

Help us to help you

- Use Hand Sanitizer
- Wash Hands with Soap
- Wear facemask

नोवल कोरोनावायरस (COVID-19)



— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

क्या करें ✓ क्या करें और क्या ना करें



बार-बार हाथ धोएं जब आपके हाथ स्पष्ट सा से न हों, तब भी अपने हाथों को अल्कोहल - आधारित हैंड सैनिटाइजर या साबुन और पानी से साफ करें



छींकते और खांसे समय, अपना मुँह व नाक टिफ्ट/सम्पत से ढकें



प्रयोग के पुराने साबुन टिफ्ट को फिटी बर सिबे में डेंक दें



अगर आपको बुखार, खांसी और सांस लेने में कठिनाई है तो डॉक्टर से संपर्क करें। डॉक्टर से मिलने के दौरान अपने मुँह और नाक को ढकने के लिए मास्क/फेस शीट प्रयोग करें



अगर आप में कोरोना वायरस के सचन हैं, तो कृपया राज्य हेल्थलाइन नंबर या स्वास्थ्य मंत्रालय की 24x7 हेल्थलाइन नंबर 011-23978046 पर संपर्क करें



बीड़-माड़ वाले जगहों पर जाने से बचें



यदि आपको खांसी और बुखार का अनुभव हो रहा है, तो किसी के साथ संपर्क में ना आएं



अपनी आंख, नाक या मुँह को ना छूएं



सर्वजनिक स्थानों पर ना जाएं

हम सब साथ मिलकर कोरोनावायरस से लड़ सकते हैं

In case of emergency, for free ambulance service 24x7 at your door steps dial toll free number 108, while pregnant women and sick infants can avail free ambulance service by dialling toll free number 102. Toll free national helpline number 1075. J&K COVID-19 helpline Nos. 0191-2549676 (UT level), 0191-2520982, 2674444, 2674115 (Jammu Division) 0194 2440283, 2430581 (Kashmir Division)

"We The Human" - A mission launched by Humans to Save Nature and Humanity!

We the Human Forum for Nature & Mankind, a registered public charitable trust with its office at 15/01 Channi Himmat Jammu, has been making sincere efforts, since year 2018, to generate awareness among general public on a number of issues concerning Environment, Human Health & Safety. The trust was got registered by a group of like-minded people from different sections of society as its members. Among others, prominent are K Y S Manhas Principal District & Session Judge (Retd), Capt Lalit Sharma IFS APCCF (Retd), Octogenarians Om Prakash Verma and S. Prem Singh, Scientist Sadiq Nargal, Late S. Gurcharan Singh, Prof Haroon Rashid Naik HOD Food Technology SKUAST Srinagar, Smt. Pooja Gupta, leading woman entrepreneur owning Himalayan Bio Organic Pvt Ltd having famous NIMBARK brand a sister concern of J&K's leading rice exporter Sarveshwar Food, Dr Farooq Adil Mir CMD Jehlum Construction Company, K K Sharma Dir Floriculture (Retd), Mr. Tarun Vaid, Mohd Afzal Baig, Mr. Vipin Bhasin, Mr. Sumil Goyal, Dr Gayatri Tandon, leading advocates Sahib Aggarwal & Jasbir Singh Jasrotia, Retd Chief Engineers I A Hammal and D D Gorkha, K K Arora, Anil Sharma, Anil Gupta, Inder Parihar, Seema Parihar, Vijay Sharma, few members from farmers' community, FCA Ajay Sawhney, a galaxy of senior medical consultants, eminent educationists Prof Anil Bhat, Dr Parvini Sharma, Mrs. Shilpa Mahajan. The objective of the trust has been to provide a common platform to like-minded aware people to deliberate upon different environment issues posing threat to humanity viz., increasing levels of air pollution, high emissions of greenhouse gases, global warming, receding ground water tables, encroached & polluted water bodies, afforestation & cutting of trees in the name of development, excessive use of toxic chemical fertilizers, overuse of pesticides on fruits & vegetables, unscientific disposal of daily garbage by municipal bodies, medical wastes, food & milk adulteration, single use plastics and non-biodegradable disposables, burning of plastics and agricultural stubble etc. Apart from taking up all above issues with the government authorities, the trust organised a number of seminars/ awareness camps for farmers, general public, school and college students along with printing of IEC material in form of information folders and periodic newsletters. The trust has been undertaking plantation drives and free medical camps, also.

