

**SFC FOUNDATION**

**Write the Reality**  
**Campaign**



## **A Tribute to the Medical Professionals**

This document has been prepared in order to offer our deepest feelings and respect towards all the doctors, nurses and health care workers.

Thank you for looking after the patient's day after day during this COVID-19 outbreak. The duty that you're doing for the country and for its people without thinking of yourself and your family is truly something that we cannot quantify. During this period, where COVID-19 outbreak has brought the world to a standstill, most countries being in lockdown, the medical community including the doctors, nurses and the medical staff came out to be the real heroes and warriors who are fighting this disease on the frontline.

In a bid to honor these healthcare workers, our NGO, **SFC Foundation** has launched a campaign, "***Write the Reality***". The aim of this campaign is to pay homage to our "Corona Warriors" who are working tirelessly in this dark episode to smile. We earnestly appreciate your efforts and we just want to ensure that we all are together in this. It's overwhelming to tell you that people around the country are making great efforts to show their gratitude towards your service. Despite being stuck in their homes, residents of Punjab, Haryana, Chandigarh, Delhi and even students from all around the world, of all ages are making efforts and have not lost their spirits. Several entries have been enrolled appreciating the spirit of your hard work. Many brilliant poems to acknowledge your hard work were written too.

SFC believes to fight against novel coronavirus, it's important to join our hands together as one world, recognizing that something impacting one person impacts us all. Your loving care and commitment inspired us to make a difference.

SFC appreciates your care and professionalism. Thank you for your patience, commitment and never dying spirits. You all are one in a million. We are all standing with you and giving you the necessary support.

We hope it'll bring a smile to your health team and give them a welcome moment of respite.

Thank you again for everything.

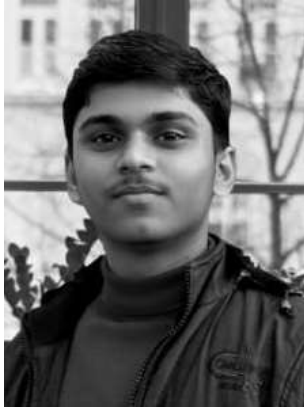
Warm regards,

A handwritten signature in black ink that reads "Ekawali Singh". The signature is written in a cursive style with a horizontal line underneath the name.

**Ekawali Singh**

**Founder**

**SFC Foundations**



**Name: Vijay**

**Age: 19 yrs. old**

**Occupation: C.A. student**

कितना आसान काम है

बस घर में रहते हुए सरकार द्वारा दिए गए निर्देशों का पालन करना ।

पर जब स्वास्थ्य कर्मियों और पुलिस अफसरों के कार्य को देखता हूं खुद को उनकी तारीफ करने से रोक नहीं पाता हूं ।

मुझे ये ऐहसास होता है वो सभी कितनी दृढ़ता से अपने कार्य को कर रहे हैं। वो सब इसको अपनी नैतिक अवेम समाजिक जिम्मेदारी की तरह निभा रहे हैं।

यहां तक कि डॉक्टर्स ने उस प्रस्ताव को भी ठुकरा दिया जिसमे कहा गया था सभी स्वास्थ्य कर्मियों के वेतन में दोगुना बढ़ोतरी कि जाए । उनका तर्क ये था कि वो बस अपनी ड्यूटी कर रहे हैं इसमें कोई खास बात नहीं है।

दूसरी तरफ अस्सिस्टेंट सब इंस्पेक्टर हजित सिंह जैसे वीर जो अपनी जान की परवाह किए बिना अपनी ड्यूटी निभा रहे हैं।

मैं SFC FOUNDATIONS द्वारा चलाए गए इस कैपेन के अवसर का उपयोग करते हुए - सभी स्वास्थ्य कर्मियों, पुलिस कर्मियों का शुक्रिया अदा करना चाहता हूं जो समाज के लिए निस्वार्थ भाव से अपना योगदान दे रहे हैं।



**Name: Shreya**

**Age: 15 years**

**Saint soldier school**

The coronavirus warriors who are working in the life death situation when no one is immune to the deadly disease which has taken over the whole world. The doctors, the police and the essential service providers and the workers these warriors are working out there and trying to ensure the safety of others. They are indeed the angels of the era and would always remain in our hearts as the legends of the century. I would like to thank them for saving the lives and keeping our India safe. We can show them gratitude by staying at home and obeying the law and order. During this time there is an urgent need to avoid panic and to cooperate with the authorities.



**Name: Kunal**

**Age: 20 yrs. old**

**Public college**

केसा एह खेल रचाया ।  
सारा जग सुना कराया ॥  
जानवर निकल बाहर आया ।  
इंसान अंदर ही कैद कराया ॥  
कोटे सी सांह धर्ती दे ।  
लेन आए हिसाब हुन मनुख तो ॥  
केसा एह हुन वक्त आया,  
इंसान नु इंसान तो दुर कराया ।  
'Corona' नां दा इक virus है आया,  
जिहने चारों पासे हाहाकर है मचाया ।  
इंसान तो इंसान नु फैलदा ।  
जो किसे तो नहीं सी डरदा,  
आज अपने घर दे बन्दया तो डरदा ॥  
इस मौत दे खेल च रब बन सामने आए कुछ वीर साड़े ।

सलाम अ उन Doctors, Police officers or वो हर कर्मचारी को जो अपनी जान छोड़ हमारी जान की परवाह कर रहे ने ।

सानु इस कमरे च बंद कर ।  
ओ इकले ही इस virus नाल लड़ रहें ने ॥  
साड़े अपन्या नु बचान लए,  
ओ अपने अपन्या तो दुर रह रहे ने ।  
10-10 दिन ओ घर नी जानदे ॥  
रहन नु तं ओ व घर रह सकदे ।  
अपनी जान दी फ़िकर तं ओ वी कर सकदे ॥

साडा ख्याल ते इलाज कर सानु जीवन भुटी है पिलाए ।  
देखया कीने ए भगवान,  
जिहने जान बचाए ओही साडा भगवान ॥  
जो कर रहे तुसी साडे लए,  
एहदा मूल ना मोड़ पावँगे एसी एक प्रतिशत वी।  
बस दुआ करूँगा उस रब स कि हर खुशी नसीब हो आपकी किस्मत मे ।  
जाते जाते कुछ उन मूर्खों को ब बोलूँगा ।  
मज़ाक ना समज़, निकल के घरों बहार ।  
ओहना दिया वदा रहे परेशनियाँ तुसी इस नाल ॥  
उन्ही को सब करना है,  
हमहे सिर्फ़ घर मे रहना है ।

A very heartfelt thanks to our all real heroes working tirelessly -our doctors, police force, NGO's, govt. officers from me and my entire family.



**Name: Tushar**

**Age: 15 years**

**Occupation: Student (10th Class)**

**Shishu Niketan Public school**

Doctors all over the world are given the stature next to God. It happens so because they are lifesavers who work tirelessly for mankind.

Today among this worldwide crisis (COVID) the doctors are indeed playing an important role. They are working under immense pressure during this pandemic. Being a health care worker on the frontlines of the COVID outbreak is challenging- worrying about bringing the infected ones to their loved ones. With working shifts of more than 10 hours many of them stay in same wards, entire time, without food, water or bathroom breaks. For all they do for us the whole world will be forever grateful to them. They deserve our highest gratitude and appreciation. One of my uncles is deliberately fighting the situation risking his own life. Hats off to him! Indeed, his work is not only appreciable but also inspiring for me. He is a model for all of us; He inspires us to strive harder for the nation.

Today I actually realised that people who are kind are actually the richest because they are giving away kindness, which is something that can never be taken or stolen. Thanks for being so kind, helpful and dedicated dear Doctors. Thank You my brave Uncle. God Bless them all!



