

Heroes of us all

Collected from our sharing on Signal

Naresh Bhai

Pooja: He runs an organization called Panah Foundation. It **supports the migrant workers.**

He personifies compassion.



Rehan & Basit

Pooja: These two dear kids not only did what you see in the picture but also initiated support Naresh bhai to **pass on food packets** from their school or drop-off location to different families in their communities. They exemplify student leadership. :)

Danilimda to Rome: City kids make it to Design for Change summit

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Ahmedabad: Rehan Shaikh and Basit Ansari, two students of Class VII from Danilimda, are set to fly to Rome, Italy, early next week, to participate in the Global Design for Change Summit, from November 26 to 30.

The duo were selected for their initiative to include children from their locality in access to education.

The duo is teaching 100-odd children from the Danilimda area and inspiring them to get formal education.

"It started last year during a vacation project, where we were given a challenge to solve a local problem. We formed a children's group at the slum area near Chandola lake and



Rehan Shaikh and Basit Ansari have been teaching 100-odd children

Barrel Market area, and got to know that there was a very high number of children who were not enrolled in the schools or had dropped out," said Rehan Shaikh.

A total of 12 children, including

Rehan and Basit, are today running the initiative which local schools and organizations are supporting. "Both the kids' parents are tailors. The family say this is a big moment for the duo," said Vishistha Mehta, associated with a city-based NGO which works with the duo. "They have shown leadership abilities which can be honed further."

Basit said his dream is to work with such children to ensure socio-economic development of the area.

"Education is a culture and many kids are now realizing that learning can open doors for them. Almost all the students come from the lower strata of society for whom a vocation is considered more important," he said.

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Manish

Rachna: I am part of this NGO called Robin Hood Army. So during COVID all the volunteers who were young and not living with elderly members were given the chance to volunteer. My friend, Manish, actively participates in it!

He takes out his bicycle, **collects food donations** from other people, **travels around 10-20 kms** and **delivers** it to the people in need. He has **made so many people smile :)**

It's just beautiful to know so many good people in the world!



Jagruti

Rachna: When Vidhi said to write something about a real hero around you. I thought about so many people who are **real heroes** on their own. But I picked one from them which is my **best friend Jagruti**.

She is a **nurse** by profession and right now she is working in Sola Civil Hospital in Ahmedabad. And she has to do her job with Corona patients too. While doing her job she decided **not to go home** and stay there at the hospital's hostel. That way she will be able to **keep her family members safe**.

Somehow due to Corona she **lost her Grandmother**. Till now she doesn't know how her grandmother tested positive. People from her family and society blamed her in some way and told her to leave the job but She **stood strong** and trust me I have never seen her so strong before. And that makes me so proud of her. And so **grateful** to have a best friend like her in my life.



Abhijeet

Purva: My very close friend Abhijeet and his few friends in patna have been doing this wonderful task in COVID times, they have been **distributing essentials to the migrant labourers and poor people**. I actually called him and told him that he was doing a wonderful job and he is my hero..and i could just see that beautiful smile of acknowledgement .. he was so happy to receive a call from me for this particular thing all over again it gave me immense happiness that i called up and thanked him and could see a smile.

Also these guys upon some requests they later **replaced the plastic bags with the cloth bags**..that was amazing thought too. Happy to have a friend who cares



Ravi

Pragun: The residential society that I live in happens to be a bit far from the nearest market place. For most of the residents, the daily needs are met through a store that operates in the basement of the building. However, as the pandemic broke and the PM announced lockdown 1.0 in March, the society was gripped with panic and hysteria. So much so that the morning after PM's announcement, the **store manager Ravi** was ready to pack his bags and go home, thereby indefinitely closing the basement store that served hundreds of residents everyday. The closing of the store would not only have disrupted the purchase of essential goods and services for the residents but also brought great discomfort and fear.

Just as Ravi was ready to quit and shut the store indefinitely, members of the RWA approached him and spoke to him about the concerns of the residents. Ravi was on one hand informed of how important he was to the society and on the other hand assured that everyone would follow social distancing. This is where **Ravi stepped up**. Without thinking much and by reposing **immense trust** in the residents, he went back to opening and operating his store. In the 70+ days since the pandemic, he has been **the sole contact point between residents and the outside world**. Ravi not only got his store up and running, but also **ramped up his services**. He started to provide for Atta, cooking oil, ice-creams, ready to eat food packers, sweets, **items that weren't available previously**. He stepped up so much that he ordered cake on my behalf and hand delivered it to me on my mother's b'day in the midst of the pandemic. He has transcended his role of being a store manger and been the **sole caretaker** for the food needs of everyone. He can often be found operating **with a smile** and asking the residents if he can get **anything else** from the market to provide for them in the store.

