



ANNUAL REPORT ‘2021-2022’

INDIAN TRUCK DRIVERS WELFARE CONSORTIUM (ITDWC)



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Preface

I am very happy to present this annual report. Through the Intervention on the project we acquired more knowledge. Each day had added experience to us. During this year we had conducted major events which more number of truckers got benefited.

Our team members strong and effective work we are able to achieve target in the project. At this time of sharing the activities of the year. We remember with gratitude all the members who accompanied us in our journey of reach in our vision.

We got good cooperation from Transporters, Advisory Committee members, donors like Indian Oil Corporation Limited, Tamilnadu Health Department, JK Tyre, Chennai Petroleum Corporation Limited (CPCL) in our project implementation.

The staff is strength of the association who put in the committed effort to achieve the goals. Last but not least we remember our trucker community who worked along with us in all the initiatives and who form main part in our activities.

Introduction :

The Indian Truck drivers consortium was founded as an organized institution with an objective of providing welfare benefits for the truckers and the families. In ensuring healthy life, socio economic development, livelihood support for their families, getting entitlements from various schemes, road safety etc. Through which the truckers will be able to get wide knowledge on various issues related to them. More specifically the truckers were provided more knowledge about the prevention strategies from HIV/ AIDS and other topics related to it.

Indian Truck Drivers Welfare Consortium various activities like medical camp, IPC, street theatre, media events, exhibition show, clinic like this our intervention is many more among the truckers. The identified STI cases were referred to treatment in our clinic. In the association there are 300 transports along with them there are harbor association, Tanker lorry association. More welfare activities are carried out by the organization such as educational support, Livelihood support by providing materials.

Indian Truck Drivers Welfare Consortium is working in clusters wise CMDA-I, CMDA-II, Warehouse, Edible Oil, Bullet Point, – I & II, Minjur, Ennore Port parking yards, Chennai Port , Gummudipoondi truck parking areas and Poonamalle, Irunkattukoddai, Sriperambur SIDCO Estate areas in Thiruvallur district.

Observance on World AIDS DAY

Indian truck drivers consortium on observance of WORLD AIDS Day have conducted meetings for the truck drivers in the below truck points.



Sl.No	Truck Points	Number of drivers coverage
1.	Ennore Container Corporation, Minjur	60
2.	Reliance Gas Filling Station, Minjur	120
3.	Stava CSF , Aandarkuppam, Manali	145
4.	Kailash , Aandarkuppam Manali	80
5.	Manjamkuppam, Madhavaram.	210
6.	Concord , Thiruvettriur.	200
7.	Chennai Port Parking Area	200
8.	Deepak Agency, Nettukuppam, Thiruvettriur	60
9.	IOT Gas filling terminal, Madhavaram	130
10.	Saint Gobain , Sriperambur,	104
11.	Vasu Roadways	86

	,Poonamillee	
12.	Satva Trans, Poonamalle	38
13.	SIDCO Parking, Irunkattukottai	230

The truckers were given awareness on prevention strategies from HIV/AIDS, symptoms of HIV/AIDS, testing and treatments.

Awareness on Road safety

The truckers were given awareness on Road Safety measures to be followed. Ms.Mercy Organizer for Indian Truck drivers consortium handled the session in which she explained about the safety measure to be followed in driving and the effects of rash driving it was also explained to the truckers about the Road Safety Rules and punishments related to it. The truckers have the feedback informed that the awareness on road safety was very useful for them



IEC Campaign:

In the Information education and communication campaign the handbills, broucher and posters related to the Truckers welfare, road safety, signs and symptoms of HIV/AIDS, treatment process and testing was highlighted and distributed to more than 500 truckers.



Awareness on Entitlements:

The truckers were given awareness on getting their entitlements like getting their wages at right time, welfare benefits like Provident fund, ESI and leave benefits. It was explained to them about the human rights benefits, labour wages, insurance etc.

Working with truckers is a big challenge for us because getting cooperation from truckers is very hard as they are long distance drivers they feel third and languages problems also is the reason. But through the staff effective work we are able to reach truckers and motivated them for testing.



The truckers not easily accept to take blood testing as they usually see accident they fear on blood and testing. But our staff had continuously explained to them about testing through intervention. In our project implementation we got more experience which had given us wide knowledge. Thanks for the cooperation and hard work of my project team.

