



Indo-Global  
Social Service Society  
Celebrating the Spirit of Humanity

INTERNATIONAL  
YOUTH DAY  
2019  
TRANSFORMING  
EDUCATION

# HOW YOUNG PEOPLE CAN CREATE HOPE THROUGH ACTIONS IN TIMES OF COVID-19?

## A VOLUNTEER ACTION GUIDE

Since COVID-19 lockdown was imposed in India, millions of people lost their livelihood, domestic violence cases hiked, education systems partially collapsed and anxiety and depression engulfed a large section of the population

These times of crisis are telling about our role as a member of this society and calling for a collective action to help those in need

### AS A YOUNG PERSON-

As a young member of the society, there are a plethora of things you can do to help your peers and other members deal with this pandemic in a better way.

- You can start your own initiative and be self reliant
- Take help from peers to educate yourself on a social issue
- You can use digital fundraising to support the causes



## HOW YOUTH CAN TAKE ACTION AGAINST DOMESTIC VIOLENCE, AND NOT BE JUST A BYSTANDER?

Since COVID 19 lockdown was imposed a significant increase have been seen in cases of Domestic violence across the country. One may think it is a private matter between couples, but it is not. It is reflective of the structural problems of patriarchy and Gender based violence



Source - Amnesty International India

### REACH OUT TO THE VICTIM AS A FRIEND

Ask the victim if she needs help,  
wants to talk or wants to report.

### MAKE EYE-CONTACT

Show her that you are there to help. Show the  
abuser that you are a witness to what is occurring.

### CREATE A DISTRACTION

Ring the doorbell or call the person to diffuse the situation

### CALL 181/100

Seek permission/consent of the victim and call for help.

### ASK HOW YOU CAN HELP

Do they need medical aid, counseling or a safe place to live?  
Ask and get help if you can.

### REACH OUT TO SOMEONE ELSE

Find someone whose intervention can be more effective,  
a family elder, local women's group etc. and request for their help.

### SET BOUNDARIES

Do not make excuses for the abuser or otherwise enable them.  
Express your true beliefs on the matter openly and honestly

## HOW TO HELP MIGRANT WORKERS COPE WITH THE CHALLENGES OF PANDEMIC AND THE LOCKDOWN?

As we know, pandemic has affected migrant workers the most in our country. Apart from facilitating their return to their homes, there are various other small steps that can be taken. To develop an understanding about the political and social flaws in the world, we need to start understanding vulnerabilities of people who are close to us. This helps us build empathy.

- Help Migrants to book their shramik special railway tickets by using [www.irctc.com](http://www.irctc.com) website
- Connect migrant labourers to local NGOs and other institutions who are assisting their travel.
- If you have a maid or domestic help in your house, You should actively ask them about their family background, present living conditions, whether they need help with anything or someone they know needs help. This can range from helping their children with education, or helping an ailing member of family
- If you see a construction worker working in your house or locality you can help them to get their labour card Registrations/renewal done by using [e-district.delhigovt.nic.in](http://e-district.delhigovt.nic.in)



## HOW TO HELP STRAY ANIMALS?

COVID-19 has affected both people and animals around the world. The intake of animals abandoned at shelters is also increasing day by day, either with the mistaken belief that animals can pass on COVID-19, or that the virus has left owners unable to care for them.

Whether you are an animal lover or not but it hurts for you to see the conditions of stray animals here are few steps that you can take to help the voiceless creatures

- Always keep a note/numbers of NGOs working towards animal welfare, while also keeping numbers of nearby vet doctors, Govt. Animal hospitals in your cities

- You can do fundraising and start feeding Dogs, other animals during the Coronavirus lockdown

- If you see someone causing pain or harm to an animal, act directly or make a video on spot and share on social media

- As stray animals go without water and food for days during the lockdown, you can always keep a bowl outside your home with water and food