नाम: आदित्य कुमार पासवान  
विषय: हिंदी (विशेष) तृतीय वर्ष  
कॉलेज: हंसराज महाविद्यालय  
स्थान: हंसराज छात्रावास

भारत-चीन

वैसे तो वास्तविकता में "भारत-चीन" का सम्बंध पड़ोसी देश का रहा है  
वर्तमान आकड़ा 'लाल और पीला' का संकेत दे रही हैं  
पड़ोसी होना कितना कठिन साबित होता है ॥

ये " भारत और चीन" से पूछो?

"भारत-चीन" के साथ जितना प्रेम किया  
'चीन' ने भारत को उतना 'कोरोना' दिया  
प्रकृति के साथ खिलवाड़ का जवाब 'कोरोना' ने "भारत-चीन" से कहा अब मुझसे डरो- ना ॥

तो वही दूसरी तरफ 'पुलिसकर्मियों' ने 'कोरोना' से सुरक्षित रखने के लिए क़ानून तोड़ने वाले नागरिकों को दिया  
संदेश

तोड़-देंगे आपके शरीर का 'कोना-कोना'  
लेकिन आपको होने नहीं देंगे 'कोरोना' ॥

इस प्रकार "भारत-चीन" के साथ 'कोरोना' ने लिया 'वैश्विक महामारी' का 'विकट रूप' सलौना ॥

'स्वरचित कविता'



**Name: Ankit Mor**

Warriors को सलाम

कोरोना जब से आया है  
हाहाकार दुनिया मे मचाया है ।  
जिस देश मे इसका पैर पड़ा  
वहाँ लाशों का ढेर खड़ा ।  
कोरोना से तुम खुद बचोगे,  
जब घर रहकर घरवालों के साथ हँसोगे ।  
हमने सबसे पूछा भगवान कहाँ है ?  
सबने एक ही बात बोली...

जो तुमको घर से बाहर आने को रोक रहा है,  
और जो हस्पताल मे कोरोना को ठोक रहा है ।  
वो इंसान नहीं भगवान है  
जिसने तुम्हारे लिए लगाई अपनी जान है  
तुम कुछ दिन घर में बैठ जाओ  
यही उनका सबसे बड़ा सम्मान है।

सलाम है उनको जो हमको बचाते हैं,  
और घर बैठे - बैठे सुरक्षित होने का एहसास दिलाते है।  
पब्लिक से यही एक अपील है...

घरवालों के साथ तुम लूडो खेलो और खाना बनाओ  
और कोरोना को घर बैठे - बैठे हराओ ।  
हार हो जाती है जब मान लिया जाता है,  
जीत हो जाती है जब ठान लिया जाता है ।।

जय हिंद



**नाम: मनीष पंडित**

**उम्र: 26**

**एडवोकेट एवं समाजसेवी, पंजाब, हरियाणा उच्च न्यायालय**

कोरोना की इस वैश्विक महामारी के समय जीवन मृत्यु के मध्य खड़े डॉक्टर्स, स्वास्थ्य कर्मचारी, पुलिस, फौजी, प्रशासनिक अधिकारी और सभी समाजसेवियों को समर्पित कुछ पंक्तियां:

आप चट्टानों सा अडिग खड़े हो।।

जन-जन की सांस के प्रहरी हो।

तन मन से आप क्या खूब लड़ रहे हो।

जन जन की रक्षा कर रहे हो।

क्या हिन्दू, मुस्लिम, सिख, ईसाई सबके प्राणों की रक्षा के लिए अपने प्राण समर्पित कर रहे हो।

जब तक नस नस में रक्त बहेगा ।

आपका ऋणी सदा यह देश रहेगा।

कण-कण में आपकी श्रद्धा रहेगी

अद्भुत अदम्य आप योद्धा हो ।।

आप महावीर, आप ही बुद्धा हो

आप ही शिव, आप ही इशू आप ही सबके खुदा हो ।।

आपका त्याग सेवा और बलिदानों का गाथा ही संदेश रहेगा ।

आपका ऋणी सदा यह देश, यह विश्व रहेगा ।।

आपका ऋणी सदा यह देश यह विश्व रहेगा ।।





**Name: Sakshi**

**Age: 17 yrs.**

**Occupation: Student, G.M.S.S.S. 32 Chandigarh**

संकट में है दुनिया सारी  
पीछे पड़ गई एक बीमारी  
जान अगर है तुमको प्यारी  
पार न करना चारदिवारी  
समझो अपनी जिम्मेदारी  
बाहर निकलना, गलती भारी

नींद उड़ाए, चैन गवाए  
धूप में ये खुद को जलाए  
खड़े हर जगह खाकी पाए  
सुरक्षा का ये पाठ पढ़ाए  
बैठे है एक आस लगाए  
घर से बाहर न कोई जाए

कहलाए रूप भगवान का  
बढ़ाए रास्ता शमशान का  
किया सौदा अपनी जान का  
छोड़ा मोह घरबार और संतान का  
ताकि बचे जीवन जहान का  
यही आधार है देश की शान का



**Name: Bindu Garg**

Combating corona

2020 is the year  
COVID-19 is our fear.

Alas!

Everyone is scared since day one.  
We all have power to fight against corona.

Plea to help needy and elderly people.  
Will you do it for our country?

Feeding a hungry stomach is a very  
good deed.

THANKS

For all the nurses and midwives  
who are working with their country  
to ensure a  
happier and healthier world.

Let us praise them,  
proudly, loudly.  
Who sacrificed their life for us!

Once again,  
A world full of  
Fragrant, dew-covered  
with SMILES.



**Name: Mohammad Aref**

**Occupation: B.A. (hons) eco, Hansraj College**

**Age: 25**

Today millions of people are safe at their homes in India this is only possible because of our real warriors,

In this critical condition they leave their families alone and put their life in danger to save our life and to save India. These warriors are our doctors, nurses and police officers, they are fighting in front line against corona to save the nation.

Indian salute their heroes and their sacrifices.



**Name: Nitin**

**Age: 20 years**

**Occupation: Student (S.D. college)**

Corona virus will help us to understand the true meaning of life. Earlier everyone was running behind money, fame, etc but now a one small virus will make everyone realise that most important thing is our health. And the best thing is that our doctors, police staff, paramedical staff and all other essential services provider are standing with us in this time of pandemic. I want to thank them for their support and their selfless deeds to save our lives by putting their own life in danger. I heartily salute to all of them. 😊



**Name: Anshdeep Singh**

**Age :12 years old**

**Occupation: Student, 7th Class, Rayat Bahra International School Hoshiarpur, Punjab**

Hello Everyone, I hope that you all are at your Homes. I am just writing a thank you Letter to the True Heroes of Corona Virus Pandemic. If we are all safe in our homes it is because of our Doctors and Policemen only who are fighting against CORONA VIRUS to protect our countries at large. They also have families but they are still risking everything for all of us. My Tau ji (Uncle) and My Tai ji (Aunt) are also Doctors and they are constantly fighting against CORONA VIRUS to defeat him. They don't come to home. It's been 25 days that they haven't come home. They stay in hospital to treat patients; I have been motivated from our Doctors and Policemen who are fighting for us, for our families, for our country and for our World. We can always notice that Police Cars are super active to make people safe and secure. Our Doctors have no time to meet their families, to meet their Children, to meet their Parents. Managing everything is difficult especially in a country like India. We have only forty thousand Ventilators and on other side our country's population is One hundred fifty Crore. Its rather impossible to manage. The only way we can do this is by staying at our homes.

I pray every day to Baba Nanak Ji to heal everything, to protect the entire world, and all the families.

Please Baba Ji, give strength to the world to fight against Corona Virus and not to fear from it. My Tau Ji says, "Together We can and We will win for sure" Jai Hind.



