An activity plan for
Quarantine Centers (Ekaant Nivas)

- Migrants are the backbone of Odisha’s economy and ambassadors of our cultural heritage;
- Stranded in different parts of the country because of CORONA, they are now returning to their native place and being isolated in Quarantine Centers (QC) before actually joining their near and dear ones.
- Active adults sitting idle and workless for long hours and days without any constructive engagement makes life stressful for many after long painful travel.
- The Quarantine Centers has the potential to be developed as a resource center, as learning center and a pleasant and friendly place for inculcating awareness and life-skills;

Issues and Challenges:

a. As thousands of migrant workers return home in the days to come, the number of centres to accommodate them will have to rise multifold creating new and often unforeseen challenges for their administration and management.

b. Confining dozens of otherwise active adults sitting for weeks without work will create both physical and psychic problems including stress and depression. We can’t even rule out law and order problems.

c. A positive response would be to keep them creatively engaged for which a day to day activity chart need to be prepared which are both educative and entertaining-Edutainment.

d. It will be helpful if the skill profile of all inmates of the centre is documented to be used as local resource.

e. Management of adults by itself is a big challenge particularly in the area of attitude and behavior change;

f. Since the inmates will finally move out to stay in the community, they can be oriented and used as corona communicators and educators.

g. For persons suffering from stress and depression counseling services may be needed. Related resources may be available in local colleges/institutions.

h. The objective should be to convert the challenge into an opportunity by developing it as a Learning and Reflection Centre.

CURRICULUM AND ACTIVITY CHART:

- A thoughtful and creative day to day activity plan with help of local resources would make the stay in Ekaant Ashram more educative, informative, entertaining and tolerable;

- The activities may include subject and areas like:
  - Prayer, Meditation and Yoga
  - Experience sharing by participants
  - Quiz competitions and FAQs on the subject
  - Discussion sessions on Corona, its impact
  - High-risk behavior issues
  - Orientation about welfare schemes including procurement, PDS, Entitlements and right to work and right to food, etc;
  - Brainstorming, counseling and interaction between themselves
  - Entrepreneurship exposure on issues likes agriculture, dairy, poultry, fisheries, etc.
  - Workers’ rights, gender issues
  - Democracy and electoral participation, duties and responsibilities of a voter
  - Environment and climate change
  - Storytelling, newspaper reading, songs and music
  - Spiritual talks on social harmony
A MODEL DAY’S ACTIVITY PLAN (DEENACHARYA)

Divide the day into three parts—Forenoon, Afternoon and Evening activity sessions

Forenoon Sessions (07-11 am)
- Morning Prayer
- Welcome by QC Management
- Self-Introduction by Participants (only first day)
- Yoga, Pranayam & Meditation
- Briefing about day’s activity Followed by breakfast
- Fighting Corona-challenge and opportunity
- Discussion on prevention skills & risk management

12.00 to 02.00 pm
- Lunch and rest

Afternoon Sessions (03.30 - 5.30 pm)
- Corona Safety measures-protecting self, family and community
- Familiarization session on welfare schemes and entitlements
- Skill updating
- Leadership and communication games
- Brainstorming on health, hygiene, nutrition and family relationships

Evening Sessions
- Sarvadharma Prayer & Sangeet
- Purana, Bhagvat reciting
- Padyanta, Antakshari, song competition and solo acting
- Day’s review and planning for the next day, working committee meeting convened by the Monitor;
- Dinner & rest

Attempt should be made to make the sessions interesting and joyful with lots of brainstorming, questions and answers, ice breakers, teasers, activities and games while maintaining the physical distance. The participants should be encouraged to involve in all the activities. At the end of the day there should be a self-evaluation by the participants initiated by the monitor. Noting the lessons learnt in order to improve the quality and content of the activities on the following day. The activity plan can be changed, modified, contextualized, and improved depending on the local situation and participants profile and needs.

CHANGING THE NAME OF QUARANTINE CENTERS

- Quarantine is a French word which literally means the number 40. Outside the public health domain, the term is not properly understood. Particularly in rural Odisha/India;
- The connotation is often intimidating and mysterious;
- A more familiar name akin to our own culture—like Ekaant Ashram, Sangarodha Kendra, Nirapad Niwas or Corona Subidha Kendra, etc. could be considered.

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