



## **TITLE OF THE PRACTICE**

### **1. Sursum Corda Covid Care Centre**

#### **OBJECTIVES OF THE PRACTICE**

With the approval of the Provincial through his letter dated 18th June,2021, the Jesuits of St. Joseph's School, North Point and Arrupe communities at St Joseph's College, North Point came together on the 28th June,2022 at 11.00 am at NP school and formed a team to strategize the course of actions to combat the phenomenal rise in covid cases here in the hills especially in the tea gardens and village areas in and around Darjeeling, as well as to assist the District Administration by providing space for isolation centre for covid patients. Looking at the pressing need in the second wave of the pandemic, Darjeeling Jesuits of both St. Joseph's School and College met together and felt the need for an isolation centre and Safe Home, which was set up in Campion Hall of St. Joseph's College.

#### **CONTEXT**

As the second wave of pandemic swept the nation, there was an acute shortage of hospital beds and a number of patients were waiting to be admitted to hospitals. Sursum Corda Covid-19 Care and Relief Centre, first of its kind in entire of North Bengal, was set up jointly by the College and St Joseph's School and joined the local government's efforts in reaching out to the Covid victims in the Darjeeling Hills. To serve the underprivileged and very low-income tea garden workers of the Darjeeling hills, a part of the college was converted into an isolation centre. The Jesuit Administration in consultation with the District Administration furnished some space in the Campion Hall in the college to set up a 50 – bed isolation ward for mild and asymptomatic covid patients. An extra six beds were also been set up for serious cases.

Sursum Corda COVID Care Centre in Campion Hall of St. Joseph's College was inaugurated on 20 May 2021. It was inaugurated and blessed by his Lordship Rt. Rev. Stephen Lepcha D.D. of Darjeeling Diocese. The inauguration was attended by dignitaries, press and volunteers following all the existing Covid protocols. The chief guest, Dr. Santosh Nimbalkar, Darjeeling

Superintendent of Police, lauded the effort and stressed on the aspect of service one needs to render to one's own society. His Lordship Very Rev. Bishop Stephen Lepcha blessed the centre and congratulated the Jesuits and collaborators for taking up the much needed cause and offered his full support and prayers.

## **THE PRACTICE**

### **Distribution of works**

To carry forward the plan of operationalizing the Covid Care Centre the following personnel were allotted various responsibilities:

Sl No	Name	Work/resposibilities
1	Fr Stanly V.	Co-ordinator
2	Fr. John Banerjee	Logistics and daily running of the centre
3	Frs. Pascal Ekka, Fr. Anuranjan Ekka and Sch Ivan Basnet	Food
4	Fr. Pragasan C.	Media In-charge
5	Fr Frank Subba	Coordinator of volunteers
6	Fr. Donatus Kujur and Sch. Amit	Admission.
7	Frs Leo and Fr. KJ Joseph	Medicines and essential medical kits
8	Fr. Binay Xavier Kandulna	Assistant to Nodal Officer
9	Br. P. D. Vincent	Finances and purchases
10	Sch. Binod	Daily health chekup
11	Fr. Patrick Pradhan	Couselling

It was further agreed that the committee meets for reviewing its activities every week. The committee met either in School or College to take stock of their actions and plan out the course of actions for the next week. The inauguration ceremony was live telecasted and news about it spread like a wild fire in every nook and corner of the world. From different corners of the world, words of appreciations started pouring in for the noble and timely initiatives undertaken in collaboration with all the people of good will. Other distinguished guests included Group Commander Mr. Jai Kishan, Principal of HMI, Doctors from DDMA, Yuma and District hospital, NGOs, Media personnel, Alumni of the institutions and well-wishers. To address such situation, the Sursum Corda Covid-19 Care and Relief Centre initiated several concrete steps. One of them being the centre trained a group of thirteen volunteers as health workers on basic medical training like identification and isolation methods of covid victims. They were given medical kits consisting of a few basic equipments in the field to educate people with covid awareness and preventive measures.

