

HOPE

HELPING. OUT. PEOPLE. EARNESTLY

IN THIS ISSUE:

Finding the light...	1
Dance Movement...	2
Informations & Prayer Section	3
Questionnaire	4
Snippets	5

COVID19 QUARANTINE CENTRE
LIVINGSTONE FOUNDATION INTERNATIONAL
KEVIJA-Ü/THAHEKHU, DIMAPUR
Managed by Western Sümi Hoho &
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)

T H U R S D A Y

e-Newsletter

VOL-1 ISSUE NO -3

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04/06/2020

NEWS FLASH

- Lunch & Dinner was prepared by Akuvuto community.
- Yimchungrü Baptist Association Donated 5 tins of kidney beans.
- United Youth Association Dimapur donated 2 cartons of eggs, 1 carton of Maggie, and 1 bag of basmati rice.
- Zeliang Students' Union Dimapur donated 2 bags of potatoes and 2 cartons of eggs.
- Lotovi Village Council donated 4 bags of rice & varieties of vegetables.
- Afternoon Snacks prepared by Hukiye colony Thahekhu STH
- Evening Worship led by Thilixu Village Baptist Church



Chikhalu Ayemi
Assistant Manager, NIDC
Govt. Officer In-Charge of LFI Q - Centre

FINDING THE LIGHT IN THE DARK

During this challenging time, it is easy to get discouraged with the amount of unexpected changes that has occurred over the last few months and the new adaptations that we have had to make, and thus, staying optimistic during this time of crisis can be quite challenging. However, it is important to do so, as it is critical to our mental well-being and immune system and thus, we hope that we can all continue to find the light and keep fighting this together.

Here are some ways for you to stay optimistic:

Practice Gratefulness: Try to keep the negativity aside and try to be grateful for all the good things that are happening.

Start the day with a prayer and a positive attitude.

Relax your body: Try to incorporate some form of exercise to keep your body active or try practicing Diaphragmatic breathing.

Connect with your loved ones: Just because we are physically distancing does not mean that we cannot connect over social media.

Use social media wisely: We might be very tempted to know what is happening and seeing so much negativity may instead affect us so, try to avoid news. Instead take the advantage of the internet and read something positive or listen to encouraging podcasts or just watch a movie.

Follow all the necessary guidelines that have been given so that you can protect yourself and the people around you.

Have faith.

And while you are doing all of the above, do take the time to realise how important your contribution is by staying in Quarantine and following all the guidelines. Let's do our part to break the chain and protect those who are the most vulnerable in our society.

Also, I hope that someday, we can all look back at this experience as something that changed our way of life in a good way and when this is over, we can all come out of it with better habits and learn to be kinder to each other.

HOPE

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COVID19

SOME DO'S & DON'TS:

Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

Don'ts

1. Avoid Close Contact With Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose

THURSDAY

04/06/2020



Boqhito K. Chishi
Thahekhu Village

DANCE MOVEMENT THERAPY

Human beings are born with an instinct for movement. Since birth we explore and learn about our environment and ourselves. Every day with our movement and the language of our body we speak and communicate with the people around us. Thus, at crises moment like this there are possibilities for us to become conscious and cautious of the way we move, eventually limiting our movement language and in the process affect our mental health. We need to realize that we should always know how to take care of ourself and regulate our feelings and emotions freely for a holistic growth.

In crises moment like this we have to look up for the best possible way to take care of our well being. Thus, dance is a unique physical discipline which can be done in a safe space without any physical contact with others. Dance unifies our emotional, psychological, spiritual, intellectual and creative energies. Dance helps people to have a dialogue with their bodies, it nourishes the need of our body in just the way that reading or meditation nurtures our mind. It enables us to get in touch with a deeper emotional or spiritual part of ourselves that we are not aware of in everyday life.

Dance Movement Therapy is the use of expressive movement and dance as a vehicle, through which an individual can engage in the process of personal integration and growth. It is founded on the principle that there is a relationship between motion and emotion.

