



CHANCE



A family member in your hometown has contracted COVID-19. You are scared and anxious for their wellbeing. Your stress levels rise which in turn elevates blood pressure and limits your immune system. You send all your saved money to them so they can access care.

- **Lose 1 mental health**
- **Lose 1 physical health**
- **Lose 1 money**





Acute stress can bolster the immune system. In this situation, though, you have been facing chronic stressors so this additional stress acts as an increase to the chronic stress which is known to be immunosuppressive. Health care access for migrant workers and their families are very limited. There is rarely access to health insurance so migrant workers must pay out of pocket for any health care.





You come across a health clinic camp organized by an NGO. Since you do not have access to health insurance, this is your chance to access care and medication that you might need for minor injuries or chronic conditions.

- **Gain 3 physical health**
- **Gain 1 mental health**





Many migrant workers face chronic health issues, such as hypertension, diabetes, and chronic pain. Additionally, most migrant workers do not have health insurance. Limited healthcare insurance is available through the Rashtriya Swasthya Bima Yojana program, but this program only covers hospitalization costs and no minor treatments. The Disha Foundation is an example of an NGO that works with vulnerable populations in India, such as prisoners and migrant workers, to provide resources and advocate for systematic and structural changes that enables these vulnerable populations to gain greater opportunities for work, health, living, and education.





You become sick from a communicable disease (not COVID-19). You must seek medical services for quick treatment, or rest and recuperate.

- If you choose to rest only: lose your next turn, lose 1 mental health
- If you choose medical treatment: lose 1 money, 1 mental health, gain 1 physical health
- If you choose BOTH: lose your next turn, gain 3 physical health





COVID-19 is not the only threat to health while on the long journey home. Other communicable diseases, such as cholera, TB, and influenza still exist and are spread from person to person. The lack of sanitation and chronic stress makes a person more susceptible to infection because of the exposure to more microbes and immunosuppressive effect of chronic stress. The healthcare accessible to migrant workers is limited and few have insurance to cover the expenses. Most treatment is paid out of pocket, unless an NGO like the Disha Foundation, is able to help. Sickness greatly depletes energy levels required to walk so a traveler must spend time recovering rather than progressing on the route home.





Your shoes wear down from the many kilometers of walking. You must find new shoes to continue your journey. You may get help from a nearby friend or you must buy/make new shoes.

- **Ask for shoes: lose 1 social distancing, lose 1 sanitation, lose 1 physical health, gain 2 clothes & shoes**
- **Make shoes: lose 1 money, lose 1 sanitation, lose 1 physical health, gain 2 shoes/clothes**





The journey home from New Delhi to Bihar or adjacent areas is nearly 1,000 kilometers. Walking that distance puts immense strain on shoes and bodies. It is necessary to have shoes to protect feet from scrapes, cuts, bruises, and the potential for infection. Simple protections, like shoes and clothing, can be an important barrier to maintain health. At times it becomes necessary to rely on others for help, though the interaction eliminates social distancing. The request for help can introduce the possibility of contracting a communicable disease such as COVID-19.





You hear rumors about a change in the lockdown measures, but it is unclear what actually has happened. It is possible some transportation, like buses and trains, are now permitted, but you must decide whether to stop walking to pursue the option or continue walking.

- **Continue walking:** lose 1 food & water
- **Pursue walking:** lose 1 mental health, 2 social distancing. Spin the wheel. If you get a 3 to catch a bus, move 5 spaces.





Migrant workers have a particularly challenging time acquiring accurate information from the government. Much of the information is posted on the government website or on other news casting platforms. Migrant workers on the road do not have access to the online, radio, or televised content. The people who are not in the safety of their own homes are the ones who are not being updated on the status of the virus and the changes in the regulations to keep people safe.





You stop to rest in the shade of a tree.
Some passers by see you resting and
choose to join you. You all share some
stories about your travels thus far and
talk about why you are traveling.

- **Gain 3 mental health**
- **Gain 1 physical health**
- **Lose 1 social distancing**





Migrant workers are often traveling in groups. Though this is not conducive for social distancing, the mental health consequences are strong. Sharing information with one another and connecting with others creates a sort of buffer for stress. It allows the person to find more calmness under stressful conditions and better regulate the stress response. This is important because when overly activated by chronic stressors, the stress response becomes immunosuppressive and makes a person vulnerable to morbidity.