## **EVIDENCE OF SUCCESS**

### **Training Program for the volunteers**

To take our Sursum Corda Care and Relief beyond the center and the campus and to counter the growing cases, rural volunteers were invited on 30 May 2021 for a half day training programme in Fraser Hall at St Joseph's School. Forty-eight trainees from thirteen different areas like Sittong, Kalimpong, Mirik, Sakyong, Sepoydhura, Sonada, Singla, Lepcha Busty attended the session. The training included: preventive measures to be taken in one's own household and villages in the spread; basic medical training like identification and isolation methods of Covid affected; the basic medicines that could be administered in times of emergency. The units were given medical kits consisting of oximeter, digital blood pressure monitor, sugar glucometer, digital thermometer, PPE kits and basic medicines.

“Alone we can do so little; together we can do so much”. And it was proved well by people from different regions that came together and contributed the essentials that were required. Among them were individuals, well-known persons, Politicians, NGOs, social workers, Students volunteers, Foundations, Staff members, Alumni and even a class 7 student of St Joseph's School who contributed his pocket money.

The centre had a fifty-bedded dormitory system with all the basic facilities for asymptomatic and non-serious Covid positive male patients. Eight nurses stayed in the campus who rendered their service round the clock, supported by doctors who visited the centre regularly. Ambulances were ready to transport patients in case of emergency. Hot hygienic healthy food was made available three times a day. Oxygen concentrators were available in case of need. All of these were at FREE OF COST support with generous help from all quarters - alumni of both School and College, NGOs, students, parents, teachers, political parties and well-wishers.

### **Daily Routine at the Center**

The center adhered to a daily routine, planned well in advance before the opening of the center. The note-worthy highlights were the daily doctor visits, nurses on duty twenty-four hours, a full-time nodal officer in the center and the Jesuits and volunteers who were always available. Besides the medication and energy boosters, the inmates were helped with proning, breathing exercises, basic yoga and counselling.

### **Meal**

The “Hill People Welfare Association” volunteers and staff of St Joseph's School and College played a major role in cooking the meals; volunteers from Sacred Heart Parish helped out in cooking, packing and distribution of food packets.

Day	Breakfast	Tea	Lunch	Tea	Supper
Monday	Bread, Chana, Boiled Eggs, Tea/Coffee	Tea, Cake	Rice, Mixed veg mutter curry, Daal, Pappad, Pickle,	Tea, Cake	Roti, Chicken Curry, Soup

			Fruits		
Tuesday	Roti, Kabuli Chana, Egg Fry, Tea/Coffee	Tea,	Rice, Daal, Palak Paneer, Pappad, Pickle, Cauliflower, Banana	Tea, Pan Cak	Rice Pullao, Chicken Curry, Veg, Soup
Wednesday	Bread, Black Chana, Egg Fry, Tea	Tea,	Rice, Soyabean Curry, Pappad, Pickle, Veg, Fruits	Tea, Sandwich	Fried Rice, Chicken Fry, Daal, Soup
Thursday	Roti, Mutter Curry, Boiled Eggs, Tea	Tea	Rice, Egg Curry, Veg, Pappad, Pickle, Daal, Fruits		– LachuParotha, Chicken Curry, Soup
Friday	Bread, Black Chana, Egg Fry, Fruits	Tea	Rice, Paneer Masala Curry, Daal, Pappad, Pickle, Fruits	Tea Biscuits	Rice, Egg Curry, Mixed Veg, Daal, Fruits
Saturday	Bread, Kabuli Chana, Boiled Eggs, Banana, Tea	Tea	Rice, Chilly Chicken, Veg, Daal, Pappad, Pickle, Fruits	Tea, Pan Cak	– Roti, Butter Chicken, Soup
Sunday	Toast, Mutter Curry, Egg Fry, Banana, Tea/Coffee	Tea	Rice, Mutter Paneer, Daal, Veg, Pappad, Pickle, Fruits	Tea – Biscuits	Fried Rice, Chicken Fry, Soup

### Meals Timings:

Breakfast – 7.30 am – 8.30 am  
Morning Tea – 10 am – 10.30 am  
Lunch – 12.30pm – 1 pm  
Evening Tea – 4 pm  
Dinner – 7 pm – 8 p

### Volunteers Health Workers in action in Rural Sectors

As it was decided to reach out to neighbouring villages/tea gardens, the volunteers began the work with sanitization of their own areas, house-visits and distribution of basic and emergency medicines, and above all, educating people with Covid awareness and preventive measures from 29 May, 2021. They sanitized the outdoor areas in villages such as Harsing, Lepcha Busty, Singla, Soom, Navnirman Poshyore. Moreover they displayed flexes and pasted posters and at the same time face-masks and sanitizers were distributed.