Advocacy with Key Stakeholders:

One of the important activities in our project is to conduct advocacy. We had formed a committee to carry out our advocacy activities. In this committee there is local RTO, Transport owners, Police, Advocate, Human rights Committee(HRLN), peer educators as members. The committee gather monthly once and discuss about truckers problems and find solution for the problems.



Achievements:

🏆 200 driver membership

🏆 Different languages services advertisement Banners

- 🏆 Referral Services Increase
- 🏆 Office and field infrastructure creation
- 🏆 Field established and truckers service access
- 🏆 Committee formation and function

Swachh Pakhwada related to COVID 19 Prevention & Vaccination important and Clean India Mission among Trucker and Various target groups in Greater Chennai Corporation and Thiruvallur District.

Indian Truck Drivers Welfare Consortium in collaboration with Chennai Petroleum Corporation Limited (CPCL) have observed two weeks Swachta Pakhwada activities from 1st July till 15th July 2021 on implementing programs that focused on COVID 19 prevention among various target groups.



The activities which have been conducted in the swachta pakhwada campaign are as follows:

- A. Awareness campaign through street theatre on COVID 19 prevention and vaccination importance.
- B. National level Truck Marathon Campaign.
- C. Distribution of Dry Ration (COVID19) for Deserted and deserving community people.
- D. Swachta pakhwada campaign through puppet show on COVID 19 Prevention and vaccination importance for truckers at Tanker lorry Parking yard.
- E. Kabasura Kudineer Distribution to Truckers

A. Awareness campaign through street theatre on COVID 19 prevention and vaccination importance.

Indian Truck Drivers Welfare Consortium in collaboration with Chennai Petroleum Corporation Limited have organized SWACHHTA PAKHWADA program on highlighting the prevention of COVID 19 and vaccination importance through awareness activities as observance for two weeks starting from 1st July 2021. The inauguration program was conducted at CMDA Truck Terminal, Madhavaram in which the officials of CPCL have been the special guests of the programme. The awareness programme highlighted on prevention of COVID 19 & vaccination importance, Plastic awareness, Clean India Mission through the performance of



variety Cultural program like Oyilattam, Mayilattam, street theater , karakatam performed by the expert cultural team. The higher officials of CPCL Mr.Vijayakumar, Mr. Thirunana Nathan and Mrs.Bhuvaneswari have given the key note address about the program. Dr.P.M.Muthukumar gave a special speech in which he oriented about the swatchta pakhwada and CPCL contribution in organizing the programs. The truckers, transport owners, general public have participated in the program and the safety kit like mask and kabasura kudineer were distributed to all the participants .



All the truck drivers have enjoyed more while watching the awareness cultural program and in their feedback they have mentioned that the program was very informative for them and they will follow all the preventive measures highlighted and will also get vaccinated for securing themselves from

COVID 19 and Clean India Mission. The program ended with the vote of thanks.

B. National Level Truck Marathon Campaign



As an observation of Swaccha pakhwada Indian Truck Drivers Welfare Consortium in collaboration with Chennai Petroleum Corporation limited have organized National Level Truck Marathon on 10th July 2021 at Ennore Cargo Container Terminal, Naapalayam. About 45 truckers and trucks holding awareness banner on COVID 19 prevention strategies and vaccination importance have took part in the campaign. The main objective of the truck marathon is to disseminate the

information on COVID 19 prevention all the state and nation through awareness display banners which tied in front portion of the trucks. The colorful banners attract the public and the information easily reaches to all. The truckers have taken the responsibility on creating awareness to the public and transport industry on controlling and preventing the COVID 19. Mrs.Meena Health Educator gave welcome address and introductory speech on the objective of organizing National level truck marathon as the swaccha pakhwada campaign highlighting COVID 19 prevention and



vaccination importance. Special address given by Mr.Bhaskar Senior Manager ECCT and Mr.Bala Manager ECCT. The truck drivers worn TShirt and Cap with the CPCL logo printed in it. The participants were provided mask, towel and kabasura kudineer. In the feedback the truckers shared that they feel proud of themselves on being the warrior on protecting the nation and its

