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COVID19 QUARANTINE CENTRE
LIVINGSTONE FOUNDATION INTERNATIONAL
KEVIJA-Ü/THAHEKHU, DIMAPUR
Managed by Western Sümi Hoho &
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)
W E D N E S D A Y

e-Newsletter
VOL-1 ISSUE NO -12
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QUARANTINE ETIQUETTES Ver. 1.0



"You may survive the virus but someone else may not, so stay safe and follow guidelines strictly"

Room Etiquettes

1. Keep your area always clean as unclean surrounding can lead to infection
2. Maintain 2 arms distance from other inmates always & Do not gather in groups
3. Wear mask to prevent spreading or getting infection
4. Wash hands often and avoid touching your eyes, nose and mouth unnecessarily
5. Keep the windows open to get fresh air when feasible
6. Do some exercises
7. Think of some creative ideas which will be helpful for you and the society
8. Meditate upon the word of God and Pray frequently



We care for you and we are praying for you!

#Healthy At Home – Physical Activity (WHO)

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. But at a time like this, it's very important for people of all ages and abilities to be as active as possible. WHO's Be Active campaign aims to help you do just that - and to have some fun at the same time.

Remember - Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease your muscles and improve blood circulation and muscle activity. Regular physical activity benefits both the body and mind. It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries.

How much physical activity is recommended for your age group?

WHO has recommendations on the amount of physical activity people of all ages should do to benefit their health and wellbeing.

Infants under 1 year of age

- All infants should be physically active several times a day.
- For those not yet mobile, this includes at least 30 minutes in prone position (tummy time), as floor-based play, spread throughout the day while awake.

Children under 5 years of age

- All young children should spend at least 180 minutes a

day in a variety of types of physical activities at any intensity

- 3-4 year old children should spend at least 60 minutes of this time in moderate- to vigorous-intensity physical activity

Children and adolescents aged 5-17 years

- All children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity
- This should include activities that strengthen muscle and bone, at least 3 days per week
- Doing more than 60 minutes of physical activity daily will provide additional health benefits

Adults aged over 18 years

- All adults should do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week.
- For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.

- For developing and maintaining musculoskeletal health, muscle-strengthening activities involving major muscle groups should be done on 2 or more days a week

(Internet Source: www.who.int/covid-19_stay/healthy_at_home)

QUESTIONNAIRE RESPONSES BY INMATES

I ROSY TUNGOE

BED NO. 19

ROOM NO. 2

At first I would like to state that I'm very happy that we got the opportunity to say few grateful things about the communities, the place (the institution) and everything your all did for us, which cannot be expressed in words but in the words name I thank you all, as good health is true health and it was all possible because of you all, God bless you all abundantly.

Emotions are linked to health, as in Proverbs 17:22 "Acheerful heart is good medicine, but a crushed spirit dries up the bones. "Health is influenced by morality of our actions"

I would like to express my heartfelt gratitude to Western Sumi Hoho and Western Sumi Baptist Akukuhou Kughaku for their great initiative taken in the safety and health of all the returnees (inmates) from different parts of the country. We really appreciate your kind support in this endeavor.

The Centre was so well organized and equipped with all necessary measures which not only helped us to stay but also rejuvenating and replenishing our mind. The warm welcome gifts, spotless linen, the snacks and everything and taking into consideration the most important thing during our stay, is the great fellowship each and every evening, the never ending amenities, the food loaded with nutrients never makes us realize we are away from our homes.

The frequent visit of the Doctors and the medic team to check our health status, temperature frequency has treated us pretty well. We highly appreciate the initiative taken during this period. All of these were so helpful to built our mental, spiritual, physically and emotionally well-being and sharpen our skills. We never felt bored during our quarantine period.

I also like to thank and appreciate the LFI and the proprietor Sir Dr. Andrew Aho Semma and our Convener Mr. N. Suhoto Chishi Youth Secy. WSBK and his strong team who left their own families, comfort homes to work 24/7 tirelessly and stood every second behind, to make us feel safe and sound, taking care of full the responsibilities. Indeed we are much grateful for your dedication and admirable work ethics. Your commitment to excellence has inspired many of us.