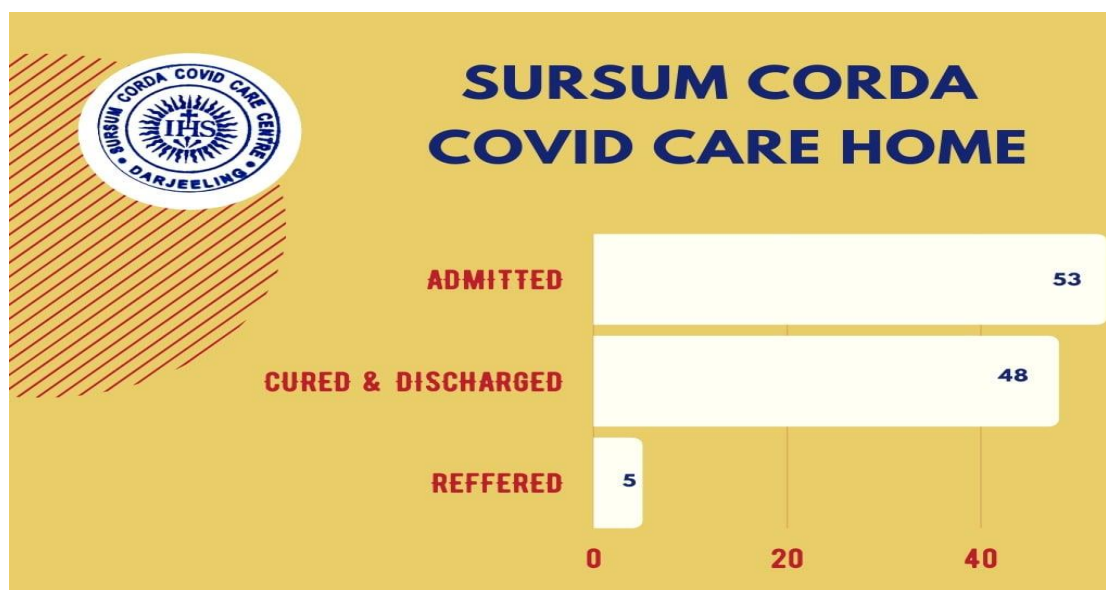
### Counselling

While medical field all over the globe was fighting this battle, there was another impact felt universally i.e. mental health impact. With the continual but much needed lock-down and with the closure of educational institutions and business sectors, there was an increase in fear, anxiety,

unemployment, domestic violence, abuses, loss of study habits, migration and social discrimination. This crisis needed to be addressed by all means. A team of experienced counselors viz Fr Patrick Pradhan, Fr. John Kennedy and Fr. Xavier Alangaram of Darjeeling Jesuits were available for anyone in need of counselling and help.

## **Achievements**

Sursum Corda Covid Care Safe Home completed successfully its ninety days of service with the contribution of great many people from all walks of life. The doctors, nurses, nodal officer and all the volunteers have contributed so much through their services that the centre will remain ever indebted to them. Of 53 Covid patients admitted, 48 were cured and discharged while 5 were referred to the District Hospital for further treatment.



### **Problems encountered and resources required:**

- Lack of finances
- Lack of space
- Lack of medical and paramedical faculties
- Medical waste disposal

## **2. Title of the Practice:**

### **Soil and Water Analysis as an Impact-Oriented Learning Initiative**

#### **Objectives of the Practice (Goal):**

The existing curriculum for the Science courses suffers from the limitations of not having

lab-based experiments extendable for small scale projects and research on current topics like environmental pollution and more specifically water and soil pollution. Added to this, are the problems of skill deficiency among the students and the unavailability of proper resources in host institutions. The current practice addresses the following issues:

- Provide the infrastructure and develop skills among the students.
- Provide hands-on investigation and analysis of water and soil quality parameters.
- Serve as an extension of the School Outreach Programs and bridge the knowledge gap between high schools and institutes of higher learning.