For me, Ravi embodies courageous compassion in the face of adversity such as COVID-19. He was and continues to be brave, knowing fully aware that the nature of his job puts him at a heightened risk of contracting virus yet serves the people undeterred and dutifully. He is compassionate for he **could gauge the suffering** that residents might face if he quit the store, and immediately **offered all that he could** to alleviate/prevent the suffering of others.

We all are superheroes! And my parents, too.

Gargi: Everybody has a different way of looking at the superheroes in this COVID time.

For me, **we all are superheroes**. The current situation, what we are going through, what we're facing, the way we're tackling, each and everyday. I think we all deserve to be called superheroes.

On top of it, I give superheroes label to my parents. My **father is 90** and my **mother is 82**. They stay alone. And they **manage everything on their own**, without domestic help. They have a big house, two bedrooms, kitchen. And they manage it. They... do puja every day (please correct me if I heard incorrectly), she cooks two meals every day at the age of 82, **without any domestic help**. So I feel my parents are the superheroes in this situation. Thank you.

Friends who donated salary and relieving workers in Bhopal

Isha: Two stories that have inspired me:

A lot of friends have **donated their month's salary** through Karuna in the Times of Corona initiative. Their donation will be used in the **relief activities**.

2 of my really close friends were supposed to get married on 16th April. But lockdown happened and eventually they **called off their marriage**. They both are intensively engaged in the relief work in **Bhopal**. They work in Bhopal with **rag picking community** and are serving them in these difficult times. She had written in one of her mail that 'everytime we go there to supply essentials, we come back **feeling even more small** in comparison to this huge numbers of people who are **yet to be served** and taken care off'

Harliv

There is someone in our residential space who has taken the self-appointed responsibility of **feeding the pigeons** in the **morning** and the **stray dogs** in the **evening**. His name is **Harliv**. I am celebrating his **care** for animals, **mindfulness** and natural **compassion** in this moment. He is a hero.

Beyond the call of their duty to serve

Ruchi: About today's task, I do not know of anyone personally who's out on the field, except my **aunt** who's a **doctor** and who **keeps her clinic open** even when it's in the **middle of containment zones!**

But yes, I do know of many people who've stepped up and gone beyond the call of duty to serve. Some of these stories are from social media, news, Karunavirus.

Among the ones I personally know, are those who've stepped up to serve regular, non-downtrodden folks like us.

1. The friends and others who **check in with elderly citizens** staying alone, even if it is just a call to speak with them 😊
2. The **security and housekeeping team** in my RWA, who stayed in our society for the first 21 days, just so that we could have a cleaner society inside. Also, how everyone got together to create a **makeshift kitchen**, and was **eager** to offer out of **generosity**. :)
3. The different folks in society who shared and arranged for **groceries** to be **delivered** in the compound.
4. My friend's **cousin** in Gujarat who is **serving food to those on the streets** as well as **animals**. Contributed in a small way to that.
5. All those people who offered different **courses and online workshops** for the larger benefit of all, from their heart. :)
6. **Internet Service guys**, who continued to work so that we could carry on with our work!
7. **safai guys** everywhere, for **risking their lives** and keeping roads, streets and compounds **clean**.
8. All those involved in **essential services**, including government jobs. For heading to work despite the risks involved.
9. Our lovely **soldiers**, protecting our national sovereignty at the borders. They must be **always on lockdown**, away from their families
10. Also, a bow to Darshana ji on this group as well, for going out and helping new life see the light of the day!

Divinity

Riya: I feel so blessed and grateful for knowing many heroes who are creating a lot of difference in this time, in their best of capacity, also **standing up for the community**.

But I thought of sharing a story which I get a chance to see closely. So, I know this woman who just in the **last year left her job**, as she wasn't good of her health. Her husband is **dependent** on her as he has some problem and unable to take care of himself and the family. She has a daughter and the **entire family is dependent on her salary**. And even after knowing that her daughter has choose to leave her job in a month. And she know that there's a lot of **uncertainty** in her life in terms of money.

