

**Report on Outreach Programmes in the local community  
to promote health & wellbeing during Covid-19  
2021**



**Shoolini University  
Kasauli Hills, Himachal Pradesh, India**

## **Executive Summary:**

The pandemic caused by Covid 19 has been creating havoc in the lives of common people. With the recent sudden surge in the number of positive cases, the country's fragile medical health infrastructure came under immense pressure. The situation in the entire country had become very precarious and equally in the rural areas where there are little or no medical facilities. At these wanting times it was decided by the management of Shoolini University not to sit as mere spectators but to get proactive in organizing and providing the much needed medical assistance in support of the district and state medical authorities. It was decided to help organize and distribute medical support for 100+ beds within the state of Himachal Pradesh with the focus on rural Himachal. The word was spread around among friends and very generous contributions in both cash and kind have been received from within and outside the country. Some of our friends were able to facilitate import of oxygen concentrators which were much in demand and were the life savers.

Shoolini University had contacted various Govt Hospitals and Health Centres in the Districts of Solan and Shimla providing treatment to Covid Patients and checked for the requirements of medical equipment, medicines and other accessories required for their own protection and for treatment of patients. Based on their requirement the Govt health centres and hospitals were provided medical equipment and accessories mainly in the form of oxygen cylinders, Oxygen concentrators, Bi Pap machine, PPK's, Masks, gloves, oximeters, Corona Medicine kits and hygiene kits among others and supporting 100+ oxygen beds.

Details are as under: -

- a) 20x beds at Regional Hospital Solan, 10 x beds at PHC, Kandaghat, 10x beds at CHC Dharampur, 10 x beds at PHC, Sultanpur, 10 x beds at Medical college, Nahan. 5 x beds at Shivshagun foundation, Nahan, 5 x beds at CHC, Rohru, 10 x beds at Civil Hospital, Rampur, 10 x beds at PHC, Sultanpur, 10 x beds at Health Centre, Shoolini University, and a 10x 10 ltr. oxygen concentrator bank at SILB, Solan.
- b) The Primary Health Centre (PHC) at Sultanpur has been adopted by the University and the bed facility enhanced from the existing 7 beds to 18 Covid beds with 10 oxygen beds and 24 hr power backup. The complete facility has been repainted and redone in just over 7 days giving it the much-needed facelift and has been appreciated by the local people and the staff at the PHC. The University will continue to provide support in the running and provision of medical supplies to the PHC for the benefit of the local population.
- c) An oxygen concentrator bank created at SILB in Solan town with Ten (10) 10 Litre oxygen concentrators to be provided to those in need on loan for short duration.
- d) A 10-oxygen bed facility has been created at Shoolini University Health Centre. The facility is for use by the staff and students and also for use by the villagers in the vicinity of the University.

With strict discipline by the people and good management by the local medical authorities the spread of the disease has been very effectively contained in the region. Timely medical aid to the needy has been instrumental in protecting the front-line workers and saving the lives of those effected by this disease.

**Objective:**

The objective of the report is to give an overview of the medical aid provided within the districts of Solan and Shimla by Shoolini University.

The following details are included in the report:

- a) Hospital/ Health centre wise summary of medical aid provided along with photographs.
- b) Summary of Medical stores procured/ received and distributed.

We express our deepest gratitude to all the friends of Shoolini who came forward to support us in this noble venture of ours. As a family we are truly indebted to your support and love. We assure that your contributions are reaching the needy people of the area and they too acknowledge this kind gesture.



**Hospital/ Health centre wise summary of medical aid provided along with pictures.**

**SHIV SHAGUN WELFARE FOUNDATION, NAHAN**

**LIST OF ITEMS HANDED OVER ON 16<sup>TH</sup> MAY & 26<sup>TH</sup> MAY 2021.**

- |                              |   |        |
|------------------------------|---|--------|
| 1. PPE Kit                   | - | 40 pcs |
| 2. Pulse Oxy Meter           | - | 05 pcs |
| 3. Oxygen Concentrator 5 ltr | - | 02     |
| 4. PPE Kit                   | - | 40 pcs |
| 5. Pulse Oxy Meter           | - | 05 pcs |



