

Be careful, Not Fearful
Arogya Kavach



आरोग्य कवच

Initiative for New Normal



VOCAL for LOCAL



**AATMA-NIRBHAR
BHARAT**



**ARUNA KISHOR
FOUNDATION**

Aruna Kishor Foundation

About AROGYA KAVACH

Health
hygiene kit,
awareness &
mental health
support
campaign

1 Mission

10 Features

100 Days

1000 Schools

100000 Children

AROGYA KAVACH is a campaign developed and implemented by Aruna Kishor Foundation – Vadodara to **fight against COVID-19 pandemic** when schools/educational institutions will re-open. Entire world and our nation have suffered a lot and passing through lots of socio-economic challenges due to the corona virus outbreak.

In our country still cases are increasing every day. Educational institutions were closed in 3rd week of March 2020 before the strict lockdown imposed on 24th March 2020.

Lockdown has prohibited **about 240 million students** from attending schools. Especially school going children have more to lose on part of overall development and academic learning as routine schooling and extracurricular activities have been suspended for about more than three months.

This pandemic situation has affected on mental health of many children, teachers and their families. The anxiety level among the students, parents, teachers and common people post the Covid19 Lockdown might remain high till a vaccine or treatment is found.

Now schools are in process to reopen and Government is also planning to go ahead to unlock the lockdown phase wise. **Educational institutions are more sensitive area as it deals with children specially kindergarten (Pre-primary) & primary schools.** Guidelines are in process to be prepared to run school safely. In our country we have two types of schools – Public schools (Government) and Private schools. Private schools will manage infrastructure disinfection through their own resources and the parents of those students are well equipped to provide such facilities to their children to be safe and protective. These students also get benefits of online classes hence attending regular school is not the priority for them.

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In Government schools, generally students are coming from economically poor and deprived community, specially in rural areas. They are dependent for health & other facilities on the government. Their financial condition is not permitting for online education at home hence attending school is a priority for them.

Once schools reopen, children will get excited to attend school for academics and join extracurricular activities. This will be probable for infection and due care is highly required to be taken to protect ourselves and our children.

To stay safe and protected, especially for children, many important things are required as **children are most vulnerable to COVID-19. So as it is our duty to safeguard our children in New Normal life.**

Considering this fact, A K Foundation has come up with a novel concept to protect children while attending schools, join extracurricular activities, commute together from home , eat together etc.

A K Foundation has designed a kit called “AROGYA KAVACH” (Arogya means Health & Kavach means Shield) which comes along with protective items as well as education and awareness for safe behavior & mental health.

In this campaign our motto is not only providing AROGYA KAVACH kit to protect the student but also ensuring health and wellness of students, including mental well-being by providing a guideline booklet to be safe as well as various awareness sessions with students, teachers and families.

Arogya Kavach KIT

- * Face mask – 1 No**
- * Hand Sanitizer – 100ml**
- * Hand Gloves – 1 set**
- * Handkerchief – 1 No**
- * Mobile Soap with case for hand wash – 1 No**
- * Arogya Kavach – A self-guide booklet**
- * Basic awareness session of safe behaviour and how to use kit**
- * Mental health session with children**
- * School Management Committee and Teachers' training**
- * Follow up sessions**

AROGYA KAVACH Mission

Dispel the myths of corona scare from young minds, Equip the children with necessary personal hygiene kit, imbibe correct knowledge & become aware, Follow cough etiquettes, hand hygiene & personal care, Spread a word of precaution through your share.

AROGYA KAVACH Kit

Face Mask



Designed precisely with the size that fits well to children. Our mask is made up of swadeshi fabric – supporting “Aatm Nirbhar Abhiyan”. As recommended, the mask **fabric should be minimum of 75GSM whereas our mask fabric is of 80+GSM**. The material is selected to give protection as well as complete comfort to children. Face masks are total skin friendly and washable / reusable and comfortable to wear for long period of time. All the masks are UV disinfected and Hygienically packed



Hand Sanitizer

Specially prepared after consulting a pediatrician (Doctor) for child friendly usage. The consistency and concentration are made in such a way that it is not a thin liquid or not a thick gel. So, it is very easy to use by children and gives maximums germ/ virus protection.



