"If you want to raise up yourself, raise up someone."

Pandemic Covid 19 has left everyone clueless and made the daily workers suffering without food and basic essential goods for their living as they are deprived of their daily works and wages during the first wave of covid19 and the second wave in recent months has overwhelmed the healthcare system, leaving hospitals in struggle and more devastating than the first. The migrant workers, homeless and the poor people have become the most vulnerable to the immediate impact and aftermath of Covid 19 catastrophe and still many find difficult to get their meal per a day. The World Health Organization chief Tedros Adhanom Ghebreyesus recently called India's situation "concerning". At the same time, several experts and doctors hinted at a possible third wave.

However at this juncture **Krishnagar Cathedral Charitable Social Society** (KCCSS) with the financial support of the **Regensburg diocese** (**Germany**) through the monitoring of **Caritas India** expressed their solidarity with those less fortunate and successfully provided to **750 families** dry food ration, nutrition requirements and health hygienic kits in **Ragunathganj - II block** (Murshidabad district) and in **Nakashipara block** (Nadia district). As **Mr. Fakurul Islam** the active member of the Jotkamal Panchyat appreciated the good works and initiatives of Caritas India through KCCSS said that "If you want to raise up yourself, raise up someone."

Mrs. Nafsiya Bewa is a poor elderly widow who is a mother of six children, all got married and abandoned by her to fight for her livelihood. As she was interacted by our volunteer Mr. Alam Gir Hossain, said that she rolls 350-400 beedi to earn Rs. 70 in a day and due to covid she is not getting any old age help from the government and also not going for 'beedi' rolling job as the industry is closed. By receiving the dry food ration and health hygienic kits said that "amar jono apnara ei bhagawan" (For me you are God). She requested KCCSS is to make arrangements for her to get government old age aid and relieve her pain from beedi rolling job.

The cooperation of the local stake holders and the government departments are note worthy and a big boost for the morale of the volunteers and staff during this pandemic relief programme.

Though the Corona virus infections now seem to be slowed down, KCCSS is trying to provide services to the vulnerable people with the aim of keeping the humanitarian spirit alive.

Big thanks to Caritas India for its support and inspiration.