people on creating awareness through truck marathon

Truck Marathon Campaign Drivers Participation List

S.NO	NAME	MOBILE NUMBER
1	Anandan M	984061
2	karthikeyan M	984061
3	Karthikeyan.P	984061
4	Pramodh Shau.R	984061
5	Saravanan.I	984061
6	Siyaramsahu L.A	984061
7	Vijayakumar.M	984061
8	Madhan kumar E	984061
9	Karthik R	984061
10	Arulsamy.J	984061
11	Gunasekar K	984061
12	Harikumar.S	984061
13	Dhamodharan K	984061
14	Somanathan k	984061
15	Selvanambi R	984061
16	Rangadurai	984061
17	Manikandan M	984061
18	Kumar k	984061
19	Devanesan J	984061
20	Sakthivel R	984061
21	Govindaraj M	984061
22	P.Gopalakrishnan	984061
23	saleem Mohaideen	984061
24	Selvarasu V	984061
25	Loganathan M	984061
26	PASUM PONNAIAH S	984061
27	S Saravanan	984061
28	Sundaravadivel P	984061
29	Arul S	984061
30	Arumugam M	984061
31	Bakthavachalam B	984061
32	Balamurugan v	984061
33	Barathiraja R	984061
34	Devadoss P	984061
35	Kumaresan k	984061
36	Pandiyani kasi	984061

C. Distribution of Dry Ration (COVID19) for Deserted and deserving community people

Distribution of Dry Ration (COVID 19 Relied kit) to the deserted and deserving community people at MGR Nagar, Manali have been organized on 13th July 2021 by Indian Truck Drivers Welfare Consortium in collaboration with Chennai petroleum Corporation Limited. The COVID 19 relief kit contains 15 items like Rice, Dhal, Oil, Chilli powder, turmeric powder, Sambar powder, mustard seed, bathing and washing soaps, tooth paste and Vegetable etc.



The dry ration distribution program started with the welcome address given by Dr.P.M.Muthukumar Chairman Indian Truck Drivers Welfare Consortium followed by the special address delivered by Mrs.Bhuvaneshwari CPCL in her speech she highlighted on the importance of observing swachta pakhwada and the objective of organizing the program related to COVID 19. Mr. Gnana Nathan CPCL in his speech mentioned the importance of following the prevention strategies to protect from COVID 19 and also explained in brief about the program. About 25 community people like deserted , widow, poor, single headed women got benefited through the distribution of COVID 19 relief Dry ration kit. The area leader appreciated the need based service of CPCL and Indian Truck Drivers Welfare Consortium. The beneficiaries felt thankful on the noble service during the poor financial crisis due to COVID 19 pandemic situation.

List of Beneficiaries received Dry Ration

Sl.No	Name of the Beneficiaries	Age
1.	Amudha	56
2.	C,Chinnammal	53

3.	Karuppaiye	59
4.	Suloksona	58
5.	Yasodha	62
6.	Muthulakshmi	57
7.	Anandhi	55
8.	Subedha	54
9.	Y.Mumtaj	61
10.	S.Jayandthi	58
11.	A.Ponnammal	53
12.	Jamuna	57
13.	C.Chinnaponnu	54
14.	S.CHndira	52
15.	R.Ramkka	52
16.	T.Cinkari	57
17.	M.Govindhammal	55
18.	M.Rathinammal	54
19.	Laila	56
20.	M.Dayammal	56
21.	R.Lalitha	49
22.	Anandhai	51
23.	Kashthuri	54
24.	Selvi	54
25.	Devaki	60

D. Swachta pakhwada campaign through puppet show on COVID 19 Prevention and vaccination importance for truckers at Tanker lorry Parking Yard

Swachtha Pakhwada Campaign through puppet show on COVID 19 Prevention and Vaccination importance for truckers organized on 14th July 2021 at tanker lorry truck yard by Indian Truck drivers welfare consortium in collaboration with Chennai Petroleum Corporation Limited. The puppet show was performed by the expert puppet show artist and it was highlighted on the prevention strategies and methods to be followed on protecting oneself from getting affected by COVID 19. Dr.P.M.Muthukumar Chairman ITDWC in his speech explained about the two weeks Swachtha pakhwada program and highlighted on the COVID 19 Prevention and vaccination importance to the participants. About 45 members including tanker lorry association leaders, drivers, truck transport owners have participated in the program. COVID 19 kit containing Mask, cap with CPCL logo and kabasura kudineer distributed to the participants. At the end of the program vote of thanks was delivered by the President of Tanker Lorry Owners Association. The participants felt thankful and grateful for organizing awareness campaign which enlightens on the importance on following the preventive measures on COVID 19 and vaccination importance.