Hand Gloves

To remain safe while touching or get into direct contact with various things in day to day life. Wearing hand gloves are advisable to avoid direct contact of infectious surfaces for overall health and wellness. Specially selected material for ease and comfort which is also child friendly. The design is unique and made fit for the use by children. The set of gloves is skin friendly, washable or reusable. All the Gloves are UV disinfected and Hygienically packed



Handkerchief

Typically a hemmed square of thin cotton fabric which can be carried in the pocket or schoolbag, and which is intended for personal hygiene purposes such as wiping one's hands or face, or blowing one's nose and to cover face or nose during coughing. All units are UV disinfected and Hygienically packed.



Mobile Soap

As we all know that keeping hands clean is the utmost important and the best way to be safe and protected. We can use sanitizer for a quick and convenient solution. However when available, it is advisable to wash hands with soap. So a selected mobile soap with case which claims to provide a total germs protection, is also included in the kit.

Arogya Kavach Kit

IEC Booklet



Along with above items **A K FOUNDATION is providing a booklet which gives guidelines to be safe in this pandemic.** This booklet is designed attractively with colorful graphics and it is easy in language to understand with pictures.

A K Foundation has designed the content not limited to the usage of “Arogya Kavach” kit but focusing on developing habits and discipline to encourage overall safe behavior. In day to day life while attending school, commuting together, eating together at school in midday meal or out, and participating in co-curricular activities, social gathering, public places, open play area, children are exposed to lots of people, wherein DO’s and DON’Ts are the most important and decisive aspect. A K Foundation uses a proven technique to pass on this vital information to children to raise complete awareness with acceptability and encouragement.

Awareness / Orientation / Training



In addition to providing all the above, we also make sure that little children understand the items and their respective use. Here comes a role of a seasoned and experienced educators who take due care in providing not only above items and information but thoroughly educate and train children with the use of different techniques like puppet shows, IEC material, Using Graphics, audio visual etc. By doing so, A K Foundation, ensures that provided kit items are used in right way by increasing acceptability and adaptability by children. A K Foundation will organize session for psychological support to teachers for mental health and emotional well-being.

- For Teachers / Educators / School management committee and children this is a new normal situation where lots of challenges are there. This is a novel initiative by A K Foundation to address these issues and provide awareness and training for effectively managing this new normal.



A K Foundation will also organize awareness-raising activities under this campaign with families of students. These activities support awareness about,

(1) Social distancing measures at school, streets, markets, other institution, and open area of village as well as reducing large gatherings (e.g. weddings).

(2) Preventive actions such as personal hygiene promotion, including promoting handwashing and proper cooking, and use of masks, hand gloves, along with increased awareness and promotion of community participation in slowing the spread of the virus..

(3) Design of comprehensive Social and Behaviour Change Communication (SBCC) strategy to support key prevention behaviours (washing hands, etc.), community mobilization that will take place through credible and effective local institutions and methods that reach the local population and by the use of tv, radio, social media and printed materials as well as the community health workers.

(4) Awareness and provision of mental health and psychosocial services for vulnerable communities. All awareness sessions, trainings will be held with all groups by keeping safety measures in mind such as small group, social distancing etc. In short, A K Foundation provide a complete solution for better adaptability and right usage so as overall purpose get served effectively.

A K foundation provides a complete solution for better adaptability and right use of the kit. A K Foundation will not withdraw its role by providing kits only but it will be involved in New Normal life also.

Contact us



A- 1, Kamala Park, Opp.Shivalaya, Swimming Pool Road,
Nr.Amrapali complex, Karelibaug - GJ 390018 IN



info@akfoundation.org.in



+91 8780632132



www.akfoundation.org.in