

Here is my examples – Chulani Herath, Sri Lanka

Example 01

Sri Lanka extends nationwide curfew to fight coronavirus pandemic. Curfew was effective in the districts of Colombo, Gampaha, Kalutara and Puttalam until further notice since March. During this period people were stay at home and shops, supermarkets, schools, Universities were closed and curfew undergo. In Colombo where I live, many people were coming together and sharing resources to help vulnerable communities. People were not allowed to leave their homes and they were faced psychological and economic problems. Adaptation for quarantine, social isolation, and continuous curfew more than one-month period people live in the community with stress and anxiety due to COVID-19.



University academics representing all the state Universities in Sri Lanka were proposed that to set up a COVID 19 fund with donations from members of academic staff to extend support to the government and offer services to



fulfil responsibilities towards fellow citizens. The donation of PPE and ICU beds to the Ministry of Health was made by the University Teachers as first step.



University academics together donate money to the cleaning staff who recognized as disadvantage community due to this pandemic situation. Some of the staff and students in the University were discussed with me to establish the counselling support regarding on many psychological problems as I am working at the department of psychology and counselling and counselling Unit in my University also functioning under this department. I have discussed with

my department members and the counsellor in the counselling Unit to raise awareness campaign to avoid psychological problems, and or mental isolation during this prevailing situation. It was suggested to conduct a campaign through sharing leaflet



As a society, we are facing an unprecedented time of worry and change with the spread of COVID-19. It is true that there are limits to what we can do to control the spread of COVID-19, but there is a lot we can do to control our responses to it.

"COPIING WITH CORONAVIRUS ANXIETY & HOW TO BUILD MENTAL RESILIENCE"

An online awareness program is conducted by Ms. Herath Resanade, Counsellor at OUS, Counselling Unit, US Room.

Date : 26th April 2020

Time : 10.30am - 11.15am

We invite all OUS staff and students to join in.

Log in to: <https://zoom.us/join>

Meeting ID : 989-2624426

Password : 989755

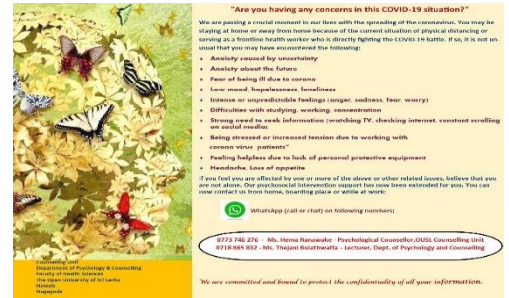
Counselling Unit
Department of Psychology & Counselling
Faculty of Health Sciences
The Open University of Sri Lanka
Nawala
Nugegoda



among staff and students or article about maintaining psychological wellbeing during the period of quarantine and social isolation as first step.

First campaign was about Self-care during COVID-19 quarantine/ social isolation period. We as a department expanded the counselling service

and University community especially students' access to reach counsellor via email and tele health counselling via WhatsApp. University community requested and involved with the psycho social support service and awareness sessions about Coronavirus anxiety and mindfulness exercise conducted via Zoom with the participation of staff and students. Further, academic staff of the faculty of health sciences donated N93 face masks for the staff who directly work with COVID – 19 wards in the National Institute of Infectious Diseases (IDH).



I was invited to talk about psychological challenges and opportunities due to COVID – 19 pandemics from the other academic institution. As an academician in dynamic field we were able to help needy people within the University community.



Example 02



In Colombo where I live curfew uplifted from 20th March has been identified as high-risk zone. People life was lockdown on my area and vulnerable communities were struggle to get daily stuff as they were felt difficulties due to financial problems.

The community leaders, community organizations in my area came frontline however, as it is curfew and organized a project to donate necessary foods items, goods, and medicines to the vulnerable families. I was able to contribute this project and still it's going on.

Facebook campaign and WhatsApp were the social media were used as a media platform to communicate with donors and identify the families with poverty related issues due to COVID-19.

Donations were done at the Temple in that community and the breadwinners of such families were visited to temple to collect goods.



People in my area come together and generate fund during this pandemic and developed a support system together to help people in my area. This support group consist

with youth volunteers, community leaders, and religious leaders. All of this team come together to frontline at the community level to help people to help themselves. From

this support system we were able to identify human values come forward such a critical period.