Mask Distribution





E. Swachha pakhwada awareness campaign COVID 19 Prevention at CPCL Truck Loading Point

Awareness Campaign on COVID 19 prevention strategies and vaccination importance at CPCL truck loading point. The health educator Mrs.Meena conducted demo on practicing hand wash techniques of World health organization, wearing and removing of mask. She also briefed about the following of preventive strategies like maintaining social distance , eating healthy immunity boosting foods, drinking kabasura kudineer etc for healthy living and safety aspect. After the session the truckers came Forward to demonstrate on hand wash and mask wearing technique.

COVID 19 prevention among Truck Drivers

Introduction :

Indian Truck Drivers Welfare Consortium is a registered community based organization working for the overall welfare and wellbeing of the truckers. During the intervention ITDWC found that the truckers are more vulnerable to get affected by corona virus as they are migrant population and lack awareness in protecting themselves from COVID

19. ITDWC brought forward the need of protecting the truckers in the pandemic situation to the health department and Indian oil corporation limited. The IOCL approved the project and in coordination with the Deputy Director of health services ITDWC implements the COVID 19 Prevention among truckers project from April 2021 till June 2021.

Project components :

- ▯ Awareness creation to truckers on covid 19 prevention strategies through
- ▯ One to one interaction
- ▯ One to group interaction
- ▯ Information, education and communication material distribution (IEC).
- ▯ Community events through street theatre, parai and cultural folk performance by cultural team.
- ▯ Distribution of kabasura kudineer.
- ▯ Distribution of mask
- ▯ Temperature checking through forehead machine.
- ▯ Awareness creation on vaccination importance.
- ▯ Display of awareness stickers , banners , brouchers in trucks and other places to educate the truckers on prevention strategies.
- ▯ Distribution of prevention kits consisting of mask ,cloves, sanitizer, kabasurakudineer, immunity boosting tablets to the truckers

Inaugural program and project commencement:

Indian Truck Drivers Welfare Consortium jointly with Health and Family Welfare Department by the support of Indian Oil Corporation Limited organized Launching program of Intensive Intervention on COVID 19 Prevention among Truckers at ECCT on 3rd April 2021. More than 70 truckers participated like drivers, loading man, transport workers, securities and helpers have participated in the programme. Ms. Anusha, Director, ITDWC gave welcome address followed by which Mr. Ram Mohan, CFO ECCT have been the guest of honour and explained the drivers about the importance of following the instructions for prevention from COVID 19.

The Chairman ITDWC Dr. P. M. Muthukumar gave a key note address in which he emphasized the importance of drivers in the development of the Indian economy. He explained about the generosity of Indian Oil Corporation limited on accepting to support for the

implementation of COVID 19 prevention among

truckers. This shows their concern towards the drivers and they are also providing various welfare services for the drivers which are highly appreciable and he thanked them for giving opportunity for ITDWC.



More than 1 lakh mask were distributed by Indian Oil Corporation Limited. Safety is very important which not only protect you it will protect your family and the whole nation. Recently Indian Oil Corporation along with CPCL has contributed more than 3 crores for

Refrigerated truck to State Government for transporting COVID 19 vaccines. Mr.P.Kailash Kanth Pudatha, DGM (CSR-HR) Indian Oil Corporation gave key note address in which he explained that Indian Oil Corporation Limited will always provide need based services with holistic

approach. He said that IOCL have contributed their support for implementing the project now it's in the hands of the drivers to use the opportunities to get benefited through the project.



The cultural show organized for the drivers to make them aware about the prevention strategies to be followed on protecting from COVID 19. The team performed variety of traditional dances like Paraiattam, Oyilattam, Silambattam, Karakaatham in which the prevention methods like following social distance, wearing mask, regular hand wash, using sanitizer and consuming Kabasura Kudineer was clearly enacted to the drivers. Importance of testing, eating healthy food and need for vaccination was also explained to the drivers by the effective mode of communication like street theatre and traditional cultural programme.

The COVID 19 Protection Kit (masks, sanitizer & hand cloths) was distributed to all the participants by Mr.Ramesh, Chief Manager,(FM) IOCL and Mr.Kailash Kanth Pudatha, DGM (HR-CSR).

Mrs. Meena, Project Manager, ITDWC had done the demonstration on wearing mask and WHO steps of hand wash with soap or sanitizer.

Finally the vote of thanks was given by Mr.Baskar, AGM Transport ECCT.