### **The Context**

As per government records of the last five years, water-borne diseases have caused 10,738 deaths in India. The Darjeeling Hill region is no exception and water-borne diseases have been on the rise. Major waterborne diseases plaguing the region are cholera, diarrhoea, dysentery, Enteric Fever, Typhoid and Viral Hepatitis (A & E). Less than 50% percent of the district has access to portable water and sanitation (GoI census data). In urban areas, public water supply which draws its source from the Senchel lakes is limited in terms of quantity and quality (no treatment). Alternatively the entire populace depends on water supplied by tankers which collect water from natural springs. In rural areas like the villages and the tea estates people mostly depend on streams and natural springs. These sources are exposed to contamination by domestic effluence and the run-off from tea gardens during the rainy season which have indiscriminately used pesticides and inorganic fertilizers. Adequate knowledge about the portability of water from this region is not only desirable but a must. In addition to this the farmers around Darjeeling Hills have been experiencing the impacts of soil and water degradation with a downslide in quality of farm produce like oranges and cardamom, among others, which warrant immediate attention. Keeping in mind these challenges, the institution took the initiative to set up a laboratory for Water and Soil Analysis.

### **The Practice**

The College set up the Soil and Water Analysis Laboratory in 2014 with the initiative of the Department of Chemistry. It is an in-house water and soil quality testing facility, sponsored wholly by the institution. The aim is to create the next generation of water and soil analysts with a practical outlook to help provide practical solutions to some of the real environmental problems viz., water pollution and soil pollution. The hands-on investigation and analysis of Water Quality Parameters is a part of Active Learning. The strategy entails active involvement of the students in performing the tests themselves while thinking about it. They actively communicate with other fellow students taking part in the activity about what they are learning. They are asked to write reflectively about it, relate their findings to previous studies and report their findings.

The Lab has been designed to address students training as well as research activities. It is an activity based learning initiative which provides training and hands on experience through:

- a workshop session for the students on the basic concepts of water and soil pollution and waterborne diseases.
- a detailed instruction of the various water quality parameters that needs to be checked. Hand-outs of standard operating procedures are distributed to the participants.
- hands on training of the various tests are conducted and specific guidelines for the handling of instruments given

## 5. Evidence of Success

Immediately after the setting up of the lab, it was used for carrying out the physio-chemical studies of water related to various research projects, by the teachers. Their results have been well-documented and presented in a UGC sponsored National Seminar held in 2015 (B. Rai & U. Rai, Assessment of Physiochemical Characteristics of Major Sources of Drinking Water in Darjeeling) and also in the form of an edited chapter in a book published by the College: Climate Change, Impact and Adaptations, 2017 (K. Pradhan, Hydrocarbon pollution in Water: Schiff Base Metal Complex for Its Chemical Remediation). The facility has also helped students from different schools to do outstandingly well in science exhibitions and fairs. Recently in 2019, students from a school from a remote area, Rabindranath High School, Soureni Bazaar were adjudged second best in the State level science exhibition at Kolkata. The students had availed the use of the facility at St. Joseph's College for their project preparation and sample analysis. St. Robert's School and St. Michael's School in Darjeeling had been chosen to represent in the State-level competitions, in 2018 and the students along with their supervisor had been provided free access of the College resources.

### **Problems encountered and resources required:**

Since the school outreach program had to be done over and above the regular class duties, coordinating with the school supervisor and arranging to accommodate them in the regular College timings was a big hurdle. Since the analysis requires a series of tests that need to be performed, sometimes repeatedly, it is an expensive affair as the costs of chemicals have gone up. Instrument maintenance is yet another hurdle. Abrupt power failures are a big cause of concern, rendering the investigation useless at times. Frequent power cut has damaged the UV spectrophotometer.

The resources required are the following:

- 1.Apparatus set up for titration
- 2.Chemicals for various tests
- 3.Distilled water unit
- 4.pH Meter
- 5.Conductivity Meter
- 6.TDS Meter
- 7.BOD Incubator
- 8.Flame photometer
- 9.UV spectrophotometer

The Soil and Water Analysis as an Impact-Oriented Learning Initiative has been a fruitful endeavour as this is the only laboratory in Darjeeling Hills working in this direction; and is expected to contribute significantly to environmental awareness and regeneration in the region. Furthermore, the initiative is expected to contribute towards alternative livelihood planning for the farmers in the long run with the sustained awareness and planning towards soil and water testing and analysis through this initiative.