Still She chosen to **help** people **with what she has**, she checked in with some people she knows and gave **dry Ration**, She **donated** some **money** to one of the **Ashram** which is providing food to the Labours and migrants, and but she **never talks about it** to anyone.

When I asked that why don't you share with others that you're helped and did the best you could do. People might find inspiration from you, She replied that we shouldn't talk about whom we helped like this, as this is **not about us, but about the person who received**. They gave us the chance by **receiving so graciously** that we could offer them. If they choose to share with others about what they received they can. But I think **the giver should not talk** about what they gave because **unknowingly they might hurt the recipient divinity**.

And I feel so touched with this conversation.

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Dr Darshna's mother

Darshna: **About superheroes in our life, yes as many of us feel.. each of US is a hero; but for sure we get inspired on the journey of life by many more people. In my life if I have to list them..here THEY are!**

The first superhero I would say is **my mother** to whom I last 12 years ago. She was a **teacher** by profession and I have constantly observed her **random act of kindness** for **thousands** of people on the go of life and all of us at family got much surprised that after her demise for about two three months every single day there was somebody coming in saying that she did this for me, she did that for me... and as family members were **never aware of it!!!** She was **offering somebody educational Grant**, she was taking care of somebody **socially and financially** for those who were travelling along in the public transport and that actually **inspired** me a lot to do much more for not only **family** but **for strangers too!**



Niketa Ghiya

Darshna: The second important inspiration or a superhero in my life happen to be a kidney failure patient and a warrior, **Niketa Ghiya**, to home we lost 4 years ago. She got **both Kidneys** failed at age of **14**. Her mother donated her kidney and she got kidney transplant at Breach Candy Hospital in Mumbai and then that kidney **also failed** in next 10 years.

For almost 16 more years of the rest of her life, she was **on dialysis every fourth day** to go to hospital twice in a week, being there on the bed for 4 to 5 hours and coming back. One fine day the next bed patient was not there. She asked the nursing staff why is he not there then she replied he doesn't have money he skipped the dialysis and that may also put a **full stop** to his life.

And the new path started! So she started performing **Charity show** as she was a Bharatanatyam dancer not by profession but by hobby, and she raise funds for a bath 93 lakh of rupees in 1990 to 1999.

On the go when her doctors said no you cannot dance any more for your health now and she was worried [yr 2007-8] at that time Namrata shodhan and myself thought of carrying forward her mission and that's how the SPARSH Foundation came into existence, co-creating charity space with satsang parivar founded by Namrata in 1998, and Sarjan Health care founded by Darshna in 1998. In the last 5 years, we take **forward her mission** of supporting dialysis patients. We could raise fund in support 6000 + dialysis patients financially .



Hetal

Darshna: The third superhero in my life is my **younger sister Hetal** . She worked as a lab technician to start a career, then she came up with her own company, and now she works with 35000 farmers. She goes to a lot of rural areas, she is imparting education **for organic farming** and on-the-go she keeps putting **extra efforts to connect families and impart health education.**

Why is she a superhero to me? Her daughter Hetvi is born at my hands and she is a medical student. While she was just 5 year old or younger, mother Hetal was travelling for 3-4 days going to rural areas and regardless her struggle to establish as a working professional and her deeper **compassion** and **passion** she is today having her company with super good ideas to create and co-create **livelihood for many families.** Hetvi could manage her studies, became more responsible and **Self-dependent** at an early age and studied so well. Now the mother-daughter duo share an **amazing bond** regardless social challenges & family issues.



Superheroes

Darshna: ...a few more superheroes inspiring during coronatimes



safety in #coronatimes



fb.com/sparshfoundation.net



Hospital staff

Darshna: ...and that's a superhero within me on fields! In my operation theater and at civil hospital for covid hosp staff



Mila and more

Kshittij: Toh, hum sab apne hero's se mil liye ya kahani sunn li.

Mere compassion heros', se main virtually Mila. And the best part is, their efforts and compassion directly mujhe hi effect Kar rahe hai.

Agar yeh heros' nhi hote toh aaj hum iss baare main baat hi nhi Kar rahe hote. Quite literally!.

Aapke struggles nhi pata mujhe. Par yeh pata hai, kaafi compassion Hoga tabhi, my today has been shaped like this.

