



## COVID RESPONSE

Period	Programs
<p>April 2020 - June 2020</p> 	<p>Fund raising, Relief supplies purchase and distribution</p> 
<p>July 2020 - March 2021</p>	<p>(Online) Workshops, training programs and sessions on anxiety, stress, and resilience Ex. <a href="https://www.facebook.com/page/826421157450776/search/?q=resilience">https://www.facebook.com/page/826421157450776/search/?q=resilience</a></p> <p>Workshops with Corporates and organisations about wellness, mindfulness and morale.</p>
<p>April 2021 - July 2021</p>	<p>Fund raising, Food and Medical supplies purchase and distribution Primary trainer and facilitator for the JSA (Jan Swasthya Abhiyan) helpline</p> 
<p>August 2021 - October 2021</p>	<p>Online workshops, seminars and sessions continued</p>