Thus, Dance Movement Therapy works to restore the resilience between the body and mind by moving our body into meaningful form. By moving our body we can go beyond the cathartic and relax feeling and further help in building creativity and self control in any given circumstances. Today, when we are not able to change our situation or circumstances, we should challenge to change ourselves, adapt and grow according to the need of the hour by exploring all possible ways and means to maintain good mental health. So, let us dance towards healthy life, dancing and turning anxiety into excitement.

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
- 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



CIHSR,
Dimapur

We care for you and we are praying for you!

AVAILABLE FOR TELEMEDICAL CONSULTATION

Through: Voice Call
 WhatsApp video call/Chat
 SMS

Dr Apong Longchar
 M.B.B.S., D.C.H., M.D. (Ped)
 CHILD SPECIALIST AND NEONATOLOGIST
 Nikos Hospital and Research Centre
 Dimapur, Nagaland
 Reg. No NMC/R15/00340

For Details contact:
 +91 8787593557
 Between 9:00 am to 4:00 pm.

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 - 75

Mon District: Konyak - 13.

(among the inmates there are two infant one is 4 months and the other is 11 months old)

Theme Song for Inmates composed by Ministry team

THEME SONG NOW AVAILABLE ON YOUTUBE LIKE & SUBSCRIBE
<https://youtu.be/QMgwQWpRisg>

Heal me oh Heal me Lord (2x)
 Touch me with your healing hands
 Heal me oh heal me Oh Lord. (2x)

Save me oh save me Lord (2x)
 From all deadly disease
 Save me Oh save me oh Lord

PRAYER SECTION

Dear God thank you for loving me and accepting me just as the way I am. I need you Lord more than ever. I cry unto you as our world today is filled with broken hearts, our souls in danger, troubles everywhere, life seems unfair. Oh Lord my God every single cells in my body yearns for your presence and comfort. I confess my sins today and the sins your people have committed. You have every right to pour out your anger and destroy your people as we have lived a life without acknowledging you as our creator and master of our life. On my bended knees I beg you oh Lord to forgive me and our people and visit us one more time in our own gentle way so that greediness, envy, revenge and hatred will turn to love and unity. Please Lord may you answered my whisper prayer for I know there is power in whispered prayer. In Jesus Name Amen.

- Kakheli Inato Jimomi

PRAYER POINTS:

- Pray for the 155 inmates at Q centre LFI
- Pray for the frontliners at Q centre LFI
- Pray for all the committee members
- Pray for all the generous givers
- Pray for Nagaland.



Result Update & Activity

QUARANTINE CENTRE
 LIVINGSTONE FOUNDATION INTERNATIONAL
 Managed by Western Sumi Hobo & Western Sumi Baptist Akukhousi Khaphakolu

Bed No: _____
 Room No: _____

KAKURO **ACTIVITY 7** | June 3 0520 **PLAY TO WIN**

KAKURO INSTRUCTIONS
 * Fill all the empty squares using numbers 1-9 so the sum of each horizontal block equals the clue or the sum of each vertical block equals the clue on its left.
 * The same number will not be repeated in the same block.

KAKURO SAMPLE

	3	1								
	1	2		1	3					
	4	3	2	1						
	2	1	3	5						
	1	3		1	3					
				2	1					

Whatsapp your completed activity to: ARSa Team (Accommodation, Reception & Sanitation Team) @ 9402 6966 54

The **FIRST FIVE PERSON** to whatsapp will be the winners

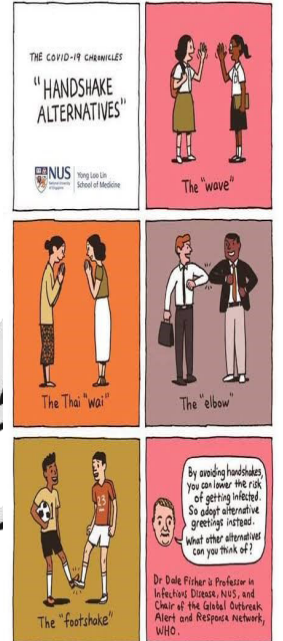
YESTERDAY'S RESULT

Congratulations!

