











# COVID RESOURCE GUIDE

APRIL - JUNE, 2021

1	2	3	4	5	6	7	8	9	10
MEDICAL OXYGEN	FOOD SUPPLY	TRANSPORT FACILITIES	TESTING CENTRES	PET SUPPORT	COUNSELLORS	COVID CARE CENTRES	USEFUL LINKS	HELPLINES	HOSPITAL BEDS
									



SHARE. AMPLIFY. HELP

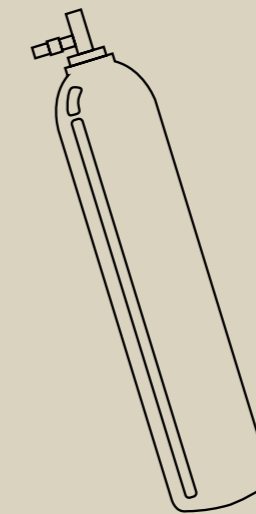


The Covid Resource Guide had its genesis in deep concern for people impacted by COVID-19, and an understanding of how important it was for them to have accurate resource information on hand. As volunteers, we felt it was our civic duty to express our collective concern through an initiative that would help them. Covering a host of segments such as Oxygen Supply, Hospital Beds, Food, Counsellors, Transport, Helplines, COVID Care Centres and more, it reached out through various social media channels to help with accurate information, for those who needed it the most. This information was curated by a dynamic team of 200+ virtual volunteers who constantly researched facts and resources, and further verified them to share it real-time.

Chennai Volunteers is a social initiative that works towards enhancing awareness on the role of individuals in society. It drives civic engagement by facilitating volunteers to contribute skill and time to beneficiaries and NGOs.

It promotes the values of volunteering, while building and reinforcing volunteer networks. It leverages the online medium with a dynamic web portal, [www.chennaivolunteers.org](http://www.chennaivolunteers.org) where volunteers can find various opportunities to engage with non-profits in a sustainable way.

Medical Oxygen | Food Supply | Transport Facilities | Testing Centres  
| Pet Support | Counsellors | Covid Care Centres | Useful Links |  
Helplines | Hospital Beds



## MEDICAL OXYGEN FOR COVID PATIENTS



SHARE. AMPLIFY. HELP.

for rent/sale  
cylinder refill  
concentrator

Medical Oxygen was a precious, essential commodity during the peak of the second wave of COVID. The need of our affected citizens was immediate and urgent. Chennai Volunteers actively searched, researched, verified and updated valid leads on oxygen suppliers, be it for concentrators, new cylinders or refilled cylinders. We checked if the distributors were available and how much stock they had, everyday. Our list included distributors from across Tamil Nadu, who were active in this service till we operated this initiative.

oxygen cylinder

doctor's  
prescription

No	Distributor	Location	Phone Number	Additional Information
1	Abbas Ali	Chennai North Chennai	+91 90926 52227	Cylinder / refill. Free for patients recently discharged with O2 level-85
2	Alpha Lifemed	Chennai Arumbakkam	+91 93819 50006	Concentrator available. Rental on monthly basis: 10L - Rs. 18,000/-; Sale: 5L - Rs. 75,000/-; 10L - Rs.1,25,000/-; Aluminium Cylinder available
3	Alserv - Elder Care Service Chennai Evangelin	Chennai	+91 44 46664888 +91 96001 49801	Concentrator for sale
4	Amwell Oxygen	Chennai Kilpauk	+91 96153 23232	Concentrator for sale
5	Antony John Paul	Chennai	+91 80722 39578	Concentrator for sale
6	Arasan Gas Solutions Prabhu	Chennai Adambakkam	+91 94425 74845	Cylinder / refill
7	Arivarasan	Chennai	+91 87544 09917	Free cylinder & concentrator
8	Arogya Nilaiyam Charitable Trust Free Medical Clinic	Chennai Gandhi Nagar, Adyar	+91 99405 43189	Concentrator for sale
9	Aroun Systems & Safety Equipments Arun Kumar	Chennai OMR / Ambattur	+91 84384 34000	Concentrator for sale
10	Artha Surgical & Pharmaceuticals	Chennai Arumbakkam	+91 97907 41169	Concentrator for sale
11	Auro Mira Medi Aids	Chennai Adyar	+91 93821 59199 +91 93822 59199	Concentrator for sale
12	Aurora Sales Satish	Chennai Mylapore	+91 98840 41167 +91 80727 87502	Concentrator for sale
13	Avalan Containers	Chennai	+91 96007 76876	Concentrator for sale
14	Bharani Enterprises Gunasekhar	Chennai K.K. Nagar	+91 98840 85494	10L B-type cylinder available
15	Bharath Oxygen Babu	Chennai Gummudipoondi	+91 94440 03856 +91 87787 31935 +91 91503 08644	Cylinder / refill For medical purpose
16	BJS Tamil Nadu Rajendra Dugar, Mahaveer Parmar	Chennai Sowcarpet / Kilpauk	+91 94440 40679 +91 93810 00182	Concentrator for rent Rs. 100/- per day for 5 days
17	Chennai Oxygen Chandra Mohan	Chennai	+91 99623 53535	Cylinder / concentrator
18	Chennai Task Force	Chennai Adambakkam	+91 98948 60580	Cylinder / refill for rent
19	Chris Merchant Private Limited	Chennai Koyambedu	+91 73977 30781	Concentrator for sale
20	Darshan	Chennai Nungambakkam	+91 96770 30020 +91 90808 33670	Concentrator for sale
21	Dhonaadhi Hitec Innovations	Chennai Velachery	+91 98841 66566 +91 78240 98354	Concentrator for sale
22	Divine Touch Mukesh Dave	Chennai	+91 95000 80068	Concentrator for sale
23	Dr. Praksh Karrun Ortho Ashi	Chennai OMR	+91 98949 80336 +91 73383 38339"	Concentrator for sale 7L - Rs. 75,000/- + GST

24	Ekam Foundation	Chennai Nungambakkam	+91 94459 22333	Rent: 10 days free Original Aadhaar card to be deposited till return of concentrator
25	Entrust Medical Devices	Chennai OMR	+91 73974 49991	Concentrator for sale: 10L - Rs. 1,60,000/- 5L - Rs. 79,000/- to Rs. 96,000/- Cost based on model of concentrator
26	Forward Healthcare Jeyanth	Chennai Nanganallur	+91 84289 89139	Concentrator for sale
27	Fusi Tech Gokul	Chennai Virugambakkam	+91 95661 54092	Concentrator for sale
28	Gas & Gas Agency Pradeep	Chennai Tondiarpet	+91 98415 13300	Cylinder / refill / concentrator Concentrator for rent
29	Greenzee India Marketing	Chennai	+91 99944 37782	Cylinder / refill
30	Hi Tech Air Products Balaji Gas	Chennai West Mambalam, Vandalur, Oragadam	+91 90801 61615 +91 93819 82571 +91 93810 82741	Cylinder / refill
31	Hitwin Healthcare	Chennai Arumbakkam	+91 44 46845555 +91 63820 04389	Concentrator for rent & sale. Rental on monthly basis: 5L - Rs.10,000/-; 10L - Rs.18,000/-; Cylinder not available
32	Hitwin Healthcare Babu S	Chennai	+91 93822 66778	Concentrator for sale
33	HyloApp Tech	Chennai Tambaram	+91 87545 04500	Concentrator for sale
34	Jayaprakash	Chennai Anna Nagar	+91 96772 30455	Concentrator for rent
35	Jayaprakash	Chennai	+91 99449 00756	Concentrator for sale
36	Jito Udit Mehta	Chennai	+91 97908 22555	Concentrator for rent Free supply
37	John Victor	Chennai Sowcarpet	+91 95972 43239	Concentrator for rent: 5-7 days free Refundable deposit: Rs.10,000/-
38	Kadamai Education and Social Welfare Trust Sathyaraj	Chennai North Chennai	+91 90031 12322 +91 98402 18142	Cylinder / refill. Aadhaar card & doctor's prescription required
39	Kushal Oxygen	Chennai	+91 97874 50655	Concentrator for sale
40	Life Gas Prabhakar	Chennai Adyar	+91 94442 31155	Concentrator for sale
41	Lifeboat Foundation	Chennai Sowcarpet	+91 87783 93655	Cylinder / concentrator. Pre-book Beneficiary to collect in person Concentrator: deposit Rs. 5,000/- per day. Charges of Rs. 500/- after 7th day. Cylinder: deposit Rs.1,000/- per day. Charges of Rs. 100/- Refundable deposits
42	Lifeboat NGO	Chennai Parrys	+91 87783 93655	Concentrator for rent: 7 days free Charges of Rs. 500/- per day after 7th day Refundable deposit : Rs. 5,000/-
43	Mission Hope KVM Foundation	Chennai Sowcarpet	+91 80680 65385	Concentrator for rent: 15 days free Refundable deposit: Rs.18,000/- for non BPL card holders

44	Moogambigai Agencies Amarnath	Chennai Thiruvanmiyur	+91 94440 22742	Cylinder / refill
45	Mylapore Oxygen Somasundaram	Chennai Mylapore	+91 98842 42538	Cylinder / refill
46	Omega Oxygen Service Ramu	Chennai Ayanavaram	+91 98402 04005	Imported concentrator for rent: Rs. 300/- per day
47	Online Surgicals.com	Chennai West Mambalam	+91 44 23710122 +91 98410 19047	Concentrator for sale
48	Ontex Medical Devices	Chennai West Mambalam	+91 90430 70990	Concentrator for sale
49	Oxygen Free for All Varindar Singh, Kavya, Kaushal	Chennai	+91 72005 09870 Kaushal: +91 83689 95189	Concentrator for rent 7 days free Delivery charges apply
50	Oxygen on Wheels Jito Seva Yash Raj	Chennai	+91 94343 43430 +91 98141 45420 +91 98805 98624	Concentrator for rent Free supply
51	O2 for Madras	Chennai	+91 63695 85471 +91 90030 60282	Concentrator for rent For emergency cases
52	O2 for Madras Hani, Swati	Chennai Neelankarai	+91 99402 53821 +91 80727 48936	Concentrator for rent & sale Refundable deposit Rental fee charged per day
53	Pikay's Medico Surgicals	Chennai Triplicane	+91 98400 34599 +91 98844 03505	Concentrator for rent: 7-10 days free Refundable deposit: Rs. 10,000/-
54	Raj Jain	Chennai	+91 98400 29067	Concentrator for sale
55	Rajesh	Chennai	+91 99400 78094	Concentrator for sale Rs. 72,000/- + 12% GST
56	RCC Oxygen Bank Jeetendra Bhandari Prabhat	Chennai Nungambakkam	+91 94455 55222 +91 98401 10197	Concentrator for rent 7 days free supply
57	Rent-a-cure	Chennai Arumbakkam	+91 74488 80808	Concentrator for rent
58	Royal Surgicals Mr. Mukesh	Chennai	+91 44 42173817	Concentrator for sale
59	RYA Cosmo Foundation	Chennai Konnur High Road, Otteri	+91 98410 25134	Concentrator for rent
60	RYA Cosmo Foundation	Chennai Perambur	+91 98410 25134	Cylinder / concentrator Concentrator: deposit Rs. 7,000/- Cylinder: deposit Rs. 2,000/- Refundable deposits. No extra charges. Steamers available
61	Sai Raksha Health Care	Chennai T. Nagar	+91 98408 68624	Cylinder / concentrator. Sent through courier if out of Chennai
62	Sathyam Enterprises Gopinath Sathiyamoorthy	Chennai Medavakkam	+91 99400 75535	Concentrator for sale
63	Shankar	Chennai Perambur	+91 96772 74795	Cylinder / refill
64	Shri Sai Gases	Chennai Poonamallee	+91 97511 13818	Cylinder / refill

65	Shrimad Rajchandra Aatma Tatva Research Centre	Chennai Veppery	+91 63814 22055	Concentrator for rent. Rent: Rs. 500/- per day, maximum 15 days. Refundable deposit: Rs.15,000/- Doctor's prescription & RT-PCR test report required. Cylinder not available
66	SICGILSOL India Pvt Ltd Yoganandh	Chennai	+91 87544 79833	Cylinder / refill
67	SP Medical	Chennai Tondiarpet	+91 98413 88827	Cylinder / refill For hospital purpose
68	Space Aura	Chennai Purasaiwakkam	+91 90924 92331 +91 97908 22555 Helpline number: +91 94343 43430	Concentrator for rent: 5 days free Deposit: Rs. 5,000/-
69	Sri Mahalakshmi Gas Agencies Kumaresan K	Chennai Chintadripet	+91 98840 87440	Cylinder / refill
70	Sri Moogambigai Agencies Amarnath	Chennai Thiruvanmiyur	+91 94440 22742	Concentrator for rent & sale Delivery: Pan India
71	Sri Vivekananda Hospitals	Chennai Mylapore	+91 44431 92129	Cylinder / refill Immediate supply for patient in need
72	Srijith	Chennai Neelankarai	+91 80727 48936 +91 99402 53821	Cylinder / refill
73	Sterling Diagnostics	Chennai NSK Nagar, Arumbakkam	+91 44 4218 7450 +91 99945 58024	Concentrator for rent & sale
74	Tarun	Chennai	+91 98841 88085	Contact on WhatsApp Details & contacts of other suppliers will be provided
75	Thuli	Chennai	Shivaji: +91 98400 45211 Ajith: +91 90479 00038	Concentrator for rent
76	TN Oxygen Pvt Ltd	Chennai Ayanambakkam	+91 44 23740707	Cylinder / refill
77	Tulsingavel	Chennai Chrompet	+91 98402 47908	Concentrator for sale
78	UCA COVID Care Senthilkumar	Chennai	+91 98417 24470	Concentrator for rent. Free supply. 5 day use & return
79	UCA COVID Care Senthilkumar	Chennai Chetpet	+91 73973 95973	Concentrator for rent Free for 5 days
80	Universe Surgical Equipment Co	Chennai Parrys	+91 98848 74313	Concentrator for sale
81	VCR Gas Company Ram	Chennai Tondiarpet	+91 93835 55555 +91 93810 28407	Cylinder / refill for rent & sale
82	Venkateswara Agency	Chennai Guindy	+91 98942 85169	Concentrator for rent & sale

83	Vibha COVID Outreach	Chennai Ambattur	+91 93420 89823	Concentrator available: 5L, 7L & 10L Concentrator for rent: 5L - Rs. 20,000/- for 10 days Refundable deposit: Rs. 15,000/- Concentrator for sale: 10L - Rs. 1,55,000/- to Rs. 1,85,000/- Transport charges of Rs. 2,000/- included
84	Vity and Co Sekhar	Chennai	+91 94440 83307	Cylinder / refill For hospital purpose
85	VN Medical Services Vimal	Chennai Puzhal	+91 97909 42270	Cylinder / refill
86	Yuvathi Gayathri	Chennai	+91 97909 26510 +91 86105 47875	Concentrator for rent 5 days free
87	Hi Tech Air Products	Chengalpattu	+91 90801 61615 +91 93819 82571 +91 93810 82741	Cylinder / refill
88	BJS Chidambaram Kamal Kothari	Chidambaram	+91 94433 39047 +91 94432 21432	Concentrator for rent Rent: Rs. 100/- per day Deposit: Rs. 5,000/-
89	BJS Sanjay Kawad"	Coimbatore R J Street, Flower Market	+91 94420 09522	Concentrator for rent Help based on request
90	BJS - Acharya Tulsi Diagnostic Centre & Dental Care Dipak Lunia, Nirmal Begwani	Coimbatore	Dipak Lunia: +91 98430 13799 Nirmal Begwani: +91 93631 04906	Concentrator for rent Doctor's prescription & medical reports required
91	Breathe Again	Coimbatore	+91 94427 68352 +91 98435 14400	Cylinder / concentrator. For hospital medical emergency. Not for sale/rent
92	Covai Air Products Dileepan Devraj	Coimbatore Kumarapuram, Narasimnaiken, Palayam	+91 94426 14587	Cylinder / refill
93	Hitesh Jain Mahima	Coimbatore	+91 93645 62300	Concentrator for rent
94	Jeyas	Coimbatore R.S.Puram	+91 98430 10211	Cylinder / concentrator Concentrator for rent & sale
95	Kalyan Gas Ravi	Coimbatore	+91 94431 42426	Cylinder / refill
96	Kushal Oxygen	Coimbatore	+91 97874 50655	Concentrator for sale
97	Restart	Coimbatore	+91 63838 27678 +91 98422 50777	Concentrator for rent. Medical reports, ID proof & consent form required
98	Seva Gases Alagappan	Coimbatore	+91 98940 20509	Cylinder / refill
99	Swarga Foundation	Coimbatore Puliyakulam Road	+91 73971 65333	Concentrator for rent Rs. 100/- per day. Refundable deposit:Rs. 15,000/-
100	Swasam Respiratory Centre	Coimbatore Mettuppalayam Road, Saibaba Koil	+91 99408 54590	Concentrator for rent Doctor's prescription required
101	The Art Of Living	Coimbatore	+91 97870 00755 +91 87788 97972	Concentrator for rent
102	Veni Trader	Coimbatore Gandhipuram	+91 93631 02948	Cylinder / refill

103	Venkateswara Oxygen Nithyanand	Coimbatore Idigarai	+91 94430 69292	Cylinder / refill
104	Vysion Charitable Trust Bala Harish, Panchatharra Dinesh	Coimbatore Vysial Street	Bala Harish: +91 96009 12365 Panchatharra Dinesh: +91 98945 46487	Doctor's prescription & medical reports required
105	BJS Conoor Sarla Baradia	Coonoor	+91 91598 11457	Concentrator for rent
106	VCR Gas Company Ram	Cuddalore	+91 93835 55555 +91 93810 28407	Cylinder / refill for rent & sale
107	Sri Murugan Agency Gajapathy	Dindugal Palani Road Dindigul Bazaar	+91 94433 43109	Cylinder / refill
108	Erode Air Products / Balaji Gas Ponnuswamy	Erode	+91 94433 94275	Concentrator for sale
109	Airpack Gases Murali	Kanchipuram	+91 98434 84215	Cylinder / refill
110	BJS Kanchipuram Sodharman	Kanchipuram Vallakottai Village / Sriperumbudur Taluk	+91 96008 50077 +91 94434 83909	Concentrator for rent
111	Hi Tech Air Products	Kanchipuram	+91 90801 61615 +91 93819 82571 +91 93810 82741	Cylinder / refill
112	General Gas Vigneshwaran	Kanyakumari	+91 94889 37569	Cylinder / refill
113	Arasan Gas Saravanan	Madurai West Perumal Maistry Street	+91 94425 74805	Cylinder / refill
114	BJS Suresh Golecha	Madurai	+91 99445 64818	Concentrator for rent
115	Kalyan Oxygen Sivanandian	Madurai	+91 94433 74162 +91 94433 42426	Cylinder / refill
116	BJS Mayavaram Pukhraj Gadia	Mayavaram	+91 94431 55299	Concentrator for rent
117	Sri Lakshmi Oxygen Senthil	Namakkal	+91 94421 10005	Cylinder / refill
118	BJS Ooty Poonam Kothari	Ooty	+91 94430 56566	Concentrator for rent Trust in Ooty
119	Aroun Systems & Safety Equipments Arun Kumar	Pondicherry	+91 84384 34000	Concentrator for sale
120	VCR Gas Company Ram	Pondicherry	+91 93835 55555 +91 93810 28407	Cylinder / refill for rent & sale
121	Oxygen Free Air for All	Ranipet	+91 80158 09601 +91 98400 38960	Concentrator for rent 7 days free
122	BJS Rajesh Bhansali Vikas	Salem	+91 94433 89618 +91 98944 00690	Concentrator for rent
123	Ragavendra Gas Agencies Nirmal	Salem Kuranguchavadi	+91 98423 91651	Cylinder / refill
124	Sri Balaji Enterprises Mahi	Salem Agraharam	+91 96886 10111	Cylinder / concentrator

125	Vallal & Co	Theni Athipatti, Boothipuram Post	+91 99422 09229	Concentrator for rent & sale
126	BJS Mission Rahat	Tiruppur	Neamichand Jain: +91 70107 36764 Vijay Malu: +91 70102 02331	Concentrator for rent Doctor's prescription, medical reports & patient details required
127	Erode Air Products / Balaji Gas Ponnuswamy	Tiruppur	+91 94433 94275	Concentrator for sale
128	Hi Tech Air Products	Tiruvallur	+91 90801 61615 +91 93819 82571 +91 93810 82741	Cylinder / refill
129	Inox Air Products	Tiruvallur	+91 44 66462115 +91 99440 02040	Concentrator for rent & sale
130	Seva Gases Alagappan	Trichy	+91 98940 20509	Cylinder / refill
131	SICGILSOL India Pvt Ltd Yoganandh	Trichy	+91 87544 79833	Cylinder / refill
132	Arasan Air Products Pvt Ltd Anand Ganesh	Tuticorin	+91 98421 34090	Cylinder / refill
133	BJS Prashant Singhvi	Vaniyambadi	+91 98947 66855	Concentrator for rent
134	Senthil Kumar	Vaniyambadi CN Annadurai Road	+91 94434 85613	Concentrator for rent & sale
135	Bharani Gas Agency	Vellore Green Circle	+91 99944 84465	Refilling of cylinders
136	BJS Vellore	Vellore Gudiyatham	Sidharth Jain: +91 72003 55620	Concentrator for rent
137	Kasthuri Scientific & Surgical	Vellore Main Bazzar, Vellore Bazaar	+91 99444 81176	Concentrator for sale Cylinder regulator available
138	Mayon India Manoj	Tamil Nadu Chinnaswamy Road, Sidhapudur	+91 89460 57845	Free cylinder / refill
139	Ayaan Medical Technologies	Tamil Nadu Sirkazhi Main	+91 90034 05770	Concentrator for rent & sale Delivery : Across Tamil Nadu

“

The CV Covid Resource Guide surely helped the citizens of Chennai during the second peak of Covid19 . It helped in understanding where they could source oxygen cylinders and concentrators and the NGOs that were willing to help people in need. Also, during the various stages of the lockdown, the list of resources across the city prepared by CV helped our citizens. I appreciate them for the initiative and effort that they have taken in this regard.

