



BEFORE

During your work, there is an accident and your arm is lacerated. You must decide to treat your injuries by paying out-of-pocket for medical care or forego medical care and risk further infection or injury. You must take off work for the rest of the day because you are not able to perform well.

- Obtain medical care: lose 3 money, gain 1 physical health, gain 2 sanitation**
- Forego medical care: lose 1 money, lose 1 physical health, lose 1 sanitation**

Workplace accidents are common because there are few protections for migrant workers. The policies in place to protect workers from unsafe workplace conditions are not enforced. There is rarely access to health insurance so migrant workers must pay out of pocket for any health care. There is no payment for sick-leave from work, so migrant workers lose all potential wages when they cannot work.

**Your home becomes
compromised and you must find
a new place to live or reinforce
your shelter with new materials.**



- **Lose 2 money**
- **Lose 2 physical health**

Migrant workers live in a variety of locations and shelters. Sadly, many shelters for migrant workers are unstable and may not be sufficient in all weather events. Shelters may be made up of tarps, building material, and found items to build up a shelter. Those who have homes in more permanent building structures often face uncertainty in the access to the shelter. The uncertain shelter subjects migrant workers to outside elements or additional stressors that other social groups may not face. This increased exposure reduces sanitation and increases possibility for adverse health contact.

Shelter is also a financial burden to everyone that takes away from the budget for food, water, healthcare, and other expenses.

Your employer offers to register you as a migrant worker with the government. You are now recognized by the state as a migrant worker.

- **Gain state documentation**
- **Gain 1 mental health**
- **Gain 1 money**

The Inter-state Migrant Workers Act offers guidelines for what should be provided and paid to the migrant workers for their travelling and labor. Employers who are registered are required to pay for the travel allowances and wages, provide residential accommodation, medical facilities, protective clothing, and suitable work conditions. However, the policy does not protect any of the informal work performed by migrant workers and it does not specify what entails proper work or living conditions. The act suggests modes of reinforcement with inspections, but those inspections are rarely performed and the policy has not protected the workers. Migrant workers who are documented are better protected by the Workers Act as well as other policies, such as the Code on Wages which ensures minimum pay.

You come across an NGO that is helping to support migrant workers. Particularly, the NGO is working on securing financial assistance and state identification cards for individuals.

- **If you already have state identification: gain 2 money**
- **If you do not: gain state identification, gain 1 mental health**

The Aajeevika Bureau is an NGO that is based in southern Rajasthan that supports migrant workers. Obtaining an identification card is typically difficult for many migrant workers because it is difficult to establish a source state and obtain enough money to cover the registration fee. The bureau will help you establish your source address and register within your home state. By obtaining this identification card, you can access health insurance programs, such as the Rashtriya Swasthya Bima Yojana scheme, which provides minimal coverage for hospitalization costs.

An NGO is offering a healthcare clinic through which you can receive basic care, as well as free TB tests and medications.

- **Gain 2 physical health points**
- **Gain 2 mental health points**

A major public health concern in India is the prevalence of multidrug resistant tuberculosis. Tuberculosis is caused by *Mycobacterium tuberculosis* (Mtb) which is a slow growing mycobacteria. The bacteria contains a cell wall that makes it difficult to treat. India has a higher due to TB and accounts for approximately 27% of the multidrug resistant and Rifampin resistant cases of TB. Treating TB requires a long-term series of multiple drugs, including rifampin, isoniazid, pyrazinamide, and ethambutol. Because the drug treatment occurs over an extended period of time, medication nonadherence is high and can lead to resistance. By getting tested and medicated by an NGO, your chances for drug adherence are greater because you have greater access to drugs and resources for adherence.

You live with several other individuals in a cramped shelter and do not have access to clean drinking water. Someone you live with contracts cholera and you are worried that you will soon contract it as well.



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

India is vulnerable to cholera outbreaks because of areas of poor sanitation, overcrowding and unsafe drinking water. Cholera is caused by the bacterium *Vibrio cholera* and can result in severe dehydration, life-threatening dehydration. Migrant workers in India are particularly vulnerable to infection by cholera because they are often forced to live in areas where cholera would be more prevalent.

Your job has adopted insurance benefits that covers migrant workers in the informal sector. You now have access to health insurance and a reduced price for healthcare.

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

Certain states in India have acknowledged the uncertainty for many migrant workers, mainly in accessing healthcare. Some have notably adopted what they call the Aawaz health insurance scheme, providing some migrant workers in the informal sector with up to 25,000 rupees a year. While the scheme has many setbacks and is problematic in a number of ways, it is a huge step in the right direction towards acknowledging migrant workers as an essential presence in India's economy.

You have become addicted to alcohol due to stressful conditions at work and home and having minimal ways to cope. Being addicted to alcohol makes the journey home much more unbearable, as there is little access to alcohol along the way and you become physically drained from the withdrawals

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

Many migrant workers suffer through similar conditions at work. The little spare time they have away from work is often times spent looking for ways to cope with their stress, physical conditions, and hunger. The unfortunate reality is that many resort to alcohol consumption and eating tobacco to suppress hunger and relieve stress.

Your manager has just brought in a new order of work protection gear. Previously having just hard-soled shoes and basic clothes, you now have sturdier boots, a vest, a protective helmet, and a face shield.

- **Gain 1 physical health**
- **Gain 2 clothes & shoes**

A majority of the migrant workers in the informal sector receive very little to no protections, both physically from the harsh working conditions and legally from the government. An unfortunate number of accidents happen in these workplaces, often leading to amputations, infections or even death. It is very unspoken about because of the lack of knowledge and consideration for this group of crucial workers.

Good news! Your family has been in migrant labor for multiple generations. Your mother and father worked in domestic labor and construction respectively and you were born into an urban slum settlement. As a result, you were received almost a full set of immunizations during childhood and are comparatively healthy compared to your fellow migrant workers.

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

Research conducted on the potential association between migrant communities and childhood immunization rates in children revealed striking health disparities amongst migrant workers. Data revealed a significant association between various social determinants and childhood immunization rates. Migrant worker families that have been pursuing such work over multiple generations have comparatively better access to healthcare services and as such mothers and their infants hold a comparative advantage to recent migrant workers from rural villages. Children born to migrant families that have “settled” in urban areas for more than five years see higher rates of vital immunizations in their kids and have better baseline health.

Unfortunately your caste status has been the cause of severe persecution in regards to government aid and assistance. As a result, unlike some of your peers, you live in a slum close to your work. Your residence is crowded and alleyways are blocked by old metal sheets and waste.

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

Government programs, though advertised as broadly improving the livelihoods of migrant communities, have failed in providing assisted housing options.

Established special housing units are limited to those formally identified as BPL card holders which inadvertently restricts benefits to a select few migrant workers. As a result, you are forced to live in a slum. Slums are infamous for their sub-par living conditions due to limited social distancing and sanitation. Workers are also victim to much social persecution as those living in slums face disproportionate rates of police brutality and violence.

Gender identity plays a major role in how migrant workers are perceived and treated.

Use the pronouns assigned on your character card to proceed.

- **If you identify as a male: gain 3 mental health**
- **If you identify as female, gender fluid, or non-binary: lose 2 mental health**

Gender based inequities are prominent within migrant worker communities. High migrant states are prone to greater rates of sex trafficking. Many victims of India's underground sex trade identify as female, gender fluid or non-binary. A long and complex history of patriarchy has cemented universally dangerous attitudes towards gender minorities. Furthermore, very limited states, such as Jharkhand offer rehabilitation programs and financial support to victims of sex trafficking. As a result, non-male workers are in constant fear of injustice.

Smile! An NGO is offering free registration and photo identification cards in your area.

This ID card helps migrant workers avoid police harassment and access social security schemes.

If you do not have one already:

- **Gain government documentation**
- **Gain 1 mental health**

If you do have state ID, proceed regularly.

Most migrant workers do not have any form of government documents, such as a birth certificate, since an estimated 60% of poor Indians were born in their home.

Aajeevika Bureau is an NGO that aids migrant workers by creating thousands of government authorized photo ID cards every month.

You found a way to make a phone call to your family. You find time to release some stress by talking to loved ones. You learn that everyone is healthy but your family is running out of grain and don't have money to buy more. Sending money would give you more peace of mind.

- If you choose to send money: lose 1 money, gain 2 mental health**
- If you do not send money: lose 1 mental health**

Many migrant workers choose to work in city centers so they can earn higher wages and send some money home. While putting aside some money for one's family in their hometown was a more likely possibility before the pandemic, the sudden loss of wages has resulted in income losses for whole families as migrant workers struggle to survive.

Workers in your industry fall ill frequently. Workplace exposures such as fine dust particles and chemical exposure is a major contributor to illness. You've heard that drinking alcohol daily can work as preventative treatment from illness. It seemed to be working in the beginning but now it's just making you feel worse.

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

Frequent alcohol consumption has been linked to various negative health effects, including fatigue, dehydration, addiction, and a lowered immune system. Some migrant workers have elected to drink alcohol as a preventative measure against infection because falling ill often means a loss of wages.