The government offers new funding for COVID-19 relief which includes money for food rations. You are able to obtain grain for free.

- **Gain 3 food & water**
- **Lose 1 physical health**





The Indian government realized the dire circumstances of those in lockdown. They set an economic plan costing \$266 billion, \$463 million of which will be used to feed migrant workers with grain. These measures are intended to feed them for two months, though it is not completely clear how well the rations will be dispersed. The malnutrition of migrant workers is immunosuppressive and puts them in a more vulnerable position to contracting COVID-19.





The state of Uttar Pradesh offers short bus rides for migrant workers to return to their homes. Before boarding the bus, however, you must be sprayed down with chemicals. You may also choose to not board the bus and proceed with your turn normally.

If you choose to ride the bus

- **Move ahead 3 spaces,**
- **lose 1 physical health,**
- **lose 1 social distancing**





Early during the lockdown, states began to open certain buses and trains to help migrant workers return to their home. These opportunities, however, drew large crowds to bus stops limiting the ability of the migrant workers to effectively social distance and increasing the chances of COVID-19 spreading to rural areas where access to healthcare would be even more difficult. Additionally, in certain cases, migrant workers were sprayed with harsh chemicals in an effort to “sanitize” individuals before they returned home.





The states are beginning to increase testing capacity, so you have a greater chance of being tested when you arrive at your destination. This is comforting because you were concerned about potentially spreading COVID-19 to your family.

- **Gain 2 mental health**





he central government has allotted extra testing equipment for certain medical institutes in Bihar. As more migrant workers return, it is important to increase testing capacity to adequately care for individuals and continue to limit the spread in rural villages. Additionally, many migrant workers face the concern about potentially spreading COVID to their family members and having the opportunity to get tested can help alleviate this concern.





You hear about a Public Interest Litigation (PIL) that is being filed on behalf of migrant workers. While there are numerous ongoing PIL's on behalf of migrant workers, this particular one seeks compensation for families of migrant workers who were injured or died trying to get back home. Although there is not a decision yet, it makes you feel valued that people are advocating for your rights.

- **Gain 3 mental health**





Since the lockdown was announced, numerous public interest litigations have been filed on behalf of migrant workers. Previous PIL's filed include advocating for free COVID-19 tests and releasing migrant workers who test negative for COVID-19 and arranging means for them to get home. Most recently, a PIL has been submitted to the Supreme Court demanding compensation for families of migrant workers that were injured or killed along their journey back home.





You have been walking for several hours and it is getting dark. You decide to sleep at a spot alongside the road upon which you were walking. There are risks associated with sleeping alongside the road. Spin the wheel.

- If you land on a 1, 2, or 4: proceed regularly
- If you land on a 3: lose 3 physical health





Several migrant workers face extreme fatigue and exhaustion from walking several hours in hot temperatures. Many migrant workers will sleep near roads and alongside their travelling path. Sleeping in such areas, however, poses health risks to migrant workers because they are vulnerable to getting struck by vehicles.





You come across a lorry and have the option to ride along for a short distance. The lorry costs a small amount of money, is crowded and potentially dangerous. You have heard about lorry accidents. You must decide whether or not to take the lorry.

If you choose not to take the lorry, proceed as normal.

If you take the lorry

- **Advance 3 spaces**
- **Lose 1 money**
- **Lose 1 social distancing**
- **Spin the wheel: if you land a 1 or 2, lose 2 physical health. The spin represents risks associated with a lorry ride.**





Numerous migrant workers have hitched short rides on available rickshaws and trucks (lorries). These rides, however, are often crowded and involve individuals dangerously hanging from the sides of the trucks or sitting on the roof. Since the lockdown, various accidents have been reported in which some migrant workers have lost their life. Many migrant workers are faced with choosing between the risk of hitching a ride or risking extreme fatigue and exhaustion by walking home.





On your long journey home, you encounter a Relief Station at a nearby town that provides free clean water and relief packages that include sanitation wipes, a pair of face masks, and some bandages.

- **Gain 1 physical health**
- **Gain 1 mental health**
- **Gain 1 food & water**
- **Gain 1 sanitation**





Hundreds of migrant workers are left no option but to walk hundreds of kilometers if they wish to return to their home villages. Many of these workers come from jobs that lacked clean water, food, poor access to sanitation and poor physical protection, so a majority of these people begin their journey in disadvantaged physical and mental states. Along the way they encounter many physical obstacles including natural and political threats, and several travel with young children. Because the journeys take sometimes up to weeks, people crowd in hidden spaces to sleep through the night, lessening the social distancing and raising the risk of close-contact disease.. Having access to clean water and occasional sanitation can prevent dehydration and contracting diseases, not only benefiting physical health but also relieving some stress.





Walking along you become friends with groups of people nearby. They tell you about a shelter home nearby that you had not previously known about before. You decide to continue traveling with them.

- **Gain 2 mental health**
- **Lose 1 social distancing**





Most of the shelter homes constructed for migrant workers are located in the main cities, but several have been constructed in rural cities nearby. These shelter homes provide proper housing with social distancing implemented, food and water, and even stress relieving activities like yoga classes. Although the conditions are not the absolute best, often times than not these shelter homes have saved people's lives.





After a long day of walking and a mediocre sleep next to a tree, you wake to realize that your bag with all your belongings has been stolen. All you have is your clothes and a couple of items in your pocket such as: a small amount of cash, hand sanitizer, and a cigarette.

- **Lose half you food & water and clothes & shoes**
- **If you only have one in any of these categories, lose that resource**
- **Lose one money**





Migrant workers that have to walk home embark on sometimes week-long journeys. This means an extended amount of days sleeping without proper shelter and no protections against external threats. To compensate, people will sometimes sleep close by with others traveling around them, but most people are hungry for any resources.





On your walk or ride home, you encounter a checkpoint where state officials are checking for government issued identification.

- If you do not have identification, move back one square (as if backtracking to take another path).
- If you do have identification, proceed and gain 1 mental health





Due to a majority of the migrant sector jobs being informal, the workers are minimally recognized by the government and oftentimes have no protections, one of them being an official state ID. In order to hire migrant workers legally, employers must be registered with the government and pass a series of regulation tests, one of them being providing their workers with legal protections. Because most of migrant worker jobs are considered informal, they do not fall under this umbrella, leaving hundreds of thousands of workers more vulnerable than they normally find themselves





Having made companions with a few people walking along with you, one friend seems desperately in need of some resources. He has no shoes, very little cash, and no food or water. You decide to give away two of your resources.

- **Choose any two resources to donate to another player**





The uncertainties of what one might face as they walk hundreds of kilometers are endless. Many unfortunate workers begin the journey with very little resources at hand, and can easily use them up within the first few days. With little access to food and health centers, it is very dangerous for these individuals who continue walking with very little protection, sanitation, and nutrition.

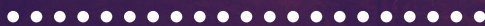




Due to the COVID-19 induced national shutdown you find yourself in a financially tough situation. Being furloughed from work could mean no pay. However, you find out that your employer, having hired more than five migrant workers, is mandated to follow the legislation set forth in the Interstate Migrant Workmen Act. As a result, they are required to subsidize your travel allowances back to your destination of choice. However, these benefits can only be obtained IF you have official government identification and are pursuing formal work.

If you are a chemical dyes or construction worker

- **Gain 1 physical health**
- **Gain 1 mental health**
- **Gain 1 money**





Approximately 80% of non-agricultural work in India is identified as informal labor. As a result, a large majority of internal migrant workers are inherently inelligible for federal government aid/assistance programs irregardless of their government documentation status. This chance card hopes to showcase players that the majority, if not all the characters, presented in the game are subject to the nuances of ill-defined legislature. Government programs are seemingly ineffective as they are unable to recognize the multi-faceted nature of the migrant worker crisis. In addition, COVID-19 only exacerbates contemporary difficulties. The Inter-State Migrant Workers Act, for example, does not mandate effective governmental reinforcement of the act. Rather it states that it does not have to follow policies if they believe that employers' are issuing conditions that are just and proper. There is no definition in regards to formal work in the chance card because such a definition does not explicitly exist under Indian law.





Hoping to get recruited for a seat on a COVID-19 speciality train you eagerly wait for a government official at a nearby railway station. But your decision comes at a cost, persistently hot weather and large crowds at the station have caused you to suffer from heat exhaustion/stroke. The government official notices your elevated temperature and consequent symptoms and denies you entrance to train.

- **Lose 2 physical health**
- **Lose 1 sanitation**
- **Lose 1 mental health**





With limited specialty trains opening on May 1st, numerous migrant workers found themselves congregating at railway stations hoping for a safe transit back home. Limited seat availability and a surge in demand for railway transport, however, pushed state governments to assign nodal officers to coordinate which passengers are able to ride on trains. Officers ensure that passengers they select are non-symptomatic. But long hours in the infamous Indian heat has left many workers distressed. One worker, in an interview, described recurrent “blood in their urine”. A hastily established system for passenger identification by non-medical professionals leaves migrant workers even more marginalized. Workers are susceptible to misdiagnosis and without medical attention suffer from permanent heat exhaustion induced imbalance in anti-inflammatory and inflammatory cytokines. As a result, workers do not only lose an opportunity for safe travel but are also left severely immunocompromised.





One night, you hear your good friend's wife scream in pain. She is in labor and about to give birth. Dazed and confused you call for help to your fellow workers and luckily find a few women with some midwife experience. The baby is born and you give your friend, a new father, some of your clean clothing to keep his child safe.

- **Lose 1 sanitation**
- **Lose 2 clothes & shoes**
- **Gain 1 mental health**





Recently, major Indian politicians have taken to social media to convey national successes in the country's coronavirus response and steady reopening. On May 22, India's Minister of Railways posted about 24 successful births that took place aboard the Shramik special trains. Yet this proposed success revealed further inequities. Various pregnant women are being forced to give impromptu roadside births. The consequences of such are immense. A study investigating the health consequences of migration in South African rural communities revealed a significantly increased risk of child mortality in migrating communities. The reality of this circumstance induces severe psychological stress all members of the migrant community involved.





Hours of travel on foot have left you tired and in pain. The scorched terrain has steadily worn down your footwear. But luck is on your side today. You notice a police stall up ahead offering free slippers and a banner that reads “Come let’s cooperate, one mission, one initiative, free shoes and slippers for migrant labourers.”

- **Gain 1 physical health**
- **Gain 1 sanitation**
- **Gain 2 clothes & shoes**
- **Lose 1 mental health**





The journey from Delhi to Bihar is approximately 1,000 kilometers. But it is the distance combined with a series of physical and psychosocial stressors that makes the trip so enduring. Footwear serves as a minimal but necessary physical barrier between migrant workers and children and the scorched Indian terrain. Although police driven initiatives for free footwear help to alleviate some of the physical burdens of domestic migration, they also issue forth severe psychological stress. Various photos reveal instances of disproportionate police brutality on migrant workers for non-violent crimes such as returning home past curfew. Widespread mistrust of law enforcement among migrant workers perpetuates mental strain during future interactions.





You receive word that in order to support burgeoning demand for healthcare resources and funding, the Central government has pushed for the reallocation of state healthcare resources towards COVID-19 related treatment. As a result, the efficiency and quality of services provided by the National Rural Health Mission (NRHM) has rapidly declined. You are extremely concerned for the well-being of your family in Bihar as conditions in your village are conducive to the spread of communicable diseases such as TB.

- **Lose 1 mental health**





The novel coronavirus has inevitably strained India's public health system. Historically, the National Rural Health mission has guided the steady improvement of rural public health infrastructure. However, difficulties in recruiting competent healthcare and administrative professionals have greatly limited progress. COVID-19 has perpetuated this issue as government funded cash incentives for workers at sub-centre hospitals and community leaders have stopped. The devastating downstream impact of financial redistribution amongst India's public health system has caused impromptu cancellations in healthcare services. Villages already susceptible to dangerous communicable diseases, such as TB, are now defenseless.





You receive word that various NGOs have mobilized food rationing program near your village in rural Bihar. Your family has benefitted from a meal kit that provides a week's worth of sustenance.

- **Gain 2 mental health**





Adverse weather conditions in India's rural villages are a driving factor for the increase in migrant work. Historically agricultural families have faced financial duress and are forced to find alternative ways to secure a steady income. Although many migrant workers are determined to return home, many of them return empty handed to a village already at the brink of survival.

Hundreds of NGOs have worked to alleviate issues of food security by providing free or reduced meals to villagers suffering from food shortages. However, the sustainable impact of these NGOs is severely limited by the 2014 Foreign Contributions Regulatory Act which requires NGOs receiving foreign private donations to complete a series of bureaucratic paperwork prior to any fiscal benefit.





You notice immigrant detention officers have approached some people ahead of you. Due to the Citizenship Amendment Act, all individuals without official documentation of their citizenship are subject to detainment and deportation.

- **If you have state identification, you are safe and may proceed normally.**
- **If you do not, move back one space and lose 1 mental health.**





The Citizenship Amendment Act (CAA) offers immigrants of some religions a path to citizenship while effectively denying Muslim immigrants. The enactment of the CAA has resulted in a system where people living in India must “prove or lose” their citizenship. Once they lose their citizenship, they are either sent to detention camps or deported.

This anti-Muslim act has stripped nonimmigrants without documentation of their citizenship as well. Over 60% of poor Indians were born in their home, meaning huge numbers of poor Indians (of any faith) do not have documentation to prove their citizenship.





Emergency relief in the form of a cash hand-out is available! If you have documentation and formal registration of work, you are eligible for \$6 per month in financial assistance. That's about the daily wage of a construction worker and almost enough for 2 cups of chai!

- **If you are a chemical dyes or construction worker AND have state documentation, gain 1 money**
- **If you do not, lose 1 money**





The emergency relief from governing bodies has been severely inadequate. Over 60% of migrant workers have no knowledge of any emergency assistance and an estimated 37% don't know how to access existing welfare schemes. Since the lockdown, the prime minister has created a charity fund so that private citizens can donate money to do the work of the central government.





You hear rumors that 16 migrant workers walking home from the state of Maharashtra have been run over by a train while they were sleeping. You're confused and horrified.

- **Lose 2 mental health**





On May 8th, at least 16 migrant workers traveling home to Madhya Pradesh were killed by a train carrying goods in Maharashtra's Aurangabad district. They fell asleep on the tracks which was supposedly safe since public transit had been locked down. The tragic loss of these migrant laborers caught the attention of the central government. Train accidents and deaths in India are common due to poor maintenance and human error.





The state government is trying to assist some migrant workers in getting home. You find a huddled mass of people lining up to ride a crowded bus. You're very tired but the bus looks extremely crowded.

- **If you board the bus, spin again. Double the number and move ahead that many spaces.**
- **Lose 2 social distancing and 2 sanitation.**
- **If you decide to walk, proceed normally.**





Some states have elected to offer buses to transport migrant workers to shelters or across borders. The buses for migrant workers are typically crammed with people, with some people piled onto the roofs of buses.





Some government workers are providing free food for migrant workers. The line to get food is very long but it's definitely worth the wait. You sit down and eat with your fellow travelers and take some time to relax and rub your feet.

- **Gain 2 food & water**
- **Gain 2 mental health**
- **Gain 2 physical health**





Because of the loss of wages, most migrant workers struggle to afford food. Daily food assistance was promised by governing bodies, but the distribution is irregular and starvation is a daily threat.





While you were resting, some young state employees bring a hose near your group and spray disinfectant on you and the other migrants. They say it's for your own good. Your skin is tingling from the liquid disinfectant. You're not a bus to be power-washed.

- **Lose 2 mental health**
- **Lose 2 physical health**





In the state of Uttar Pradesh, migrant workers were sprayed with liquid disinfectant used to power wash buses. State workers claimed the measure was to safely sanitize laborers in case they carried the virus on their clothes and belongings.

This dehumanizing gesture has been criticized since it does not actually treat the virus which acts inside the body and disinfectant is a toxicant that is unsafe for humans. This is just one example of how social perceptions of migrant workers as disease vectors rather than vulnerable victims has furthered violent acts against them.