Handed over to Maj Gen. Atul Kaushik (Retd.) Chairman, HPPEIRC

## REGIONAL HOSPITAL, SOLAN

### LIST OF ITEMS HANDED OVER ON 18<sup>th</sup> MAY 2021.

1. PPE Kit	-	100 pcs
2. N 95 Mask	-	100 pcs
3. Poly Nasal Oxy Can	-	50 pcs
4. Spiro Meter	-	05
5. Pulse Oxy Meter	-	25 pcs
6. Oxygen Cylinder	-	05
7. Flow Meter	-	05

### LIST OF ITEMS HANDED OVER ON 27<sup>th</sup> MAY 2021.

1. Oxygen Concentrator -	-	03
2. Bi Pep Machine	-	01
3. Dead Body Cover	-	05
4. N 95 Mask	-	70
5. Gloves	-	100
6. Decadron Injection	-	10
7. Covid Medicine Kit	-	100
8. Goggles	-	50
9. PPE Kit	-	60
10. Face Shield	-	50



Handed over to Chief Medical Officer, RH Solan



## PRIMARY HEALTH CENTRE, DHARMAPUR

### LIST OF ITEMS HANDED OVER ON 19<sup>th</sup> MAY 2021.

- |                       |   |         |
|-----------------------|---|---------|
| 1. PPE Kit            | - | 50 pcs  |
| 2. N 95 Mask          | - | 100 pcs |
| 3. Poly Nasal Oxy Can | - | 30 pcs  |
| 4. Spiro Meter        | - | 02      |
| 5. Pulse Oxy Meter    | - | 15 pcs  |
| 6. Oxygen Cylinder    | - | 02      |
| 7. Flow Meter         | - | 02      |
| 8. Spray Pump         | - | 01      |



Handed over to Block Medical Officer, PHC Dharmapur

## PRIMARY HEALTH CENTRE, KUTHAR

### LIST OF ITEMS HANDED OVER ON 27<sup>th</sup> MAY 2021.

1. PPE Kit	-	40 pcs
2. N 95 Mask	-	40 pcs
3. Spiro Meter	-	02
4. Pulse Oxy Meter	-	02 pcs
5. Face Shield	-	25
6. Gloves	-	30
7. Syringe 2 CC	-	25
8. Syringe 5 CC	-	25
9. Sanitizer	-	5 Litre
10. COVID Medicine Kit	-	50
11. Goggle	-	25



Handed over to Medical Officer In-charge, PHC Kuthar

## **PRIMARY HEALTH CENTRE, CHANDI**

### **LIST OF ITEMS HANDED OVER ON 27<sup>th</sup> MAY 2021.**

1. PPE Kit	-	40 pcs
2. N 95 Mask	-	40 pcs
3. Pulse Oxy Meter	-	02 pcs
4. Face Shield	-	25
5. Gloves	-	30
6. Syringe 2 CC	-	25
7. Syringe 5 CC	-	25
8. Sanitizer	-	5 Litre
9. COVID Medicine Kit	-	50
10. Goggle	-	25
11. Spray Pump	-	01



Handed over to Medical Officer In-charge, PHC Chandi

## **PRIMARY HEALTH CENTRE, KANDAGHAT**



**LIST OF ITEMS HANDED OVER ON 25<sup>th</sup> MAY 2021.**

1. PPE Kit	-	80 pcs
2. N 95 Mask	-	80 pcs
3. Pulse Oxy Meter	-	15 pcs
4. Gloves	-	100
5. Syringe 2 CC	-	100
6. Syringe 5 CC	-	100
7. COVID Medicine Kit	-	100
8. Injection Amoxyclav	-	10
9. Injection Decadron	-	15
10. Oxygen Cylinder	-	02
11. Flow Meter	-	02
12. Oxygen Concentrators 5ltr	-	02