**Name: Advika Bhardwaj**

**Age: 12 years**

**Institute: St. Anthony's Junior College, Agra**

The unsung heroes of the nation are being thanked in a different way. These corona virus helpers are working hard from the very first day of the outbreak. While everybody is sitting inside the home just to protect themselves from such a pandemic these warriors like doctors, nurses, hospital staff, police and the cleanliness workers are working day and night to protect our nation to from being collapsed.

The whole world is praising the efforts of these heroes as they are tirelessly working to provide all of us with essentials. The community of such helpers are like God for us as they are protecting their children wearing white coats and Khadi Uniforms.

Thank you for being you...Thank You!!! Let's be kinder to one another. Thank You Corona Warriors!!!!



**Name: Ishmita Marya**

एक नमन पत्र हमारे योद्धाओं के लिए।

राष्ट्र के अनदेखा वीरों को अलग-अलग तरीकों से धन्यवाद दिया जा रहा है। मैं भी उन योद्धाओं को शुक्रिया अदा करना चाहती हूँ जो हमारे देश को इस महामारी से बचाने के लिए दिन रात एक कर रहे हैं। जब सभी लोग घर पर बैठे होते हैं, पुलिस वाले, डॉक्टर, नर्स, सफाई कर्मचारी आदि कोरोना वायरस को रोकने के लिए काम कर रहे होते हैं। ये लोग कोरोना योद्धा हैं।

पिछले दो महीनों से हमारे लाखों लोग दिन-रात स्वयं की परवाह किए बिना निस्वार्थ भाव से दूसरों की सेवा करते रहे हैं। वह योद्धा जो अपने परिवार को छोड़ कर केवल हमारी रक्षा करते हैं उन सब को सलाम।

"हर रविवार ठीक शाम 5 बजे हम सभी दरवाजे,  
बाल्कनियों और घरों की खिड़कियों पर खड़े होइए  
उन्हें पांच मिनट की सराहना दीजिए  
अपने हाथों से ताली बजाइए  
उनका मनोबल बढ़ाने तथा उनकी सेवा को  
सलामी देने के लिए आयिए घंटा बजाइए।"

उन डाक्टरों को धन्यवाद जिन्होंने हमारी रक्षा के लिए दिन रात एक कर रहे हैं। शब्दों में वर्णन नहीं किया जा सकता कि हम सब आप सब के लिए कितने अाभारी हैं। हम सब की इतनी बड़ी देखभाल करने के लिए धन्यवाद। "आप इस कोविड-19 के असली योद्धा हैं"।

धन्यवाद, पुलिस अधिकारी। मैं वास्तव में आपके पेशेवर उत्कृष्टता और सम्मान की तरिके की सराहना करती हूँ। आप अपनी जान की परवाह किए बिना हमारी रक्षा में जुटे हुए हैं।

अतः मैं देश के हर उस नागरिक को दिल से सलाम करती हूँ जो इस महामारी के बीच में अपने कर्तव्य का पालन कर रहे हैं। जनता से अपील करती हूँ की वो प्रधानमंत्री नरेन्द्र मोदी द्वारा दिए गए नियमों का पालन करें। समाज के साथ दे कोई भी गलत कदम ना उठाए। आप का एक गलत कदम आप के साथ साथ देश के लिए भी भारी पड़ सकता है।