ALL ARE WINNER

Besides FIVE INDIVIDUAL PRIZE there will be **PRIZE FOR THREE ROOMS** (based on the highest correct answer from EACH ROOM)

ARSA Team



SOCIAL DISTANCING
 MAINTAIN SOCIAL DISTANCE DURING THE COVID-19 PERIOD



Q.1: How do you feel about being quarantine?

I feel good as we get to know more about personal hygiene and social life.

Q2: What are your thoughts on keeping one meter distance?

Not every one is practical in it.

Q3: Is there any new insights during these few day of quarantine? or?

I overcame the extreme fear for this current situation. I learned to stay hydrated and to the importance of regular & proper meals for good immune system .

Q4: What are the new things that you learned during these few days in LFI Q-centre?

To be socially active, affectionate love and care.

Q5: Does cleanliness matter much to you?

Yes, but it's hard to be practical all the time.

Q6: Do you always wash you hand before meal?

Yes, I do.

Q7: What are the four Do's to stay safe during the Corona out break?

1. Avoiding social gathering 2.Keeping updated about one's health 3.keep yourself hygienic 4. Do not panic, stay calm.

Q8: Do you have any advice to give to your inmates?

My fellow inmates its rude to hear when we say stay away from me or don't come closer to me, rather we should understand each other, know the present situation and maintain distance.

Q.9: Do you read Bible every day?

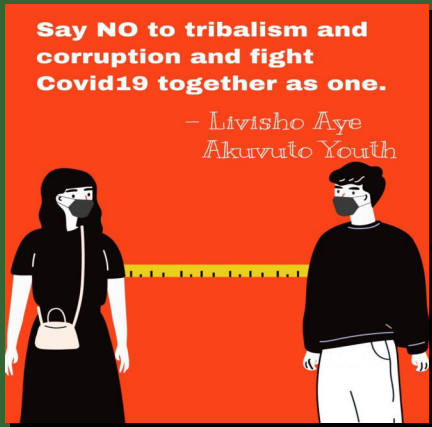
To be honest, No, not everyday.

Q.10 Are you happy with the service provided by the Q-centre incharge?

Yes. Never thought being quarantined will be so nice. It feels like being at one's own home. Everything here is beyond my expectation.

Q11: Do you have any suggestions or advices to give to the Q-centre uncharged?

A: Honestly, No. Everything here is so nice.





Afternoon Snacks prepared by Hukiye colony Thahekhu STH



Zeliang Students' Union Dimapur donated 2 bags of potatoes and 2 cartons of eggs

United Youth Association Dimapur donated 2 cartons of eggs, 1 carton of Maggie, and 1 bag of basmati rice.

Yimchungrū Baptist Association Donated 5 tins of kidney



Akuvuto Community taking a break during lunch & dinner preparation



Lotovi Village Council donated 4 bags of rice & varieties of vegeta-



Photo of the day...



Doctor... How did you fall into the gutter?
Alcoholic patient... What can I say doctor Saheb...
There was a manhole, without a lid.



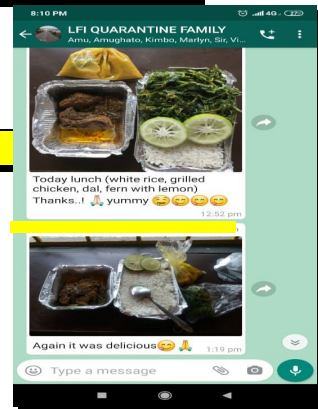
Doctor... _How come you didn't see the manhole??
Actually I Mistook it for a social distancing circle.



Evening Worship led by Thilixu Village Baptist Church



Inmates Response



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