Handed over to Medical Officer In-charge, Civil Hospital Kandaghat

**PRIMARY HEALTH CENTRE, SULTANPUR**

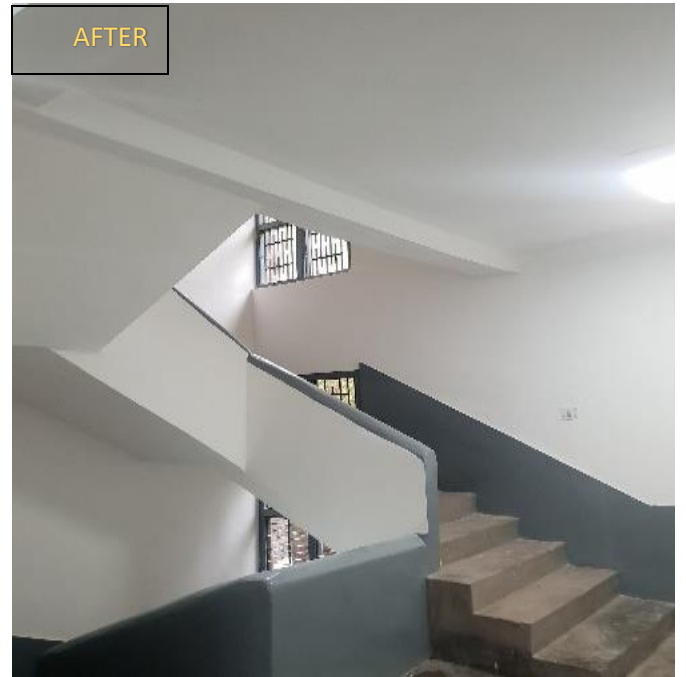
**LIST OF ITEMS HANDED OVER ON 28<sup>th</sup> MAY 2021.**

1. PPE Kit	-	40 pcs
2. N 95 Mask	-	50 pcs
3. Poly Nasal Oxy Can	-	30
4. Spray Machine	-	01
5. Sanitizer	-	05 ltr
6. Gloves	-	30
7. Syringe 2cc	-	25
8. Syringe 5 cc	-	25
9. Goggles	-	25
10. Face Shield	-	25
11. Oxygen Cylinder	-	02
12. Flow Meter	-	02
13. Oxygen Concentrator	-	02
14. Blanket	-	07
15. Bed Sheet	-	07
16. Pillow Cover	-	07
17. Covid Medicine Kit	-	50
18. Three-Seater Bench	-	02
19. Food Mat (4x3')	-	01
20. Dust Bin (Large)	-	04



Handed over to Medical Officer In-Charge PHC, Sultanpur

**SHOOLINI COVID CARE CENTRE, SULTANPUR**





BEFORE



AFTER



BEFORE



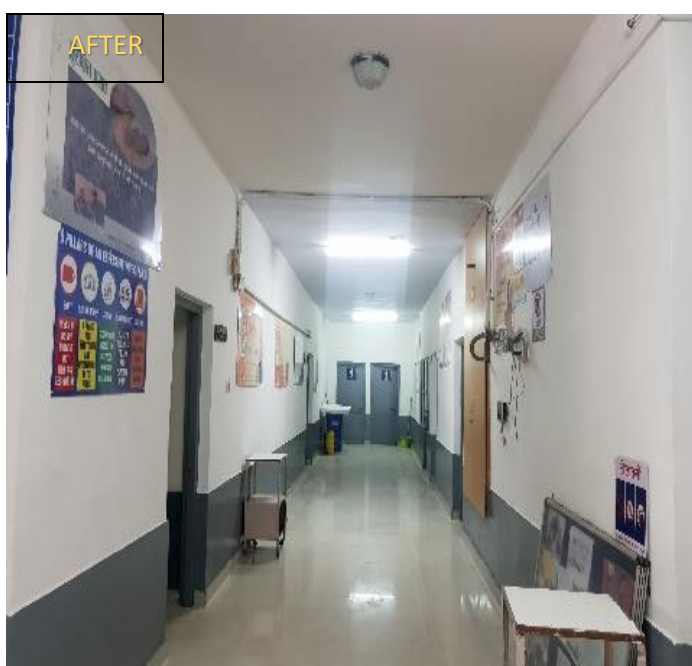
AFTER



BEFORE



AFTER







## CIVIL HOSPITAL, THEOG

### LIST OF ITEMS HANDED OVER ON 07<sup>TH</sup> JUNE 2021.

1. PPE Kit	-	40
2. N 95 Mask	-	40
3. Gloves	-	30
4. Syringe 2cc	-	25
5. Syringe 5cc	-	25
6. Medicine Kit	-	50
7. Pulse Oxy Meter	-	02
8. Face Shield	-	35
9. Sanitizer	-	05 ltr
10. Goggles	-	25



Handed Over to Dr. Daleep Tekta, Senior Medical Officer, Civil Hospital Theog.