शुक्रिया SFC foundation हमको मोका देने के लिए।



**Name: Payal Gupta**

**Age: 21years**

**Occupation: B.com Student**

**Daulat Ram College, Delhi University**

ਕੁਦਰਤ ਹੈ ਇੱਕ ਬੜੀ ਹੀ ਚੀਜ਼ ਅਨੌਖੀ

ਇਸਦੇ ਕਾਰਨਾਮਿਆਂ ਦੀ ਵਾਹ-ਵਾਹ ਕਰਨੀ ਵੀ ਬੜੀ ਅੌਖੀ

ਜਿੱਥੇ ਮਨੁੱਖ ਨੇ ਆਪਣੇ ਸਵਾਰਥ ਲਈ ਸਬ ਕੁਝ ਮਿਟਾਇਆ

ਉੱਥੇ ਫੇਰ ਕੁਦਰਤ ਨੇ ਵੀ ਆਪਣਾ ਖੇਲ ਰਚਾਇਆ

ਦਮਕਾਦੜਾਂ ਦਾ ਵੀ ਜਿੱਥੇ ਬਣਾ ਸੁਪ ਛੱਡਿਆ

ਉਹ ਯਾਰੇ ਖੁਦ ਹੀ ਆਪਣੀ ਜਾਣ ਦਾ ਪਾਪੀ ਬਣਿਆ

ਇੱਕ-ਇੱਕ ਦੇਸ਼ ਨੂੰ ਕਰੋਨਾ ਨੇ ਆਪਣੀ ਚਪੇਟ ਵਿੱਚ ਲਿਆ

ਅਮੇਰਿਕਾ ਵਰਗਾ ਦੇਸ਼ ਵੀ ਜਿਸ ਤੋਂ ਬੱਚ ਨਾ ਸਕਿਆ

ਬਜ਼ੁਰਗਾਂ ਨੇ ਵੀ ਦਿੱਤੇ ਆਪਣੇ ਕੁਝ ਵਿਚਾਰ

ਆਣੀ ਤਾਂ ਹੈ ਹੀ ਸੀ ਇੱਕ ਮਹਾਮਾਰੀ ਹਰ ਸੌ ਸਾਲ ਬਾਦ

ਉਹ ਜਿਹੜੇ ਕਹਿੰਦੇ ਸੀ ਭਾਰਤ ਦੀ ਸੰਸਕ੍ਰਿਤ ਨੂੰ ਪੁਰਾਣੀ ਸੋਚ ਵਿਚਾਰ

ਉਹ ਅੱਜ ਖੁਦ ਇਸ ਨੂੰ ਅਪਣਾਈ ਬੈਠੇ ਪੂਰੀ ਅਕਲ ਮੰਦੀ ਨਾਲ

ਮਨੁੱਖ ਕਿੱਤਾ ਚਾਰ ਦਿਵਾਰੀ ਵਿੱਚ ਬੰਦ

ਅੱਜ ਹਰ ਇੱਕ ਪਸ਼ੂ ਵੀ ਸੋਚਦਾ ਕਿਉਂ ਵਾਤਾਵਰਣ 'ਚ ਇੰਨਾ ਅਨੰਦ

ਲੋਕਡਾਉਣ ਦੇ ਕੁਝ ਦਿਨਾਂ ਬਾਦ ਹੀ ਵਾਤਾਵਰਣ ਹੋਇਆ ਨਿਰਾਲਾ

ਜੇ ਸਪਸ਼ਟ ਕਰਦਾ ਹੈ ਕਿ ਮਨੁੱਖ ਹੀ ਹੈ ਇਸਦਾ ਦੇਸ਼ੀ ਇਕੱਲਾ

ਡਾਕਟਰਾਂ, ਸਫ਼ਾਈ ਕਰਮਚਾਰੀਆਂ ਤੇ ਪੁਲਿਸ ਵਾਲਿਆਂ ਨੇ ਆਪਣਾ ਪੂਰਾ ਫ਼ਰਜ਼ ਨਿਭਾਇਆ

ਉੱਥੇ ਕਈ ਦੇਸ਼ ਦੇ ਲੋਕਾਂ ਨੇ ਵੀ ਘਰ ਬੈਠਕੇ ਆਪਣੀ ਦੇਸ਼ ਭਗਤੀ ਦਾ ਪ੍ਰਚਾਰ ਵਿਖਾਇਆ

ਪਰ ਫ਼ੇਰ ਵੀ ਕੁਝ ਹੈ ਇਹਜੀ ਮੰਦ ਬੁੱਧੀ ਜਨਤਾ

ਜੇ ਇਹਨਾਂ ਧੌਂਧਿਆਂ ਉੱਤੇ ਵੀ ਕਰਦੀ ਹੈ ਹਮਲਾ

ਕੋਈ ਤੁਸੀਂ ਬੋਰਡਰ ਤੇ ਜਾਕੇ ਨਹੀਂ ਹੈ ਲੜਣਾ  
ਫੇਰ ਵੀ ਘਰ ਬੈਠੇ ਕਿਉਂ ਇਹਨਾਂ ਡਰਾਮਾ ਕਰਨਾ

ਬਸ ਕੁਝ ਦਿਨਾਂ ਦੀ ਜੰਗ ਹੈ ਹੋਰ  
ਬਾਕੀ  
ਮੇਰੇ ਪਿਆਰੇ ਦੇਸ਼ ਦੇ ਵਾਸਿਆਂ ਇਸਨੂੰ ਪਿਆਰ ਨਾਲ ਹੀ ਹੈ ਜਿੱਤਣੀ  
ਘਰ ਬੈਠੇ ਹੀ ਆਪਣੀ ਤੇ ਆਪਣੇ ਦੇਸ਼ ਵਾਸੀਆਂ ਦੀ ਜਾਣ ਬਚਾਉਣੀ

ਜੈ ਹਿੰਦ



**Name: Anil Kumar**

**Age: 20**

**Occupation: B. Com(H) final year, Hansraj College**

अक्सर जब हमसे पूछा जाता है हमने अपने देश और समाज के लिए क्या ही किया है. हमारा जवाब होता है हमें कभी कुछ करने का मौका ही नहीं मिला. आज शायद आपका ये जवाब उतना सच भी न हो. आज हमारे पास ये अवसर है कि हम अपने देश के लिए कुछ करें. आपको करना क्या है ये बहुत आसान है. आपको केवल और केवल अपने घरपर रहना है. अपना और अपने परिवार का ख्याल रखना है. इस से ना सिर्फ आप सुरक्षित होंगे बल्कि समाज भी इस महामारी के प्रकोप से बचेगा. ऐसा करके आप पुलिस, प्रशासन और सरकार के काम में होने वाले बढ़ोतरी की हिस्सेदारी से अपने आपको दूर रख पायेंगे. काम एक फायदे अनेक. एक और चीज़ सुनिश्चित करें कि आपके आस पास कोई गरीब भूखा ना रहे. इस से बडा कोई देशभक्ति और पुण्य का कार्य नहीं है.

हिंदुस्तान जीतेगा कोरोना हारेगा

जय हिन्द जय भारत



**Name: Arvind**

**Age: 20 yrs.**

**Occupation: Student**

**Ca aspirant, Sd collage**

मै सभी स्वास्थ्य कर्मियों, पुलिस कर्मियों और वो सभी लोग, जो इस मुश्किल घड़ी में भी अपनी ड्यूटी को निस्वार्थ भाव से निभा रहे हैं उनको हार्दिक धन्यवाद व्यक्त करना चाहता हूं। मै कुछ पंक्तियां लिखकर कर आभार व्यक्त करना चाहूंगा -

कभी कभार पता हो कर भी  
अनदेखा करना पड़ता है,  
COVID - 19 खतरनाक है  
लेकिन उसको हराया जा सकता है

ये समर्पित है मेरे उस अनदेखे परिवार को जो अपनी जान दाव पर लगा कर इस COVID - 19 की जंग में अपना योगदान दे रहे हैं।

मै SFC FOUNDATIONS का भी शुक्रिया अदा करना चाहूंगा जिन्होंने ये अवसर प्रदान किया।



**Name: Aabha Virmani**

**Occupation: Student**

**Institute: 18 Birdwood Road Greenacres Adelaide,  
Australia**

**Age: 13 years**

Doctors and nurses are leaving their families behind to save lives. Policemen are guarding us day and night. Cleaners protecting us on the front lines.

The suffering patients, powerfully they fight. Supermarket staff working tirelessly to restock and serve. You are truly our superheroes. Deeply, the world's blessing is what you deserve.





**Name: Inder pal**

**Age: 21**

**Institute: SGGS College Sec 26 Chandigarh**

**Occupation: Student**

### भारी संकट

अपनो को नजदीक से न देखा,  
हमें तुम्हारी सुरक्षा की पड़ी है।  
तुम अपनो संग घर में सुरक्षित रहो ,  
कोरोना को तेरे बाहर आने की पड़ी है ॥

देश पे भारी संकट आया,  
तुमको घूमने की पड़ी है ।  
हमें तुम्हारी सुरक्षा है करनी ,  
तुम्हें पत्थर बाजी की पड़ी है ॥

तुम उलझे जात-पात धर्म अफवाहों में,  
तुम्हें ज्ञान की जरूरत बड़ी है ।  
पूरा शरीर सुरक्षा से ढका,  
फिर भी कोरोना ने हमें छुआ है ॥

तुमको मजाक लगता है कोरोना ,  
मजाक में दुनिया उलझी पड़ी है ।  
इन्द्र कहता घर पर रहना ,  
पुलिस सुरक्षा में बाहर खड़ी हैं ॥



**Name: Ankita**

**Institute: Post graduate government college for girls' sector 11**

**Occupation: Student**

**Age: 20**

धरती पर भगवान

मुसीबत बारी है,  
लाइलाज बीमारी है  
आने पर दस्तक देती  
ऐसी इसकी कहानी है  
ये और कोई नहीं  
कोरोना की मनमानी है।  
युद्ध जैसे हालात है  
लोगों को सिर्फ जीने की आस है  
कीमती हर सांस है  
इसलिए लॉकडाउन के हालात है।

सेना, पुलिस, डॉक्टर, नर्स मोर्चा संभाल है  
ओरों की जान बचाने निकल पड़े सारे हैं  
हुए हमले जानलेवा  
फिर भी मैदान से डटे है सारे  
ये और कोई नहीं कोरोना योद्धा है  
जो तलाशने को है  
एक नया सवाल ।

ये मजदूर भी है धन्यवाद के अधिकारी  
कोरोना व भूख से रोज जंग है जारी  
नमन है उन सब को जो धरती पर भगवान  
डॉक्टर के नाम से है जानता जिसे इंसान।



**Name: Vibhuti**

**Age: 21 yrs.**

**Occupation: Student of M.A. 1st year at Dept of Economics**

**Institute: Panjab University**

Humanity as a whole is going through a roller coaster ride whose ticket, we got in a hamper we did not ask for.

Everyone is trying their best to get used to this experience but it doesn't seem as easy as it sounds. Humans, on an average and as a universal rule cannot avoid change (something that's the only constant in world). But the change we are going through now is going to turn our life upside down.

Our habits, our hangouts, our survival and even we are going to change. Its not going to be easy to not hug your friends, to kiss your loved one's goodbye, to share street food from same plates or even not to hold hands when you want to.

But trust me my friends, we all know this is going to be our new life. We are fighting with an invisible enemy who is going to stay with us for a while. We are in this together and we will sail out of this storm, together.

Our frontline heroes are risking their lives for the sake of our safe future, least we can do is change what we had and get used to what's about to come.

Optimism is the key to survive hard times and we are going to need tons of it now. And the hardest thing we have to do for the new normal is to find that hope not around, but inside us. So buckle up because this ride changes with every tide, sinking is not an option, we have so many rules to abide!

Title: The New Normal



**Name: Dakshita Jaiswal**

**Age: 17**

**Occupation: Student**

**Institution: Fatima Senior Secondary School, UP**

ALERT! COVID-19 OUTBREAK!!!