We pray that lord and savior Jesus Christ will continue to give us strength and more power to fight together during this pandemic period. And I have a strong belief, we will be succeeding very soon and rise again.

Last but not the least I would also like to express that you all will be always remember in our prayers for your commitment to excellence and helpful nature for us. Lord Jesus guides you all with good health too.

Thanking you all!!!!

MY ADVICE TO NEXT RETURNES/INMATES

MY Name Laino Ajenii
Bed Number 57
Room Number 7

- My advice to next returnees are
- 1) Please take good care of your health
 - 2) To abide the rules and regulations of the quarantine centre.
 - 3) Maintain social distancing.
 - 4) Meditate in Gods word, Spend time in prayer.
 - 5) Safe yourself and others.

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR

SOCIAL DISTANCING INSIDE THE CENTRE

MY Name Laino Ajenii
Bed Number 57
Room Number 7

All thanks to Almighty God and LFI Quarantine centre management (WSBAK/WSH) for rendering a wonderful services to all the returnees... as of me I don't see anything lagging behind like staff care, medical facilities, food, recreation time, infrastructures, water/electricity, wifi etc etc... everything well furnished and well maintained.

We really appreciate your tireless/ selfless service

THANK YOU.

MY ADVICE TO NEXT RETURNES/INMATES

MY Name Jangpawale
Bed Number 176
Room Number 21

My advice I want to give to my fellow inmates will be regularly clean your hands with Sanitiser or wash them with soap and water. Wear mask while going out of the room or even inside the room while interacting with friends. Maintain atleast one meter distance between yourself and others. There is a saying Cleanliness is next to Godliness. And I say with the help of Cleanliness we can keep our physical and mental health clean which will make our lives feel good. It is everybody's responsibility and we should keep ourselves and their surroundings clean and hygienic and slow down the occurrence of diseases. Lastly with the same advice try to maintain as clean as possible and so that they will help us have better.

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR

SOCIAL DISTANCING INSIDE THE CENTRE

MY Name Ashwinji
Bed Number 156/162
Room Number 20

In ~~the~~ ^{the} process everything that you guys have done has been perfect. But one thing that we like to share is about dishes we know that you guys have given us with lots of love but as we have seen like most of the food and curries especially like mutton are thrown and wasted in the dustbin. So we will like to say to you guys that for the next batch it will be good if you give differently.

Shops and Market



Relaxation is given only by the Government.

CORONA hasn't given Relaxation.

Be careful and Be safe. India has the habit of losing in FINALS

List of Inmates at Q centre LFI

Total No: 155 (Female only)

Dimapur District: Sumi - 37, Ao - 7.

Lotha - 6, Angami - 2, Yimchunger - 2, Phom - 3, Bengali - 2, Chang - 1, Konyak - 1, Kuki - 1, Rongmei - 1, Garo - 1, Bihari - 1, Nepali - 2.

Peren District: Zeliang - 74

Mon District: Konyak - 15. (among the inmates there are two infant one is 4 months and the other is 1 years old).

QUARANTINE ETIQUETTE Ver. 1.0

"You may survive the virus but someone else may not, so stay safe and follow guidelines strictly"

Toilet Etiquette

1. Remember infection can spread through sharing of dirty toilets.
2. Clean the toilet before and after every use with cleaning solution and water.
3. Keep the toilet as clean as you will want it when you use.
4. Wash your hands thoroughly after using the toilet.
5. Maintain a distance of about 2 arms distance while going for needs.

CIBSR, Dimapur
We care for you and we are praying for you!