## CIVIL HOSPITAL, ROHRU

### LIST OF ITEMS HANDED OVER ON 07<sup>TH</sup> JUNE 2021.

1. PPE Kit	-	60
2. N 95 Mask	-	60
3. Gloves	-	50
4. Syringe 2cc	-	25
5. Syringe 5 cc	-	25
6. Covid Medicine Kit	-	50
7. Pulse Oxy Meter	-	04
8. Face Shield	-	50
9. Sanitizer	-	10 ltr
10. Goggles	-	50
11. Dead Body Cover	-	02
12. Nasal Oxy Can	-	20
13. Oxygen Concentrator	-	01



Handed Over to Chief Pharmacist, Civil Hospital, Rohru

# CIVIL HOSPITAL, RAMPUR

## LIST OF ITEMS HANDED OVER ON 08<sup>TH</sup> JUNE 2021.

1. PPE Kit	-	60
2. N 95 Mask	-	50
3. Gloves	-	50
4. Syringe 2 cc	-	25
5. Syringe 5 cc	-	25
6. Covid Medicine Kit	-	50
7. Pulse Oxy Meter	-	04
8. Face Shield	-	50
9. Sanitizer	-	10 ltr
10. Goggles	-	50
11. Dead Body Cover	-	03
12. Nasal Oxy Can	-	20
13. Oxygen Concentrator 5ltr	-	01

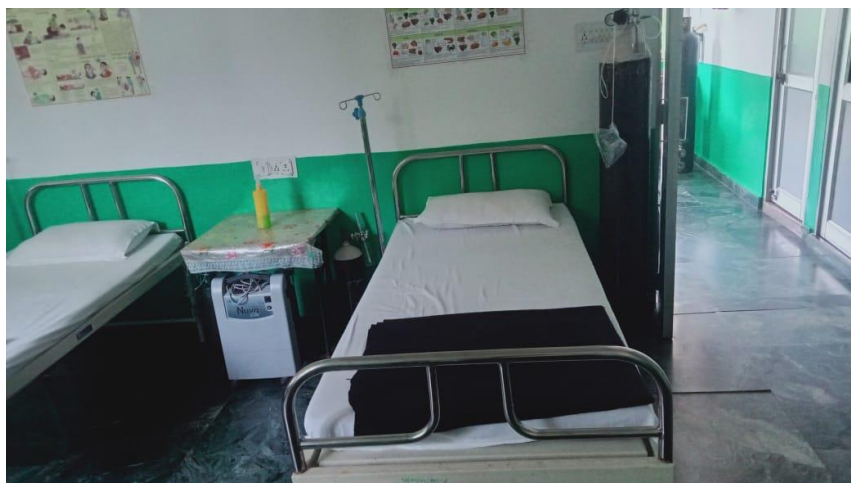


Handed Over to Medical Superintendent

# SHOOLINI UNIVERSITY HEALTH CENTRE & HOSTEL

## LIST OF ITEMS HANDED OVER ON 20<sup>TH</sup> MAY 2021.

1. PPE Kit	-	40
2. Pulse Oxy Meter	-	15
3. Oxygen Cylinder	-	01
4. Bed Sheet	-	10
5. Pillow	-	04
6. Pillow Cover	-	10
7. Blanket	-	07
8. Flow Meter	-	01
9. Digital Thermometer	-	01
10. Spiro Meter	-	01
11. Dustbins	-	03
12. IV Stand	-	01
13. N 95 Mask	-	10
14. Nasal Pipe	-	01
15. Flow Meter	-	03





## GRAM PANCHAYAT, SULTANPUR

### LIST OF ITEMS HANDED OVER ON 30<sup>th</sup> MAY 2021.

- |                         |   |     |
|-------------------------|---|-----|
| 1. Mask (Shoolini Logo) | - | 200 |
| 2. Sanitizer 500 ml     | - | 50  |