Preparation and distribution of Immunity boosting drink :

The main component of the project is to prevent the truckers from getting affected by corona virus and to increase their immunity to fight against the diseases. Therefore kabasura kudineer was authorized by Tamilnadu government as the preventive immunity

booster which can be given to all people. ITDWC staff team were engaged to prepare kabasura kudineer with utmost Care.

The well prepared kabasura kudineer was distributed to the truckers early in the



morning at truck points , warehouses, parking yards , ITDWC office. The benefits of consuming kabasura kudineer were explained during the time of distribution. In every project activities kaba sura kudineer was provided to the truckers and other stakeholders. About 1,0000 truckers and other general public got benefited through the distribution of immunity boosting kabasura kudineer.

Educating on wearing mask and distribution of mask :

The most important component in the project is educating the truckers on protecting themselves from corona virus infection during the pandemic situation for which mask plays a vital role and works as a shield on preventing the virus from getting inside the human body. As a regular project activity in each awareness program and interactions mask was distributed to the truckers and other stakeholders. They were sensitized on how to wear and remove mask with demonstration by the ITDWC staff team. More than 1,00,000 mask were distributed to truckers , stakeholders and other general publics.



One to one Interaction :

One to one interaction in the project COVID 19 Prevention among truckers played a key role by sensitizing the intensity of corona virus and its attack on human body. ITDWC team members conduct regular one to one interaction with the truckers to educate them on what measures to be taken on protecting themselves during COVID 19 Pandemic. Preventive measures like keeping social distance, wearing mask, hand hygiene, and consuming kabasura kudineer, eating healthy food were educated to truckers during the one to one interaction.



one interaction. The truckers were made to feel free to share their health problems and regular temperature checking were done to identify any fever and other symptoms. The doubts of the truckers on keeping themselves safe was cleared during the interaction.

One to group Interaction :

The staff team members conduct regular one to group interaction with the truckers as a regular project activity and as an important component. The awareness intervention was conducted to truckers in the places like warehouse, parking yards, resting places etc. The truckers were educated on following the preventive measures like maintaining social distance, wearing mask, consuming and Consuming kabasura kudineer, importance of getting vaccination, drinking healthy food, hand Wash techniques etc. The staff have done demonstration on wearing mask and World Health organization (WHO) Seven steps on hand wash techniques. At the end of each session the truckers were asked to do demonstration on their learning about wearing mask and hand wash techniques.



Street theatre on COVID 19 Prevention, testing and vaccination importance:

Sensitization was given to the truckers on prevention strategies, testing and vaccination importance through the street theatre as awareness campaign. The expert street theater team have engaged on creating awareness and sensitization through cultural folk performance like parai, oyilattam, mayilattam, karakaatam and skit. The truckers acquired knowledge on the preventive strategies.



Advocacy with key Stakeholders:

Advocacy meeting with stakeholders were organized by ITDWC on. 26.04.2021 In



which the transport owners, guide association members , warehouseowners , mechanic shop owners, traffic police have participated. It was discussed about the problems faced by truckers in general and their vulnerability to get affected by COVID

19. the supportive role of the stakeholders on protecting the truckers were discussed. The transport owners promised that they will provide secured

and clean environment for the truckers, traffic police mentioned that they will behave in friendly manner with the truckers and give respect to them as they have been the COVID 19 warriors during the pandemic situation. All the participants revealed that they will be supportive to the truckers and ensure the protection of truckers for their healthy living .

Temperature checking :

Everyday the ITDWC staff team go the field meet the truckers and take temperature checking to identify their temperature and if its high they are referred to primary health centres for testing and treatment. In all the programs of the project temperature checking plays a major activity.

Symptomatic cases referral and linkages :

The temperature checking were done in each and every intervention. The symptomatic cases were identified through the regular activities in one to one interaction , group interaction. About 13 sympotomic cases were identified and referred to primary health centres for covid 19 testing and all found negative .Treatment was done for their general health issues in primary health centres.

Hand Wash Techniques:

The truckers were educated on world health organization hand wash techniques which has 7 steps to be followed. ITDWC staff team members in all project intervention conduct awareness session to the truckers and stake holders on hand wash techniques with soap or sanitizer. At the end of each session the truckers had done demonstration on hand wash techniques. It was also explained to them on the importance of keeping their hands clean and frequent hand wash with sanitizer or soap to be used as the preventive tool to protect from COVID 19.