New Role of We The Human during COVID19

Though in past, the trust distributed school bags, notebooks among poor families children & held few free medical camps with free distribution of medicines in far flung areas, but it never indulged into relief distribution activities. During the current COVID19 lockdown, taking a call to supplement government's measures to provide free ration to families in distress, "We The Human" has distributed free ration among more than 900 migrant labourers' and local families in Jammu and Udhampur districts. The issue was deliberated upon by K Y S Manhas Chairman, Capt Lalit Sharma Vice Chairman, S. Prem Singh Chief Spokesman, S Ajab Singh, S Sukhdev Singh, Sh. Verma and other functionaries of the trust, telephonically, and a decision was taken in this regard. S. Prem Singh and S. Ajab Singh Executive Member spared space in their homes to store the ration. S. Sukhdev Singh Executive Member of the trust took responsibility for collection, purchase and distribution of the trust. Funds were raised, immediately, by senior functionaries of the trust, out of their own

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NOVEL CORONAVIRUS (COVID-19)



Protect yourself and others!
Follow these Do's and Don'ts

Do's ✓



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately after use



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spt in public

Don'ts ✗

Together we can fight Coronavirus

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pockets. Now, the problem was to identify families in distress. SSP Jammu Shri Sridhar Patil IPS was requested to extend support in this regard. SSP Jammu gave a quick response and appointed a nodal officer in his office Inspector Raghurib Singh to provide all sort of liaisoning & rapport with local Police Officers for identification & distribution of free ration to needy families. With the help and support from Office of SSP Jammu and it's members, We The Human has distributed free ration among more than 900 families; Generally, each ration kit comprised of 5 kg wheat flour or 4 kg rice, one bottle of Mustard Oil, one Kg Dal, Salt, Turmeric, Red Pepper Powder, toilet soap, face mask or sometimes sanitary pads, too. Free ration has been distributed among 100 families in Jallochack, 100 families in Subash Nagar, Rajpura, 40 families in Phallan Mandal, 50 families in Sainik Colony, 120 families in BeliCharana, 40 families at Peerkho, 20 families at Bhatindi, 20 families at Gujjar Nagar, 25 families at Lower Roop Nagar, 15 families at Kaluchack, 70 families at Babilina and Meera Sahib, 40 families at Munshi Chack & Teli Basti, more than 150 families in Udhampur and few organisations or needy families in Bakshi Nagar, Janipur, Gole Gujral areas of Jammu. Usually, during distribution of free ration items among families in distress, local Police Officers with their teams of police personnel are present. Packing of material is done with utmost care, taking all precautions.

On 18th May, 2020, "We The Human" launched COVID19 Hygiene program in the office of SSP Jammu through SSP Sridhar Patil IPS. Under COVID19 Hygiene program, "We for Nature and Mankind" kits to poor people in areas apart from awareness among them measures to be taken to affected by COVID19 such kit comprise of one two hand soaps, one high clothes facemask, one ORS sachet. Donors like Mrs. Pooja Gupta from Sarveshwar Foods Nimbark Mr. Rajan Vohra Eaura Pharmaceutical New Delhi and Mr. Harvinder Verma a senior executive in leading pharmaceutical company and other few noble persons have extended required help to start the COVID19 Hygiene program. Retd Principal District & Session Judge K Y S Manhas, Chairman of We The Human, assures full support, on behalf of the trust, to public of J&K UT, the Prime Minister Sh. Narendra Modi and Lt Governor Sh. G C Murmu in this catastrophic situation.



Courtesy:



We The Human Forum for Nature and Mankind

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