

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

February 2011

THOUGHT FOR THE MONTH:

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A. CEO's MESSAGE

Frederick Shaw

February came and went like a flash. We made some gains and we had a loss or two. I continue to be impressed by the increase in medical and nutritional knowledge of our Health Promoters and their seemingly tireless energy when advising, and demonstrating, and encouraging and prodding the residents in efforts to get them to improve their families' health. Not only is their work impressive; their visible results are as well and that is highly rewarding.

One of our losses came in the form of the death of the father of Maya, one of our Health Promoters. He was true friend of DIR and generously loaned us two rooms in his building, where we held our meetings for almost a year until we begged enough money to rent our own building. Another unwelcome event this month was the departure of my Assistant Director, Dr. Gurpreet. Unfortunately DIR cannot yet compete with salaries offered by other organizations, but on the bright side we have the reputation for hard work and producing results so that we are a fine stepping stone in our employees' careers, although that is not exactly the way we planned it!

Thanks to the efforts of friends, most notably Professor Garry Fehr, in The University of Frazer Valley (British Columbia), we are making progress on the production of a "How-To Manual." This will be a booklet which will describe our CASE (Child Activists for Social Empowerment) program and how it works. Hopefully our manual will be useful to other organizations who may wish to duplicate our efforts.

The CASE program is for children between the ages of 9 and 15 years in which they enjoy fun and games and gain practical health knowledge. Last year, some 150 CASE participants participated in a competition to improve the health status of 181 children under the age of five who were severely malnourished. To the best of our knowledge, this is the first time older slum children were engaged in a program to improve the health of younger children. The success of the competition encourages us to continue the program and explore what other positive gains it may produce.

We still do not know exactly how the older children got the parents of the malnourished children to improve the diets and health conditions of their offspring, and we continue to research this. Clearly the skits that the older children wrote and performed in “street theatre” attracted a lot of attention and large crowds; these all imparted health information to the local people, and at this time, emphasis was on improving nutrition. Just as clearly the motivation of the competitors to be one of the top ten achievers who each would receive a shiny new bicycle, played a major role. We rather imagine that the results were principally achieved by competitors, driven by wild ambition to win a bicycle, hounding parents night and day to do whatever was necessary to improve their children’s health. The mental image of this **hounding** is more than a little amusing to me, but if that is what it takes, then that is what we want.

B. NUTRITION

(Ms. Natasha Bhardwaj – DIR-I Nutritionists)

This month in the Nutrition classes we conducted a thorough review of all we had learned to-date. We laid emphases on the benefits of a balanced diet, how it should be constituted, the nature of the different food groups, the importance of breast feeding and the appropriate introduction of weaning foods into a baby’s diet.

Most of the Health Promoters got high marks in this month’s nutrition quiz.

Demonstrations on the preparation of carrot kheer (a steamed rice dish) were given throughout the bustee. This dish was chosen with the seasonal availability of carrots, peanuts and jaggery in mind, and their associated high nutritional value. Carrot kheer provides a rich source of vitamin A, peanuts are high in protein and calcium, and jaggery provides iron. This is nutritious recipe is made with very cheap and easily available ingredients.



Cooking Demonstration in DIR bustee office in progress.

C. MOTHERS’ HEALTH

(Ms. Meena Kumari– Senior Health Promoter)

Pregnancies

On the 1st of February, there were 106 pregnant women in Janta colony and Adarsh Nagar. Of these, eighteen women delivered their babies during the month and there was one miscarriage. Eight women shifted

their residences permanently from the colony. Twenty-seven new pregnancies were reported during the month. All the Eighteen women who delivered had three or more Antenatal check-ups.

Deliveries

Out of Eighteen women who delivered this month, eight delivered in the Government Hospital, Sector-16, four in PGI, one in Sector 22, one delivered in Government Hospital, Sector 32 and four delivered at home. Of the newborns, seven are baby boys and four are baby girls. Out of total eighteen deliveries, fourteen were assisted by qualified professionals. Fourteen of the ladies had their postnatal examinations within two days of delivery.

D. IMMUNIZATION PROGRAMME

(Mrs. Veena Rani – Senior Health Promoter)

In the month of February, DIR-I participated four times in the government-run immunization programme, on 2nd, 9th, 16th and 23rd of the month. A total of 200 shots were administered to the children, details of which are as follows:

(a) Measles – 22 (b) Measles Booster - 33 (c) BCG - 4 (d) DT - 10 (e) DPT Booster - 29

SHOTS	1 st Dose	2 nd Dose	3 rd Dose
Hepatitis B	8	6	9
DPT	19	20	23
TT	10	8	-

In addition to these, 55 children were given a supplemental dose of Vitamin A.



E. D.O.T.S.

(Mr. Sunny Bighania – Senior Health Promoter)

On the 1st of February, Ten Tuberculosis patients were being served medicines at our bustee office through the government DOTS program run by DIR. Our bustee office is an authorised DOTS centre, and patients from the vicinity get their supply of medicine from our office on a regular basis. Out of these ten patients three are new.

Following is the distribution of these patients in different categories with a brief description of what each means:

- Category I – All those new patients whose pulmonary smear is positive for Tuberculosis Bacilli or those whose pulmonary smear is negative but are seriously ill or those who have extra pulmonary Tuberculosis but are seriously ill are included in Category I. This month, we have 8 patients in this category.
- Category II – Those old Tuberculosis patients who had either defaulted from the treatment at an earlier stage and have re-started the treatment or those who have again contracted the disease after being cured once those who had not been cured even after completing a full prescribed course are included in Category II. This month we have only 2 patients in this category.



A Tuberculosis patient, taking medicine at DIR DOTS centre.

F. INCOME GENERATION

Ms. Sukhwinder Kaur, Administrative Assistant

a. Paper Bags

In the month of February, a total of Rs 1863 was realized from the sale of paper bags, made of old news papers by bustee women. Rs. 1626 of this money was passed on to the women who made the bags and DIR-I earned Rs. 237 out of the sale, which will partially pay for the expenses DIR had to bear for the sale of these bags. Details of the sale and purchase of the bags is as follows:

S. No.	Paper Bag Size (bundles of 60 bags)	Quantity	Cost Rate (in Rupees)	Cost Price (in Rupees)	Sale Rate (in Rupees)	Sale Price (in Rupees)
1	No. 1 Mini size	6	Rs.3	18	Rs 4	24
2	No. 2 Small size	150	Rs. 5	750	Rs. 6	900
3	No. 3 Big Size	70	Rs. 10	700	Rs. 11	770
4	No. 4 Small size	10	Rs. 11	110	Rs 12	120
5	No. 5 Big Size	2	Rs. 24	48	Rs 12	24
6	Plastic Bags	5 Doz		1626	Rs 5	25
	Total			1622		1863

b. Skills Training

Learning stitching can help bustee women earn some money for the family. Eleven women attending the stitching classes held at the DIR bustee office. The women who were learning stitching skills in stitching classes are making good progress. While they are learning, DIR also provides them with work. Once they satisfactorily complete the assigned task given to them, they are paid for it. This way these women can also earn money while learning.

During the month of February, bustee women made a total of 44 wine bags and 6 champagne bags and were paid when the bags were checked and approved by the coordinator.



Our Stitching Instructor giving tips in one of her classes.

G. EDUCATION

(Ms. Sunita Sharma – Head Teacher)

The present session of our school will finish in March, so the focus in the school was to review everything, which children were taught throughout the year and also to prepare them for their annual examinations, which are necessary to be passed to get promoted to next level in the school. Examinations will start from 14th March and finish by 22nd March 2011. The result will be declared on 30th March 2011.

Birthdays of 3 children was also celebrated on the same day. Sweets were distributed amongst kids on the occasion.



DIR School students during prayers at morning assembly.

G. PERSONNEL ACTIVITY

(Ms.Natasha Bhardwaj - Nutritionist)

Visitors:

1. Ms. Meghna Katoch, visited bustee as she was having an interaction with bustee ladies regarding women empowerment. She had done her Master's project on women empowerment in slums.
2. Mr. Justine visited bustee.
3. Mr Hem Chand from G4S Security Services came to bustee office and invited Dr. Frederick Shaw and 25 children from bustee for "Happy Day" celebrations on 3rd March 2011 at Harsimrat resort, Landran. The transportation for the children will be arranged by G4S Security

Changes:

1. Dr. Frederick reached Chandigarh on 2nd February.
2. Dr Gurpreet Singh, Asstt. Administrator, resigned from DIR with effect from 18th February 2011. We all will miss him. He was sincere and hard working personnel and we wish him good luck for future.
3. Ms. Seema Kohli, a Health Promoter resigned with effect from 28th February 2011, due to her poor health. We wish her good health and happiness.

Absences:

Name	Paid Leave		Unpaid Leave	
	# Days	Dates	# Days	Dates
Dr. Gurpreet Singh (Assistant Director)	9	1 st , 2nd, 3rd, 7th, 8th, 9 th , 11 th and 17 th Full day and half day on 4 th and 16 th of February 2011.		
Ms. Natasha Bhardwaj (Nutritionist)	2	Full day on 1 st and 2 nd of February 2011.		

Mr. Sunny	2	10 th of February full day and a half day off on 8 th and 21 st of the month.		
Ms.Rani	2.5	23 rd half day,24 and 25 full day of February 2011.		
Ms.Shanti	1	16 th of the month		
Mrs. Veena (Senior HP)	1	Half day off on 24 th and 28 th of the month.		
Ms. Meena (Senior HP)	3.5	Full day of on 14 th , 15 th and 17 th of the month and half day off on 25 th of February 2011.		
Mrs. Banita (HP)	1	Full day off on 21 st February.		
Ms. Sangeeta (HP)	2	3 rd and 4 th of the month.		
Mr. Sanjeev (HP)	3	9 th ,10 th and 11 th of the month	3	9 th ,10 th ,11 th
Mrs. Seema Kohli (HP)	4	21 st , 24 th , 25 th and 28 th full day of the month.		
Mrs. Sunil Vidla (HP)	0.5	23 rd February.		
Mrs. Sushma (HP)	1	Half day leaves on 24 th and 28 th February		
Mrs. Sunita Sharma (Head Teacher)	1	10 th February.		
Mrs Hema Verma	4	Full day on 21 st ,22 nd ,23 rd and24 th	3	22 nd ,23 rd ,24 th
Mrs Manjeet	1	Full day on 2 nd February	1	2 nd
Mrs Krishna	2	Full day on 25 th and 28 th February 2011		
Ms. Sukhwinder	2	Full day on 21 st and 25 th .		