**Dr. Alby John**

Former DC Health GCC, Present Collector -Tiruvallur Dist



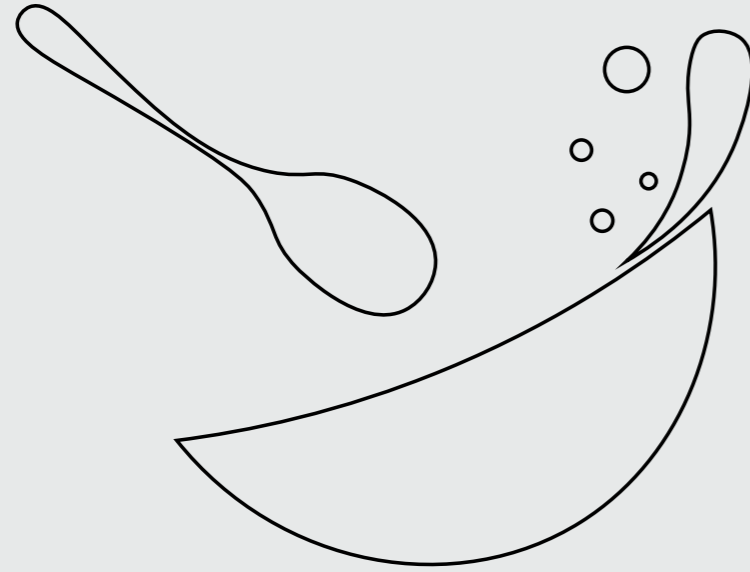
### VOLUNTEERS

Savitha Sailesh (Team Lead)

Sharada Rajaram (Team Lead)

---

Abinaya	Lokeshwari
Abinaya Ramasubramanian	Nain Hemdev
Akash Karan	Naveen
Anisha Nichani	Pooja
Asmita Nandi	Ratika Kaul Haskar
Deepti Narayanan	Sineesh
Dhanush Rajprasad	Srinidhi Swaminathan
Narapareddy Vinod	Sujatha
Hitesh Shah	Subashree M
Jahnvi K N	



## FOOD SUPPLY



SHARE. AMPLIFY. HELP.

home-cooked food

nutritional

drinks

With lockdowns and home quarantine being followed in our state, there was a visible, growing need to source nutritious (home-cooked) food from credible vendors. Chennai Volunteers created and verified a comprehensive list of people cooking and delivering homemade healthy food at nominal prices for those under home quarantine, COVID patients and their families. This list included food providers who are willing to supply meals free of cost to the economically disadvantaged.

vegetarian food

weekly package

### CHENNAI

No	Name	Serviceable Area	Phone Number	Additional Information
1	Aarti Khatry	Royapettah, T. Nagar, Mylapore	+91 90807 26477	Lunch & dinner. Order 1 day in advance
2	Abhinandan Surana	Perambur, Vyarsarpadi, Purasaiwakkam, Vepery, Kilpauk, Choolai (near Nehru Stadium)	+91 94458 62525	Available 7 days a week Fixed menu. No customisation Order 1 day in advance
3	Akshayas	Kodambakkam / Valluvar-kottam / Habibullah Road	+91 97899 84231	Vegetarian home-cooked food. Lunch & dinner
4	Amma Kadai	Around Guindy & K.K. Nagar	+91 88944 02495	Vegetarian home-cooked food Breakfast: Rs. 60/- Lunch: Rs. 80/- Dinner: Rs. 60/-
5	Ammavin Amudhu	Within 8 km of Ramapuram	+91 78240 04040	Vegetarian food. Non-vegetarian food on request. Rs. 325/- per person (vegetarian food), Order 1 day in advance
6	Amma's Khaimanam	Within 3 km of Velachery	+91 73581 21729	Vegetarian food. Non-vegetarian food on request
7	Ammu's Takeout Dr Malini Subramaniam	ECR to Thiruvanmayur	+91 73389 0308	Vegetarian food. Customisation as per requirement for COVID patients. Order 1 day in advance
8	Annam Home Cooked Vegetarian Food	Arumbakkam, Anna Nagar Kilpauk, Purasaivakkam, Mogappair, Nolambur, Vadapalani	+91 98401 40211	Vegetarian food. Fixed menu. Pickup: Breakfast & dinner - Rs. 100/- each; lunch - Rs. 130/-; Delivery: Breakfast & dinner - Rs. 110/- each; lunch - Rs. 150/-; Sundays unavailable
9	Annam's	Within 10 km of Triplicane	+91 95510 79550	Vegetarian food
10	Antarrashtriya Agrawal Sammelan	Anna Nagar, Egmore, Purasaiwakkam, T. Nagar Mylapore, Saidapet, West Mambalam	+91 88077 00011 +91 99629 76877	Food ordered from hotels for those beyond the service range. Order 1 day in advance. COVID positive report required
11	Apeksha Jain	Within 10 km of Alwarpet	+91 91640 66342	Breakfast: Rs. 60/- to Rs. 75/-; Order 1 day in advance. Dinner can be ordered the same day
12	Aranya Foundation	Kilpauk, Anna Nagar, Nungambakkam, Adyar, Mylapore	044-42997501	COVID patient's details required
13	Asvadya	Chromepet, Selaiyur	+91 98409 94742	Healthy food including soup, fruits, dal, etc.
14	Atithi Khana Navalan	Within 7 km of R.A. Puram	+91 95662 48148	Vegetarian food Lunch & dinner
15	Avaniko CSR Initiative Ranjit	Adambakkam, Madikapam, Velachery	+91 63790 01352	Vegetarian food. Breakfast, lunch & dinner Order 1 day in advance. 5 days free for COVID patients. Period extended based on patient's health. COVID positive report for last 5 days required
16	Baalaje	Avadi	+91 99403 98382	Home-cooked food Breakfast, lunch & dinner
17	Benita	Within 10 km of Valsravakkam	+91 90038 91766	Vegetarian food. Non-vegetarian food available. Fixed menu. Breakfast, lunch & dinner. Rs. 249/- per person
18	Bhagya-lakshmi's Kitchen	Across Chennai	+91 87544 22391	Vegetarian home-cooked food
19	Book A Cook	Across Chennai	+91 88706 30937	Home-cooked food

## CHENNAI

20	Cardy's Catering Cardin Roby	Across Chennai	+91 80561 86444 +91 99626 72888	Vegetarian home-cooked food For COVID patients & people under quarantine. Rs. 400/- per person. Lunch & dinner. Fixed menu
21	Chandra's Kitchen	Around Velachery	+91 90255 52121	Breakfast, lunch & dinner
22	Chapathi Kings	Anna Nagar West, Mogappair, Maduravoyal, Nungambakkam, OMR, Kodambakkam, Velachery, Rajiv Gandhi General Hospital	+91 93838 40003 +91 79046 12039	South Indian & North Indian vegetarian food
23	Chettan & Chechi Pratheeksha	Across Chennai	+91 89396 75852	Breakfast, lunch & dinner. Free lunch. Order 1 day in advance. COVID positive report required
24	Chithra's Home Food	Within 10 km of Velachery	+91 91760 45578	Breakfast, lunch & dinner Menu available on request
25	Cook for COVID	Across Chennai	+91 73582 32600	Home-cooked food Google form link to place order: <a href="https://docs.google.com/forms/d/1MTUX-VQg1sFpDBU8t2dtkONBm6FFJvaYXVXU-0wTBT44/viewform?edit_requested=true">https://docs.google.com/forms/d/1MTUX-VQg1sFpDBU8t2dtkONBm6FFJvaYXVXU-0wTBT44/viewform?edit_requested=true</a>
26	COVID Food Dr. Chef Vinoth Kumar	Guindy, Velachery, Adyar, West Mambalam, Thiruvanmiyur, Nandanam Teynampet, Madipakkam, Pallikaranai, Thoraipakkam	+91 98418 12662	Lunch
27	COVID Meals Chennai Pushkar	Across Chennai city (excluding outskirts)	+91 96000 74142	Healthy food. Breakfast, lunch & dinner For people in quarantine
28	DailyBox	Pallavaram, Tambaram, Chrompet, Pammal	+91 63838 36723	Vegetarian food. Breakfast, lunch & dinner. Order the same day. Breakfast: Order to be placed by 7 am
29	Dhanwyn Kishore	Across Chennai	+91 93617 63583	Vegetarian food for COVID patients. Order 1 day in advance
30	Eegai Foundation	Chitlapakkam, East & West Tambaram, Urappakkam, Guduvancherry, Sanitorium	+91 95000 93853	For COVID patients under home quarantine
31	Food Delivery	Around Chennai city Caterers in Anna Nagar, Perambur & few other places	+91 98413 98413	Volunteer group associated with a few caterers across city. Shares relevant caterers to the needy
32	Food Drive for Families of COVID Patients by Mr. Siddharth	Across Perambur	+91 96024 92636	Lunch & dinner
33	Food Factory +The Biryani	Across Chennai (excluding Chennai North)	+91 73388 58148	Breakfast, lunch & dinner. Includes cut fruits, nuts & lentils. Rs. 500/- per day
34	Food For Chennai Latha Dubay	Around Nandanam	+91 95009 10040 +91 98400 36635	Vegetarian food. Order 1 day in advance. COVID positive report required
35	Geetham Catering	Across Chennai	+91 98417 46540	Vegetarian food - Breakfast: Rs. 90/-; Lunch: Rs. 120/-; Dinner: Rs. 90/-, Breakfast order to be placed 1 day in advance by 6 pm

## CHENNAI

36	Geetha's Home Kitchen	Adambakkam, Alandur, Nanganallur, Madipakkam, Keelkatalai	+91 90807 79121 +91 98409 45070	Vegetarian food Approx. Rs. 150/- per day Contact on WhatsApp for menu
37	Giboomba Foods Hari	Across Chennai	+91 72009 00806	Vegetarian home-cooked food. Breakfast, lunch & dinner - Rs. 350/-
38	Gnaanam	Across Chennai	+91 98410 62039 +91 98410 64018	Breakfast, lunch & dinner Rs. 75/- per meal Order placed 1 day in advance
39	Hari Krishnan	Across Chennai	+91 89399 49974	Vegetarian food. COVID meals. Nominal charges
40	Hari Seva Poornima Babu Vedush	Within 10 km of Mogappair, Anna Nagar	+91 95000 43640 +91 98403 62347 +91 98400 51175	Vegetarian home-cooked food. Breakfast & lunch. COVID positive report required. Fixed menu. Available 7 days a week
41	Harini	T. Nagar	+91 81241 16999	Vegetarian food. Lunch & dinner. Nominal charges
42	Harini S	Across Chennai	+91 73973 51879	Vegetarian food. Lunch & dinner. Fixed menu. Lunch: Rs. 105/- without rice; Rs. 130/- with rice; Dinner: Rs. 70/-
43	Harish Hari Brothers	Across Chennai	+91 89733 59720 +91 99416 28856	Home-cooked food for COVID patients. Breakfast, lunch & dinner. Order 1 day in advance
44	Home Cooked Food	Thiruvanmiyur, OMR, Kottivakkam, Palavakkam, Adyar, Besant Nagar, Neelankarai, Velachery	+91 98404 51096	Breakfast, lunch & dinner - Rs. 500/- for 7 day package. Order to be placed 1 day in advance. Sundays unavailable
45	Home Food Devi (Flying Idlies & Rotis)	Velachery, Thiruvanmiyur, Thoraipakkam, Guindy, Alandur	+91 91763 35606	Vegetarian food. Breakfast, lunch & dinner. Pre-order
46	Home Menu	Across Chennai	+91 93449 09032	Vegetarian home-cooked meals. Order to be placed via Home Menu app
47	Homely Fresh Foods Arusuvai	South Chennai including: T. Nagar, Vadapalani, Valasaravakkam, Anna Nagar	+91 99621 51204	Vegetarian food Rs. 125/- per meal Rs. 375/- per day. Fixed menu. Order 1 day in advance. Available 7 days a week
48	Iyer Home Foods Chandran	Across Chennai	+91 90031 99440	Vegetarian food. Fixed menu. Breakfast & dinner: Rs. 80/- each. Lunch: Rs. 140/-; Protein-rich nutritional drinks available on request. Order 1 day in advance
49	Joz Bistro	Across Chennai	+91 95510 76524	Home-cooked food Contact on WhatsApp for menu Prices based on order
50	Jude's M&N Kitchen	Across Chennai	+91 94451 66092	Breakfast, lunch & dinner Rs. 280/- Food for COVID patients & senior citizens
51	Kaivalya Ilam	Kodambakkam, Saligramam, Anna Nagar, T. Nagar, Valasaravakkam	+91 94455 61717	Breakfast, lunch & dinner: Rs. 200/-
52	Karram Food Service	Within 10 km of Velachery	+91 70108 14165 +91 98434 52589	Vegetarian food. Breakfast, lunch & dinner Rs. 399/-
53	Kothai Catering Parthasarathy	Nanganallur Madipakkam	+91 91767 44100	Vegetarian food. Breakfast, lunch & dinner Rs. 290/- per person. Order 1 day in advance, Contact via WhatsApp



## CHENNAI

54	Krithiga	Across Chennai	+91 94453 77787 +91 98410 64018	Vegetarian & non-vegetarian food. Breakfast, lunch & dinner: Rs. 225/- . Two menu options, no customisation. Available 7 days a week. Subscription packages available. Order 1 day in advance
55	K's Catering	Perambur, Kollature, Mulakadai, Kodanyagur	+91 89252 67757	Vegetarian home-cooked food Order 1 day in advance
56	Maavadu	Within 15 km of Nungambakkam	+91 88382 54616 +91 98409 91101 +91 79471 08160	Home-cooked food Breakfast, lunch & dinner Rs. 175/- each including delivery charges
57	Mala's Kitchen	Valarasavakkam, K.K. Nagar, Saligram Virugamkkam upto Forum Mall, Porur, Kattupakkam Ashok Nagar, Iyyapanthangal Kodambakkam Mugalivakkam	+91 91763 49844	Vegetarian home-cooked food Lunch: Rs. 100/- without rice Rs. 130/- with rice Fixed menu Available 7 days a week Order to be placed 1 day in advance
58	Meals for Madras Harshini Sreedhar	Across Chennai	+91 96594 40137 +91 81058 00993	Home-cooked food Order 1 day in advance
59	Mission Upkhar	Around Villivakam	+91 99402 33323 +91 95000 92997	Vegetarian food. Breakfast, lunch & dinner. Fixed menu. Weekly subscriptions at Rs.1,500/- per head. Amount to be paid in advance for packages. Available 7 days a week. Order 1 day in advance. COVID positive report required
60	Mom's Craft Neha	Across Chennai	+91 97910 87445 +91 98845 76911	Vegetarian home-cooked Jain food. Breakfast, lunch & dinner Order 1 day in advance
61	Monkey Temptation Neeta	Across Chennai	+91 99529 46032	Vegetarian food. Breakfast & lunch. Order 1 day in advance
62	Nala-bhojanam	Within 6 km of Valsaravakkam, Chromepet, Tambaram, Porur & Nungambakkam	+91 80560 33984 +91 94889 55527	Vegetarian food For COVID patients
63	Nalamudam Homemade Foods	Across Chennai	+91 88382 17096 +91 81484 10111	Breakfast & dinner: Rs. 100/- Lunch: Rs. 250/- for weekly package
64	Nancy's Kitchen Evelyn Saroja	Porur, Poonamallee, Valasaravakkam	+91 98409 33299	Vegetarian & non-vegetarian food. Menu changes every week. Order to be placed 1 day in advance by 10 pm
65	Nangai Home Made Food	Across Chennai	+91 89399 99662	Vegetarian & non-vegetarian food. Rs. 750/- per day. Contact on WhatsApp for menu
66	Natpu Kitchen G.Siva	Korattur, Ambattur, Mogappair, Anna Nagar	+91 98401 63192	Lunch box includes rice, poriyal & sundal. Order 1 day in advance for specific meals
67	Nei Idly Sambar	Within 10-15 km of Teynampet	+91 98405 61061 +91 75502 55509	Vegetarian food Breakfast, lunch & dinner Rs. 300/- per person
68	Nutan's Rasoi Ghar Ka Khana Bhavna Mehra	Across Ayanavaram	+91 98403 75696	Rs. 450/- per meal Menu will be shared