Meghna ji and Darpan Bhai, Vidhi And the whole MBL team.

I see you as my Heros'.

Smiles from Vietnam

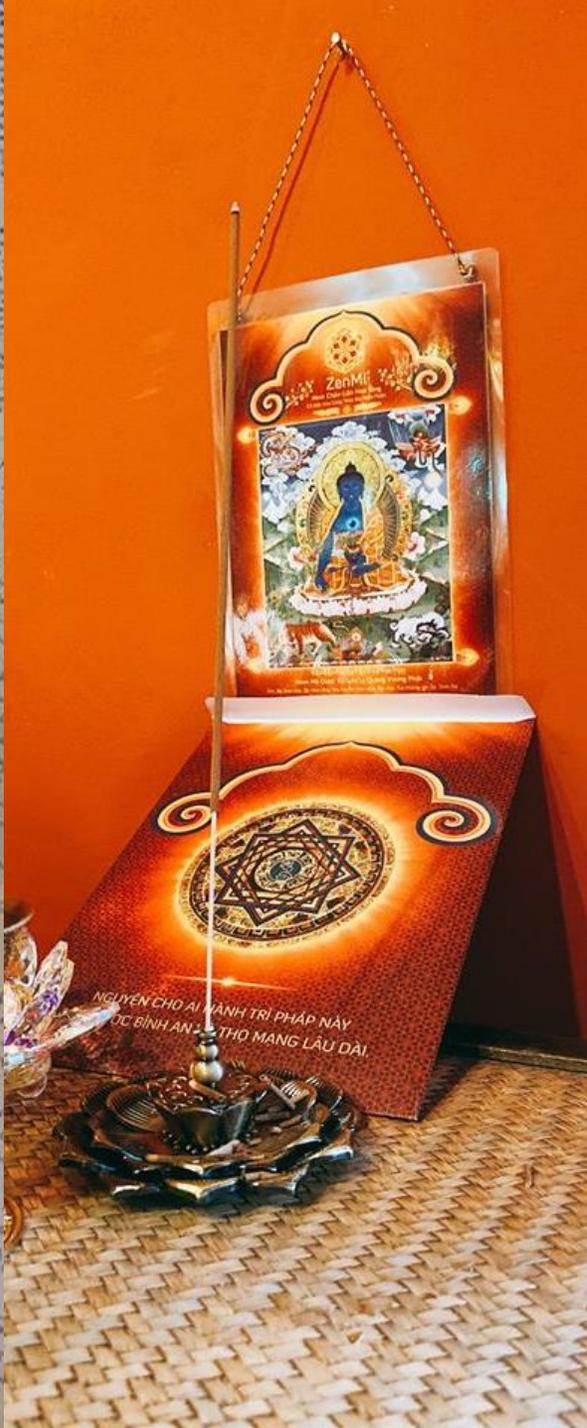
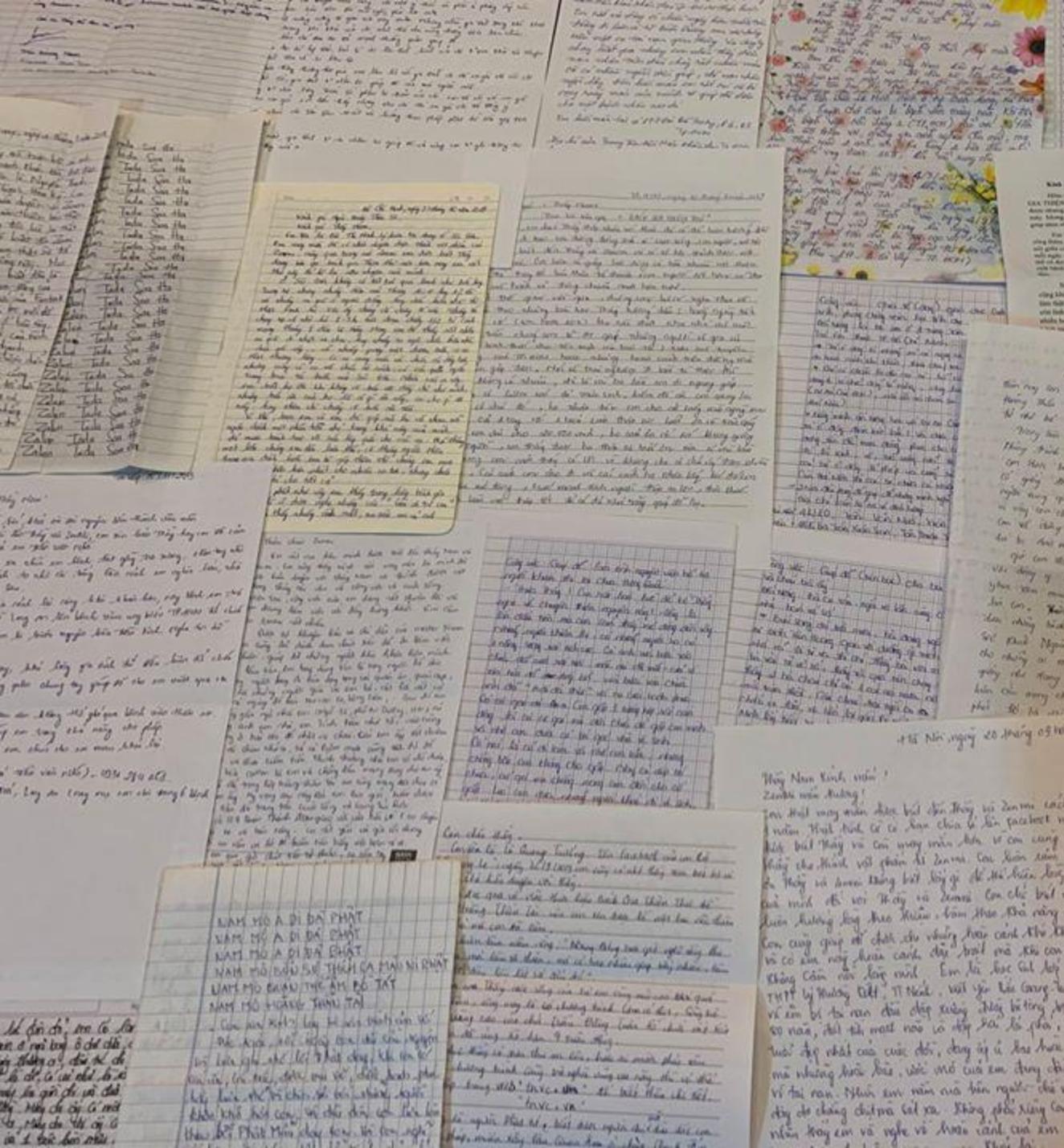
Extra stories from my friends & local news