Interpersonal Communication Activities :

The ITDWC staff team conducted interpersonal communication activities for the truckers in which awareness were created to the truckers on COVID 19 Prevention strategies through explanation using chart work, conducting of games , activities , group work. Distributing of gifts for



program
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increasing the motivation level and involvement of truckers. Through the IPC activities the truckers acquired more inputs and knowledge about COVID 19 prevention and also felt enjoyable learning experience throughout the program.

Information, Education and Communication (IEC) Activities :

IEC activities play a major and utmost component in the project as its been a important tool in creating awareness to the truckers and other stakeholders . the IEC materials like posters, stickers and banners were displayed in the places which is vibrant and make the content note visible.

Posters were displayed in warehouse, parking yards, petrol bunks. Stickers on the COVID 19 prevention strategies and vaccination importance was displayed in front of each trucks.

Banners were displayed in 3 languages Hindi, Tamil and English in the major places like warehouse, parking yards , traffic signals , toll plazas with information on prevention strategies vaccination importance.



Prevent the spread of COVID 19

Steps of Guidelines for Truckers on Ensuring Safety & Hygiene

(English)



PREVENT THE SPREAD OF COVID

STEPS OF GUIDELINES FOR TRUCKERS ON ENSURING SAFETY & HYGIENE

- 

1 Trucker should wear mask before leaving from home/ place of residence. Should carry adequate mask, sanitizer & kabasura kudineer at frequent intervals. Should wear mask before leaving from home.
- 

2 Maintain safe distance more than an arms length in the loading place, parking areas, petrol bunks, delivery points etc.
- 

3 Keep social distance in the loading points and with load man. Wear mask compulsorily. Not to touch the materials unnecessarily without using sanitizer.
- 

4 Not to stay in crowded resting room, parking area. Should maintain at least 1 metre between individuals.
- 

5 Hand wash with soap and water before eating. Check the food plates are kept clean and hygiene. Maintain social distancing and not to communicate with the strangers unnecessarily.
- 

6 Wear mask in the petrol bunks and delivery points. Use sanitizer frequently.
- 

7 To be aware about the prevalence of vulnerability during the travel in state and districts and to take precautions during travel.
- 

8 The truckers should be mindful that they have a long way from one another and should protect themselves from the virus.
- 

9 Should maintain social distancing in the unloading places, delivery points, customers places, industries etc.
- 

10 If there is any symptom like cough, cold, headache, throat pain, dysentery, attention to be given to visit nearby health facilities for COVID 19 testing.
- 

11 After the completion of each travel it is important to wash the vehicle with disinfectant.
- 

12 After reaching the destination, wash and clean the dress materials, and other belongings.

Prevent the spread of COVID 19
Steps of Guidelines for Truckers on Ensuring Safety & Hygiene
(Hindi)



COVID 19 के प्रसार को रोकें

सुरक्षा और स्वच्छता सुनिश्चित करने के लिए ट्रक ड्राइवर्स के लिए दिशा

1



Trucker को घर / लॉजिंग स्थान से निकलने से पहले मास्क पहनना चाहिए। तनाव पर पर्याप्त मास्क, सैनिटाइजर और कबाडस कुड़बिर ले जाना चाहिए घर से निकलने से पहले मास्क पहनना चाहिए।

2



लोडिंग स्थानों, ढाबों, पार्कमिंग क्वेत्रों, मैकेनिक की दुकानों, भंडार बंक, डिलीवरी पॉइंट आदि में ठहरावों की लंबाई (1 मीटर) से अधिक की सुरक्षा दूरी बनाए रखें।

3



लोडिंग पॉइंट्स और सामाजिक दूरी बनाए रखें। सैनिटाइजर का उपयोग करने के लिए मास्क पहनें।

4



आराम करने वाले कमरे, पार्कमिंग क्वेत्रों में भीड़ में न रुकना। दो व्यक्ति के बीच कम से कम 1 मीटर सामाजिक दूरी बनाए रखनी चाहिए।

5



खाने से पहले हाथ साबुन और पानी से धोएं। खाने की प्लेटों को साफ और साफ रखें। सामाजिक दूरी बनाए रखें और अजनबियों के साथ अनावश्यक रूप से संवाद न करें।

6



पार्कमिंग क्वेत्रों, ट्रक से उतरने और वापस आने से पहले मास्क पहनें।

7



सड़क और जंक्शन में वाहनों के लॉजिंग के कारण प्रसार को रोकने में जागरूक होना और वाहनों के लॉजिंग से बचना। वाहन के लॉजिंग से बचना। वाहन के लॉजिंग से बचना। वाहन के लॉजिंग से बचना।