Handed Over to Up Pradhan, Gram Panchayat Sultanpur

## GRAM PANCHAYAT, SANHOLE

### LIST OF ITEMS HANDED OVER ON 30<sup>th</sup> MAY 2021.

1. Mask (Shoolini Logo) - 200
2. Sanitizer 500 ml - 50



Handed Over to Gram Panchayat Sultanpur

## SUMMARY OF DISTRIBUTION OF COVID AID

<b>Sr. No.</b>	<b>Items</b>	<b>Total Issued</b>
1	Type DO2 Cylinders	14
2	O2 Concentrator 10 ltr	10
3	O2 Concentrator 5 ltr	11
4	PPE Kits	690
5	Face Shield	260
6	Pulse Oximeter	99
7	Dead Body Cover	10
8	N95 Mask	640
9	Bi Pep machine	1
10	Disposable Stretcher	0
11	Gloves	420
12	Inj Amoxy clave	10
13	Syringe 2cc	250
14	Syringe 5cc	250
15	Dust Bin	4
16	Inj Decadron	25
17	Spirometer	10
18	Digital Thermometer	1
19	IV Stand	1
20	Blanket	14
21	Bed Sheet with Pillow Cover	17
22	Pillow	4
23	Nasal Oxy Can	151
24	Spray Pump	3
25	Sanitizer (ltrs)	40
26	I. Tablet Doxy 100 mg	500
27	II. Tablet Ivermectin 12mg	500
28	III. Tablet Vitamin C	500
29	IV. Tablet Vitamin D	500
30	V. Tablet PCM 650 mg	450
31	Goggle	250
32	Flow Meter	14
33	Steamer	0
34	Mask with Shoolini Logo	400
35	Sanitizer 500 ml	100



**March 07, 2021**

## **A cleanathon with Healing Himalayas**

On March 07, 2021 a cleanathon was conducted at Potter Hills, Shimla. This cleanathon took place in collaboration with Healing Himalayas foundation. "Healing Himalayas" is a dedicated organisation, working selflessly for protection and preservation of the Himalayas by cleaning the waste plastic out from Himalayas. The cleanathon started with the formal address by Healing Himalayas founder, Pradeep Sangwan. He shared his journey to form Healing Himalayas foundation and how this foundation has cleaned more than 8 hundred tons of plastic from the Himalayas. He shared how Healing Himalayas is planning to proceed further in future. The cleanathon started from Railway station Shimla and cleaned an area of approximately 5KMs. Quintals of waste plastic was collected and was handed over to the garbage processing unit, Shimla. A total of 84 student volunteers and 3 teachers took part in this cleanathon.

**Number of participants: - 87**

**Number of students participated: - 84**



**Cleaning drive in Potter Hill Shimla**



**Shoolini volunteers posing for a group photograph**



**July 09, 2021**

## **YouWeCan bikers visit for "Mission 1000 Beds"**

National cricket hero and cancer survivor Yuvraj Singh's two super fans from Kerala reached Shoolini University on July 09, 2021 on bike to create awareness about his foundation's "Mission 1000 beds" to fight covid. The riders initiated their trip on July 5 and had planned their trip up to Leh and Ladakh. The two bikers, Ashkar and Safeer, hail from Kerala and have self-funded the whole tour and the awareness programme. Ashkar works as a promoter of Panasonic in Dubai and is on vacation currently, so he decided to utilise the time and thank the doctors and the volunteers who have been supporting Yuvraj Singh's YouWeCan foundation. The two riders also have an organisation registered as "YouWeians Kerala". Travelling across various states, Safeer said it was a lifetime experience. Shoolini University's YouWeCan volunteers welcomed them at the university for a thorough interaction and support them for the same. The two bikers briefed the volunteers about the initiative by Yuvraj Singh foundation where they are on a mission to provide 1000 beds across the country to fight covid and other medical emergencies. Both the riders had a wonderful experience at the university, upon meeting VC prof Atul Khosla, and taking a campus tour, they proceeded for their trip onwards. Prof. Khosla wished them a safe journey ahead and wish them all the very best for their awareness programme. A total of 24 volunteers attended this activity.

**Number of participants: - 24**

**Number of students participated: - 24**



**YouWeCan bikers being welcomed at Shoolini University**





**YouWeCan biker Ashkar sharing “Mission 1000 beds” with Pro. VC Atul Khosla**

**March 20, 2021**

### **Visit to Manav Mandir on international Happiness Day**

World Happiness Day was celebrated on March 20, 2021. On this day, the students from Shoolini University volunteered to go to Manav Mandir (IAMMD Hospital). A total of 22 student volunteers visited the hospital to serve the children suffering from muscular dystrophy. The student volunteers served the children fruits and eatables. They also organized some fun and games for the children. The children appeared to be very engaged in the game and enjoyed it very much. A new activity of painting tattoos was done which the little children were very excited about and enjoyed greatly. They were fascinated by various cartoons painted on their arms. Mr. Vipul Goyal and Ms. Sanjana Goyal from IAMMD hospital showed their gratitude towards the student volunteers.

**Number of participants: - 27**

**Number of students participated: - 22**



**A volunteer painting tattoo on a girl's arm**





**A child showing his tattoo**



**A photograph of volunteers at IAMD centre**