Khang's cousin, Mi

Khang: I just want to give a shout-out to the **children** around us. Even the youngest ones struggle with staying at home, missing their friends, feeling stressed with online school work. And still, they have fun 😊

My sister and I really admire our 15-year-old cousin, Mi. She usually **worries** a lot about exams, what to do with her life, her friends, her parents. In this pandemic her parents' business was not doing well, too. And yet, she tries to search for **positive news** to post on her social media, to help her friends who are anxious. And she went out of her way to **cook** for others, buy birthday **gift** for her friend in lockdown. She had the courage to **share** with others her fears, and the inner strength to **reassure** her parents, too.





A Tibetan-
 tradition
 practitioner
 gifted close to
 9000 pictures of
 the Buddha to
 anyone who
 performed a kind
 act and wrote a
 letter to him
 recounting said
 act.



People gave out free masks everywhere: policemen, children (using their lucky New Year money), couples who have their wedding canceled due to social distancing restrictions, moms, companies,...



<< Grandma Le Thi Xuan, 98-year-old, donated 1kg rice and 50 eggs.

Grandma Nguyen Thi Tuu, 101-year-old, withdrew all her savings to donate 2000kg of rice. >>



Several farmers, young and old, went on foot, bicycle or motorbike to donate their produce (vegetables, eggs, ...) to the camps where test-positive people are quarantined.



The Coronation* – Thế giới thời Corona

April 2020

Nhóm dịch bài: Htm - Kim Ngọc - My - Sa - Thảo Kin - Thiều Thu - Trung Phạm. [Tiểu luận tiếng anh](#) có thể đọc ở đây.



Young people are having a blast: holding free tutoring online for stay-at-home children, volunteering to do health check-ups and distribute food, invent mobile hand-washing facilities, translating news and providing analysis to calm public opinions, and we have a Vietnamese Laddership Circle on the way, too!