## CHENNAI

69	NutriBowl	Padi, Ambattur, Villivakkam Kolathur, Anna Nagar, Kilpauk	+91 91767 83235	Vegetarian food. Non-vegetarian food provided based on number of people. Breakfast, lunch & dinner. Subscription-based. Rs.1,700/- per person for 7 days Fixed menu. Available 7 days a week. Order 1 day in advance
70	Pearltri Foundation - Aspire Systems	Kelambakkam, Padur Pudupakkam, Navalur, Siruseri, Thazhambur	+91 89255 21028	Available for patient & family COVID positive report & registration required
71	Pengal Samayal	Avadi, Sholinganallur, Madavaram, Ambattur	+91 98779 99444	Vegetarian food. Breakfast, lunch & dinner. Breakfast & dinner: Rs. 75/- each. Lunch: Rs. 150/-
72	Pinky's Kitchen	Across Chennai	+91 95660 00553	Vegetarian food Customisation available
73	Poorniyati COVID Food Delivery	Alandur, Adambakkam, Medavakkam, Selayur	+91 98409 45070 +91 99622 16433	Breakfast, lunch & dinner for COVID patients & people in quarantine
74	Preethi Kartik K R Catering Services	Porur - T. Nagar, Iyyapanthangal Manapakkam Mugalivakkam Madanapuram Moulivakkam	+91 63796 40761	Vegetarian home-cooked food. Order 1 day in advance for breakfast & lunch. Dinner can be ordered the same day
75	Prem's Grama Bhojanam	Across Chennai	+91 98400 62772	Healthy & diabetic-friendly food. Lunch & dinner
76	Priya	Around Anna Nagar	+91 98405 01231	Home-cooked food Rs. 100/- to Rs. 200/- per meal Order 1 day in advance by 2 pm
77	Priyanka	Mogappair, Madhuravoyal, Koyambedu, Anna Nagar, Thirumangalam, Kilpauk, Vilivakkam, Ayanabakkam, Ayanavaram, Purasaivakam, Kolathur	+91 98845 81751	Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Pre-order
78	Priyanka Niranjana	Madhuravoyal, Koyambedu Ambattur, Padi, Ayanabakkam, Mogappair, West & East Anna Nagar, Thirumangalam, Kilpauk, Villivakkam, Purasaivakkam, Ayanavaram	+91 98845 81751	Vegetarian & non-vegetarian home-cooked meals. Packages available. Fixed menu for vegetarian food. Non-vegetarian food can be customised
79	Raghav's Lunch Box	Across Chennai	+91 98845 33785	Vegetarian food. Breakfast: Rs. 60/-; Lunch: Rs. 125/-; Dinner: Rs. 50/- to Rs. 100/-; Fixed menu: Rs. 285/- per package available. Order 1 day in advance via WhatsApp/call. Available 7 days a week
80	Rajasthan Youth Association	Across Chennai	+91 98413 98413	Contact via WhatsApp. COVID positive report required. Food for 3 days, can be extended if required
81	Rama's Kitchen	Across Chennai	+91 63808 16497	Vegetarian home-cooked food Lunch & dinner. Breakfast for people near Mylapore. Fixed menu. Order 1 day in advance

## CHENNAI

82	Ramu's Kitchen Thamizarasi	Across Virugambakkam	+91 91765 64770	Vegetarian food. Lunch: Rs. 50/- Nominal charges
83	Ranga Ayyar Mess	Mylapore, Adyar, Mandaveli, Thiruvanmiyur	+91 98401 77968	Vegetarian food
84	Rasoi Se	Across Chennai	+91 89258 84495	Vegetarian food. Breakfast, lunch & dinner. Order 1 day in advance
85	Rayar's Mess	Within 12 km of Mylapore	+91 93821 18126 +91 91768 03252	Vegetarian food
86	Roos Food Concepts Gayatri	Across Chennai	+91 72990 23000 +91 86105 30586	Breakfast, lunch & dinner. Order 1 day in advance. Weekly package (Monday to Saturday)
87	RYA Cosmo Elite Foundation Ashok Khabiya	Across Chennai	+91 99405 63528	Vegetarian food. Lunch Order 1 day in advance
88	RYA Metro Star	Anna Nagar, T. Nagar, Teynampet, Royapettah, Kilpauk, Purasawalkam & nearby areas	+91 98413 98413	Vegetarian food for COVID patients & their family. COVID test report required
89	Sai Homemade Food Meena	Kolathur, Periyar Nagar, Thiru. Vi. Ka. Nagar, Retteri Anjugam Nagar, Peravallur SRP Colony, Vinayagapuram & nearby areas	+91 73973 13237 +91 90809 38133 +91 91764 29895	Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Rs. 250/- for nearby areas. Rs. 350/- for other areas Fixed menu. Weekly orders available. Order 1 day in advance
90	Sam Chacha	Across Chennai	+91 96770 08892	Breakfast: Rs. 60/- Lunch: Rs. 100/-. Order 1 day. in advance
91	Sanjeeta (OGMO)	Vadapalani, Saligramam Virugambakkam, T. Nagar, Alwarthirunagar Valasaravakkam, Nesapakkam, MGR Nagar, K.K. Nagar, Ashok Nagar, West Mambalam Saidapet, Guindy, Kodambakkam Koyembedu, Anna Nagar	+91 97908 49559	Breakfast for COVID patients Google form to place order: <a href="https://forms.gle/SrMyXppXFGCJTg97">https://forms.gle/SrMyXppXFGCJTg97</a>
92	Sarada Foundation	Across Chennai	+91 90801 38078	Lunch. COVID positive report required
93	Sarath	Around Taramani	+91 89391 39778	Home-cooked food Breakfast, lunch & dinner
94	Sathya Sai Amudam	Across Ambattur	+91 98408 36312 +91 94444 44104	Providing food across the city
95	Sharanya Vijay	Within 5-7 km of Kilpauk	+91 99620 08926	Home-cooked food. Order to be placed 1 day in advance by 12 pm
96	Sheplates	Across Chennai	+91 98842 93075 +91 80471 86316	Breakfast, lunch & dinner Order to be placed via Sheplates app (on playstore)
07	Shirdi Sai Catering Karpagam	Madipakkam, Nanganallur, Adambakkam, Velachery, Medavakkam Koot Road, Sembakkam	+91 75502 86898	Vegetarian food. Breakfast, lunch & dinner. Rs. 250/- per person. Contact on WhatsApp 3 hours in advance. Breakfast: Order 1 day in advance. Payment in advance for 10 days (minimum) due to the operational challenges

## CHENNAI

98	Shreya Agarwal	Within 8 km of Anna Nagar	+91 99624 21538	Vegetarian home-cooked food. Order to be placed 1 day in advance
99	Shubham at Green Cyclone	Within 10-15 km of Anna Nagar	+91 99404 99896	Vegetarian home-cooked food Breakfast, lunch & dinner. Order to be placed 1 day in advance
100	S K Catering Kanishka Kala	Within 2 km of Madipak- kam & Velachery	+91 73974 74866	Vegetarian & non-vegetarian food. Order 1 day in advance
101	SKPD Charities	Georgetown, Mannady, Sowcarpet, Parktown, Broadway	+91 78717 65150 +91 86101 75216	Home-cooked food. Available 7 days a week. Will deliver between 11:30 am & 1:30 pm. Order 1 day in advance by 11 am. Aadhaar card & COVID report required
102	Spicy BITE Foodies	Nungambakkam, Porur, Manapakkam, Ramapuram, Guindy	+91 98404 63395	Home-cooked food & snacks
103	SR Foods	K.K. Nagar, Ashok Nagar, T. Nagar, West Mambalam & surrounding areas	+91 98842 82872 +91 99943 38338	Home-cooked food. Lunch only
104	Sree Hari Foods Sudha & Padmapriya	Around Anna Nagar	+91 99520 78817	Lunch & dinner
105	Sree Home Foods	Anna Nagar, K.K.Nagar, Valasaravakkam, Saligramam, Porur Vadapalani, Velachery, Medavakkam, Pallikaranai, Virugambakkam	+91 86380 64210 +91 91762 01451 +91 70027 85353	Vegetarian food. Lunch & dinner. Rs. 110/- with rice, Rs. 90/- without rice Fixed menu. Sundays unavailable
106	Sree Moms Catering	Anna Nagar, Mogappair, Koyambedu, Ambattur	+91 96000 09061 +91 93449 69221	Home-cooked food, Customisation available. Cost varies from Rs.70/- to Rs. 200/- Available 7 days a week. Order 1 day in advance
107	Sri Kalyanaramar Trust	Avadi	+91 98409 81091	Vegetarian food Lunch
108	Srihari Foods	Across Chennai	+91 99520 78817 +91 89250 22816	Home-cooked food. Lunch: Rs. 120/- Dinner: Rs. 60/-
109	Srinivasan Natarajan	Peruganlathur, Tambaram	+91 99415 35555	Vegetarian & non-vegetarian food (separate kitchens), Breakfast, lunch & dinner
110	Sriram	Mogappair, Ambattur, Thirumullaivoyal, Nolambur, Kundrathur	+91 86080 24124	Vegetarian food. Lunch: Rs. 100/-; Dinner: Rs. 75/- Fixed menu Available 7 days a week
111	Stand with Nation Hari Krishnan (Shree Dharma Sastha Group of Companies)	West Mambalam to Madipakkam	+91 89399 49974	Breakfast, lunch & dinner Nominal price

## CHENNAI

112	Sumati Kala Youth Manav Seva Project J Vikas Kataria Ashish Jain	Across Chennai	+91 98401 23545 +91 73959 44689	Lunch & dinner COVID positive report required
113	Tea Fun Arun Rakhi	Within 7-10 km of Manappakam High Road	Rakhi: +91 98404 19337 Arun Kumar: +91 98844 54571	Vegetarian food. Order to be placed 1 day in advance
114	Tempting Bowls	Avadi, Thirumullavoyil, Ambattur, Pattabiraman	+91 98841 29325	Vegetarian food. Fixed menu Breakfast, lunch & dinner
115	TGIH-Homemade by Barkha	Across Chennai	+91 98409 33768	Vegetarian home-cooked food Breakfast, lunch & dinner Rs. 650/-. Order 1 day in advance
116	Thaligai Nalina Kannan	Chennai Within 12 km of Mylapore	+91 63740 71618 +91 97912 72888	Vegetarian food. Breakfast: Rs. 70/- to Rs. 200/-; Lunch Rs. 150/- to Rs. 250/-; Dinner Rs. 70/- to Rs. 200/-; A la carte available. Weekly / monthly packages available. Food compatible with Ayurvedic & Siddha treatment available (No onion, no garlic)
117	The Food Saga Manisha	10-15 km of Chetpet	+91 95660 99998	Vegetarian food. Lunch & dinner. Minimum order for 3 days. Rs. 150 /- to Rs. 250/- per meal. Fixed menu. Order 1 day in advance via WhatsApp / call
118	The Morning Energy	OMR	+91 93454 01353 +91 96117 40333	Order to be placed via WhatsApp calls to be made between 1:00 pm - 2:00 pm
119	TN23 Biryani & Food Factory Ezhil Vendhan	Across Chennai (excluding North Chennai)	+91 73388 58148	For COVID patients & people in quarantine
120	Usha Ramdorai	Across Chennai	+91 99623 13813	Vegetarian food
121	Uzhavan Mess	Within 3 km of Ambattur	+91 95666 65130	Vegetarian food. Nominal charge
122	Vaishwa-devam Karthik	Within 7 km of Medavakkam & Mylapore	+91 90031 66222	Vegetarian food. Breakfast & lunch. Fixed menu. Available 7 days a week. Order to be placed 1 day in advance by 6 pm
123	Vaithee's Iyer Kitchen	Chennai Around Thiruvanmiyur	+91 98843 22321 +91 93603 24462	Lunch: Rs. 150/-
124	Vanakkam Chennai	Chennai West Mambalam	+91 90801 38078	Food for COVID patients
125	Veetusamayal Kalai	R.A. Puram, Mandaveli, Adyar	+91 95661 94258	Food for COVID patients
126	Veetu Virundhu	Within 10 km of Anna Nagar, Padi, Korattur, Ambattur & Mogappair	+91 90921 10077	Rs. 150/- per meal Order 1 day in advance
127	Vijaya Kavitha Srinivas	Anna Nagar	+91 98409 51316	For underprivileged senior citizens
128	Vijayalakshmi	Around ECR, Kotivakkam	+91 97890 57257	Vegetarian home-cooked food. Breakfast, lunch & dinner. Fixed menu. Rs. 300/- per day

## CHENNAI

129	Vikram Kamdar	Across Chennai	+91 99401 77095	Order to be placed via WhatsApp Cost depends on order placed
130	Vogue Kitchen Godfrey Vijay	Around Velachery	+91 73585 53462	Breakfast, lunch & dinner. Snacks available
131	Vyanjanam Latha Ramachandran	Nanganallur, Ullagaram, Madipakkam, Adambakkam	+91 98401 97291 +91 97392 03402	Vegetarian food. Breakfast, lunch & dinner. Order 1 day in advance. Contact via WhatsApp
132	V2 Sapadu	Within 10-12 km of Kilpauk	+91 74488 48000	Vegetarian food. COVID appropriate menu available
133	Yadhum Kelir	Across Chennai	+91 99405 83836 +91 79043 45417	Vegetarian food Customisation available Order 1 day in advance
134	Yuvathi	Across Chennai	+91 90807 10403 +91 98847 96978	Minimal charge of Rs. 50/- COVID positive report required

## TAMIL NADU

No	Distributor	Serviceable Area	Phone Number	Additional Information
1	Ammamma's Kitchen	Across Chengalpattu	+91 99426 95587 +91 84899 05576	Paid food. Paid delivery. Home-cooked food. Order a day in advance
2	DS Homemade Food Karthik	Chengalpattu to SRM University	+91 94447 47810 +91 99446 29026	Paid food. Paid delivery. South Indian vegetarian food. Breakfast, lunch & dinner at nominal cost. Order a day in advance
3	Seetharaman Iyer	Across Chengalpattu	+91 97860 98130	Paid food. Order to be picked up from: Ramakrishna Mission Boys Higher Secondary School, Ragavanar Street Vegetarian home-cooked food. Breakfast, lunch & dinner. Price based on order placed. Available 7 days a week Order a day in advance
4	Backiya's Kitchen	Coimbatore Kalapatti	+91 96595 31924	Paid vegetarian food. Customer to arrange delivery / pick up
5	Best Home Made Foods	Coimbatore Within 1.5 km of Peelamedu	+91 97900 65373 +91 94879 02118	Paid food. Paid delivery. Lunch & dinner. Subscription basis
6	Bird on Tree	Across Coimbatore	+91 99658 24000	Paid food. Paid delivery - within 5 km of Circuit House. Customer to arrange delivery for areas beyond 5 km. Vegetarian & non-vegetarian food Order a day in advance
7	Brenda Rozario	Across Coimbatore	+91 98946 83654 +91 98940 75500	Free food. Paid delivery. Lunch. Order a day in advance"
8	Brintha	Coimbatore Within 5 km of Othakalmandapam	+91 88257 72118	Free food. Free delivery Monday to Saturday
9	Chai N Gupshup - Tea Cafe	Coimbatore Within 5 km of R.S. Puram	+91 98430 13593 +91 87540 23593	Paid food. Paid delivery. Vegetarian Food Lunch: Rs. 90/-; Dinner: Rs. 60/-
10	Circle Of Hope Ashvati	Coimbatore Around Sivananda Colony	+91 89397 31681	Free food. Free delivery. Vegetarian food. Breakfast. Order a day in advance
11	D K Travels Solutions	Across Coimbatore	+91 99441 00557	Free food. Free delivery. Vegetarian food Lunch & dinner for people in quarantine Order a day in advance / in the morning
12	Feed the City Mission John Samuel & others	Across Coimbatore	+91 80563 79813	Paid food. Free food & delivery for the economically disadvantaged. For COVID patients
13	Food Man	Across Coimbatore	+91 77088 16816 +91 98433 11101	Paid food. Free delivery. Vegetarian food Lunch: Rs. 60/-; Order by 11 am
14	Grannys Kitchen	Across Coimbatore	+91 70103 16184	"Paid food Paid delivery Home-cooked food Breakfast, lunch & dinner"
15	Guru's Adupadi Swaminathan	Across Coimbatore	+91 63831 88156	Paid food. Paid delivery via Swiggy Genie for areas more than 10 km away Location: Saibaba Colony. Lunch: Rs. 100/-; Price varies for breakfast & dinner
16	Happy Food Poornima	Coimbatore Kuniyamuthur	+91 86670 20014 +91 96777 03228	Paid food. Customer to arrange delivery / pick up. Vegetarian & non-vegetarian food. Order a day in advance

## TAMIL NADU

17	Home Made Organic Foods	Coimbatore Thudiyalur, Gandhipuram. Ganapathy, GN Mills Saravanampatti, Sivananda Colony, Saibaba Colony	+91 87784 86723	Paid food. Paid delivery Customer can arrange delivery / pick up Vegetarian food Breakfast & lunch Lunch: order by 11:30 am
18	Happy Meals	Across Coimbatore	+91 88701 67237 +91 82703 24447	Paid food. Paid delivery Breakfast, lunch & dinner
19	Healthy Treats Harsh	Across Coimbatore	+91 99445 20883	Paid food. Paid delivery. Home-cooked food. Order a day in advance by 7 pm via WhatsApp
20	Kannagi Foods	Across Coimbatore	+91 81109 03490	Paid food. Paid delivery. Vegetarian home-cooked food. Breakfast: Rs. 50/-; Lunch: Rs. 100/-; Dinner: Rs. 50/- Order a day in advance
21	Kishan	Coimbatore Maruthamalai, IOB Colony, Kalveerampalayam, Vadavalli, Pappanaicken Pudur, EB colony, Lawley Road, Edayarplyam, R.S. Puram, Kavundampalyam, Saibaba Colony, Gandhipuram	+91 81228 81232	Paid food. Paid delivery Home-cooked food Breakfast, lunch & dinner Order a day in advance
22	Komals Kitchen Sonam Punjabi	Across Coimbatore	+91 99943 02221 +91 97904 14110	Paid food. Paid delivery. Vegetarian food Breakfast, lunch & dinner. Order 5 hours in advance
23	Krish Kulumbu Kadai	Across Coimbatore	+91 99761 57368	Paid food. Paid delivery. Vegetarian & non-vegetarian home-cooked food
24	Kurinji Food Service	Coimbatore Peelamedu	+91 98421 32936	Paid food. Free delivery. Vegetarian & non-vegetarian food. Weekly package: Rs. 1,500/-
25	Lara's Kitchen	Across Coimbatore	+91 88704 46815	Paid food. Paid delivery. Vegetarian & non-vegetarian home-cooked food Order a day in advance
26	Mahima	Coimbatore Saibaba Colony, R.S. Puram, Gandhipuram	+91 98945 58650	Paid food, Paid delivery, Home-cooked food, Lunch, Order a day in advance
27	Mandeep Kaur	Coimbatore Saibaba Colony	+91 99523 43922	Paid food. Free delivery Order a day in advance
28	Mangai Maami	Across Coimbatore	+91 98430 66156	Paid food. Paid delivery. Home-cooked food
29	Momade	Across Coimbatore	+91 98433 55779 +91 98433 66779	Paid food. Paid delivery. Vegetarian food Lunch & dinner. Order for 7 days minimum Order a day in advance via WhatsApp Monthly subscription available
30	Namma Craft Nila Soru	Coimbatore Ramanathapuram	+91 99440 66199	Paid food. Free delivery. South Indian vegetarian food. Order 4 hours in advance
31	Nanny's Kitchen Hema	Across Coimbatore	+91 80984 74558 +91 91087 10906	Paid food. Paid delivery. Breakfast, lunch & dinner: Rs. 300/-; Healthy protein-rich food
32	Narayana Swamy T.S.	Coimbatore Within 10 km of Peelamedu	+91 94437 19157	Paid food, Paid delivery. Vegetarian home-cooked food. Lunch & dinner. Order a day in advance

## TAMIL NADU

33	No Food Waste NGO	Across Coimbatore	+91 90877 90877	Free food. Free delivery. Lunch
34	Padmapriya's Kitchen	Across Coimbatore	+91 98949 23459	Paid food. Paid delivery via Swiggy Genie Home-cooked food. Breakfast, lunch & dinner: Rs. 225/-
35	Rita Parekh	Across Coimbatore	+91 93458 81947	Paid food. Order to be picked up from: Araypuram, Saibaba Colony. Vegetarian food. Order a day in advance
36	Saran	Coimbatore Vadavalli	+91 77086 77668	Paid food. Paid delivery. Vegetarian food Breakfast, lunch & dinner: Rs. 250/-
37	Shivanjali Srinivasan	Coimbatore Within 3 km of Vadavalli	+91 99524 25643	Paid food. Free delivery. Lunch & dinner
38	Shree Cafe Deva Govindaraju	Coimbatore Within 6 km of R.S. Puram	+91 90476 57700	Paid food. Paid delivery. Vegetarian food Lunch & dinner: Rs. 150/-. Order a day in advance
39	SR Home Foods	Coimbatore Thudiyalur	+91 86673 20415	Paid food. Paid delivery. Vegetarian & non-vegetarian home-cooked food. Order a day in advance
40	Sukumar	Coimbatore Within 5 km of Thudiyalur	+91 88705 87898	Paid food. Free delivery. Vegetarian food Breakfast: Rs. 40/-; Lunch: Rs.75/- to Rs. 90/-; Dinner: Rs. 50/-. For people in quarantine. Order a day in advance
41	Tiffen Carrier Soorya	Across Coimbatore	+91 93442 57142 +91 73975 71434	Paid food. Paid delivery. Vegetarian Food Breakfast, lunch & dinner. Rs. 300/- for 7 days. 14 day subscription available
42	Uma Maheshwari Mohan Raj	Across Coimbatore	+91 97902 97340	Paid food. Free delivery. Location: Rathinapuri. Vegetarian food. Breakfast, lunch & dinner: Rs. 300/-
43	Urban Treats	Coimbatore Within 3-5 km of Ramanathapuram	+91 98940 24591	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner: Rs. 170/-. Order a day in advance
44	Veetu Sapadu Selvi	Coimbatore Within 3 km of Thudilur	+91 93842 21178 +91 98422 96428	Paid food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner: Rs. 175/-. Order a day in advance
45	Annapoorani Arakattalai	Across Dindigul	+91 91507 77055	Free food. Free delivery. Breakfast & lunch for the homeless
46	Deva	Dindigul Natham	+91 81448 45947	Free food. Free delivery. Dinner only
47	Manikandan	Within 7 km of Dindigul city	+91 99655 32750	Free food. Free delivery. Lunch & dinner for COVID patients in quarantine
48	Pasi Illa Vadamadurai	Dindigul Vadamadurai	+91 74483 50144	Free food. Free delivery. Vegetarian & non-vegetarian food. Lunch & dinner
49	Pasiyilla Natham Arakattalai	Across Dindigul	+91 93443 59032	Free food. Free delivery. Vegetarian food Breakfast, lunch & dinner. Rice bags & groceries provided for the economically disadvantaged
50	People Welfare Trust	Dindigul Oddanchatram	+91 63822 23851	Free food. Free delivery. Lunch only. Includes pickle & egg
51	Sathya Sai Organisation	Dindigul Within 6 km of Kullanampatti, Near Government ITI	+91 74488 58687 +91 70108 60650	Free food. Free delivery. Vegetarian food Lunch & dinner
52	Sri Abirami Anna Sevai Kuzhu	Across Dindigul	+91 95439 0302	Free food. Free delivery. Breakfast & lunch

## TAMIL NADU

53	Tamilvanan	Across Dindigul	+91 90666 60360	Free food. Free delivery Breakfast, lunch & dinner
54	Annalakshmi Homely Food	Erode Around Erode Collectorate, Teachers Colony	+91 70105 00313	Paid food. Paid delivery. Vegetarian food. Lunch & dinner
55	Chitra	Across Erode	+91 99406 93739	Paid food. Paid delivery. Delivery charges vary with distance. Vegetarian home-cooked food. Breakfast & dinner South Indian meals: Rs. 80/-; North Indian meals: Rs. 100/-; Fixed menu. Customisation available. Available 7 days a week
56	Cook for COVID	Across Erode	+91 98427 99385 +91 93603 76591 +91 63839 54949	Free food. Free delivery. Home-cooked food. Lunch & dinner
57	Eega Trust	Erode Perundururai, Vedharanyam	+91 94435 53364	Free food. Free delivery. Lunch. Can provide breakfast & dinner if required
58	Gowtham Barathi	Erode Kalukadaimedu, Surampatti, Villarasampatti Karungalpalayam, Ellalpalayam, Periyar Nagar Kalampalayam	+91 95668 08548	Free food. Free delivery. Vegetarian food. Breakfast, lunch & dinner
59	Agrahara Kitchen Balaji	Within 2 km of Kanchipuram	+91 99947 48933	Paid food. Paid delivery. Vegetarian food. Lunch & dinner
60	Sri Saravana Lunch Home	Across Kanchipuram	+91 44 27226043	Paid food. Paid delivery. Vegetarian food
61	Zammil	Across Karaikal	+91 97516 00411 +91 97516 00412	Paid food. Paid delivery. Vegetarian food. Breakfast, lunch & dinner
62	D K Travels Solutions	Across Karur	+91 99441 00557	Free food. Free delivery. Vegetarian food. Lunch & dinner for people in quarantine. Order a day in advance / in the morning
63	Balaiya Siva	Madurai Around Kamarajar Salai	+91 97888 64393	Paid food. Paid delivery. Vegetarian food Breakfast & dinner. Order a day in advance
64	Dharani	Madurai Across Madurai	+91 95977 68388	Free food. Free delivery. Lunch only. COVID positive report required
65	Ducati Volunteers	Madurai North & East Madurai	+91 72000 75075	Free food. Free delivery. Vegetarian & non-vegetarian food. Lunch & dinner. Order a day in advance
66	Food for Madurai Dharani	Madurai Across Madurai	+91 95977 68388	Free food. Free delivery by staff. Vegetarian & non-vegetarian food. Lunch. Customisation available. COVID positive report required
67	Home Care Kitchen	Across Madurai	+91 93677 57775 +91 84898 77877	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Order a day in advance
68	Home Made	Madurai Kalavaasal, Arasaradi	+91 78688 55517 +91 78717 41201	Paid food. Free delivery. Home-cooked food. Breakfast, lunch & dinner Rs. 200/-
69	Home Made Foods Rajesh	Across Madurai	+91 96263 11280	Paid food. Paid delivery. Delivery charges vary with distance. Breakfast, lunch & dinner

## TAMIL NADU

70	Jafreen Javid	Madurai Iyer Bangala, Thiruppalai, Surya Nagar, Puthur	+91 96299 35230	Paid food. Free delivery. Lunch & dinner
71	Karuvurai NGO	Madurai Tepakkulam, GH, Rajaji Park. Namakkal Junction	+91 9578334525	Free food. Free delivery COVID positive report required
72	Madurai Union Club	Across Madurai	+91 97897 74297	Free food. Order to be picked up from: Madurai Union Club between 11:00 am - 11:30 am. Vegetarian food. Lunch only
73	Madurai Volunteer Service	Across Madurai	+91 72000 04345	Free food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner
74	Mas Veetu Samayal	Madurai Kochadai, Thirunagar, Kalavasal, SS Colony, Nagamalai, Pudukottai	+91 77081 39160 +91 73051 50160	Paid food. Paid delivery. Delivery charges vary with distance. Free for the homeless. Home-cooked food. Breakfast, lunch & dinner
75	NDR Trust	Across Madurai	+91 81481 42233	Free food. Lunch & dinner
76	Parthiban Home Made Food	Across Madurai	+91 95145 22220	Paid food. Paid delivery Breakfast, lunch & dinner
77	Raji's Kitchen	Madurai Kochadai	+91 90921 89998	Paid food. Free delivery Breakfast, lunch & dinner
78	Ram Nivas	Across Madurai (including areas on the outskirts)	+91 98944 32859	Free food. Free delivery. Breakfast, lunch & dinner. Order a day in advance
79	Sri Sathya Sai Amudham	Across Madurai	+91 94421 70037 +91 94421 30055	Free food. Free delivery. Vegetarian food Lunch only. COVID positive report & patient's details required
80	Sudha	Madurai Anna Nagar, K.K. Nagar, Pandi Kovil, Uthangudi, Melamadai, Othakadai	+91 99445 52122	Paid food. Free delivery Breakfast, lunch & dinner
81	Thulasi	Madurai Around Kalavasal	+91 78679 08737 +91 76395 27123	Paid food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Order a day in advance
82	Udhavum Uravugal	Madurai Pudur to Kodipalayam	+91 99769 66100	Free food. Vegetarian food. Lunch only. Fixed menu. Available 7 days a week. Delivery by volunteers
83	Vijay Anand Latha	Madurai Anna Nagar, Periyar Bus Stand, Kalavasal, P&T Nagar, till Uthangudi, till Villapuram	+91 99444 03357 +91 99444 66857 +91 99522 03326	Paid food. Paid delivery via Rapido. South Indian vegetarian food. Breakfast, lunch & dinner. Includes kanji
84	Vinod Bose	Madurai Iyer Bangala, Thiruppalai, Goripalayam, Mattuthavani	+91 99766 66607	Free food COVID positive report required
85	Ambika	Nagercoil Kottar to Kottaram	+91 87785 59504	Free food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Order a day in advance
86	Dison	Across Nagercoil	+91 97894 33783	Free food. Free delivery. Lunch only
87	Dixon	Across Nagercoil	+91 80567 45690	Free food. Lunch
88	Makkal Padhai	Across Nagercoil	+91 80567 50439	Free food. Free delivery. Vegetarian food. Lunch & dinner
89	Manoj	Nagercoil Kulasekaram to Marthandam	+91 81100 09062	Free food. Free delivery. Vegetarian & non-vegetarian food. Lunch

## TAMIL NADU

90	Nanjil Biryani	Across Nagercoil	+91 99408 36363	Free food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner
91	Pasi Ella Kumari	Nagercoil Colachel, Monday Market, Sengapattinam	+91 94456 69644	Free food. Free delivery. Lunch
92	Ponees Kitchen	Nagercoil Junction	+91 97905 38909	Free food. Free delivery. Breakfast, lunch & dinner. Variety rice
93	Rahul	Across Nagercoil	+91 94884 58520	Free food. Free delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Order a day in advance
94	Santhosh	Nagercoil Kaliyakkavilai	+91 75986 67792	Free food Lunch
95	Sheik Food	Nagercoil Colachel, Monday Market	+91 94866 80556	Free food. Free delivery. Vegetarian & non-vegetarian food. Lunch
96	Shibu	Nagercoil Mandal Market, Colachel, Karungal, Puthukadai, Azhagiya Mandapam	+91 94456 69644	Free food. Free delivery Lunch
97	Madhava	Across Pollachi	+91 95970 85100	Paid food. Free delivery - Venkatesa Colony. Paid delivery for areas not listed. Breakfast, lunch & dinner
98	Only Cane Fresh Juice	Across Pollachi	+91 98947 41535	Paid food. Free delivery. Vegetarian & non-vegetarian food (juice included) Order a day in advance
99	Amirtham Home-made Food Subaa	Pondicherry Lawspet, Saram, Nellihope, Muthialpet	+91 80727 51016 +91 89031 04156	Paid food. Free delivery Breakfast, lunch & dinner Rs. 225/- per day
100	Annapurna's Home-made	Pondicherry Within 5 km of City Centre (including Lawspet, Moolakulam etc.)	+91 82485 23878 +91 96297 11914	Paid food. Free delivery Daily: Rs. 200/-; Weekly: Rs. 1,400/-, Monthly: Rs. 6,000/-
101	Bhuvaneshwari	Pondicherry Uppalam to Ajanta Signal (SV Patel Salai) Colas Nagar, Vambakeerapalayam	+91 99407 48860	Paid food. Free delivery. Dinner Order by 12 pm
102	Chef Soni's Kitchen Archana	Across Pondicherry	+91 98849 88616	Paid food. No delivery. Order to be picked up near Patrick School. Home-cooked food 7 days: Rs. 2,000/-; 14 days: Rs. 4,500/-
103	Govindaraj	Pondicherry Kalapet to Pondicherry University	+91 94430 69785	Paid food. Free delivery. Vegetarian food Breakfast, lunch & dinner - Rs. 250/-
104	Grand Home Foods / Homely Foods	Pondicherry Across Pondicherry (including Kalapet, Pillayarkuppam, Villianur)	+91 75400 10299 +91 87542 70925 (WhatsApp)	Paid food. Free delivery. Breakfast, lunch & dinner. Rs. 225/- per day. Order a day in advance
105	Healthy Seed Foundation	Pondicherry Muthaliarpot	+91 97901 14036	Free food. Free delivery Lunch
106	Hopsticks Ashwini Foods Reddiarpalayam + Bhatt's Kitchen)	Pondicherry Within city limits	+91 95140 00055	Paid food. Paid delivery for the elderly & COVID patients. Daily: Rs. 350/-; Weekly: Rs. 2,299; 15 days: Rs. 4,899/-; Monthly: Rs. 9,689/-

## TAMIL NADU

107	Kala's Kitchen	Pondicherry Within 6 km of Rainbow Nagar	+91 63830 27571	Paid food.Paid delivery. South Indian vegetarian food. Breakfast, lunch & dinner Order a day in advance
108	Monalisa	Pondicherry Saram, Jipmer, Gorimedu, Lawspet	+91 99997 51338	Paid food. Free delivery. Order to be picked up from: Annai Theresa Nagar, Saram. Non-vegetarian food on request . Lunch & dinner. Lunch: Rs. 100/-; Dinner: Rs. 70/-; Order before 10 am for lunch & 4 pm for dinner. Preference to senior citizens, healthcare & frontline workers
109	Monz Tasteful Memories	Across Pondicherry	+91 91769 99363	Paid food. Free delivery - within 2 km of Boulevard Road. Paid delivery for areas beyond 2 km. Vegetarian food. Breakfast & lunch. Order a day in advance
110	Mumbaiya Treats	Pondicherry Within city limits	Anu: +91 98432 33503	Paid food. Paid delivery. Breakfast, lunch & dinner. 7 day package Rs. 2,500/-
111	Pondicherry Home Foods Clyde's Kitchen	Across Pondicherry	+91 96292 33989 +91 98942 97349	Paid food. Order to be picked up from: Villianur. Customisation available. Order a day in advance
112	Pragathish	Pondicherry Lawspet, Moolakulam, Muthialpet, Saram	+91 90807 58783	Paid food. Paid delivery. Vegetarian food Breakfast, lunch & dinner. Rs. 200/- per day. Order a day in advance
113	Prathik	Pondicherry Within 3 km of Rainbow Nagar	+91 88700 06210	Paid food. Free delivery. Rs. 120/- per meal. Order a day in advance
114	Saanivka Arivazhagan	Pondicherry Ariyankuppam, Muthialpet, Lawspet, Moolakulam	+91 99408 85177	Paid food. Free delivery. Vegetarian food (includes egg). Breakfast, lunch & dinner Rs. 1,000/- for 3 days. Rs. 2,499/- per week. Order a day in advance
115	Therja's Kitchen	Pondicherry Thattan Chavadi, Aarudha Nagar, Thanthai Periyar Nagar, Gorimedu	+91 89039 05654 +91 94980 03930	Paid food. Paid delivery Breakfast, lunch & dinner: Rs. 200/-
116	Varnika's Kitchen	Pondicherry Within city limits	+91 96294 80020	Paid food. Paid delivery. Delivery charges vary with distance. Vegetarian & non- vegetarian home-cooked food. Lunch & dinner: Rs 90/- per meal
117	Arun Arusuvai	Across Salem	+91 94433 29039 +91 94873 29039	Paid food. Paid delivery by staff. Delivery charges vary with distance. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Rs. 200/- within 4 km. Rs. 250/- within 10 km. Rs.300/- within 15 km Pre-order. Separate menu available. Available 7 days a week
118	Gaura Power Cement	Across Salem	+91 85082 25512 +91 85082 25533 +91 85082 25566	Free food. Free delivery. Lunch for 7 days COVID positive report required
119	Happy Plates	Across Salem	+91 95666 33991	Paid food. Paid delivery. Delivery charges vary with distance. Free delivery for 10+ meals ordered. Vegetarian & non- vegetarian food. Breakfast, lunch & dinner COVID appropriate menu & customisation available. Rs. 250/- per day. Includes food, snacks, kabasura kudineer, turmeric pepper milk. Available 7 days a week

## TAMIL NADU

120	MTN Foods	Across Salem	+91 80722 04909	Paid food. Paid delivery. Lunch & dinner
121	Sri Catering Service Radha- krishnan R.K.	Across Salem	+91 80567 56741 +91 90038 98867 +91 63858 56741	Paid food.Paid delivery. Delivery charges: Rs. 100/- per day. South Indian vegetarian food. Breakfast: Rs.75/-; Lunch: Rs.100/-; Dinner Rs. 75/-; Rs. 250/- per day. Fixed menu. Customisation available. Order a day in advance
122	Sri Sai Sathya Seva	Across Salem	+91 99943 49579 +91 94875 69702	Free food.Free delivery. Vegetarian food Lunch. Fixed menu. Available 7 days a week. COVID report required
123	Street Light Foundation	Salem Ammapettai, Dadhagapatti, Old Bus Stand, New bus stand	+91 96009 91027	Free food. Vegetarian food. Breakfast, lunch & dinner. Pre-book. Fixed menu. Available 7 days a week. Can provide for those in need based on availability of delivery staff
124	Surabi	Across Salem	+91 96291 45636 +91 94448 96069	Paid food. Free delivery - within 5 km of Peramanur,Paid delivery for areas beyond 5 km. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Rs. 200/- per day for vegetarian food. Rs. 250/- per day for non-vegetarian food. Weekly & monthly packages available
125	Aishwarya	Across Thanjavur	+91 96004 65639	Free food. Free delivery COVID positive report required
126	Indian Red Cross Society	Across Thanjavur	+91 81110 55765	Free food. Free delivery. Vegetarian food. Order a day in advance. COVID positive report & patient details required
127	Thambi Vilas	Across Thanjavur	+91 95780 94555	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Order can be placed the same day
128	Volunteers of Thanjavur Karthik & Jai	Across Thanjavur	+91 86681 43096 +91 94437 01713	Free food. Free delivery. Vegetarian & non-vegetarian food. Lunch Order by 11 am
129	Home Kitchen Ashok	Thoothukudi Tuticorin	+91 94422 83838	Paid food. Paid delivery. Vegetarian food
130	Santhiya	Across Thoothukudi	+91 74487 69114	Paid food.Paid delivery. Vegetarian & non- vegetarian food. Breakfast, lunch & dinner
131	Sethuraman	Across Thoothukudi	+91 88702 23371	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner
132	We Can Trust	Across Thoothukudi	+91 93441 18545	Paid food. Free delivery. Vegetarian food. Breakfast: Rs. 40/-; Lunch: Rs. 50/-; Dinner: Rs. 40/-
133	Career Saa- padu	Tirunelveli Perumalpuram	+91 94424 14000	Paid food, Paid delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner. Order a day in advance
134	Muthu Mess	Within 10 km of Tirunelveli	+91 81481 83223 +91 99448 93223	Paid food. Paid delivery Vegetarian food
135	Nellai Food Court, Kamaraj Nagar Anand	Tirunelveli Shanthi Nagar, KTC Nagar, NGO colony	+91 95783 77637	Paid food. Paid delivery. Monday to Saturday. Providing service to existing customers

## TAMIL NADU

136	Ammuchi Mess	Across Tiruppur	+91 98949 52422	Paid food. Free delivery - within 1.5 km of Periyar colony. Paid delivery for areas beyond 1.5 km. Vegetarian & non-vegetarian food
137	EBE Home made foods Preethy Martyn	Tiruppur Within 5 km of Kumar Nagar	+91 90873 46777 +91 96009 27331	Paid food. Free delivery. Order a day in advance
138	Foods by Deekay Nathar	Tiruppur Within 6 km of Miller Stop	+91 78249 91777	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Breakfast, lunch & dinner: Rs. 350/-
139	Gita's Kitchen	Across Tiruppur	+91 98433 43666	Paid food. Paid delivery. Delivery charges vary with distance. Vegetarian & non-vegetarian home-cooked meals
140	Muthu-krishnan	Tiruppur Around Thennampalayam	+91 96777 34234	Free food. Free delivery. Vegetarian & non-vegetarian food. Order a day in advance
141	Nilauer Salam	Tiruppur Kangyam Road	+91 96007 26975	Paid food. Free delivery. Vegetarian food Non-vegetarian food based on request
142	Noble A Young	Tiruppur Velampalayam, Solipayalam, Kaniyam-poondi, Ramnagar	+91 95978 46624	Paid food. Paid delivery. Home-cooked food
143	Ragul Nataraj	Across Tiruppur	+91 88833 10119	Free food. Free delivery. Vegetarian food Lunch & dinner. For COVID patients & homeless people
144	Sri Sathya Sai Baba Foundation	Across Tiruppur	+91 93671 44955 +91 94875 15709 +91 94432 42956	Free food Free deliver For COVID patients
145	Vijayrekha	Across Tiruppur	+91 99944 04200	Free food. Paid delivery. Vegetarian & non-vegetarian food COVID positive report required
146	Cinderella's Homemade Food	Trichy Cantonment, Woraiyur, Puthur, Karumandapam, Somarasampettai, Gandhi Market, Rettavaikal, Tennur, , Marakkadai Junction, Melapudhur, Chathiram, Srirangam	+91 63828 93938	Paid food Free delivery. Vegetarian home-cooked food (includes egg) Breakfast, lunch & dinner: Rs.150/-
147	G V Foods	Across Trichy	+91 90254 25254	Paid food Paid delivery Breakfast, lunch & dinner
148	Kalanjiyam	Across Trichy (excluding Srirangam, BHEL & outskirts)	+91 80564 50777 +91 97860 00427 +91 97860 00274	Free food. Free delivery Lunch & dinner for 14 days For COVID patients
149	Khan's Kitchen	Across Trichy	+91 86374 04602	Paid food. Paid delivery. Breakfast, lunch & dinner. Rs. 350/- including delivery charges. Order a day in advance
150	Nanba trust Thomas	Across Trichy	+91 99944 34543 +91 94422 50870	Free food. Free delivery. Breakfast, lunch & dinner. Order a day in advance
151	Shri Foundation	Across Trichy	+91 79010 20305 +91 99440 06688	Free food. Free delivery Vegetarian food. Lunch

## TAMIL NADU

152	Sri Sathya Sai Organization	Across Trichy	+91 94230 45500	Free food. Free delivery. Lunch
153	Trupthi Authentic Homemade Food	Trichy Srirangam	+91 94438 51125	Paid food. Paid delivery Vegetarian food Lunch & dinner
154	TSR Trust	Across Trichy	+91 99441 44104	Free food. Free delivery. Lunch & dinner
155	Priya Nashmika	Across Trichy	+91 97877 15555	Free food. Free delivery Vegetarian food. Lunch
156	Bishu's Recipe	Across Vellore	+91 99443 83924	Paid food. Paid delivery. Vegetarian & non-vegetarian home-cooked food Customisation available. Order a day in advance. For COVID patients & people in quarantine
157	Mrs. Keerthana	Across Vellore	+91 90808 90930 +91 96290 59763	Paid food. Paid delivery. Monday to Saturday. Breakfast, lunch & dinner Rs. 1500/- includes delivery charges
158	Narmada	Across Vellore	+91 94436 27876	Paid food. Paid delivery. Delivery charges: Rs. 25/- per day. Home-cooked food Breakfast: Rs. 70/-; Lunch: Rs. 90/-; Dinner: Rs. 70/- .Order can be placed the same day
159	Nivve's Kitchen	Across Vellore	+91 96776 88926	Paid food. Paid delivery. Vegetarian & non-vegetarian food. Providing only dinner Order can be placed the same day
160	Royal Vellore Dr Ravi-shankar	Vellore Around Katipada Area	+91 90035 38515	Free food. Free delivery. Customised food for COVID patients Rs. 1,500/- per person for 1 week
161	Sangeetha's Kitchen	Vellore Within 10-12 km of Vellore (including Katpadi, Thuraipadi)	+91 94868 09233	Paid food. Paid delivery. Vegetarian home-cooked food. Breakfast, lunch & dinner: Rs. 250/- . Order can be placed the same day
162	Utu Kitchen Naresh	Across Vellore	+91 82704 87305	Paid food. Paid delivery. Lunch & dinner Contact via WhatsApp
163	Anirudha Foundation	Across Tamil Nadu	+91 88832 02104	Price varies with district. Call to check availability & cost



“

This second phase of the pandemic saw desperate citizens scrambling for everything from oxygenators to food delivery to those in isolation centres, pet welfare, COVID testing centres, directory of mental health professionals, vaccination centres etc and CV bridged that critical information gap perfectly.

Chennai Volunteers, engaging closely with communities, identified and fulfilled this need, constantly updating the information based on an evolving situation. This invaluable aid from a trusted NGO is a testament to their vision and commitment

**Sabina Narayanan**  
Citizen Volunteer



### VOLUNTEERS

Smriti Suresh (Team Lead)

Madhu Upadrasta	Narapareddy Vinod
Shobana Narayanan	Lakshmi Neason
Vijay Noronha	Akash
Nancy Bindal	Dr. S Sudha
Asmita Nandi	Ranjana G
Gomathi Chandrasekaran	Kuppammal K
Priyatharshini	Kavipriya D
Shivani Ashyanth	Vengadasalam Mohan
Ratika Kaul Haksar	Kayalvizhi Dharmendiran
Dhanush Rajprasad	



## COVID TRANSPORT FACILITIES

SHARE. AMPLIFY. HELP.

ambulances

transfers to  
hospitals

non-emergency cabs

O<sub>2</sub>-equipped  
vehicles

ventilator  
support

mobile ICUs

The lockdown and restrictions on mobility of COVID patients rendered the need for credible vehicle drivers or companies who were willing to transport COVID-19 patients as well as other citizens in need. Some of these facilities provided round-the-clock transport as well as transfers to hospitals and testing centres. Volunteers cross-checked and verified that these transport facilities were operational and willing to provide transportation. They also included oxygen-equipped ambulances, taxis and transport for pregnant women, emergency and non-emergency vehicles across Tamil Nadu.



No	Distributor	Area	Phone Number	Additional Information
1	ABJ Luxury Car Rental	Across Chennai	+91 63816 38022	Non-emergency cab travels at nominal fares. Available 24/7
2	A.C. Ambulance Services	Chennai Guindy, Teynampet, T. Nagar, Tambaram	+91 94446 13123	Ambulance available based on stock of O2 Charges vary with distance & patient's requirement. Available 24/7
3	Agarwal Travels	Across Chennai	+91 98400 52593	Cab service for mildly symptomatic patients Transfers to hospitals, testing centres & quarantine centres. Charges vary with distance. No O2 facility. Available 24/7
4	Ambulance On Call	Across Chennai Available ambulances can be sent outside Chennai	+91 98846 39400	Advanced mobile ICUs & non-emergency vehicles available. Patients can request medical professional to accompany them if required. Available 24/7
5	Anbin Karangal	Chennai Up to 40 km outside Chennai	+91 98403 38880	Free transport in O2-equipped vehicles within Chennai. Charges vary with distance outside Chennai. Available 24/7
6	Annai Kasthuri Ambulance Service	Chennai Within 15 km of Purasaiwakkam	+91 94441 56675	Mobile ICUs are O2-equipped. Charges vary with distance & equipment required. No waiting charges. Available 24/7
7	APJ Cabs	Across Chennai	+91 96771 11999	Non-emergency vehicles. Base charge: Rs.1,200/- for 40 km in Sedan. Charges vary with distance. Available 24/7
8	Chennai Travels	Across Chennai	+91 75500 78781	Non-emergency transport to hospitals & vaccination centres. Charges vary with distance & patient's requirement. Available 24/7
9	Flying Squad Ambulance service	Across Chennai	+91 98410 37699	Different vehicles & equipments available based on patient's requirement. Charges based on distance, waiting duration & equipment required. Patient transfer to government & private hospitals. Available 24/7
10	Healthabove60	Across Chennai	+91 98846 39400	Non-emergency vehicles. Request to be made for O2-equipped vehicles
11	Helping Fast Ambulance Service	Across Chennai	+91 98846 48133	Mobile ICUs are O2-equipped. Base charge: Rs. 2,000/- to Rs. 2,500/-; Charges vary with distance & equipment required. Appointment to be made 5 hours in advance
12	Jay Travels	Across Chennai Ambulances can be sent to neighbouring cities	+91 98844 44064 +91 98626 26262	Non-emergency vehicles. Base charge: Rs. 1,500/-. Charges vary with distance. Omni and Innova available. Available 24/7 Appointment to be made 30 mins - 1 hour in advance
13	Karunai Ullangal Trust	Across Chennai	+91 98417 76685 +91 97877 29771 +91 95518 14279 +91 96770 90717 +91 98403 08039 +91 70108 82991	Free transport vehicles: auto, van, ambulance & burial vehicle. Available 24/7
14	Kasthuri Private Ambulance Services	Chennai Purasavakkam, Anna Nagar, Maduravoyal, Kolathur, Pallavaram	+91 97909 08899	Mobile ICUs are O2-equipped Charges vary with distance Available 24/7

15	Maars & Co Ambulance Services	Across Chennai	+91 98418 76667	No O2 facility in ambulance. Charges vary with distance. Available 24/7
16	RG Ambulance Services	Across Chennai	+91 98409 23457	Base charge: Rs. 6,000/- Additional charges (approx. Rs.1,000/-) vary with waiting time & equipment required Available 24/7
17	SP Ambulance Service	Across Chennai	+91 98845 13700	Mobile ICUs are O2-equipped. Base charge: Rs. 3,500/-; Charges vary with distance & waiting time. Available 24/7
18	White and Co Ambulance Service	Chennai Kanchipuram, Chengalpettu, OMR, Tambaram, Melmaruvathur, Kalpakkam	+91 96264 82986	Mobile ICUs with ventilators & non- emergency vehicles available. Base charge is Rs.1,500/- for 5 km. Charges vary with distance. Available 24/7
19	Zeta Cars	Across Chennai	+91 99625 37534	Advanced life support ambulances & non- emergency vehicles are O2-equipped Base charge: Rs.1,500/-; Charges vary with distance & patient's requirement. Available 24/7
20	Zhagaram Foundation	Across Chennai	+91 98848 08108	Ambulances are O2-equipped. Free transport for economically disadvantaged patients. Available 24/7
21	Ziqitza HealthCare Ltd.	Across Chennai	+91 970000 1298	Advanced life support: approx Rs. 2,500/- Charges vary with distance. Available 24/7
22	APJ Ambulance Service	Coimbatore Across Tamil Nadu	+91 96007 06445	Ambulances equipped with ventilators & O2 cylinders. Base charge: Rs. 2,000/- Charges vary with patient's requirement Additional charges based on waiting time outside hospital. Available 24/7
23	Feed the City Mission	Across Coimbatore	+91 99523 29813	Free O2-equipped ambulances. For pregnant women & physically handicapped children. Preference to the economically disadvantaged. Available 24/7
24	Kovai Ambulance	Coimbatore Located near PSG hospital - will pick up patients from locations within the vicinity	+91 98422 63763	Mobile ICUs & non-emergency vehicles are O2-equipped. Charges vary with distance & patient's requirement. Available 24/7
25	Erode Kongu Ambulance	Across Erode	+91 98427 40002	Mobile ICUs equipped with O2 & ventilators. Non-emergency vehicles equipped with O2 available. Base charge: Rs. 500/-; Charges vary with distance & patient's requirement. Available 24/7
26	Erode Sri Lakshmi Ambulance	Across Erode	+91 99429 78000	Ambulances are O2-equipped Charges vary with distance & patient's requirement. Available 24/7

27	Speed Ambulance	Across Erode	+91 98427 80000	Mobile and mini ICU vehicles. O2 cylinder availability based on stock. Base charge: Rs. 1,500/- without ventilator and Rs. 4,000/- with ventilator. Additional charges based on how patient is moved into hospital. Available 24/7
28	MS Ambulance Service	Across Madurai Transfers can be done to Chennai	+91 98431 84496	Ambulances equipped with O2 cylinders & ventilators. Charges vary with distance & patient's requirement. Available 24/7
29	RR Ambulance Service	Across Madurai	+91 76674 44555	Approx. Rs. 2,500/- to Rs. 3,000/ Charges vary based on O2 / additional equipments required. Price reduction for economically disadvantaged patients. Available 24/7
30	IDEAL Ambulance Service	Across Salem	+91 99943 94911	Basic life support & advanced life support ambulance available. Base charge: Rs. 750/- ; Price varies with distance, type of vehicle required & state of emergency. Available 24/7
31	Prabhu Ambulance	Across Trichy	+91 98424 08811	Mobile ICUs are O2-equipped. Rs. 800/- to Rs. 4,000/- subject to patient's requirement. Non-emergency vehicles available. Available 24/7
32	Dr. Ravishankar Foundation	Across Vellore	WhatsApp: +91 90035 38515	Free ambulance transport for COVID patients. Available 24/7
33	Zion Ambulance Service	Vellore Across Tamil Nadu Pan India, if required	+91 95433 43442	Ambulances are O2-equipped. Non-emergency vehicles available Charges vary with patient's requirement Available 24/7
34	Pretty Lil' Hearts	Across Tamil Nadu	+91 96004 32255	Free transport vehicles for pregnant women Non-emergency travel. Available 24/7
35	Rockfort Ambulance & Mobile ICU	Across Tamil Nadu	+91 99765 12330	Advanced life support O2-equipped ambulances. Charges vary with distance Available 24/7
36	StanPlus	Across Tamil Nadu	1800-121-911-911	Ambulances are O2-equipped. Non-emergency vehicles available. Charges vary with distance & patient's requirement Air ambulance available. Available 24/7 Link to book an ambulance: <a href="https://www.stanplus.com/bookambulancechennai/index.html">https://www.stanplus.com/bookambulancechennai/index.html</a>
37	Sri Murugan Ambulance	Across Tamil Nadu	+91 99949 36124	Mobile ICUs are O2-equipped. Charges vary with distance & patient's requirement. Available 24/7

“

Thanks to the Chennai Volunteers list, I was able to arrange an oxygen ambulance for my mother in the middle of the night when I was stuck in another part of the city. Without an ambulance, we would not have been able to save my mother. Thanks to the list and all the volunteers who worked towards this cause. Really glad to see verified sources of information being put out to help people during this crisis.

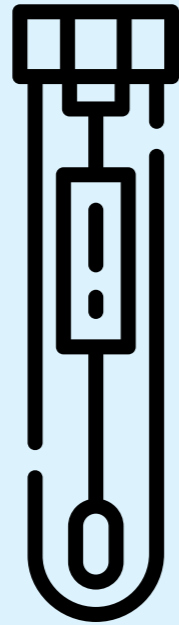
**Subramanian**  
Retired Bank Officer



#### VOLUNTEERS

Uttara Jayashankar (Team Lead)  
Shobha Rengarajan (Team Lead)

G. Sribhavani Neeraja Chandrasekaran  
S. Sangeetha Heena Dowlani  
K.Charumathi Sharadha  
S. Vinothini Vani Sanjay  
Supraja



## COVID TESTING CENTRES



SHARE. AMPLIFY. HELP.

sample collection

COVID

nasal swab

In order to tackle the surge in cases, home testing for COVID-19 was encouraged, as it reduced the risk of spreading infection. Many testing centres across Tamil Nadu offered this as a service and we verified the ones who were approved by ICMR. You could contact the nearest testing laboratory and have a lab technician come home and take a swab sample. The list of COVID testing centres was compiled, checked and verified by Chennai Volunteers.

negative  
report

lab technicians

city limits

No	Laboratory	Areas Covered	Phone Number	Cost
1	Aarthi Scans	Chennai Within city limits. Based on availability of lab technicians for sample collection	+91 75500 75500	Rs. 1,200/-
2	Anderson Diagnostics & Labs	Across Chennai	+91 44 43539444	Rs. 1,200/- to Rs. 1,500/- Charges vary with distance
3	Apollo Diagnostics	Across Chennai	+91 44 42167277 +91 44 43590201	Rs. 1,200/-
4	Bharat Scans	Across Chennai	+91 98416 90333	Rs. 2,000/- plus service charges
5	Dr. C Company (Test done at Arti Scans)	Within Chennai city limits	+91 44 46311002	Rs. 1,200/-
6	Dr. Ganesh's Hitech Diagnostic Centre	Across Chennai	+91 44 42919999	Rs. 1,200/-
7	Dr. Lal Path Laboratories	Across Chennai	+91 73973 13433	Rs. 1,500/-
8	Lister Metropolis Laboratory	Across Chennai	+91 44 42925555	Rs. 1,200/-
9	Medall Healthcare Pvt. Ltd.	Across Chennai Excluding: Madhavaram, Manali & Perungalathur	+91 75501 77777	Rs. 1,200/- Charges vary with distance
10	Micro Therapeutic Reasearch Labs Pvt. Ltd.	Chennai Based on availability of lab technicians for sample collection	+91 99622 14021	Rs. 1,200/- Charges vary with distance
11	Neuberg Ehrlich Laboratory	Chennai Within 25 km of Royapettah	+91 97003 69700	Rs. 1,200/-
12	Premier Health Centre	Across Chennai	+91 99403 44041	Rs. 1,200/-
13	YRG Care	Chennai Within 15-20 km of Adyar	+91 99400 34333	Rs. 1,200/-
14	Agaram Diagnostics	Within Coimbatore city limits	+91 84893 65247	Charges vary with distance
15	Lister Metropolis Laboratory	Across Coimbatore	1800-412-6607	Rs. 1,400/- Charges vary with distance
16	Swastik Diagnostic Center	Within Coimbatore city limits	+91 74100 70904	Rs. 1,200/-
17	Aarthi Scans	Dharmapuri Within city limits. Based on availability of lab technicians for sample collection	+91 78248 08974	Rs. 1,200/- Charges vary with distance
18	Metropolis Healthcare	Within Dharmapuri city limits	+91 93212 72716	Rs. 1,200/-
19	Quality Care Diagnostic Pvt Ltd	Across Dindigul	+91 80125 53039 +91 79471 31922	Rs. 1,900/-
20	Swastik Diagnostic Centre	Within Erode city limits	+91 74100 70904	Rs. 1,200/-
21	Medall Healthcare Pvt. Ltd.	Hosur, Kumbakonam Nagapattinam, Tiruvannamalai	+91 75501 77777	Rs 1,200/- Charges vary with distance
22	Sri Samraj Labs	Within Kallakuruchi city limits	+91 95667 74401	Rs. 1,200/-
23	Nu-Med Labs	Within Kanchipuram city limits	+91 44 27224599	Rs. 1,200/-
24	Aarthi Scans & Labs	Within Kovilpatti city limits	+91 75502 75502 +91 75500 75500	Rs. 1,200/-

25	Agam Diagnostics	Within Madurai city limits	+91 89408 94079	Rs. 1,200/-
26	Life Care Diagnostic (Testing done at Hi-Tech Laboratory)	Within Madurai city limits	+91 99412 74881	Rs. 1,200/-
27	Lister Metropolis Laboratory	Within Madurai city limits	+91 452 4500016	Rs. 1,300/- to Rs. 1,500/- Charges vary with distance
28	Hitech Laboratory	Within Nagercoil, Marthandam city limits	+91 94430 15716	Rs. 1,200/-
29	Gene Teq Laboratory	Within Salem city limits	+91 427 4030830	Rs. 1,250/-
30	Neuberg Ehrlich Clinical Laboratory	Within Salem city limits	+91 427 4300025	Rs. 1,200/-
31	Rao's Path Laboratory	Across Salem	1800-208-6020	Rs. 1,200/- Charges vary with distance
32	Aarthi Scans & Labs	Tanjore Based on availability of lab technicians for sample collection	+91 4362 279914	Rs. 1,200/- Charges vary with distance
33	Honey Bee PCR Lab	Within Theni city limits	+91 72007 98669	Rs. 2,000/-
34	Aarthi Scans & Labs	Tirunelveli 5 km radius from city center	+91 75502 75502	Rs. 1,500/- Charges vary with distance
35	Vivek Laboratories	Within Tirunelveli city limits	+91 97877 20091	Rs. 1,200/-
36	Maitocon Laboratory	Within Tiruppur city limits	+91 90926 26699 +91 421 4326699	Rs. 1,500/-
37	Swastik Diagnostic Centre	Within Tiruppur city limits	+91 74100 70904	Rs. 1,200/-
38	Tamilnadu X-Ray & Micro Lab	Within Tiruppur city limits	+91 421 2245149 +91 98422 45147	Rs. 1,500/-
39	Apollo Diagnostic Centre	Trichy Based on availability of lab technicians for sample collection	+91 90429 35554	Rs. 1,200/- Charges vary with distance
40	HYGE Diagnostic Centre	Within Trichy city limits	+91 73396 07888 +91 90809 90550	Rs. 1,500/-
41	Lister Metropolis Laboratory	Trichy Based on availability of lab technicians for sample collection	+91 431 4024650	Rs. 1,200/-



### VOLUNTEERS

Sony Das (Team Lead)

Lavanya Gopika

Dr. Sudha Kayalvali

Manikandan Nithya

Hitesh Sobha

Sridevi



## PET SUPPORT FOR COVID PATIENTS



SHARE. AMPLIFY. HELP.

homestay

kennel

pick up / drop / drop

services. These facilities were confirmed and verified by the volunteers.

vaccinated

COVID negative

report

pet boarding

No	Facility Name	Areas Covered	Phone Number	Cost
1	Benzi Pet Stay Prasanna	463/1A, Ashokavana, Illalur, Thiruporur, Chennai - 603 110	+91 98847 80654	Rs. 650/- per day. Minimum 10 days. COVID Negative report on drop back
2	Chanasya Kennels	No. 5, New Avadi Road, Villivakkam, Chennai - 600 049	+91 92821 72789	Rs. 600/- per day. Pick up / drop available. Homestay
3	Cuts to Cuddlez Pet Salon & Spa Sangitha	5070A, Z block, 12th Street, Anna Nagar, Chennai - 600 040	+91 99629 21307	Rs. 650/- per day
4	Dog House	438/2, Sarath Kandigai, Pammadukulam, Redhills, Chennai - 600 052	+91 95000 58836	Rs. 550/- to Rs. 750/- per day Pick up / drop available. Homestay
5	Dog kennel in Chennai (PDS) Redhills	Madha Kovil Street, Redhills, Attanhangal - 600 052	+91 98849 80332	Rs. 400/- to Rs. 800/- per day. Pick up / drop available
6	Eden Pets Care	No. 3, Gandhi Street, EB Office Road, Mogappair East, Chennai - 600 037	91 81900 90007	Rs. 600/- to Rs. 900/- per day Pick up / drop not available
7	Ginger's Pet Stay	3, VGP South, East Coast Road, Panaiyur, Chennai - 600 119	+91 86789 11222	Rs. 500/- per day Pick up / drop available
8	GV Pets & Clinic	No.127-B, East Vanniyar Street, K.K. Nagar West, Chennai - 600 078	+91 91718 89848	Rs. 500/- per day 10 days (maximum) Pick up / drop not available
9	Harley & Me Antony	No. 32, VGP Golden Beach South Phase III, NRI Colony, Panaiyur, Chennai - 600 119	+91 73586 31301	Rs. 900/- to Rs. 1,200/- per day Pick up / drop not available
10	Hotel for Dogs Anuj	12 A, Sunrise Avenue, SH 49, Akkarai, Chennai - 600119	+91 99626 81194	Rs. 800/- per day Pick up / drop available
11	Inji's Boarding Kennel	7th Street, Ambattur Industrial Estate, Chennai - 600 058	+91 72990 77423	Rs. 850/- to Rs. 1,700/- per day Pick up / drop available
12	Jaq's Pawsh & Wash	"Plot No. 60, Sai Balaji Nagar Part 3, Pallikaranai, Chennai - 600100	+91 97891 93292	Rs. 450/- to Rs. 600/- per day Pick up / drop available Pet boarding
13	Kayal's Inn for Pets	141/1, 4th Street, Kellys, Secretariat Colony, Sowrashtta Nagar, Chennai - 600 010	+91 93606 54638	Rs. 500/- to Rs. 600/- per day
14	Laika K9 Dog Training Centre	42/6, New Street, Ponnangipuram, Tirumurthy Nagar, Nungambakkam, Chennai - 600 034	+91 81244 38211	Rs. 600/- per day Pick up / drop not available
15	Luca - Pet Home Stay	Homestay - Chrompet	+91 98846 38299	Rs. 500/- per day Pick up / drop not available Foster home

16	Pawasy	2109/1, 13th Main Road, Anna Nagar West, Chennai - 600 040	+91 99626 56000	Rs. 500/- to Rs. 700/- per day Pick up / drop available
17	PetPaws	No. 3 Saraswathi Ammal Street, 1st Cross Street, Mahalingapuram, Chennai - 600 034"	+91 91761 63928	Rs. 600/- per day Pick up / drop available
18	Petters	202 Kapaleeswarar Nagar, Neelankarai, Chennai - 600 115	+91 9940587682	Rs. 600/- per day Pick up / drop available
19	Raesa	Homestay - Velachery	+91 84214 58277	Rs. 650/- per day Pick up / drop available
20	RJ Dog Hostel & Pet Boarding	Rathanagiri Nagar Villankurichi - 641 035	+91 8778433197	Rs. 500 per day Pick up / drop not available Pet boarding
21	Royal Pet Shop	No 10/12, First floor, Rangabashyam Street, Saidapet, Chennai - 600 015	+91 7200077118	Rs. 550/- per day Pick up / drop not available
22	Sanchu Animal Hospital	No. 4, Adyar Bridge Road, Gandhi Nagar, Adyar, Chennai 600 020	+91 94451 60101	Rs. 500/- to Rs. 750/- per day Pick up / drop not available
23	The Doggie Manor Kavitha	50/2, Dharmapoothy, 3rd Street, Vadakkupattu Main Road, Kovilambakkam, Chennai - 600 129	+91 91769 99210	Rs. 400/- to Rs. 600/- per day Pick up / drop available Minimum 7 days
24	Yellow Pets	27, Senthamil street, 2nd Street, Periyar Salai, Selvaraj Nagar, Urapakkam, Chennai - 603 211	+91 93450 69999	Rs. 500/- per day Pick up / drop available
25	@AuntDhal	Homestay - Tamabaram	+91 98400 89042	Rs. 800/- per day Pick up / drop not available
26	Pogo Kennel	Site No. 10, 11, Chinmaya Nagar, Thondamuthur Road, Veera Keeralam Post, Vadavalli, Coimbatore - 641 041	+91 98422 36369	Rs. 500/- per day Pick up / drop not available
27	Vishwa's Dog Boarding/Doggy Daycare	10, CGV Nagar, Perur Main Road, Selvapuram, Coimbatore - 641 026	+91 9597036559	Rs. 400/- to Rs. 500/- per day Pick up / drop not available Homestay
28	Wyns Kennels Paul	No. 40, Anna Nagar Housing Unit, Veerakeralam Road, Coimbatore - 641 007	+91 94864 46664	Rs. 350/- per day Pick up / drop not available
29	Panimalar Dog Training School and Hostel	Nasiyanur, Nasiyanur Road, Erode - 638 107	+91 83000 39810	Rs. 300/- per day Pick up / drop not available
30	BalKen Kennel	Maxworth 6th Street, Melakuyilkudi, Nagamalai Pudhukottai - 625 019	+91 97900 07561	Rs. 400/- per day Pick up / drop not available

## COVID RESOURCE GUIDE

31	International Pet Clinic	No. 76, Nehru Nagar, K.K. Nagar, Trichy - 620 021	+91 93454 11122	Rs. 300/- per day Pick up / drop not available Dogs must be vaccinated
32	SKS Veterinary Hospital	C-50 North East Extension, 3rd Cross Street, Thillai Nagar, Abiramapuram, Tiruchirappalli - 620 018	+91 86800 70011	Rs. 500/- per day Pick up / drop not available Pets to be above the age of 1 year



The CV Resource guide was the lifeline for many of us during the pandemic. Thanks CV & Volunteers who put this together. Kudos.

**Venkatesh R**

Magnetic FAAC India Pvt. Ltd



### VOLUNTEERS

Deepti Narayanan (Team Lead)

T Tikaram

Jahnvi K N

Akash Kiran



## COUNSELLORS



SHARE. AMPLIFY. HELP.

counselling for  
children

mental health

anxiety

These unprecedented and daunting times took a serious toll on our mental health. It was important to talk to someone qualified and trained to help, especially during self-isolation. Chennai Volunteers created a list of skilled and experienced counsellors who were and still are available and willing to provide online consultation to patients and families affected by COVID-19. It also includes counsellors who provide free-of-charge tele-counselling. This list has been verified by a mental health counsellor.

free consultation

psychologist

stress

No	Name	Phone Number	Session Charges & Timings	Additional Information
1	Anna Jogie	+91 94829 83158	Consultancy charges: Rs. 300/- per session 4:00 p.m. - 6:00 p.m. English, Tamil & Malayalam	-MSc Counselling Psychology -Speciality: child and adolescent counselling
2	Beena Prithiveeraj	+91 98407 82877	Free consultation for COVID patients & family. Monday to Friday 3:00 p.m - 4:00 p.m. English, Tamil, Hindi & Malayalam	-Diploma in Counselling -Special educator
3	Deesha	+91 94875 30268	Free consultation Monday to Saturday 5:30 p.m. - 9:00 p.m. English, Tamil & Hindi	-MA Counseling Psychology -Speciality: career counselling, relationship issues, grief management & crisis management Provides tele-counselling via Google Meet
4	Divya Ganesan	+91 73585 75621	Consultancy charges: Rs. 500/- per session Monday to Friday 1:00 p.m. - 3:00 p.m. English, Tamil & Hindi	-MA Counselling Psychology
5	Ekya Counselling (Harshika)	+91 96001 15369	Consultancy charges: Rs. 250/- to Rs. 400/- per session Wednesday, 11:00 a.m - 1:00 p.m. Saturday, 11:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m. Sunday, 12:00 p.m. - 1:00 p.m. English, Tamil & Hindi	-MSc Counselling Psychology
6	Kaviya C	+91 98405 53487	Basis patient's financial standing Monday to Friday 2:00 p.m - 5:00 p.m. English, Tamil, Telugu & Kannada	-MSc Psychology -Diploma in Counselling -CBT practitioner -Certified career guidance -Specialises in counselling for children Provides tele-counselling
7	Krithiga Viswanathan	+91 98407 24443	Free consultation for COVID patients & family 9:00 a.m. - 12:00 p.m. 4:00 p.m. - 8:00 p.m. English & Tamil	-MSc Psychology -PG Diploma in Clinical Psychology -Certificate in Counselling and Guidance Counselling for all age groups (including children)
8	Manju Mudit	+91 98407 58615	Consultancy charges: Rs. 500/- per session Monday to Friday 11:00 a.m. - 1:00 p.m. 4:00 p.m. - 7:00 p.m. English & Hindi	-MSc Applied Psychology & Psychological Services -Bachelor in Psychology -MSc Neuro-linguistic Programming -Mental health therapist -Positive life psychologist for teens, children & adults
9	Mohana Priya	+91 78716 36478	Free consultation for COVID patients & family 3:00 p.m. - 7:00 p.m. English & Tamil	-MSW Masters in Medical and Psychiatry & Counselling courses -Worked with orphaned children & children with special needs -Started tele-counselling for COVID patients and their families
10	Prasath	+91 73734 57442	Free for COVID patients Monday to Saturday 10:00 a.m. - 6:00 p.m. Tamil & Kannada	-Counselling psychologist -Consults at TNSMHA

11	Raja-meenakshi	+91 97898 16107	Any token fee. Provides tele-counselling. Monday to Sunday English & Tamil	-PhD Psychology
12	Revaleena	+91 82482 33976	Consultancy charges: Rs. 300/- to Rs. 500/- per session English, Tamil & Malayalam	-MSc Counselling Psychology -Speciality: person centred approach, affordable therapy -Founder of NGO, Menadora Foundation
13	Saranya Beulah	+91 98406 84286	Basis patient's financial standing Monday to Sunday 4:00 p.m. - 8:00 p.m. English & Tamil	-MSc Psychology -Counselling psychologist -Provides tele-consultation & clinic visit for psychological queries
15	Sumunum Connect	1800-123-786-868 (Toll free number)	Free 11:00 a.m. - 11:00 p.m. Multilingual	-Counselling Helpline: Safe space to talk about mental health, stress, anxiety & other mental health problems
15	Kousalya Karthikeyan	+91 98436 94940	Free consultation for COVID patients & family 11:00 a.m. - 3:00 p.m. English, Tamil, Hindi & Kannada	-MSc Applied Psychology -NLP (Neuro-linguistic Programming) Master Practitioner -Gestalt practitioner -Certified in Psychodrama -Advanced TA trainer -Calls via Skype / WhatsApp video, telephone calls incase of emergency
16	Priyadarshini Siva	+91 95007 04781	Free consultation for COVID patients & family Monday to Saturday 11:00 a.m. - 6:00 p.m. English & Tamil	-MSc Applied Psychology -Diploma in Community Health -Certificate in Counselling, Cognitive Behavioural Therapy, TA -Provides tele-counselling
17	Revathi	+91 97510 66234	Free consultation for COVID patients & family 24/7 English, Tamil & understands Malayalam	-Counselling psychologist -Specialised in counselling REBT, NLP art and story therapy -Tele-counselling available
18	Nancy Rajkumar	+91 99942 27418	Free 24/7	-Coordinator for Anugraha Free Counselling Services, will allot qualified counsellor to the caller



“

When I briefly volunteered in GCC's tele-counselling helpline, my go to resource guide for any assistance a family needed was the one painstakingly compiled, verified and more importantly periodically updated and most importantly, periodically verified by Team CV. And not just covering Chennai but across Tamil Nadu!

**Beena Prithviraj**

Counsellor & Educator - Freelance



**VOLUNTEERS**

Sharada Rajaram (Team Lead)

Shloka Mehta (Team Lead)

Maya Eashwar

Kavitha

Shilpa Narayan

Prabhakar



**COVID CARE CENTRES**



**SHARE. AMPLIFY. HELP.**

oxygen beds asymptomatic  
non-oxygen beds  
O2 level individual  
mild symptoms rooms

An extensive list of COVID Care Centres across Tamil Nadu was prepared by Chennai Volunteers. These care centres had reliable healthcare partners who were also verified and confirmed. The location of the centres, with cost, type of service, availability of beds (oxygen and non-oxygen), and food was also included in this database.

No	Facility Name	Address	Phone Number	Additional Information
1	Ageis Home Healthcare Pvt Ltd	D & A Corporate Residency, 9, Jagadambal Street, T. Nagar, Chennai - 600 017	+91 80564 54994 +91 93608 63588	Non-oxygen beds for patients below 60 years and O2 level above 95. Tie up with multiple hospitals for consultation. Cost: Approximately Rs. 5,800/- per day.
2	Ageis Home Healthcare Pvt Ltd	Church main Road, (Behind Apollo Hospital), Perungudi, Chennai - 600 096	+91 80564 54994 +91 93608 63588	Non-oxygen beds for patients below 60 years with O2 above 95. Tie up with multiple hospitals for consultation. Cost: Approximately Rs. 5,800/- per day.
3	Biotin COVID Care Centre	Old No. 89, New No. 1237, Subbulakshmi Nagar, Thirumudivakkam, Chennai - 600 044	+91 73990 16244 +91 98416 93537	Oxygen & non-oxygen beds available. Cost: Approximately Rs. 8,000/- per day
4	Ginger Chennai (Vadapalani) (Healthcare Partner-Apollo Hospitals)	61, Jawaharlal Nehru Road, Thiru Nagar Colony, NGO Colony, Vadapalani, Chennai - 600 026	1860-500-0202	Non-oxygen beds for asymptomatic / patients with mild symptoms. Cost includes food & doctor consultation. Cost: Approximately Rs. 3,500/- to Rs. 5,500/- per day, based on room category.
5	Hamsa's Quarantine Facility- BKR Grand Hotel	71, Usman Road, Chennai City Center, T. Nagar, Chennai - 600 017	1800-419-2250	Non-oxygen beds for patients with mild symptoms & O2 above 95. Individual rooms provided for isolation. Doctors & nurses available 24/7. Food included. Cost: Approximately Rs. 6,000/- per day.
6	Hamsa's Quarantine Facility - Malayalee Club	The Malayalee Club, New no. 28, Club Road, Chetpet, Chennai - 600 031	1800-419-2250	Non-oxygen beds for patients with mild symptoms & O2 above 95. Individual rooms provided for isolation. Doctors & nurses available 24/7. Food included. Cost: Approximately Rs 8000/- per day.
7	Holiday Inn, OMR (Healthcare Partner-Apollo Hospitals)	No. 110, Rajiv Gandhi Salai, Old Mahabalipuram Road, Chennai - 600 041	1860-500-0202	Non-oxygen beds for asymptomatic/patients with mild symptoms. Cost includes food & doctor consultation. Cost: Approximately Rs. 4,700/- per day
8	Hotel Regenta Central Deccan (Healthcare Partner-Apollo Hospitals)	36, Royapettah High Road, Jagadambal Colony, Sripuram, Teachers Colony, Royapettah, Chennai - 600 014	1860-500-0202	Non-oxygen beds for asymptomatic/patients with mild symptoms. Cost includes food & doctor consultation. Cost: Approximately Rs. 4,600/- to Rs. 6,500/- per day, based on room category
9	Hotel Simsan (Healthcare Partner-Appasamy Hospitals)	85, Poonamalle High Road, Arumbakkam, Koyembedu, Chennai - 600 107	+91 93420 80882	Non-oxygen beds. Cost includes doctor, nursing care & medicines. Cost: Based on patient's condition & requirements
10	Jaag Hotel (Healthcare Partner-Lifeline Hospitals)	No. 41, Periyar Road, Somasundaram Street, T. Nagar, Chennai - 600 017	+91 97104 49990	Non-oxygen beds for patients with O2 above 92. Cost includes doctor consultation, nursing & food. Medicines not included. Cost: Approximately Rs. 7,500/- per day

11	K.K. Nagar Peripheral Hospital	Anna Main Road, 60 Feet Road, West Jafferkhanpet, Chennai - 600 083	+91 99621 05886	Oxygen & non-oxygen beds for patients with O2 above 90. ICU facility not available in case of emergency. Not admitting pregnant women. Cost: Free treatment & food
12	Madras University, PG Hostel	PG Hostel for Men, University of Madras, Taramani Campus, Chennai - 600 096	+91 89730 73242	Non-oxygen beds for patients with O2 above 95. Currently not admitting pregnant women. Food & snacks provided. Cost: Free, Government Centre
13	Oxycare COVID Centre (Healthcare Partner-Deepam Hospitals)	No.160, Thiru Building, Greams Road, Chennai - 600 006	+91 99520 08608 +91 90032 02474	Oxygen & non-oxygen beds for patients with O2 above 90. Not admitting pregnant women. Cost includes food, doctor consultation & nursing. Cost: Approximately Rs. 7,000/- to Rs. 10,000/-
14	Raj Nursing Home COVID Care Centre	PJP Park Inn Hotel, 5, Anna Avenue Rathana Puri Layout, Koyambedu, Chennai - 600 107	+91 91765 64008	Non-oxygen beds for patients with O2 above 92. Admission depends on other parameters. Cost: Approximately Rs. 7,000/-
15	RK Senior Health Care Services	No.1/15, 2nd Street, Moorthy Nagar, Chettiyar Agaram, Porur, Chennai - 600 116	+91 93818 97181	Non-oxygen beds for asymptomatic patients post 1 week primary treatment. Cost: Based on patient's condition & requirements
16	Rotary COVID Care Centre (Healthcare Partners-Annai Medical College & Hospital)	Annai Medical College and Hospital, College Road, Pennalur, Sriperumbudur, Chennai - 602 117	Mr Ganesh: 91 88258 83059 Dr. Aravind: +91 91760 98311 (Both can be contacted between 6 am & 6 pm)	Oxygen & non-oxygen beds for patients with O2 above 90. Admitting pregnant women post evaluation of reports. Resident panel of doctors. Rs. 48,650/- for 7 days. Cost: Tariff starts from Rs. 7,000/- per day
17	Season 4 Residences (Healthcare Partner-Lifeline Hospitals)	38/16, Cathedral Garden Road Teynampet, Gangai Karai Puram, Nungambakkam, Chennai - 600 034	+91 97104 49990	Non-oxygen beds for patients with O2 above 93. Cost includes doctor consultation, nursing & food Medicines not included. Cost: Approximately Rs 7,500/- per day
18	Shantidevi Jawaharmal COVID Care Centre (Healthcare Partners-Mahaveer Healthcare + tieup with reputed hospitals for emergencies)	370, Konnur High Road, Otteri Chennai - 600 012	+91 98410 98765 +91 73052 63629	Non-oxygen beds for patients with O2 above 92. Cost: Free treatment & food
19	Smart Vision and Diabetes Clinic	115/1, Kamaraj Avenue, 2nd Street, Baktavatsalm Nagar, Adyar, Chennai - 600 020	+91 99529 64429	Patients below 60 years & O2 above 80. Not admitting pregnant women. Cost includes food, doctor & nurse monitoring. Cost: Based on patient's condition & requirements

20	Southern Crest (Healthcare Partner-Medisense Healthcare)	Old No. 2, New No. 3, Venkatanarayana Road, T. Nagar, Chennai - 600 017	+91 90032 0000	Patients with O2 above 85. Includes CT scan, lab test & food. Doctors & nurses available 24/7. Tie up with Prashant hospital. Cost: Approximately Rs. 81,000/- plus GST for 7 days
21	Speed Hospitals	No. 25, School Street, Mangadu Chennai	+91 83446 01234	Non-oxygen beds. Cost includes doctor visits, nursing care & medicines. Cost: Approximately Rs. 5,000/- to Rs. 6,000/- per day
22	Sri Muthukumar Medical College	Chikkarayapuram, Kunrathur Road, Chennai - 600 069	+91 44 6634 4000	Non-oxygen beds. Cost: Approximately Rs. 5,000/- per day
23	Tenure Homes / Perfect Stay (Healthcare Partner-Anjakha Hospital)	Mesavakkam Main Road, Rose Nagar, Kovilabakkam, Chennai	+91 91768 88504 +91 91768 88505 +91 91768 88506	Non-oxygen beds. Admission based on patient's condition. Admitting pregnant women post evaluation of reports. Cost: Rs. 7,500/- plus taxes
24	The Iris Hotel, Restore Healthcare (Healthcare Partner-Lakshya Hospital)	No. 2, Dr. Thomas Road, JJ Nagar, T. Nagar, Chennai - 600 017	+91 72006 37351 +91 95000 50307 +91 98400 12375	For asymptomatic / patients with mild symptoms & O2 above 90. Managed by group of doctors. Tied up with Lakshya hospitals for emergency. Cost: Approximately Rs. 8,000/- per day
25	Tondiarpet Peripheral Hospital	Kailasam Street, Tondiarpet, Royapuram, Chennai - 600 081	+91 96004 83124	Oxygen & non-oxygen beds for all COVID patients except pregnant women. Cost: Free treatment & food
26	Vijaya Health Centre	No. 434, N.S.K.Salai, Vadapalani, Chennai - 600 026	+91 97100 19934	Non-oxygen beds for stable patients. Food, nursing & medical officer charges included in tariff. Cost: Approximately Rs. 3,800/- to Rs. 5,800/- per day, based on room category
27	Government Arts College	Rajaji Nagar, College Road, Ariyalur - 621 713	+91 96296 63939	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
28	Government Girls Hostel	Gandhi Nagar, Sendurai 621 714	+91 94897 35317	Non-oxygen beds for patients with mild symptoms / asymptomatic cases with O2 above 94. Not admitting pregnant women. Cost: Free, Government Centre
29	Government Arts and Science College	Valparai, Coimbatore - 642 127	+91 96299 76142 +91 95973 64164 Contact between: 8 am - 8 pm	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 94. Not admitting pregnant women. Cost: Free, Government Centre
30	JewelOne COVID Care Centre	Periyarayaka Nagar, Ramakrishna Vidyalaya, Coimbatore	+91 82200 07058	Non-oxygen beds for patients below 60 years with mild symptoms & O2 above 95. Resident panel of doctors. Cost: Free treatment & food
31	Karunya College, Mettupalayam Road, Coimbatore	Karunya Nagar, Coimbatore - 641 114	+91 95979 87314	Non-oxygen beds for asymptomatic patients below 60 years. Not admitting pregnant women. Cost: Free, Government Centre."

32	Kumaraguru College of Technology	Athipalayam Road, Chinnavedampatti, Coimbatore - 641 049	+91 97500 58556	Non-oxygen beds for asymptomatic patients. Admitting pregnant women. Cost: Free, Government Centre
33	Maharaja Engineering College	Palankarai Village, Avinashi (TK), Coimbatore - 641 654	+91 81225 12339	Non-oxygen beds for patients with mild symptoms & O2 above 93. Not admitting pregnant women. Food provided (eggs included). Referred by area primary center / TRIAGE center. Cost: Free, Government Centre
34	Nalam COVID Care Centre (Healthcare Partner-KGM Hospitals)	1560, Avinashi Road, Peelamedu, Hope College, Coimbatore - 641 004	+91 89032 85774	For patients with mild symptoms & O2 above 90. Cost includes food & medicine. Additional charges for tests. Cost: Approximately Rs. 81,000/- for 7 days
35	P.A. College of Engineering and Technology	SH 19, Puliampatti, Pollachi, Coimbatore - 642 002	+91 93604 84201	Oxygen & non-oxygen beds for COVID patients except pregnant women. Cost: Free, Government Centre
36	Radisson Blu Coimbatore (Healthcare Partner- NG Hospital)	164-165, Avinashi Road, Peelamedu, Masakalipalayam, Coimbatore - 641 004	+91 98434 5556	Referral centre for patients from NG Hospital
37	Srinivasa Kalyana Mandapam	Ranganayaki Nagar, Periyanaickenpalayam, Coimbatore - 641 020	+91 94431 39436	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 96. Not admitting pregnant women. Cost: Free, Government Centre
38	Swami Vivekananda Seva Kendram (Healthcare Partner-Global Ortho Centre)	Near Kongunadu Arts & Science College, GN Mills Post, Coimbatore	+91 95977 33155 +91 88836 87501	Non-oxygen beds for patients with O2 above 96. Inhouse doctors available. Cost: Free treatment & food
39	The Kadri Mills (Cbe) LTD.	Trichy Road, Ondipudur Post, Ondipudur, Coimbatore - 641 016	+91 73588 92192	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
40	Vidya Vikas School	Kariyampalayam Road, Karamadai, Mettupalayam Road, Coimbatore - 641 104	+91 76391 05220	Non-oxygen beds for asymptomatic patients with O2 between 90-95. Not admitting pregnant women. Cost: Free, Government Centre
41	Wellington Cantonment Hospital	NH 67, Balaclava, Coonoor - 643 231	+91 94434 75946	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 85. Not admitting pregnant women. Cost: Free, Government Centre
42	Anna University - University College of Engineering Panruti	Chennai-Kumbakonam Highway, Panikkankuppam, Panruti, Cuddalore District 607 106	+91 96771 51521	Non-oxygen beds for asymptomatic / patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
43	Mutlur COVID Care Centre	Chidambaram Road, Mutlur, Chidambaram	+91 97892 28038	Non-oxygen beds for asymptomatic patients. Not admitting pregnant women. Cost: Free, Government Centre

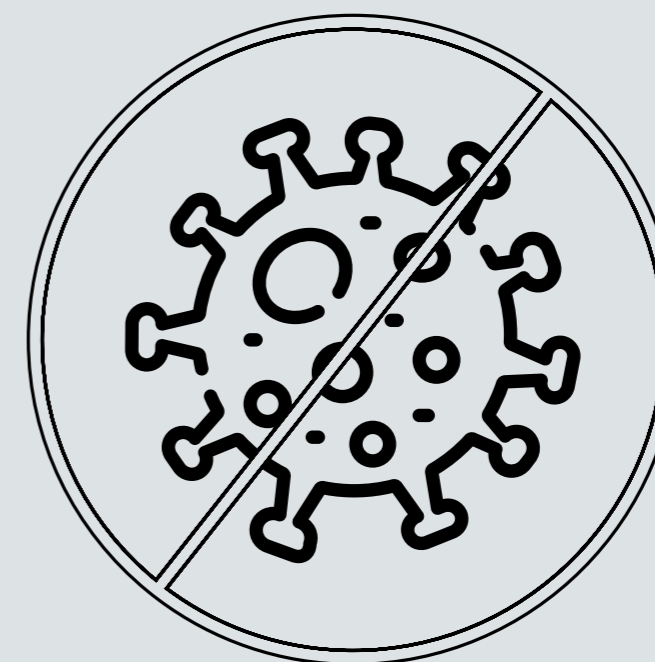
44	Thiruvallur Arts and Science College	Tittagudi, Veppur, Cuddalore	+91 99948 47917	Non-oxygen beds for asymptomatic patients. Admitting pregnant women. Cost: Free, Government Centre
45	Government College Of Engineering	Chettikarai, Dharmapuri - 636 704	+91 93454 58552	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 96. Not admitting pregnant women. Cost: Free, Government Centre
46	Athani COVID Care Centre	Police karar Thottam, Athani Colony Athani, Erode District - 638 502	+91 94420 19452	Non-oxygen beds for asymptomatic patients. Admitting pregnant women. Cost: Free, Government Centre
47	Government Erode Medical College	Kunnathur Road, Perundurai, Erode - 638 053	+91 94999 66121	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
48	Government Girls Higher Secondary School	Nambiyur, Erode - 638 458	+91 90434 34848	Non-oxygen beds for asymptomatic patients. Admitting pregnant women. Cost: Free, Government Centre
49	Government Hospital Erode	EVN Road, Erode - 638 009	+91 91541 54497	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
50	JSS Matriculation School, Thalavadi	Thalavadi, Talamalai Road, Erode - 638 461	+91 79042 10344	Non-oxygen beds for patients with O2 above 90-94. Currently not admitting pregnant women. Food is provided. Cost: Free, Government Centre
51	Lotus Hospital	90th Thayumanava Sundaram Street, Poondurai Main Road, Kollampalayam, Erode - 638 002	+91 98427 66666 +91 98428 28280 +91 73958 12828	Oxygen & non-oxygen beds for COVID patients including pregnant women. Cost: Approximately Rs. 10,000/- per day
52	Sathya-mangalam COVID Care Centre	SH 82, Malayadipudur, Erode - 638 503	+91 70102 61734	Non-oxygen beds for patients with mild symptoms & O2 above 94. Not admitting pregnant women. Food is provided. Cost: Free, Government Centre
53	Thanthai Periyar Engineering College	Bagayam, Erode - 632 002	+91 95859 11977	Non-oxygen beds for patients with O2 above 90-94. Admitting pregnant women. Food & snacks provided. Cost: Free, Government Centre
54	Thingalur Primary Health Care	118, Aduthalaiyan-palayam, Thingalur, Perundurai, Erode - 638 055	+91 82200 05086	Non-oxygen beds for pregnant women Cost: Free, Government Centre
55	Gobi Arts and Science College	Karattadipalayam, Gobichettipalayam	+91 97895 63012	Non-oxygen beds for patients with O2 above 90-94. Currently not admitting pregnant women. Food & snacks provided. Cost: Free, Government Centre
56	Tamil Nadu Sericulture Training Institute	77, Old Bangalore Road, Tamilnadu Sericulture Building, Hosur - 635 109	+91 93449 71868 Contact between 9 am - 4 pm	Non-oxygen beds for asymptomatic/patients with mild symptoms & O2 above 94. Not admitting pregnant women. Cost: Free, Government Centre
57	Government Arts College	Bharathidasan Nagar Road, Thanthoni, Karur - 639 007	+91 90037 56647	Non-oxygen beds for asymptomatic/patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre

58	Government Polytechnic College	Kaniyalampatti, Kadavur Taluk, Karur - 621 301	+91 99408 49573	Non-oxygen beds for asymptomatic/patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
59	JKKN College of Education	NH-544 Salem to Coimbatore, Komarapalayam 638 183	+91 94864 05225	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
60	Aachi International School	Sri Aachi Nagar, Theni Main Road, Thottappanayakkanur, Usilampatti, Madurai - 625 532	+91 99434 35899 +91 99522 35234	Non-oxygen beds for asymptomatic/patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
61	Arul Anandar College	Karumathur, Madurai - 625 514	+91 94430 44649 +91 77084 64185	Non-oxygen beds for asymptomatic patients. Admitting pregnant women. Cost: Free, Government Centre
62	Bharathiyar Matriculation School	Elumalai Main Road, Seelanaickenpatti, Peraiyur, Madurai - 625 535	+91 99942 25771	Non-oxygen beds for asymptomatic/patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
63	Kamaraj College of Engineering & Technology	S.P.G. Chidambara Nadar, C. Nagammal Campus, Vellakulam, Madurai - 625 701	+91 94439 51740	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
64	Madurai Kamaraj University Constituent College	Thirumangalam Main Road, GST Road, Kappalur, Tirumangalam, Madurai - 625 706	+91 99448 31316	Non-oxygen beds for patients with O2 above 95. Available for pregnant women. Cost: Free, Government Centre
65	Madurai Kamaraj University Hostel	Palkalai Nagar, Madurai - 625 021	+91 452 245 8471	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
66	Nadar Mahajana Sangam S.Vellaichamy Nadar College	Theni Road, Nagamalai, Madurai - 625 019	+91 98439 39671	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
67	SACS MAVMM Engineering College	17, E Marret Street, Nelpettai, Simmakal, Madurai Main, Madurai - 625 301	+91 96003 41010	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
68	K. S. Rangasamy College of Technology	KSR Kalvi Nagar, Tiruchengode, Namakkal - 637 215	+91 94893 79270	Non-oxygen beds for patients with mild symptoms. Admitting pregnant women. Admission based on recommendation letter from local health officer. Cost: Free, Government Centre
69	Senjeri Government Boys Hostel	Perambalur - Chettikulam Highway Road, Senjeri, Perambalur - 621 107	+91 98429 70303	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Admission based on recommendation letter from local health officer. Cost: Free, Government Centre
70	Annapoorana Medical College and Hospitals	Sankari Main Road (NH- 544), Veerapandi Union, Salem - 636 308	+91 80724 37396	Non-oxygen beds for COVID patients. Admitting pregnant women. Cost: Rates will be intimated at the time of admission
71	Attur Girls Higher Secondary School	Vinayagapuram, Attur, Salem - 636 102	+91 94421 64687	Non-oxygen beds for asymptomatic/patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre

72	Government Boys High School	Sendarapatti, Gangavalli, Salem - 636 110	+91 94438 27018	Non-oxygen beds for non-diabetic asymptomatic patients. Not admitting pregnant women. Call to check availability. Cost: Free, Government Centre
73	IIHT COVID Care Centre	Ponnammapet First Gate, Arthur Road, Salem - 636 001	+91 94885 39389	Non-oxygen beds for asymptomatic/patients with mild symptoms. Admitting pregnant women. Cost: Free, Government Centre
74	ITECH Multispeciality Hospital	1st Agraharam, Salem - 636 001	+91 95663 13409	Oxygen & non-oxygen beds. Admitting pregnant women. Cost: Tariff not available
75	Karuppur Boys Hostel	Magizam Salai, Government Engineering College Campus, Karuppur, Salem - 636 011	+91 98948 22927	Non-oxygen beds for patients with O2 above 94. Not admitting pregnant women. Cost: Free, Government Centre
76	Koneripatti ANC COVID Care Centre	Barrage Road, Koneripatti, Salem	+91 96770 42140	Non-oxygen beds for asymptomatic patients. Not admitting pregnant women. Cost: Free, Government Centre
77	Mahatma Gandhi Stadium	Omalar Main Road, Sankar Nagar, Salem - 636 007	+91 97151 60765	Non-oxygen beds for asymptomatic/patients with mild symptoms. Admitting pregnant women. Cost: Free, Government Centre
78	MAM Matriculation Higher Secondary School	Madayankuttai, Mettur Dam, Mettur, Salem - 636 401	+91 94454 76397	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 92. Not admitting pregnant women. Cost: Free, Government Centre
79	Periyar University Constituent College of Arts and Science	PO. Reddipatty, Idappadi, Salem - 637 102	+91 90035 22285	Non-oxygen beds for asymptomatic / patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
80	Periyar University Arts and Science College, Senthamangalam	Vettukadu, Malaiveppankuttai, Senthamangalam, Namakkal, Salem - 637 404	+91 96770 88367	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
81	Sharon Auditorium	18, Tangmarg Road, Vinayagampatti Kannankurichi, Salem District 636 008	+91 75984 17489 +91 97509 98969	Non-oxygen beds for COVID patients except pregnant women. Pregnant women should go to the General hospital only. Cost: Free, Government Centre
82	Sona College of Technology	Junction Main Road, Salem - 636 005	+91 96779 99154	Non-oxygen beds for patients with O2 above 95. Not admitting pregnant women. Cost: Free, Government Centre
83	MGR Government Arts & Science College	Puthur, Sirkazhi - 609 108	+91 97903 73715	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
84	St Joseph's Hostel	JNP Nagar, Vaikalipatti, Mettur, Tenkasi - 627 808	+91 94432 20245	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
85	Annai College of Arts & Science	College Main Road, Anna Nagar, Kovilacheri, Kumbakonam, Thanjavur - 612 001	+91 93421 53482	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 94. Not admitting pregnant women. Cost: Free, Government Centre

86	Vallam Slum Clearance Board Community Health Center	Thanjavur Main Road, Periyar Nagar, Vallam, Thanjavur - 613 403	+91 97876 21432 Contact between: 10 am - 5 pm	Non-oxygen beds for patients with mild symptoms. Admitting pregnant women. Admission based on recommendation letter from local health officer. Cost: Free, Government Centre
87	Dr. Ambedkar Government Law College Pattaraiperumpudhur	Thiruvallur - 631 210	+91 95001 37157	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
88	Government Polytechnic College	Palayamkottai Road, Maharaja Nagar, 3rd Mile, Thoothukudi - 628003	+91 82738 23710	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
89	Sivanthi Aditanar College	Palayangottai Road, Tuticorin District, Thiruchendur - 628 215	+91 95974 11527	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
90	Chikanna Government Arts College	16, Ghana Prakasam 2nd Street, Vivekananda Nagar, Konganagiri, Tiruppur - 641 602	+91 90809 20233	Non-oxygen beds for patients with O2 above 93. Not admitting pregnant women. Food provided (eggs included). Referred from GH Udumalpettai. Cost: Free, Government Centre
91	Government Girls High School Hostel	Mulanur, Tiruppur - 638 106	+91 86100 72024	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 93. Admitting pregnant women. Admission based on recommendation letter from local health officer. Cost: Free, Government Centre
92	Jaivabai Municipal Girls Higher Secondary School	63, Jaivabhai School Road, Rayapuram, Tiruppur - 641 601	+91 90037 33012	Non-oxygen beds for asymptomatic/patients with mild symptoms & O2 above 95. Not admitting pregnant women. Cost: Free, Government Centre
93	Tirpur Seva Samiti	580/2A, Vanjipalayam, Avinashi Road, Sirupooluvapatti, Tiruppur - 641 603	+91 90037 33012	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Resident panel of doctors. Cost: Free treatment & food
94	Velampalayam Higher Secondary School	No. 63, Velampalayam, Tiruppur - 641 652	+91 75581 78153 +91 90473 12277	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 92. Not admitting pregnant women. Cost: Free, Government Centre
95	Bharathidasan University	Palkalaiperur, Tiruchirappalli - 620 024	+91 431 240 7072 +91 93421 53743	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre
96	National Institute of Technology	Tiruchirappalli - 620 015	+91 86678 13054 +91 99940 18849	Non-oxygen beds for patients with O2 above 92. Admitting pregnant women. Cost: Free, Government Centre
97	Nehru Memorial College	Puthanampatti, Trichy - 621 007	+91 93420 92985	Non-oxygen beds for patients with O2 above 92. Admitting pregnant women. Cost: Free, Government Centre
98	Thathaiyan garpet Interim COVID Care Centre	Mettupalayam, East Coast Road, Thathaiyargarpet, Trichy - 621 214	+91 95669 77358	Non-oxygen beds for patients with O2 above 92. Not admitting pregnant women. Cost: Free, Government Centre

99	ESI Hospital Vellore	Government Pentland Hospital Campus, GPH Road, Krishna Nagar, Vellore - 632 001	+91 86103 44065 +91 94867 25656	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 95. Admitting pregnant women. Admission based on recommendation letter from local health officer. Cost: Free, Government Centre
101	Kalasalingam Institute of Technology	Anand Nagar, Krishnankoil, Virudhunagar District 626 126	+91 98948 99543	Non-oxygen beds for non-diabetic patients / patients with mild symptoms. Currently not admitting pregnant women. Cost: Free, Government Centre
102	Mepco Schlenk Engineering College	Mepco Schlenk Engineering College Post, Sivakasi - 626 005	+91 99436 27379	Non-oxygen beds for asymptomatic / patients with mild symptoms & O2 above 93. Not admitting pregnant women. Cost: Free, Government Centre
103	VVV College	NH7, Madurai road, GT Nagar, Virudhunagar - 626 001	+91 98434 14329	Non-oxygen beds for patients with mild symptoms. Admitting pregnant women below 36 weeks of pregnancy. Cost: Free, Government Centre
104	SIT College	Pulloor, Virudhunagar - 626 115	+91 87546 08986	Non-oxygen beds for patients with mild symptoms. Not admitting pregnant women. Cost: Free, Government Centre



## USEFUL LINKS/HELPLINES



CV resource guide has been a very useful tool in the form of a verified and updated ready reckoner for citizens and volunteers to access important information during the second wave of the COVID-19 pandemic.

**Latha Subramaniam**

Member, Advisory Board, Bhoomika Trust



### VOLUNTEERS

Sony Das (Team Lead)

Lavanya Gopika

Dr. Sudha Kayalvali

Manikandan Nithya

Hitesh Sobha

Sridevi



SHARE. AMPLIFY. HELP.

bed availability oxygen suppliers  
 COVID resources  
 telemedicine health facilities  
 resource lists

Several helplines were started and useful links shared across India for COVID-related help. Links were used to disseminate accurate information on the availability of hospital beds, oxygen suppliers and vaccination centres. Helplines helped with information on COVID-19 resources, help for senior citizens, child protection and care, mental health, tele-counselling as well as medical consult. Many of these helplines continue to be available 24/7 and provide a safe space to talk on their specific area of expertise. A comprehensive list of Useful Links and Helplines were created, validated and shared by Chennai Volunteers.

No	Link	Description
<b>HOSPITAL BEDS</b>		
1	<a href="https://ucc.uhcitp.in/publicbedrequest">https://ucc.uhcitp.in/publicbedrequest</a>	For bed requests call 104 to follow up the request
2	<a href="https://tnCOVIDbeds.tnega.org/">https://tnCOVIDbeds.tnega.org/</a>	Bed availability status for severe COVID cases. Health centres for moderate cases. Care centres for mild cases
3	<a href="https://COVIDrelief.glideapp.io/">https://COVIDrelief.glideapp.io/</a>	Initiative of 3 IITD alumni. Live tracking of hospital beds, state-wise helplines, resource list, oxygen & food. Connects people in need with verified leads (Pan India)
4	<a href="https://stopcorona.tn.gov.in/">https://stopcorona.tn.gov.in/</a>	Health facilities, private hospital bed status, vaccine centres, COVID test sample collection centres & helpline numbers
5	<a href="https://COVIDtnadu.com/">https://COVIDtnadu.com/</a>	Bed availability status
6	<a href="https://twitter.com/104_GoTN">https://twitter.com/104_GoTN</a>	Tag @104_GoTN, #BedsForTN along with the required details
7	<a href="https://maps.projectmadad.com/#/map">https://maps.projectmadad.com/#/map</a>	Bed availability status (Pan India)
8	<a href="https://external.sprinklr.com/insights/explorer/dashboard/601b9e214c7a6b689d76f493/tab/0?id=-DASHBOARD_601b9e214c7a6b689d76f493">https://external.sprinklr.com/insights/explorer/dashboard/601b9e214c7a6b689d76f493/tab/0?id=-DASHBOARD_601b9e214c7a6b689d76f493</a>	Live city-wise tracker for availability of beds / medicines / oxygen via Twitter
9	<a href="https://chennaiCOVIDHelp.in">https://chennaiCOVIDHelp.in</a>	COVID-19 help app
10	<a href="https://COVID.army/">https://COVID.army/</a>	Resource leads via Twitter
11	<a href="https://www.COVIDresourcesindia.com/">https://www.COVIDresourcesindia.com/</a>	COVID resources across India (Last updated on 31st May 2021)
12	<a href="https://www.COVIDfightclub.org">COVIDfightclub.org</a>	Information on nurses, oxygen supplies & ambulances
13	<a href="https://www.mdtok.com/org/COVID19">https://www.mdtok.com/org/COVID19</a>	Virtual telemedicine platform offering free-of-charge support from 200+ US doctors. Over 1.5 years experience in treating COVID patients
14	<a href="https://lnkd.in/gswyMsE">https://lnkd.in/gswyMsE</a>	Resources on beds, medicines & oxygen suppliers
15	GCC Vid Med App (Playstore)	Telemedicine app used to video call doctors
<b>VACCINATION</b>		
1	<a href="http://www.under45.in">www.under45.in</a>	Vaccination availability status
2	<a href="https://www.vaccinateme.in">https://www.vaccinateme.in</a>	Vaccination availability status (Pan-India)
3	<a href="https://app.cowin.gov.in/login">https://app.cowin.gov.in/login</a>	For booking vaccination slot
<b>GENERAL INFORMATION</b>		
1	<a href="https://COVID19-twitter.in/">https://COVID19-twitter.in/</a>	COVID related resources via Twitter
<b>FOOD</b>		
1	<a href="https://chennaiCOVIDhelp.github.io/food-delivery/">https://chennaiCOVIDhelp.github.io/food-delivery/</a>	List of home delivered meals in Chennai, both meal providers & patients in need of food
2	<a href="https://COVIDmeals.in/">https://COVIDmeals.in/</a>	Home-cooked meals for patients in Chennai

**VOLUNTEERS**

Heena Dowlani (Team Lead)  
Shobha Rengarajan (Team Lead)

Maya Eashwar Thamizhi  
Ahamed Abdulla Anisha Shanbhag  
Aruna

**HELPLINES**

SHARE. AMPLIFY. HELP.

telemedicine video consultation

senior citizens

general information

helpline for anxiety

child care

No	Name	Area	Phone Number	Additional Information
1	Chennai COVID Counselling Helpline (Greater Chennai Corporation Tele-counselling)	Chennai	044-25384520 044-46122300	Available 24/7
2	Chennai COVID Help Child Care	Chennai	1098 044-25952450	Child care & support
3	Control Room	Chennai	044-23452221	Senior citizens
4	COVID Warriors	Chennai	+91 74488 47000	Available 24/7
5	Government Helpline	Chennai	+91 73388 35555	Rs. 2500/- per kit for 14-day home quarantine & doctor tele-counselling
6	Hamsa Rehab	Chennai	1800-419-2250	Provides video consultation
7	JITO JDA COVID Helpline	Chennai	044-46277700	Free consultation with doctors - 9:00 a.m. to 8:00 p.m.
8	Muktha Foundation	Chennai	+91 72082 02470 +91 88614 31673 +91 95677 68078	COVID-19 Emotional Distress Helpline
9	Sri Sathya Sai Seva Organisation	Chennai	044-46314343	Oxygen concentrator bank, beds, medicines & doctors (tele-consultation)
10	COVID-19 Coimbatore	Coimbatore	0422-2301114	Portal for COVID related resources in Coimbatore
11	COVID-19 Information and Updates	Kanchipuram	044-27237107 / 044-27237207 / 044-27237784 / 044-27237785 Toll Free: 1800-425-8978 WhatsApp: +91 94450 71077	Senior citizens 10:00 a.m to 5:00 p.m
12	COVID-19 Volunteer Resource	Salem	+91 85085 92607	Volunteer resource
13	Salem COVID Helpline	Salem	0427-2452202 / 0427-2212963	Provides details on COVID-19 treatment, hospitals, vaccination centres, fever camps & other COVID related queries
14	IMAI - Vellore	Vellore, Ranipet, Arcot, Walajah, Ambur, Thirupathur	+91 89399 11411	24/7 COVID Helpline
15	Udhavi: CMC COVID Helpline	Vellore	+91 44 4631 3199	For logistics, general information, medical advice & counselling
16	COVID Helpline	Tamil Nadu	104	Helpline service for COVID related related queries & assistance across India
17	Greater Chennai Corporation - Special Vaccine Camp for Differently Abled	Tamil Nadu	1800-425-0111 +91 97007 99933 Video helpline number	Differently abled can register for their vaccination through the helpline numbers
18	Help TN Volunteer Team	Tamil Nadu	+91 95000 25272	Contact on WhatsApp Form to be filled with the required details
19	Medicine delivery facilitated by Tamil Nadu Government	Tamil Nadu	1800-121-2172	Door delivery of medicines from nearest medical shop

20	State Government Helpline (24 hr assistance + Information)	Tamil Nadu	044-29510400 044-29510500	Available 24/7
21	Ayush COVID-19 Counselling Helpline	Pan India	14443	Ayurvedic doctor consultation
22	COVID Counselling	Pan India	+91 78248 81136 +91 78248 81137	Counselling available, free of charge
23	COVID-19 - Transgender Helpline Ministry of Social Justice & Empowerment	Pan India	+91 88821 33897	Helpline for mental health care of Transgender community Monday to Saturday: 11:00 a.m - 1:00 p.m 3:00 p.m - 5:00 p.m
24	Domestic Abuse National Helpline	Pan India	181	Helpline for victims of domestic abuse during lockdown by National Commission in India
25	Helpline for Senior Citizens	Pan India	14567	Helpline for senior citizens
26	MyGov Corona Helpdesk	Pan India	WhatsApp: +91 90131 51515	Chatbot launched to spread awareness on COVID-19 & helps find vaccination centres within the vicinity
27	National Commission for Women in India	Pan India	WhatsApp: +91 72177 35372	For victims of domestic abuse during lockdown
28	NIEPMD - Kiran Mental Health Rehabilitation Helpline	Pan India	1800-599-0019	Divyangjan - Helpline for anxiety, stress, fear & depression for differently abled. English & Hindi
29	Pretty Lil' Hearts	Pan India	+91 96004 32255 +91 73587 91302	Helpline for transportation of pregnant women. Specify if COVID affected Available 24/7. English, Tamil, Hindi
30	SOS Children's Village	Pan India	1800-208-232	Child care & support
31	Sumunum Connect	Pan India	Toll free number: 1800-123-786-868	Safe space to talk about mental health, stress, anxiety & other problems. Counselling Helpline: everyday from 1:00 a.m. - 11:00 p.m. Multilingual



### VOLUNTEERS

Sharada Rajaram (Team Lead)

Shloka Mehta (Team Lead)

Dr. S. Sudha Surabi

Manikandan Vijaya Kavitha Srinivas

Laksh Chordia Yazhini

Sri Lakshmi





## HOSPITAL BEDS



SHARE. AMPLIFY. HELP.

When the second wave hit India, accurate information on the availability of hospital beds was dynamic and critical. Active links for COVID resources and hospital beds were an efficient way to share their availability. Volunteers researched, compared various sources and verified the credibility of these useful links. This became an effective and reliable way to trace COVID resources in cases of emergency.

No	Link	Description
1	<a href="https://twitter.com/104_GoTN">https://twitter.com/104_GoTN</a>	Tag @104_GoTN, #BedsForTN along with the required details
2	<a href="https://ucc.uhcitp.in/publicbedrequest">https://ucc.uhcitp.in/publicbedrequest</a>	For bed request call 104 to follow up request
3	<a href="https://tncovidbeds.tnega.org/">https://tncovidbeds.tnega.org/</a>	Bed availability status for severe COVID cases Health centres for moderate cases Care centres for mild cases
4	<a href="https://stopcorona.tn.gov.in/">https://stopcorona.tn.gov.in/</a>	Health facilities, private hospital bed status, vaccine centres, COVID test sample collection centres, and helpline numbers
5	<a href="https://COVIDtnadu.com/">https://COVIDtnadu.com/</a>	Bed availability status
6	<a href="https://covidrelief.glideapp.io/">https://covidrelief.glideapp.io/</a>	Initiative of 3 IITD alumni Live tracking of bed availability, state-wise helplines, resource list, oxygen & food Connects people in need with verified leads (Pan-India)
7	<a href="https://yichennai.com/COVID-relief/hospital-beds/">https://yichennai.com/COVID-relief/hospital-beds/</a>	Bed availability status Updated 3 times a day (11 am, 3 pm & 6 pm)
8	<a href="https://external.sprinklr.com/insights/explorer/dash-board/601b9e214c7a6b689d76f493/tab/0?id=DASH-BOARD_601b9e214c7a6b689d76f493">https://external.sprinklr.com/insights/explorer/dash-board/601b9e214c7a6b689d76f493/tab/0?id=DASH-BOARD_601b9e214c7a6b689d76f493</a>	Live city-wise tracker for availability of beds / medicines / oxygen via Twitter



As a third generation doctor in Madras my GP practice is inherited. Chennai Volunteers provided me with such reliable real time updated information on everything important for anyone affected by COVID. From food support to Oxygen to bed availability it was invaluable. Even now I use it guide my patients towards post COVID rehabilitation and counselling for mental health and grief support. Thank you CV. I am sure you will have no idea of how many lives you would have saved but believe me your work is as valuable as frontline warriors

**Dr. Sharon Krishna Rau**  
Doctor



### VOLUNTEERS

Smriti Suresh (Team Lead)

Maya Eashwar  
Shivani Nathan

telemedicine  
availability of beds  
verified leads  
helplines  
general information  
health facilities



Rinku Mecheri - Founder, Chennai Volunteers  
Ranjini Ramachandran - Senior Client Partner, TATE LC

### TEAM LEADS

Smriti Suresh

Incoming Master's Applied Biotechnology Student, McGill University

Uttara Jayashankar

Incoming Biological Sciences PhD Student at Purdue University

Savitha Sailesh

Ecom Vendor

Sharada Rajaram

Special Educator with 20 years experience working with individuals with Autism. Co-Director of The Canbridge Academy, a space for young adults with autism, and Co-ordinator of Weawin project -

We CAN (Resource centre for Autism)

Shloka Mehta

Class 10 student

Deepti Narayanan

Entrepreneur running a Women's Fashion Brand 'Athreya Blouses' (Athreya Retail Pvt Ltd)

Sony Das

HR professional with 20+ years of experience, currently on sabbatical

Heena Dowlani

CRI (Compulsory Rotatory Internship), Bachelor of Dental Surgery

Shobha Rengarajan

Homemaker

Subashree

Incoming Master's in Public Health Student at Birmingham City University

Dr. Sharon Krishna Rau

Surgical Gastroenterologist



### CREATIVE TEAM

Ishita Parekh

Senior Social Media Specialist, Social Beat

Malvika Mehra

Graphic Designer, Founder- Art Works

Sindhuja TJ

Architect & Urban Designer

Kavya Sreekumar

Social Media Manager

Malavika Ramachandran

Senior Graphic Designer, RRD GO Creative

Ranjini Ramachandran

Senior Client Partner, TATE LC

### COLLATION

Rinku Mecheri

Founder, Chennai Volunteers

Ranjini Ramachandran

Senior Client Partner, TATE LC

Antara Sudhir

First year undergraduate student at SIM University, Singapore

Smriti Suresh

Incoming Master's Applied Biotechnology Student, McGill University

Malavika Mehra

Graphic Designer, Founder- Art Works



”  
Working for noble cause  
was satisfying thanks  
to CV.  
**Abhinaya**



”  
Great effort, very happy  
to have been a part of  
Chennai Volunteers.  
**Neeraja  
Chandrasekaran**



”  
Very satisfied with  
the functioning of this  
organisation  
**Asmita Nandi**



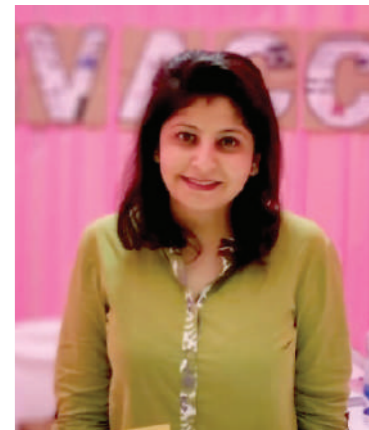
”  
*Thank you for giving  
me the opportunity  
to work with you  
towards this cause.*  
**Dr. S. Sudha**



”  
It was my first time  
volunteering. I got a  
positive experience in this.  
It was a well-organized  
initiative. I will try to  
continue with CV even  
after this initiative.  
**Gomathi  
Chandrasekaran**



”  
*You guys are doing a  
good job. Keep it up!!*  
**Malvika Mehra**



”  
A wonderful experience  
and great team to work  
with. The data collected  
helped many during this  
pandemic. Hats off to the  
entire team.  
**Heena Dowlani**



”  
*Well organized  
initiative. Kudos to  
the team!*  
**Kayal**



”  
Nothing! It was a great  
experience, would  
definitely volunteer again.  
**Dhanush Rajprasad**





”  
Had a satisfaction that I could contribute a little during this tough time  
**Polina Sridevi**



”  
*It was a great experience. Hope to work more with you in future. Keep up the good work*  
**Supraja Prabhu**



”  
Very professional approach and working meticulously towards the purpose  
**Sharada Rajaram**



”  
Volunteering with Chennai Volunteers helped me get through these tough times Happy to do my part for the society. It was an amazing experience.  
**Smriti Suresh**



”  
My first ever virtual volunteering experience was made satisfying and worthwhile by CV.... Thank you!  
**Sharada**



”  
I feel very happy while doing such volunteering works. I am very much interested in volunteering again for a good cause.  
**Srinidi S**



”  
*I'm happy to have been a part of this volunteering venture!*  
**Madhu Upadrasta**



”  
*Helping Chennai Volunteers over the last few months to help the public during one of the worst crises has been an incredible experience and I hope that this organization continues to do so.*  
**Uttara Jayashankar**



”  
Was a very endearing experience. Would love to do more as and when time permits  
**Vani Sanjay**