-Over the Flawless days,  
Economies were an easier one, I Allayed,  
With a Mug of Soup,  
Scooped, Over the World's Pandemic Scenario on Loop,  
With an Intrusion of Bats,  
Wuhan's ideologies lead an Epidemic Setback,  
Triggering deterioration to the History of Mankind,  
With Thousands of Coffins kept aligned,  
Ironically,  
Novel Coronavirus had Turned cold,  
With the Rising death Trolls from all the Corners of the world,  
With Zero clue of an Antidote,  
Lockdown Periods were Prolonged to thwart,  
Into the threads of weathered souls,  
Of Selfishness and Demonic Goals,  
The development was brought to a shut down  
Even the superpowers were stoned,  
With raising rage among people,  
With twinge of pain to breathe,  
There grabs this evolved virus the hope of lives to preach,  
Awareness brings in all and ignorance down it shatters,  
To all the departed psyches raised are the chants and chatters.

**Name: Ayana**

**City: Ambala**

**Occupation: Student**

During such difficult times, I really wish I could lend any hand to our brave warriors of society who are selflessly providing services to us fellows despite the fact that such disease can harm them as well, but in the mean time I can only do is to stay home and appreciative the efforts of our CORONA WARRIORS. I really dreamt of becoming a doctor when I was 10 years old and at the present day, I really wish I could have become one, not because they earn respect, but they are the real heroes. They are the Angels who are helping out our world against of this pandemic as the world is been eaten up day by day.

We all humans on the planet Earth are indebted towards the services of the doctors, policemen, scientists and all those engaged as corona warriors- the real heroes of our society.

We salute you all from the depth of my heart.

Jai hind!



**Name: Shaif Ali**

**Age: 24**

**Occupation: Job**

Hi,

During this hard time where everyone and everything is locked few warriors came across to the frontline to save the Humanity, Nation, Faith and livelihood. Yes, you heard me right i am talking about the doctor's nurses' compounders, police, Soldiers, Garbage man all others who are playing a vital role in this pandemic. I want to sincerely thank all those warriors who are playing their roles intensely.

Heartiest thanks to all of you. May God bring lot of happiness, prosperity, success to your homes.

#Staysafe #stayhome #Thnkxtofrontlinewarriors #Jai Hind.

कृष्णा रूप धर आये डॉक्टर  
सबकी जान बचाने को ,  
जान हथेली पर लेकर  
करोना राक्षस को हराने को ,  
मिले ऊर्जा इन देवों को  
इस जंग में जान लड़ाने को ,  
दुआ सभी ये मिलकर करते  
कोशिश सफल बनाने को ,  
परिवार भी मिलकर तप करते हैं  
इस यज्ञ को पूर्ण बनाने को ,  
मिटे यह महामारी जड़ से  
सबका जीवन सुरक्षित बनाने को ,  
सही सलामत वापस आओ  
करते गुहार प्रभु को मनाने को ।

-Anonymous



**Name: Amandeep**

**Occupation: Working**

We thank you all the corona warriors as you all are doing your duty to save the lives of people and the country. We all pray for all the corona warriors for their better health and for their family too. As they all are working day night while away from their family.



**Name: Vineet**

**Age: 18 years**

**Institute: Sd college**

**Occupation: Student**

मुश्किल भरी घड़ी है  
संयम बनाये रखना है  
एक फ़ासला बनाकर  
खुद को बचाये रखना है

इस देश पर कोरोना  
हावी ना होने पाये  
ये वक्त कह रहा है  
घर से नहीं निकलना है  
निज शक्ति को बढ़ाना है  
संकल्प से ही अपने  
इस रोग को हराना है  
हाथों को साथी अपने  
कई बार धोते रहना है

आओ उनको नमन करें हम  
सेवा में जो लगे हैं  
सब कुछ भुला के अपना  
दिन-रात जो जुटे हैं  
रहकर सजग हमेशा  
अफ़वाहों से भी बचना है  
मुश्किल भरी घड़ी है  
संयम बनाये रखना है



**Name: Sahil Gill**

Jai hind everyone,

My name is Cdt. Sahil Gill from 1 HP BOYS BN SOLAN. Today I'm sharing my views for medical staff during COVID-19. Now a days I helped many poor people but I never do anything for medical staff. The main reason for sharing my views for medical staff at each and every condition they save our life either on borders or in civil hospital. Each and every time they are for us. But now a days what people are doing for medical staff they are misbehaving with them why? But they still there for protecting us. One common request to people pls give respect to them. On earth after god Doctors are the second person who saves life. But I can only do for them is respect them or by salute them because it's their request to people pls stay at your home.



**Name: Amandeep Kaur**

**Age: 23**

**Place: Norway, Bergen**

We are proud of you all and are grateful for everything you do for us. without you, the fight against corona would have been impossible. Thank you for standing up and never giving up. God bless u all and may God give u strength 😊

ਕੋਰੋਨਾ ਦੇ ਇਸ ਸਮੇਂ ਵਿਚ ਡਾਕਟਰ ਰੱਬ ਬਣਕੇ ਸਾਰਿਆਂ ਦੇ ਲਈ ਕੰਮ ਕਰ ਰਹੇ ਨੇ, ਸਾਨੂੰ ਇਹਨਾਂ ਦਾ ਮਾਣ ਤੇ ਸਨਮਾਨ ਜਿਸ ਤਰ੍ਹਾਂ ਵੀ ਅਸੀਂ ਕਰ ਸਕਦੇ ਹਾਂ ਉਸ ਤਰ੍ਹਾਂ ਕਰਕੇ ਇਹਨਾਂ ਦਾ ਹੌਸਲਾ ਵਧਾਉਣਾ ਚਾਹਿਦਾ ਹੈ, ਸਾਰੇ ਡਾਕਟਰ ਸਾਹਿਬਾਨ ਨੂੰ ਮੇਰੇ ਵਲੋਂ ਸਲਾਮ, ਇਸ ਘੜੀ ਵਿਚ ਜਦ ਇਕ ਬੰਦਾ ਦੂਜੇ ਬੰਦੇ ਨੂੰ ਮਿਲਣ ਤੋਂ ਡਰ ਰਿਹਾ ਹੈ ਇਸ ਸਮੇਂ ਵਿਚ ਤੁਸੀਂ ਓਹਨਾਂ ਵਿਚਾਰੇ ਮਰੀਜ਼ਾਂ ਦਾ ਇਲਾਜ ਕਰ ਰਹੇ ਓ, ਰੱਬ ਤੁਹਾਨੂੰ ਚੜ੍ਹਦੀ ਬਕਸ਼ੇ, ਅਸੀਂ ਸਾਰੇ ਏਹੀ ਆਸ ਕਰਦੇ ਆ ਕੇ ਛੇਤੀ ਤੋਂ ਛੇਤੀ ਇਹ ਬੀਮਾਰੀ ਖਤਮ ਹੋਵੇ ਤੇ ਤੁਸੀਂ ਇਸ ਵਿਖਦਾ ਤੋਂ ਸਾਨੂੰ ਕੱਢ ਕੇ ਭਾਰਤ ਦਾ ਨਾਂ ਸਾਰੀ ਦੁਨੀਆਂ ਚ ਹੋਰ ਉੱਚਾ ਕਰੋ।

-Anonymous





**Name: Manisha Gupta**

**Age: 23**

**Occupation: Teacher**

As the world faces a global pandemic, there are millions of people we all should be thanking - the doctors, nurses, medical personnel, scientists, govt. Officials, grocery stores, cleaners and so many others who r keeping us moving forward. It's not the career of the person we recognize but the heart and support they are giving back to their community during this unprecedented time is heroic. Salute to all those heroes 🙌🙌



**Name: Aman Sonkar**

**Age: 22 years**

**Occupation: UPSC Aspirant**

**Institute: Hansraj College**

It's a heart ❤️ fell gratitude towards our doctors who are serving their nation without caring about their 😞 children's life and their family 👨👩 .

👮 hats off to our real army heroes, Doctors, who are working so hard just to save lives for our better future.

Thanks for helping people without any personal grudges as you are working 24 hours daily without concerning about your own family but for the sake of our country. We all are here to support our nation by staying at home because of this small thing we make a bigger change in the future of India as India is a leading country who fights corona consistently. #StayHome #StayPositive #TimeWillCome

-Anonymous



**Name: Priya Mishra**

**Age: 19**

**Institute: MCM DAV college for girls, sector-36  
Chandigarh**

जीवन मृत्यु के मध्य पड़े ।  
तुम चट्टानों सा अडिग खड़े ॥  
जन-जन की सांस के हे प्रहरी ।  
तन मन से तुम क्या खूब लड़े ॥  
जब तक नस नस में रक्त बहेगा ।  
तेरा ऋणी सदा यह देश रहेगा ॥

कण-कण में तेरी श्रद्धा है ।  
अद्भुत अदम्य तू योद्धा है ॥  
तेरा तेज सूर्य सा सर्वव्यापी ।  
तु महावीर तु ही बुद्धा है ॥  
तेरे त्याग सेवा और बलिदानों का  
गाथा ही संदेश रहेगा ।  
तेरा ऋणी सदा यह देश रहेगा ॥  
तेरा ऋणी सदा यह देश रहेगा ॥

In the time of global pandemic against which whole world is struggling this is my gratitude to all the corona warriors especially doctors, cleaning and sanitation staff, police and administrations who are standing strong on the front to save the nation from drowning in the misery of losing precious lives. Sometimes you might feel broke or dishearten for risking own life when whole nation is staying with their families at home but we all believe that your sacrifice and contribution in this pandemic is invaluable and your efforts to save all is worth it.

We the citizens appreciate your hard work and stand with you and your families by appreciating your contribution to keep us safe.

I would also like to appreciate all other essential workers too that are helping us stay home and safe by providing essentials by risking their own life too.

Thanks to all the corona warriors for your help and huge respect for you all for putting all your potential and efforts to keep us safe.

-Anonymous



**Name: Suresh Garg**

**Age: 68 years**

**Place: Delhi**

My Naman (Pranam) to heroes of our country and especially to those working in much affected areas such as Maharashtra, Delhi, Gujarat and Rajasthan. They are our great doctors and other paramedical staff including police force reacting in a different manner to make our people more aware of this epidemic disease. Untired efforts are being made by both categories' day and night.

Apart from this self-styled organizations have come forward whole heartedly for distribution of food to needy and downtrodden. Nobody should sleep without having meal at this crucial period. We salute to all those heroes. 🙏🙏🙏🙏



**Name: Amandeep**

**Occupation: Working**

We thank you all the corona warriors as you all are doing your duty to save the lives of people and the country. We all pray for all the corona warriors for their better health and for their family too. As they all are working day night while away from their family.



**Name: Aditi Gupta**

**Age:19**

**Class: BCOM-2nd year**

**Institution: Sd college, Chandigarh, sector -32**

**Occupation: student**

सुख - दुख जीवन के पहिये,  
खुशी , गम आते जाते हैं ।  
लेकिन वक्त ये कैसा आया ,  
सभी डरे सहमे से बैठे हैं ।  
कोरोना जैसी महामारी आयी,  
सारे विश्व पटल पर छाई।  
चारो ओर हाहाकार मची है,  
तीसरे विश्व युद्ध की तैयारी सी लगी है।  
अच्छे अच्छे को धूल चटा दी ,  
सबकी इसने हेकेडी भगा दी,  
पहुंचा रहा क्षति ये सबको ,  
मौत की नींद ये सुला रहा है।  
पर कुछ ऐसे योद्धा भी आए,  
जिसने रब की याद दिलाई।  
रब को चाहे ना देखा हो,  
पर इन योद्धाओं में रब देखा है।  
जान अपनी पर खेल रहे हैं,  
महामारी से लड़ रहे हैं।  
बच जाएं सभी इस धरती पर,  
इसी आशा में जूझ रहे हैं।  
इन योद्धाओं को करें सलाम,  
इस धरा के सपूत महान।



**Name: Pooja**

**Age: 41**

**Occupation: Homemaker**

जिंदगी एक सफर सुहाना  
हम सबको मिलकर कोरोना को भगाना  
इससे बचने के लिए बार-बार हाथ है धोना  
नहीं तो बाद में पड़ेगा रोना  
घर से निकलते ही मास्क है पहनना  
नहीं तो बाद में पड़ेगा पछताना  
मोदी जी का सबको कहना है मानना  
नहीं तो बाद में डालना पड़ेगा कोरोना का गहना  
उन लोगों को कोटि कोटि प्रणाम  
जिन्होंने जोखिम में डाली हुई है अपनी जान  
कर रहे हैं देश की सेवा और देशवासियों के काम  
पुरे भारत को इन पर गर्व है  
दे रहा बहुत आदर सम्मान  
जय हिंद  
घरपे रहिए सुरक्षित रहिये



**Name: Ankita Jaswal**

**Age: 19 yrs.**

**Course: Bachelor of commerce, 2nd year**

**Institution: Ganesh Goswami Dutta SD College**

हैं शुक्रगुज़ार!!

था कुछ अचंभित समय वो  
जब आया विश्व में कोरोना  
तब कुछ लोग डटे रहे कहकर  
इस कोरोना से डरो ना

लगे समझाने जनता को  
साबुन से हाथों को धोना  
न गले मिलना न हाथ मिलाना  
न ही घर से बाहर निकलना  
सरकार के निर्देशों का पालन करना

जब सबको था अंदर ही रहना  
इनका ज़रूरी था बाहर निकलना  
ज़रूरी सेवायें प्रदान करना  
डॉक्टर, पुलिस या फिर पत्रकार  
हों ग्वाले या हों दुकानदार

सभी ने अपनी जान को दाव पर लगाया  
एकजुट होकर यह सिखाया  
नहीं टिकने वाला यह कोरोना  
जो करें सामाजिक दूरी की पालना

हैं शुक्रगुज़ार ऐसे वीरों के  
जो एक पल भी न घबराए थे  
भारतवासियों की जान बचाने  
कदम पर कदम बढ़ाए थे

**Name: Rasleen Sudan**

This pandemic has made everyone realize the importance of those for whom we have never really paid any attention. We are thankful to all the farmers for growing food even in such a crisis, factory labourers who have been continuously manufacturing essential goods, hospital supplies etc., transport services across the country for unhindered supplies of groceries, essential goods like medicines, healthcare supplies, municipal workers, pharmacists, n most importantly our frontline warriors which include our doctors, nurses and all the hospital staff. Not to forget our defence and security personnel who have been there to maintain law and order...we are living comfortably because all these people are continuously working for us...India salutes them...they are the real heroes of our country....JAI HIND 🙏



**Name: Parth Aggarwal**

**Age: 23 years**

**Occupation: CA, Grant Thornton**

Today I just want to bow down in gratitude to our health care workers who are working at the front lines to battle novel Coronavirus. Its completely awe stricken to realise how they are working tirelessly day night, sacrificing so much to save people's life and to maintain normalcy. Doctor's intelligence, bravery and compassion are the saving grace of this nation during this dark episode.

You all are the true heroes of the nation.

**Name: Shikha Aggarwal**

**Age: 19**

**Occupation: Student, PGGCG-11**

Thank you so much to all the ones, doctors, police, Government everyone for keeping us safe during this period when even we can't think of getting outside our home. Thank you that we can breathe its possible only because of you. May this Evil energy end soon we all are together in this and are always in support with All the Doctors, Police, Government. It's because of you only that we are safe in our place. Dil se Thank You for everything. I pledge to stay at home for You, for my Family, For my Country INDIA, For world. We will fight with this together



**Name: Sachin Kumar**

**Age: 25 years**

**Occupation: Accounts Manager**

Thank you

Thank you so much for the difference you make in the lives of your patients! Your kindness, sincere caring, and concern make everything better and are a great encouragement." Thank you so very much for taking care of me and being so skilled at what you do



**Name: Abhay Ahluwalia**

**Age: 21**

**Institute: Hansraj College, Delhi University,  
Economics Hons.**

**My Mentor and President of Soka Gakkai International, Dr Daisaku Ikeda wrote in a recent Newsletter:**

"The medical profession and society as a whole in Japan and around the world are making great efforts to stop the spread of Coronavirus. I have deepest gratitude for the countless individuals who are working tirelessly day and night on various front in this challenge. I am also chanting wholeheartedly with a fervent prayer for the quickest possible end to this threat and a return to normality and safety."

We would always remain indebted to your efforts and saving countless lives. Please know that through this struggle all of you are accumulating the most valuable gems: The Treasures of The Heart which easily surpass any material benefit. Thank you for having such a big and selfless heart. I'm sure that this even will not only increase the respect we have for you guys but also create ripple effects of compassion, making this world a better place. You are true change makers!



We trust you. Your family is safe thanks to your reservoir of good fortune. Hope this finds you in great spirits!

Please take care.



**Name: Harwinderjit Singh**

**Age: 42 years old**

**Occupation: Teacher, Hoshiarpur, Punjab**

Warm Greetings to everyone! My heartfelt gratitude to the Corona Warriors i.e. our Doctors and Policemen who are protecting us from this novel Corona Virus day in and day out!

We have experienced its grave impact personally as my Brother who is a doctor strives hard every day in the hospital to treat patients and to protect our country at large. We all are following his guidelines of maintaining intense cleanliness by doing a proper utilization of the masks, sanitizer and taking related medical precautions. This is the profession of a doctor-caring, protecting and curing patients; that's the reason why we claim them as God! It's because of the courage, compassion and Wisdom of these warriors that we all are safe and healthy at our respective homes! In this dark episode, we will eventually win for sure!



**Muskan Thakur**

**20 years**

**SD College, Chandigarh**

The coronavirus outbreak has brought the world to a standstill but in this pandemic situation there are some people who are still working, putting their lives in danger to serve us, they deserve a salute. Our doctors, police

And all coronavirus fighters deserve applause for their work. You all are the real heroes of our nation. Thank you!

Thanks for helping people without any personal grudges as you are working 24 hours daily without concerning about your own family but for the sake of our country. We all are here to support our nation by staying at home because of this small thing we make a bigger change in the future of India as India is a leading country who fights corona consistently. #StayHome #StayPositive #TimeWillCome

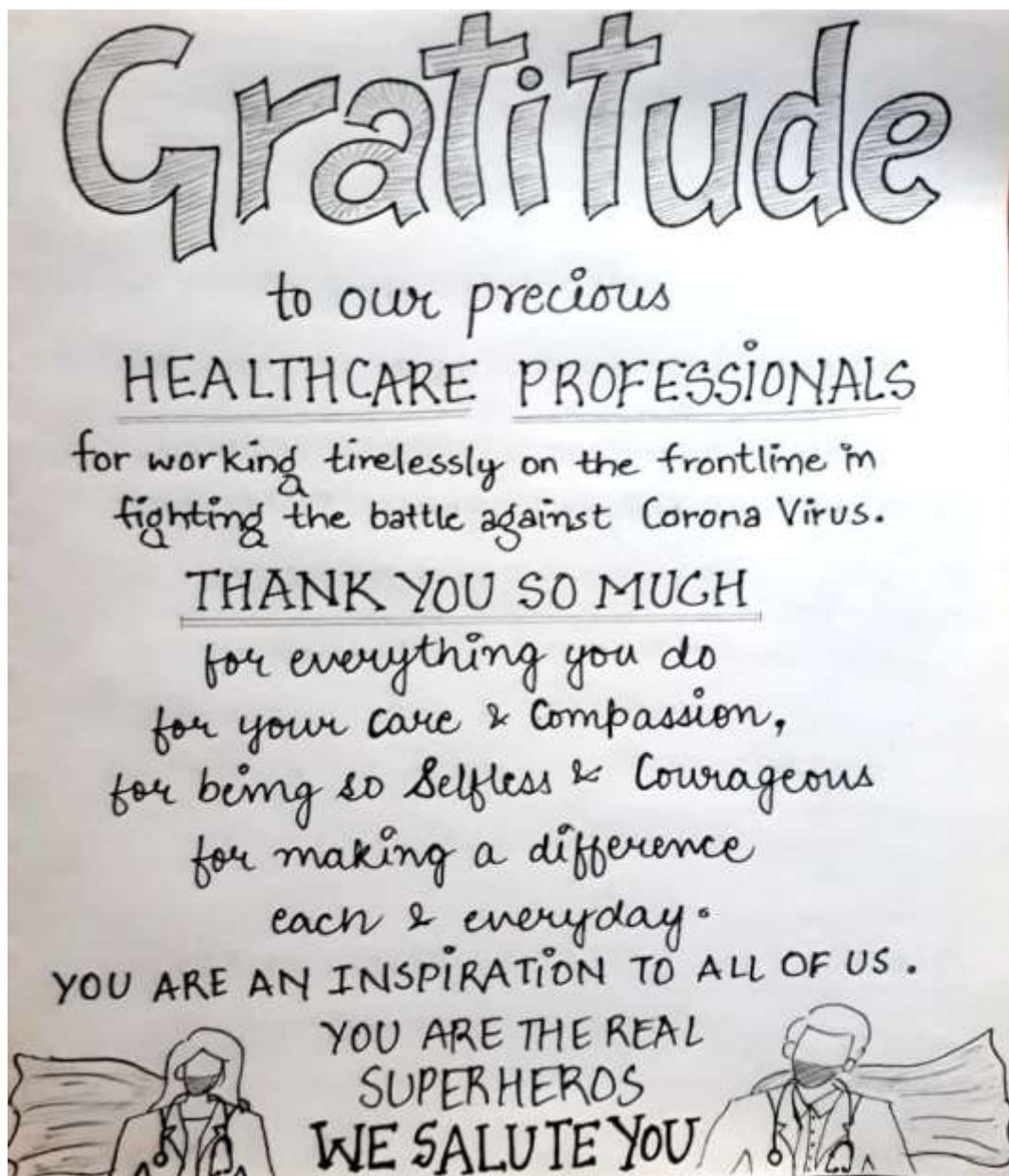
-Anonymous



**Name: Chetanshi Rastogi**

**Age: 23**

**Occupation: M.com student (final year) Delhi**



# SFC Foundations Members



**Gurparas Singh**

**Director**

**SFC FOUNDATIONS**

This is a small effort from my side to dedicate a few words of appreciation for the in-formidable efforts of the true frontline warriors, the saviours of our existence who have taken the responsibility of carrying the nation on their shoulders, by fighting the lethal COVID-19.

While sitting at my home I wonder how much efforts they have been doing, how many sleepless nights they have spent and how much pain they have suffered! I am sure that even Wordsmith can't describe the beauty of their acts. Having experienced this personally, both of my parents who are doctors are striving hard to pull the country out of this death-trap.

In return all we can do is to pay them our homage by staying at our current places and cooperating with the government and strictly following the guidelines given.

Towards the end I would say that during this time of greatest threat to life in human history, kindly cooperate to save yourself and your loved ones.