8



यदि बुखार, खांसी, जुकाम, सिर में दर्द, बदन दर्द, नले में दर्द, पैरों पर छुरा घाव लगे जाने जैसे कोई भी लक्षण हो, तो नजदीकी स्वास्थ्य देखभाल केंद्र में जाने की जरूरत है। यदि आवश्यक हो तो COVID 19 परीक्षण लिया जाना चाहिए।

9



तबियत बुरी हो तो वापस जाने से पहले मास्क पहनें।

10



वाहन के लॉजिंग से बचना। वाहन के लॉजिंग से बचना। वाहन के लॉजिंग से बचना।

11



TRUCK WASH

Prevent the spread of COVID 19

Steps of Guidelines for Truckers on Ensuring Safety & Hygiene

(Tamil)



கொரோனா பரவலை தடுக்கும் நெறிமுறை
சரக்கு வாகன ஓட்டுனர்களுக்கு பாதுகாப்பு மற்றும் சுகாதார வழிகாட்டு

 1	ஓட்டுனர்கள் கீடை கிட்டு பணிக்குச் செல்வதற்கு முன்பு தேவையான முகக் கவசங்கள், கிருமிநாசினி, கபசுர மூலத்தீர் போன்றவற்றை எடுத்துச் செல்ல வேண்டும். கீடை கிட்டு வெளியில் வரும் போது கட்டாயம் முகக் கவசம் அணிதல் வேண்டும்.	வாகனம் எடுப்பதற்கு முன்பு வாகன உட்பகுதியில் ஓட்டுனர்கள் நன்கு கிருமிநாசியால் சுத்தம் செய்த ரின்பு வாகனத்தை இயக்கவும்.
 3	ஏந்த திறும் பகுதியில் (பூக்கிப் பிடிப்பை, லோடு கீட்களில்) முகக் கவசம் அணித்து சமூக இடைவெளியை ஒரு மீட்டர் விடப்பற்ற வேண்டும். அங்கு வாகனம் எடுப்பதற்கு முன்பு வாகனத்தை கிருமி நாசினிகளால் நன்கு சுத்தம் செய்ய வேண்டும்.	மெக் கானிக் கடைகள், வாகன நிறுத்துமிடங்களில் ஓட்டுனர்கள் ஒரு மீட்டர் சமூக இடைவெளியை கடைப்பிடிக்க வேண்டும்.
 5	ஓட்டுனர்கள் நாபா, உணவகங்களிலும் தேநீர் கடைகளிலும் கூட்டமாக இருப்பதை நவீகம் வேண்டும். சமூக இடைவெளியை பின்பற்றுவதை உறுதி செய்தல் வேண்டும். சாப்பிடுவதற்கு முன்பு சோப்பு மற்றும் நண்ணீரால் கைகளை கழுவு வேண்டும்.	ஆபில் நிரப்பும்பிடம், வாகனம் நிறுத்துமிடங்களில் கட்டாயம் முகக் கவசம் அணிய வேண்டும். தொடர்ந்து கிருமி நாசியைப் பயன்படுத்த வேண்டும்.
 7	ஓட்டுனர்கள் மாவட்ட கிட்டு மாவட்டமும் மாநிலம் கிட்டு மாநிலங்கள் பயணம் மேற்கொள்ளும் போது அங்குள்ள சீனாப்பொருள் நுகர்வோர், புள்ளிகளில் நெரிந்து அந்தந்தநாற்போல் மிக கவனமாக இருக்க வேண்டும்.	வாகன நிறுத்துமிடங்களிலும் ஓட்டுனர்கள் ஓய்வு எடுக்கும் அறைகளிலும் கூட்டமாக இருப்பதை நவீகம் வேண்டும். பொதுவாக எல்லா ஓட்டுனர்களும் பை இடைவெளிக்கு பயணம் செய்வதற்காகவும் நூற்றுக்கணக்கான கிலோ மீட்டர் தொலைவிற்கு பயணித்து வருபவர்களை உள்வாங்கி நிறுத்தும் இடங்களை ஏற்படுத்துக. அது எவ்வளவு தொலைவு பரவும் அப்படி உள்வாங்கி எவ்வளவு மனதில் வைத்துக்கொள்ள வேண்டும்.
 9	ஏற்கும் கிரகம் கிடங்களை நுகர்வோர், தொழிற்சாலைகள், சேல்பு மிடங்கு போன்ற பகுதிகளில் ஓட்டுனர்கள் கட்டாயம் முகக் கவசம் கிருமி நாசினி பயன்படுத்துதல் வேண்டும். மேலும் தேவையற்ற பொருட்களை தொடர்பில் அங்குள்ள நபர்களிடம் சமூக இடைவெளியை பின்பற்றுதல் வேண்டும்.	ஓட்டுநருக்கு தனது அழிவழி (காப்பீடு, சலி, உடம்பு வலி, தொண்டையில் புண், தொடர்ந்து இருமல், ஸ்கந்தினுடைய தற்பெட்டால் உட்கொண்டால் உள்வாங்கி வருவதற்கான அனுகூலம் பரிசோதனை செய்துக்கொள்வது நல்லது.
 11	பயணம் மேற்கொண்டு வாகனம் நிறுத்தும் போது கிருமி நாசியால் வாகனத்தை கழுவு வேண்டும். கபசுர மூலத்தீர் அம்சப்போது பருகிட வேண்டும். இது சீனாப்பொருளில் இருந்து பாதுகாத்திட உதவிகும்.	பயணத்தை முடித்து கீட்களை நுகர்ப்பு முன்பு ஓட்டுனர்கள் நாசியைப் பயன்படுத்திய அனுகூலம் பொருட்களையும் கிருமி நாசியால் நன்கு தூய்மைப்படுத்த வேண்டும்.
 13	நீண்ட நாட்கள் தொலைதூரம் பயணம்	தொடர் பயணத்தில் கடுப்பதால் ஓட்டுனர்களுக்கு அதிகமாக கொரோனா தொற்று தடுக்கும்

