

## Humansofpoona

I have visited more than 25 doctors in the past one and a half years. Traveling cities in the country and then also abroad just to visit doctors has started making me feel depressed. Even after all this, my health problems are not properly detected. People started telling me to visit a psychiatrist because for them it was all in my head. I have been staying alone form sometime. Recently the country also went on lockdown. All of it started making me feel sicker. After lockdown, one day I got a message in the office to drop a lady to her home as the transportation was not as usual in the city. I dropped her and felt good for being able to help. The same day I decided to help more people. I have been part of langar seva before, so I was more confident. I posted on active WhatsApp groups about my availability for picking and dropping essentials and food to people who are in need. On Ashtami, during this Navratri, I got my hands on 50 packets of prasad and distributed all of them among the people in crisis due to the virus attack. I kept doing my part all alone at the start, within 1-2 weeks the work I was trying to do got some visibility and 3-4 volunteers joined me on the field. I named the initiative "Two Meals Extra" , with this name I want to spread a message that whenever we are cooking, adding a little can easily make the meal extra for 2, without putting much extra effort.



In 3-4 weeks I started getting cooked food from 15 societies and 2 restaurants and we are now delivering around 800 meals every day. The number of calls I'm receiving to deliver is more than the number of calls I'm receiving to pick. I urge people in every corner who can cook a little extra please do that. I know there's many still out there not able to get proper meals. I'm doing whatever I can to reach more people who are needed at the moment.

It's more than a month that I have been doing it and there are many memories to count on. This has given me a lot of strength to fight my health problems too. The craziest thing about all this is that I hardly feel sick anymore. Now our plan is to get more volunteers on-board in different parts of the city so that we can process more smoothly.

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