



One! International Poverty Relief

# One By One

Year 20 Issue 3 (Double Issue)

October 15th, 2020

**“Strength grows in the moments when you think you can’t go on but you keep going anyway,”**

Conscious Magazine

## Finding the Positives

Covid-19 has definitely wreaked havoc on the lives of our children, families and staff. Drug and alcohol consumption has skyrocketed bringing with it domestic violence and mental health trauma.

Though we have been able to get rations/food to our families since July, malnutrition and other health issues are severe due to the months of limited food and financial stress.

All this being said, we have been working hard to maintain some sem-

blance of positivity. We are in contact with all families weekly, trying to keep as many smiles on people’s faces as possible.

Personally, this is the longest I have been in Canada since 1999. I celebrated my first Thanksgiving in 21 years. Though I miss my India terribly, I am thankful to have had this time with family and to work on my health, now healthier and stronger than I’ve been in more than 15 years.

In this issue of the newsletter, we hope to bring a smile to your face and hope to your heart.

## Virtual Celebrations for One! International’s 20th Anniversary!

Please save the following dates and join us:

### *World Info Night*

**JANUARY 15th, 2021**

**We look forward to gathering volunteers, donors, students and staff from all over the world.**

### *Edmonton 20 Year Celebration*

**JANUARY 29th, 2021**

**We are trying to bring a touch of normalcy by binging the gala to your home!**

## Mask Making, Boys and Girls!

Staff started working at our schools again in July and August, and knew that the first task was making masks to help protect the communities.

All staff contributed (female and male) and have done yeoman’s work. They have made 809 adult masks and 185 children’s masks. The target of 1000 adult and 600 children’s is attainable!

Schools remain shut in Mumbai until at least November 15th, but we are hoping to start socially distanced ‘clubs’ on November 1st.

It is vital that we start weekly in school contact with the children as soon as possible. They feel safer at school and are much more candid about what is happening at home.



## Online Learning—the One! Way

As it has been around the world, the prospect of coordinating and teaching virtually has been daunting. With limited resources and access to devices and infrastructure, the first task was to bring our staff up to speed and able to work online. Within two months, 90% of our staff were able to use google classroom and google docs to effectively work from home. They were creating online class content, developing/improving our curriculums, improving their English and doing puzzles—both to learn new ways of thinking but also to distract themselves from the negativity encircling them.

Now, the staff are able to help students use our 14 newly acquired tablets to continue their studies. We currently have 30 students (grade 10, grade 12 and university) who are either studying from home or independently at the school. English (3 levels), Math (2 levels), Science, Social Science and Hindi classes are running well.

We have been forced online, but technical skills and digital literacy are very positive by products!

**Jeetu, staff, 23 years old (in his own words):**

"There are many happy things and things around us!, We are not observing them. It just a moment when someone only living in that part. One of the happiest thing that happened to me it was when we restarted our school again and we got chance to release our stress from many different, different news deadline level of Covid19 people . One morning when I went to school I heard little voice which saying something and I started to search it what was that. After some time I found one very small and very beautiful nest under the bushes covered by banana tree's leaf and there were three small baby birds who singing song looking at me and I looking at them. That time one thought came in my brain that was happiness and comfortable feeling. I thought now they don't know about what is going in the world to the people but here they are very and very safe in our school ground. Their nest is on about 2.3 feet of height, they not scared of me! Then I decided I will not fear about virus, I will keep my best precaution mask, hand wash, distance, like the birds have their mask=nest! distance=covered by leaf! hand wash=hid!. Many little things which made me happy that were playing with colours, colouring boxes, shelves, learning new docs files. English class, ketten puzzle. learning electric work that all things make me proud, responsibility and most expensive the smile. One of the most happiest moment which that made me joyful, when we are going to distribute ration to the kid's family when (Kids) they looking at our face with different silent and innocent face with smile it makes me very happy. Giving feeling of to do more and active. One smile make me proud and now many kids smiling so I am very grateful that I am getting this wonderful opportunity!! Thank you so much!!.

**Mahendra Sir, staff (in his own words):**

"If you see there is so many bad things happened but now I will not discuss about that I want to tell you that there were many positive thing also happened-

- 1) I got time so I learned how to edit videos and put sound in background.
- 2) Learned new system of learning & teaching like Google class/Google meet.
- 3) In my Naigaon area climate became more beautiful , clean & again sparrow bird started to come at my home.
- 4) Many people tried to help each other so came to know who is with us always.
- 5) Learned life is not permanent so enjoy every day of life be happy every time.
- 6) How to survive with limited sources.
- 7) Missed our school more as compare to regular.Want give more time to our work.
- 8) Got time with family, with my son. Went to Village to bring my father so learned how hard work he do in farm.