Stickers : (Multi Language)






மருத்துவமனைக்கு போக முடியாத சூழ்நிலையில்... வீட்டிலிருந்தே எப்படி பாதுகாத்துக் கொள்வது...? சிறந்த வழிமுறைகள்



காய்ச்சல் இருந்தால் மெனி நேரத்திற்கு ஒரு முறை பாராசிடமால் மாத்திரையை எடுத்துக் கொள்ள வேண்டும்.



அதிகமாக திரவ உணவுகள் மற்றும் குழந்தை அதிகமாக பருக வேண்டும்.



உடலில் ஆக்சிஜன் அளவை 3-4 முறை யாரிசோதிக்க வேண்டும். 94க்கு மேல் இருந்தால் கவலை பட தேவையில்லை. 94-க்கு கீழ் இருந்தால் உடனடியாக மருத்துவமனைக்குச் செல்ல வேண்டும்.



வைட்டமின் C-D மற்றும் மல்டி வைட்டமின் சத்து மாத்திரையை எடுத்துக் கொள்ள வேண்டும்.



தினசரி 5-6 நிமிடம் நடைபயிற்சி மேற்கொள்ள வேண்டும்.

கொரோனா பாதிப்பில் இருந்து பாதுகாத்துக்கொள்ள



முக கவசம்



கைகளை நன்றாக சோப்பு போட்டு கழுவ வேண்டும்



சமூக இடைவெளி



அதிகமாக குழந்தை பருக வேண்டும்



உடலில் ஆக்சிஜன் அளவை 3-4 முறை சரிபார்க்க வேண்டும்

உங்கள் வீட்டில் யாருக்காவது...



தலைவலி



காய்ச்சல்



தொண்டை வலி



வாய் வறியிருக்கலை



சுவை இல்லை



உடல் வலி

உடனடியாக கொரோனா டெஸ்ட் பண்ணுங்க...

உங்களுக்கு கொரோனா வந்தால் பயப்பட வேண்டாம்



கொரோனா யாரிசோதினை செப்டம்.



மருத்துவ சந்தித்து, அவரின் ஆலோசனையடி கட்டியது.

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சரக்கு வாகன ஓட்டுனர்களுக்கு பாதுகாப்பு மற்றும் சுகாதார ஷோகாப்டு
உங்களை காக்க உங்கள் குடும்பத்தை காப்

தயங்காமல் தடுப்புசி போட்டுக்கோ





Conclusions:

Thanks for supporting in our work implementation. We had successfully implemented the work. We had got lot of learning from this work implementation. We will remove the negatives and implement successfully in the future..