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR
 SOCIAL DISTANCING INSIDE THE CENTRE

MY Name: Grangwale
 Bed Number: 176
 Room Number: 21

I would like to express my heartfelt gratitude to the workers Semi Hebo and WSBK. Well when quarantine is right now an Epidemic situation face by the Society you welcome us with your open arms to let us stay here in such a comfortable way. I never imagined such facilities you would be providing us from delicious meals everyday to other regular necessities because it was a non paid quarantine centre. I specially want to thank every frontline heroes namely Mr. Subhro Chishi, Mr. Nitish Chishi, Mr. Ananya Anand, Mr. Kimba Chishi, Mr. Kunal Yeena and Mr. Chiranjeev Aye. Thanking you guys from the bottom of my heart for giving us the immense help you have been providing. You guys made our stay more easy and comfortable. I also want to thank Semi Church leaders and praise and worship team for taking out your precious time to encourage the word of God which is the spiritual food we needed everyday specially during this time. I will be grateful forever for the amount of blessing I received from this centre. Thank you itself is not enough to express but I pray that may God bless you far more abundantly than all you can ever ask or think.

MY ADVICE TO NEXT RETURNERS/INMATES

MY Name: L. Lancelotti
 Bed Number: 156-162
 Room Number: 22

Do avoid like to avoid the next returners inmates. If we have faith in God we don't have anything to fear. You should worship and appreciate the leadership distancing should be kept and try to maintain their room neat and clean and for the next returners try to do your best in your own hand. Give motivation to a good people like the workers, maintain food and clean, for the discipline it will be good if you guys are active and from there we will get a very experience. Spiritually, mentally and physically!

We thank you for the WSBK, WSBK and especially we thank you so much for the volunteer team who took care of us leaving their family and love ones. We never will ever forget this beautiful and amazing moments in LFI Quarantine Centre. In return we don't have anything to give you but may the almighty God blessed you all and we will always remember in our prayer wherever we may be.

MY ADVICE TO NEXT RETURNERS/INMATES

MY Name: ASANTIONO G. E. E.
 Bed Number: 162
 Room Number: 21

My advice to next returners, we are hesitant to stay in quarantine about the quality and keeping they are the best providers we are physically and spiritually strong we don't have anything to complain as to separate them. Just my humble request to obey rule and regulation if we follow the instruction they are more willing to help us. Maintain discipline what they had made.

MY ADVICE TO NEXT RETURNERS/INMATES

MY Name: AGULLU
 Bed Number: 164
 Room Number: 21

For all next returners try to follow the discipline and stay with God be with you all stay safe.

Thank you!

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR
 SOCIAL DISTANCING INSIDE THE CENTRE

MY Name: Arshad Ali
 Bed Number: 167
 Room Number: 21

According to my opinion, I don't have anything to say to be someone, I just to share my opinion regarding washroom and water supply. In this time of emergency we should maintain distance as we are much job to get so accordingly I wish the organization to make an initiative like room wise, so that everyone get use equally as well maintaining social distance.

Lastly, I am very grateful to staying here a short while, much to say more, but thank you much to the organization for sponsoring us. I have nothing in return but may our Almighty God blessed upon the above. It will be a remarkable journey.

Thank you!

MY ADVICE TO NEXT RETURNERS/INMATES

MY Name: Murphy
 Bed Number: 149
 Room Number: 19

A message to all the upcoming returners (leaders/ workers) that going to shelter in this campus (Christy Linn-Stone Foundation International). I wish you all a nice welcome and may for your safe and sound health. I would also like to remind you all to maintain a serene environment as it is not the right time as place to do as you please. Since we are fighting against a deadly virus pandemic, so work together and follow what must be followed for the betterment of our Society. Things we should follow or maintain:
 @ maintain social distancing @ do not visit to each other rooms @ do not use elevator lift, hand soap, carpets, etc @ maintain a queue and do not walk to fetch water @ keep toilet clean after use @ hand sanitizer is a must.
 May you have a wonderful time and come back with a lot of amazing memories!

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR
 SOCIAL DISTANCING INSIDE THE CENTRE

MY Name: Agenla
 Bed Number: 10
 Room Number: 1

First of all I would like to thank to all the workers and frontline workers for taking care of us. In this pandemic situation I would like to thank the medical staff and the church members for your endless effort that you have given for us though we could not give you anything in return we pray to our God almighty to protect and bless you and your family in days to come.