Now I know I have to also help him.

- 9) Before my staff was important for me but now I love them. I missed everyone Mausai, client staff, teacher.
- 10) Thanks to Tania didi, Volunteer, school who supported us mentally and financially. Many time I got good opportunity but always I stayed with my school.I was always knowing that school will not leave me in my hard time."

**Vijay, staff (in his own words):**

"COVID-19', no one would have imagined it have such disastrous effect. But getting deeper into the situation, we learnt many positives from it. It gave us a chance to take a break and think what big mistakes we were doing to the nature.

For me, although it was tuff to face every day situation, still it helped me become stronger and stronger. I and senior staff were not able travel to our schools. This was the most worrying factor during the lockdown. But our teenage client staff stepped up and showed great responsibility to help the families as much as they can. Many things we had not imagined that our client staff would be able to do. Today they are leading from the front and ready to take any responsibility.

At times I used to get angry at the situation and myself, as I was not able to go and help the needy and felt a bit invaluable. But I was wrong and learnt how important I am to myself, my family and everyone whom I have been connected. Many lost their beloved ones. All the lessons that I learnt from One! helped me to take care of our beloved ones and help them face the situation. I really learnt the importance of my life during last six months.

Also I learnt many extracurricular activities during the last six months. The most beautiful activity that I learnt was sculpture. I always had a dream of making different statues and idols from clay but never tried. During the lockdown I got some clay and learnt. I am waiting for the opportunity to teach sculpture in our school when it reopens.

From my point of view there is always a good thing to come after a bad time. We just have to be patient and try to see the positive aspects in each and every thing. It has been really a precious gift wrapped in an ugly wrapper for me, as I saw the clean beaches, disciplined people in a queue waiting for their chance to purchase things, people understanding the importance of hygiene and cleanliness. I am eagerly waiting for our school to reopen to give our children the best of education that we have worked on these six months of lockdown."

**Nasreen, client staff, 24 yrs (edited for understanding):**

"This corona virus has hurt a lot in our life but has also taught us a lot by facing it. I speak with many other people and it is now the day after night. The sun of the day is now seen and from this night we have been taught a lot to save the second family, every man is important! Earlier we did not give much time to the family, but in this lockdown, family was given a lot of time to understand each other and now it feels good to have stayed with the family for so many days. I got to learn a lot from outside life too. There was a very different look in this lockdown where no one wore a 'mask'. Everyone lives there today. Where someone used to push, we are following today from the distance. Where we used to study in college, today we study online. Where we used to come to school to teach, we are doing school work from home. Where we didn't like wearing masks, we wear and are making today. We could not make time for ourselves whether we did something wrong or did well. Thinking about all this some good feeling also happens. Some are also trying to improve. This virus has filled a lot of colours in my life. Earlier there was little money in hand, then it used to go to eat something or do some shopping, but now you just think of keeping it for thinking ahead. This virus has separated thinking. It has become the text of my whole life."

**Ashok, client staff, 27 yrs (edited for understanding):**

"Once upon a time, my sister came to my house to visit...but suddenly there was a lockdown for 21 days. She was so happy because she not want to go husband's house. My lovely mom was so happy, too!  
We made party with khichdi (rice and lentils) and a butter milk fry dish. My sister's children were here. We cleaned the home in the party and so much fun and drank amazing milk and ate tasty potato chips!  
I went to my uncle's house, the children there saw me and said 'grandfather's come'. We took selfies acting like animals. We put on music and played and danced. We are so happy.  
When things opened, I went to my village and the market had pani puri (popular street food). After so long, I was so excited I ate 6 plates. I was soo sick. I ate curd & sugar & thought, I will never eat pani puri again!  
I always draw dolphins and fish. For the first time, I made different drawings like birds and people. I am so happy and learned a lot during lockdown."

**Saurabh, client staff, 22 years old (in his own words/art):**

"Problems teach positive thoughts:

- To be with our family and enjoying the day.
  - Always remember to be helpful because time is turns to you.
  - The value of Electronic gadgets.
  - Never shows EGO to any one what we have.
  - Always ready to fight with any situation.
  - Keep learning and try to finding positive thing from negative ways
- "IF YOU FALL BEHIND, RUN FASTER. NEVER GIVE UP, NEVER SURRENDER , AND RAISE UP AGAINST ""



**Keep hope alive.....**

For the past few months, the entire city has been closed due to Corona virus. We all know that Corona faced a lot of problems. Some lost their loved ones. Millions of people were struggling with many problems, but in this way we can not create today by thinking about the past. We have to forget our past to make our tomorrow. So, I would like to say. Success, reputation, money is not as important as helping others. If looked at positively, the sacrifice for all of us is the corona in which we have understood the real purpose of life. The value of man is well understand. Therefore, I would like to say that never in any situation in life should you feel depressed. Expectations inside you should keep hope alive. Thank you.....!!!  
Shraddha op vishwakrma

**Sanjay, client staff, 21 yrs (in his own words):**

"Because of lockdown, I have got better in health. I used to get sick as the weather used to change. I never get sick in the last 6 months because of lockdown. There was no pollution. I used to do meditation for 30 minutes every day to control my anger, because I used to get angry in 2 or 3 days. So meditation helped me in controlling my anger."

**Vikas, staff (his words):**

"Lockdown- Look at it positively. Don't think about what you lost, think of what you gained- your family and your creativity. And you have gained time to think about the things that matter most to you in life."

**Hira Mani, staff (sleeps in front of a shop front, so he can send all of his salary to his family in his village, in his own words):**

"During this six months of lockdown, I learnt to be self-dependent, Importance of saving money, Keep some basic food items like biscuits, water always with us. Learnt to be positive in all the difficult situation that came up. Learnt to speak gently with everyone, as that is how people helped each other. Helping each other made us realize the importance of being in a community. Learnt to maintain good hygiene as when there is shortage of food that we had in the lockdown, we would be able to survive. When I used to ask people whether they had food or not made me feel better. There was one incident where dogs were barking and biting people due to hunger, and one man saw that and gave me 100/- to get some milk and biscuits and feed the dog. After that the dogs were fine. Thank you for helping and motivating us throughout this whole time."



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**Bneet, client staff, 22 yrs (his words):**

“One hopeful thing that I learned is the importance of fitness and diet. I started doing stand-up exercises from the second month of Lockdown and I realised if we exercise regularly, our body automatically notifies us about the food habits we have suited to our body or not. I learned this when I didn't eat junk food for 5 months straight and exercised regularly, I couldn't eat street food as I did before all this happened. I am a final year degree student and my exams were about to start February 2020 onwards. But because of the pandemic my exams postponed. In the month of August, the Chief Minister of Maharashtra declared on TV that no exams will be conducted and we will be passed according to our grades scored in previous year. I and my friends celebrated so much as if we have won a free trip to travel the world!! But suddenly after 2-3 weeks, the central government announced that no degree without examination will be considered legal in future. All our dreams to relax and wait peacefully for our degree went in vain. Now, I am about to appear in online exams and hopefully I will pass this exam like we all are giving this exam of patience by waiting for a solution to the pandemic.”

**Vivek, 17 years old (in his own words):**

“Lockdown, it gave time together and the best moments. At night all family together watch the Ramayana on mobile and it was the best moment. My whole family lying on bed and place the mobile on television stand. In intervals we make laugh of the character of the Ramayana and their dialogue and whole family smile and laugh. The best and happy moment was to visit school for rations, it was the only reason that we can visit the school. Because of lockdown it was shut down and I missed it so much. I captured pictures of sky, mountain and flowers from the nearby apartment.”

**Sapna, client staff, 18 years old (in her own words/drawings):**

“Positive things that we learn in this 6 month. This is a very free, useful and relaxing time if we see in positive way...”



- 1) We have some time for our work—
- 2) We have some time for study and learn something new without any pressure.



3) We have best time with family to understanding our family, also how more we can coordinate with all family members. So much time for maintaining family relationship. Even family was so happy that we are giving them time.

4) Even we have best self time to understand what I am? what I am doing?

What I can do more? Best time to relief from stress And giving proper time to your mind to be fresh and start newly.

5) It's a great opportunity for us to contribute for world by safety of yourself and others who are connected to you.. by taking all precaution we can help the world to fight with Corona.”



**Ekta, staff (her words):**

“There is clear evidence that earth has started recovering. Now our climate started healing. The early morning noise of birds chirping can be heard clearly now. Now we will see the nature to naked eye.”

**Khushboo, staff (her words):**

“So every person should find happiness in every moment, whether it is good time or bad time. Good and bad time both are part of life because both's teach to human , without pain of bad time we can't understand the importance of good time.”

**Radha, mom and student (her words, translated by Mahendra):**

*(Radha, now 32 years old, was married at 9 years of age and is now reliving her childhood through our school. She graduated from Grade 10 in 2019.)*

“Before lockdown, we (Me and my husband) did not get enough time to spend with children but during the five months of corona, I got to spend time with my family, My daughter, Sheetal was lazy to eat on time. Because we sat to eat together, She developed her habit to eat on time. I taught sewing to my daughters Sheetal and muskan. We learned some body exercises online and used to practice some at home. Many people in my locality went to village, So I got to fill water without any chaos or conflict. Also many people were forced to go to their villages because they did not have money to survive, But I was lucky got ration and money from School. Thank you for help me get through these difficult times.”