# {STAY HOME STAY SAFE}



**Disha Goyal**

**President**

**SFC FOUNDATIONS**

Thank you for being there for everyone 24\*7. You all are true heroes. In this situation, when the whole world is under lockdown and staying at home, you all are working tirelessly so that we could live another day. The duty that you all are doing for the country without thinking about themselves. You all are the backbone for the country. You are an inspiration for all of us. Thank you for shining up in the frontline and showing your bravery and determination. You all are the best gift that god has sent to us!!

Jai hind!



**Neha Sood**

**General Secretary and Executive Editor of SFC**

**SFC FOUNDATIONS**

ज़िन्दगी ना जाने किस मोड़ पर ले आयी है,  
पहले घर के बाहर , अब घर के अंदर तन्हाई है  
अब लोगों को खुद्दार बनने की नौबत अाई है,  
परन्तु डॉक्टरों ने पाखंड शपथ खाई है  
और पुलिस ने पत्थरबाज़ी में जान की बाज़ी लगाई है,  
दिल में इज्ज़त बढ़ती जाती है और मन से दुआएं निकलती हैं,  
सलाम है इन जांबाज़ों को जिन्होंने मानवता की डोर सजाई और बचाई है।



**Kriti Rawat**

**Gyan Head (Core Team Member)**

**SFC FOUNDATIONS**

In this time of need, the servers of this country such as doctors, bankers, policemen and many more are saving us from this pandemic and I am thankful to each of the service provider to selflessly be there during this hard time and to be brave to save lives and maintain the discipline on roads. Also, I am thankful to all the people who are staying at home to stop this COVID-19 from spreading more in the country. I support the cause for this country and I heartily salute all of the people working to save lives and also to the people abiding the rules and staying home.

Jai Hind!



**Tanvi Garg**  
**Core Team Member**  
**SFC FOUNDATIONS**

Since the world is facing a huge pandemic where everyone is thinking of their own safety only but Our heroes, our warriors, doctors and other service providers are putting efforts to destroy this pandemic from the nation at the risk of their lives

A heart felt salute to all those who are contributing their helps in such a situation.

I Feel gratitude to be a part of such a great nation!



**Vrinda Pathania**  
**Coordinator**  
**SFC FOUNDATIONS**

It all started with a rumour, like we don't believe in the authenticity of the Chinese products, all the virus talk sounded bizarre at the start but taking it lightly was a major fault on our part.

Our mundane lives got snatched from us so quickly we were left stumbling with uncertainty and nothing to hold onto. Coronavirus left so much death and mayhem in its wake, young lives lost, families wrecked, some didn't even get to say the final goodbye to their loved ones.

But amidst this chaos, we could see a white light at the end of this endless tunnel. We could see hope.

Putting their own lives at risk, doctors and nurses worked endlessly, and miraculously many positive patients started to get better. There is still hope all thanks to our brave soldiers. They are the true warriors of this battle, fighting at the frontline, saving lives against coronavirus.

It was rightly said that the doctors are the boon directly sent from God for us. We salute you for the heroic work you're doing.



**Ridhima Jain**

**Coordinator**

**SFC FOUNDATIONS**

We pour our heartiest gratitude towards the efforts and tireless work towards helping our country fight from such a pandemic which is eating us day by day.

I really wish to express my side of dedication towards your services by staying at home and appreciating all the efforts done by you.

India will be Covid-19 free with your seamless toil and sacrifice. And I support you with all might and pray for your and your family's well-being.

Jai Hind!



**Name: Ankita Marya (19years)**

**Occupation: Student**

**College: PGGCG-11**

**Senior Editor**

"The True Leaders of our Nation"

The key to success  
Rests in people like you.

We look for the  
Helpers, the healers  
and the humans like you.

The one who bring  
Food, flour, first aid  
Looks like you.

Who makes things better  
For our community?  
Yes, it is You.

You keep us healthy,  
Safe and clean.

You protect us from  
all uncanny means.

You offer safe shelter  
A roof and a bed  
Without you, we  
Are almost dead.

You are a friend  
Who listens,  
Who cares  
You make all  
the things fair.  
Thank you for

making this world

a better place,

Without you

No one dares.

Words cannot begin to express my thanks and gratitude for you. Thank you for all that you've done for us. We are grateful to you.

A Citizen of this country.



**Name: Ankita (19 years)**

**Occupation: Student**

**College: G.G.D.S.D.**

**Member of Blogger Team**

था कुछ अचंभित समय वो  
जब आया विश्व में कोरोना  
तब कुछ लोग डटे रहे कहकर  
इस कोरोना से डरो ना

लगे समझाने जनता को  
साबुन से हाथों को धोना  
न गले मिलना न हाथ मिलाना  
न ही घर से बाहर निकलना  
सरकार के निर्देशों का पालन करना

जब सबको था अंदर ही रहना



इनका ज़रूरी था बाहर निकलना  
ज़रूरी सेवायें प्रदान करना  
डॉक्टर, पुलिस या फिर पत्रकार  
हों ग्वाले या हों दुकानदार

सभी ने अपनी जान को दाव पर लगाया  
एकजुट होकर यह सिखाया  
नहीं टिकने वाला यह कोरोना  
जो करें सामाजिक दूरी की पालना

हैं शुकुगुज़ार ऐसे वीरों के  
जो एक पल भी न घबराए थे  
भारतवासियों की जान बचाने  
कदम पर कदम बढ़ाए थे



**Name: Meenakshi Banger (20 years)**

**Occupation: Student**

**Institution: PGGCG-11**

**Member of Blogger Team**

Gratitude note:

"Not all the heroes wear capes"

What would the world look without your efforts? In the phase of adversity, you become the guiding light and Saviour of souls. God on Earth, a divine figure standing for human life. Your generosity blows my mind, how you smile and conquer the problem putting your life in danger. It's absolutely astonishing and a big round of applause for the Corona warriors.

Thank you for being there for us.



**Name: Vaibhav Goyal (21years)**

**Occupation: Student**

**Institution: U.I.L.S. Panjab University, Chandigarh**

**Member of Blogger Team**

**Short Poem to Salute of Every Person Risking their life to save ours**

The Thing happened finally of which we were afraid of.

It came overseas to our Country slowly and slowly.

It took our all the peace of mind.

It made us caged in our homes.

Ours Jobs disappeared along with our routine.

But we are proud that we are fighting against it.

We haven't put our hands down before it.

Doctors are not less than the God.

Salute to our health workers and to everyone involved in the Emergency Services.

Our Hospitals are doing just Miracles.

We are living a decent life in this tough time too.

Salute to our Farmers who are making us provide the eatables.

“To every person who in these times are putting their lives in danger just to make this deadly disease a erase from our society as if it wasn't ever there, so that our future generations never face such problems, I stand up and salute to them, for making a way to Life by sacrificing theirs 24x7”.



**Name: Shabella Sandhu (20years)**

**Occupation: Student**

**College: PGGCG-11 Chandigarh**

**Member of Blogger Team**

Hats off to noble souls

The ongoing COVID19 pandemic has shook the whole world to its core and shamble the walls of most powerful and robust economics of all the time. India has left no stone unturned to tackle this grave situation. People from all nook and corner are marching forward to give a hand to people who are poor, underprivileged, inhabiting in urban slums and cramped spaces in rural areas. Hats off to all the noble soul of doctors, policemen, ASHA workers, anganbwadi workers, auxiliary nurses and midwives and others who are putting their lives on line to help others during this COVID19 outbreak upheaval. They are working tirelessly day and night putting their life in jaws of death but still serving the nation and its people whole heartedly. National government even launched " Aarogya setu" app to get information and updates regarding COVID19. Many generous NGOs and heartfelt people are delivering free food to people who are worst hit by this pandemic. All these frontline workers and other behind the scenes deserves our utmost respect and commendation for their act of generosity and selflessness. All their efforts will surely yield result and India will soon emerge from the dark shadow cast by this gloomy cloud.