LFI Quarantine centre is one of the best quarantine thing provide is everything that we need and the food that they give us is one of the best even the rooms are well maintain. I thank you all the staff and the helpers for helping us. May God bless you all with you all God bless you all.

IMPROVEMENT NEEDED IN LFI Q CENTRE MANAGEMENT/IMPROVEMENT IN SOP FOR
 SOCIAL DISTANCING INSIDE THE CENTRE

MY Name: ARCALLIS
 Bed Number: 164
 Room Number: 21

I'm very grateful to be here in Livingstone Foundation International quarantine centre. Thank you so much for arrangements thank you for everything. God bless you all.

Thank you all the best!

Breakfast was Prepared by Mrs. Kavitoli Awomi, President, Thahekuh STH & Family.



Acknowledgement From Q- centre



Dr. Phitoli Chishi, Associate Pastor Women, Thahekuh Village Baptist Church

Before you leave this centre any day after your test result comes out, I would like to raise the curtain and show you the two Geniuses who had worked meticulously to keep you busy during your stay at LFI. You all might be wondering who could be the puzzle man or woman behind your everyday puzzling activity. They are the ones who made you super puzzle solver.



Mr. Vikiho Swu, Music promoter, WSBK and Dr. Phi Tol Chishi, Associate pastor women, Thahekuh village Baptist Church



Mr. Tohovi Achumi, Board Member LFI

Here's one of the Accommodation Committee member who spared no tool or tradesmen and apprentices hands to fix anything for your comfort stay in the school premises.

SOCIAL DISTANCING

MAINTAIN SOCIAL DISTANCE DURING THE COVID-19 PERIOD



ENPO Dimapur donated 16 bags of Rice, 4 bags of Potatoes & 1 bag of Dal towards WSH & WSBK Q - centre at LFI.

Dance Therapy by Boqito K. Chishi



HOPE Volume - I

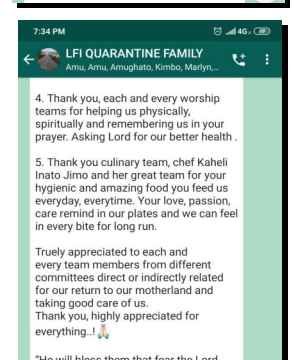
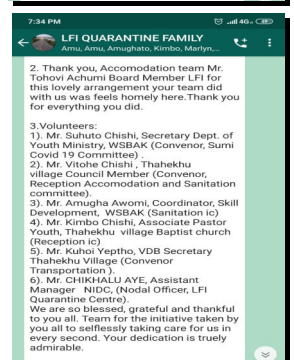
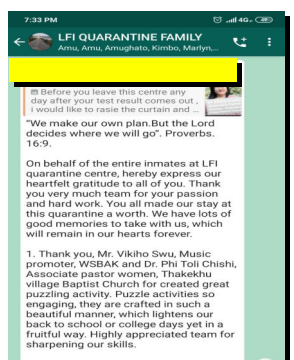
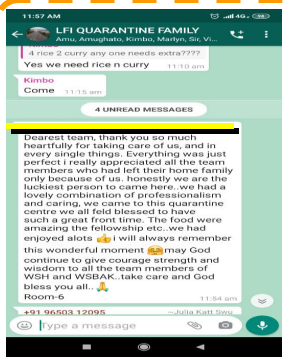
As we conclude the first Volume of our e-newsletter, The Media Team would like to acknowledge all those who have contributed articles, write ups, prayers, blessings, activities, quotes, fun, jokes and forwarded photo news every night. The Media Team worked through the night and tried our level best to make it full proof but seek pardon for any unintentional mistakes we might have committed. Nevertheless, we believe the first Volume of our e-newsletter is a success and it's attributed to all of us.

May the Hope of new life and new beginning guide us through these difficult times.

The Media Team is signing off... #Stay Tuned for Volume - II

Food team Lunch i/c Toyeli Dinner i/c jolly.

Responses from inmates



HELPLINE NUMBERS:

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330

Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation