



## Through the districts - 6

For the past few days, we have been explaining about the special activities implemented by each districts in the background of covid-19 pandemic. Today, i will explain about the activities framed, planned and are being implemented by Malappuram district during this period. So, know about the activities of Malappuram as well, along with those of Thiruvananthapuram, Kozhikode, Alappuzha, Wayanad and Thrissur districts.

### Malapuram showing Excellence

As per the statistic till 1 January 2020,

Malappuram district has the maximum number of NHG members. 4,78,338 women are part of the Kudumbashree system in the district. There are 28899 NHGs in the district and 110 CDSs ( Community Development Societies- Panchayath level federation of NHGs).

### 1. Essential goods at doorstep for the elder lies staying alone

This activity was started based on a phone call received at the office of Kudumbashree Malappuram District Mission. The call was from a house where an elderly couple stayed alone.



They said that they are staying alone and asked whether they can get help for buying groceries and vegetables. Their only son is in US. When those senior citizen faced a practical difficulty in going out for purchasing provisions they trustfully sought the help of Kudumbashree without any doubt. This incidence inspired the district team to offer such a help for the senior citizen in isolation thereafter. The calls are received in the phone numbers of the district office and officials. Their numbers were published for community kitchen. Based on the calls, officials themselves bought the goods and delivered to the respective houses in the vehicles with vehicle pass. Likewise, this service have been extended to 15 families. This service is ongoing for the needy people.

## **2. Online fitness programme for children**

The Online fitness programme- 'Vyaayamam Cheyyam Aarogyam Kaakkaam' is the programme launched by the district team to ensure the good health of children who had to sit @ their houses without any physical activities. The aim is to nurture the habit of exercise among them. The programme is organised for the Balasabha members under Nilambur block. Online fitness training is given to the children through

whatsapp at 7 AM for 30 minutes. Children get the opportunity to clear their doubts and practice the workout techniques. This activity is being implemented associating with the Ayush Gramam Project. The 10 day training is given to the batch of 50 students each. The training of the first batch is progressing.

## **3. Delivering free ration and grocery kits to the tribal families at their doorsteps**

As per the direction of the District Collector, Kudumbashree district team delivered free ration and grocery kits to the tribal families who stay in the remote areas. The activities were executed under the leadership of the coordinator of Nilambur Special Tribal Project, District Programme Manager (Tribal), Kudumbashree Malappuram and Animators by arranging the vehicle of District Mission and other vehicles. To some areas, the goods were taken by carrying as head load. Likewise, goods were delivered to 879 families of 42 hamlets.

The activities of Malappuram district is a good example where the officials of Kudumbashree District team work along with the NHG members. Appreciations and wishes to each and everyone.