarantined and taken to the control of the police and the health department. Because of a person in the same flat in the ground floor is found positive with Covid19. He recently arrived from USA. It is not advisable for her to go now to Adyar, Chennai. Also similar cases are found in and around her flat as well as her mother's house in Adyar, Chennai. We are all together 10 members here in CHEER along with a professor's family. They just arrived at the time lockdown and could not get back to home.

Lockdown Time Table:

- Morning we start the day with Yoga practices and followed by a prayer and meditation in which we send a lot of positive vibrations to all of you and pray for the world peace. We specially remember every day the most affected countries like Italy, Spain, USA, France, England, Iran and Canada.



- After that we do a small morning Job which is usual here and then 8.30 to 9am is the breakfast.
- After the breakfast we work in the Garden for 1.30 hours and followed by refreshment.



- 11am to 1pm we sit for a group reading with a break in between. Mostly we read from the writings of Dr Ambedkar (His speeches and writings are published in 37 volumes in Tamil). Sometime I or Prof Mohan Raj take classes on various topics.



- Lunch break from 1 pm to 2.30.
- Meanwhile one of the staff Mr Arun (for Maintenance) alone goes out to buy vegetables and groceries, for only one in the given time alone can go for purchase.
- 2.30 pm There is a special cooking for animals and the distribution of it done every day (kindly read below topic **"Feeding the Animals"** and).



- 5pm to 6.30pm again 1.30 hours of work in the garden or other maintenance jobs then bath.



- 7pm a prayers session everyday and some general discussions on selected topics.
- 8.30 pm supper. Night we go to sleep by 10pm.
- During the day whenever it is free we also do some candle work, or sometimes indoor games or herbal soap making are done. The day is fully occupied with varieties of interesting and useful things. So the total shutdown has brought lot of problems in our day today life but we have planned in such a way this lockdown had not created any stress or depression in our life in CHEER.



St John's campus Neerpair:

This year the public exam was started on 3rd March 2020. But it had its disturbance due to Covid19 rumours. Besides that the exams for the 12th std got over by 23rd March. For 11th class the exams are scheduled from 6th to 26th of March but due to covid 19 still one exam could not be conducted. For 10th class it was scheduled from 27th to 13th of April but now the total exams are postponed because of Covid19. Already government announced on 15th of March to close all the kinder garden and primary schools, shopping Malls and cinema theatres.

Later when the central Government announced the national wide lockdown from 25th March to 14th April again our Tamil Nadu Government extended the lockdown until 15th April. After few days the state government announced the closing of the Schools fully for rest of the days of this academic year (2019-2020) until they announce. Except the Government Public Exams of class 10 all the exams for the other students have been cancelled and the promotion of the students up to class 9th is declared. St John's home was closed according to these announcements. First students up to class 9th were sent home from 15th March onwards. But the parents were informed and they came and picked the children accordingly. Later after 22nd all the students except class 12 were sent and on 24th the 12th class students were also sent.

Here we have to tell that all the students were healthy until they were in St John's Home. Nandhini periodically visited on these important days to school and arranged all necessary precautionary measures. She also enquired and arranged many other necessities to Fr David over the phone for the salary of the staff and for his own day today needs.

Covid 19 special activities:

Already from 3rd March onwards Nandhini has arranged a Bucket full of water mixed with Turmeric (Curcuma Longa) and Neem leaves (Azaridirachta Indica) at the entrance of the pathway to CHEER building. This is for all who come in, have to wash their hands and feet with this water. This water is kept freshly on every morning. She is very strict in this herbal cleaning to all who enters here.



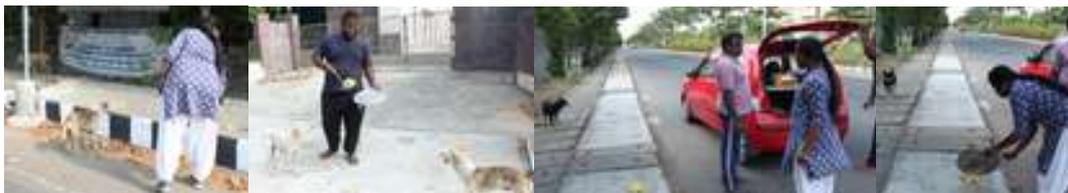
Corona drink:

This was my own invention. I arrived here on 16th March. The very day of my arrival in the morning I was asked to keep all my baggage out and asked to wash my feet and hand with the above said water. This has inspired me. What I asked to do will prevent the external infections of the virus. But this has given me a push to do something for the internal infections of the virus. I wanted to attribute something to this effort of Nandhini. I have been reading through various articles about this corona virus Covid 19. With the knowledge I collected I formulated a herbal drink powder which will prevent the internal infection write from throat to Lungs. Later now a Sidha doctor have announce the herbal medicine which is very similar to my formula. The herbs and powder process and the making of the drinks are one and the same except few more herbal ingredients. Not only me but also many are now following my drinks (more than few thousands of people) for I have published this as a preventive method in some of the whatsApps groups. For some case we made and distributed it for free of cost.



Feeding the Animals:

Due to the sudden shutdown many animals in the streets especially the dogs and cats were left abandon without food. There were big discussions about this in the medias, for the death of these animals by starvation may also cause plagues. All the more in Siruseri where the IT industrial park is near is fully closed. As Nandhini was going through that road once to buy medicine for her she found more than hundreds of dogs were without food roaming around there. She immediately moved with pity as usual. She came back and called her cousin Mr Prabhu (CEO, Fecilio) for some monetary help. He agreed and also provided his car. Now for the past 10 day we are also cooking food for the animals and distributing this to the street dogs.



Covid 19 relief to Pudhu Nagar:

Pudhu Nagar is a colony for the leprosy people near Neerpair were about 16 families are residing almost all the elders are leprosy affected. They lost their daily livelihood (mostly begging) the youngsters were also left without job for many of them work in private sectors without any labour concerns. We come to know that they were struggling for the daily food. So through a friend of mine some rice bags were arranged and Nandhini made the arrangements to reach those things to them along with little money for other day today needs.

Support to the Migrants:

Here in Siruseri there are about 70 migrants from the state of Odissa. They are all construction labourers who work mostly for daily wages. As they were stopped from the Job, by time the settle and get ready to go to their home places the shutdown was quickly executed. They could not catch any public transport to reach their homes which are about 1350 kmts away from here. After few days we come to know that they have also suffering with hunger. We managed to arrange some rice for them with a small amount of money. They as well as we are very happy that they are in safe and till date the same relief is done.

