

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

March 2011

**THOUGHT FOR THE MONTH:** Patriotism to Mark Twain was “the last refuge of a scoundrel.” To GB Shaw it was “a pernicious, psychopathic form of idiocy.” To WF Shaw it is “a virtue gone sadly awry.”

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### **A. CEO's MESSAGE**

Frederick Shaw

This March in Chandigarh we had weather like no other March. Some days were very hot, some very cold. Some nights were calm and serene and others had dramatic thunder and lightening displays. In all, to-morrow remained always unpredictable. Some sages wagged their heads and blamed Global Warming. Perhaps they had something, but it seemed more like global chaos.

Our Health programs and projects continued apace, and children appear to be making good progress in our pre-school. The 23 students who we helped get into good private schools in Chandigarh (last year), will be joined by another 20 or so at the beginning of the school year (early April). While we are delighted, it adds to problems since we will need an additional two vans to carry the pupils to school daily. As was mentioned before, our slums are – of course - not located in close proximity to elite schools, and this creates a transportation problem which is usually solved by parents contracting with a rickshaw driver on a monthly basis. With the price of petrol increasing, rickshaw fares have become impossibly high for most of our parents.

To prevent “drop-outs” we have obtained two vans, one from Indian Oil and one from the State Bank of India, and we charge the parents about half the normal fare. This new graduating class probably means that we are going to need more vehicles. Without the funds to make the purchase, we need to find donors in a hurry. One economy vehicle will cost about Rs. 820,000 (or \$18,000) and we might need two. Next month we shall know for sure.

Our recent discovery that several young children have not been developing normally because of newly-discovered gluten-intolerance, has brought it to our attention that the price of most gluten-free products here are priced beyond the financial reach of many local people. Many such food materials are imported from Australia. Thus, we are now looking into a new pilot project, concerning the production of gluten-free foods. We might collaborate with Government's Home Science College to discover all related data. How big is the demand?

What ingredients/ products could we cook, bake, manufacture? Should we think of establishing a production plant, or of just training the local people to make and sell products? What are the relevant food production and marketing regulations? Our exploratory discussions with faculty at the Home Science College received an enthusiastic response, as they see a major demand for gluten-free products, and opportunities for the involvement of their graduate students in research and experience. Our talks with the major retail grocers indicate they would be glad to retail our products. Given the growing demand and the positive responses, it is difficult not to be optimistic that we may have before us a literally golden opportunity.

## **B. NUTRITION**

(Ms. Natasha Bhardwaj – DIR-I Nutritionists)

In regular nutrition classes for Health Promoters, this month introduced topics of increasing major importance. These were carbohydrates, proteins, functions of vitamin A, D and C, Anemia and Protein energy malnutrition. The problems associated with all these are becoming common and causing health problems.



*Cooking Demonstration in DIR bustee office in progress.*

Demonstration of a low cost snack i.e. lauki ka halwa (Sweet dish made from bottle gourd) was given throughout bustee, keeping in mind its nutritional value. Its ingredients including bottle gourd, peanuts, jaggery and milk which are rich sources of calorie, protein, iron and calcium make this recipe especially nutritious.

## **C. MOTHERS' HEALTH**

(Ms. Meena Kumari– Senior Health Promoter)

### Pregnancies

On the 1<sup>st</sup> of March, there were 106 pregnant women in Janta colony and Adarsh Nagar. Of these, Sixteen women delivered their babies during the month but four others shifted their residence permanently from the colony. Twenty nine new pregnancies were reported during the month. This makes the total number of pregnant women in the program to 115 by the end of this month. All the sixteen women who delivered had had three or more Antenatal check-ups.

### **Deliveries**

Out of Sixteen women who delivered this month, thirteen delivered in the Government Hospital, Sector-16, two in PGI and one in E.S.I.C hospital, Chandigarh. Of the newborns, twelve are baby boys and four are baby girls. All sixteen deliveries were assisted by qualified professionals. Sixteen 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 March, DIR-I participated four times in the government-run immunization programme, on 3<sup>rd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 24<sup>th</sup> of the month. A total of 234 shots were administered to the children, details of which are as follows:

(a) Measles – 12      (b) Measles Booster - 17      (c) BCG - 3      (d) DT - 19      (e) DPT Booster - 19

| SHOTS       | 1 <sup>st</sup> Dose | 2 <sup>nd</sup> Dose | 3 <sup>rd</sup> Dose |
|-------------|----------------------|----------------------|----------------------|
| Hepatitis B | 29                   | 26                   | 19                   |
| DPT         | 23                   | 29                   | 20                   |
| TT          | 11                   | 6                    | -                    |

In addition to these, 10 year old child got TT shot and 48 children were given a supplemental dose of Vitamin A.



*Immunization Day at DIR's bustee office.*

### **E. D.O.T.S.**

(Mr. Sunny Bighania – Senior Health Promoter)

On the 1<sup>st</sup> of March, Eleven 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 eleven patients one is 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 3 patients in this category.

### **F. INCOME GENERATION**

**Ms. Sukhwinder Kaur, Administrative Assistant**

#### **a. Paper Bags**

In the month of March, a total of Rs 1144 was realized from the sale of paper bags, made of old news papers by bustee women. Rs. 987 of this money was passed on to the women who made the bags and DIR-I

earned Rs. 157 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. 2 Small size                    | 117      | Rs. 5                 | 585                    | Rs. 6                 | 702                    |
| 2      | No. 3 Big Size                      | 38       | Rs. 10                | 380                    | Rs. 11                | 418                    |
| 3      | No. 4 Large big                     | 2        | Rs. 11                | 22                     | Rs 12                 | 24                     |
|        | Total                               | 157      |                       | 987                    |                       | 1144                   |

### b. Skills Training

Under the program of skill training total number of 10 women are learning stitching in DIR bustee office. Aside from stitching classes, DIR also give paid assignment stitching wine bags and champagne bag to bustee women. In the month of March 2011, total 218 bags including 35 champagne bags and 183 wine bags were stitched by bustee ladies who were paid as soon as the bags passed our “quality control”. Our sewers also stitched 22 string purses.



*Our Stitching Instructor giving tips in one of her classes.*

## **G. EDUCATION**

(Ms. Sunita Sharma – Head Teacher)

The present session of our school ended in March. On 18<sup>th</sup> march, children celebrated the festival we call Holi in school. Final academic examinations were conducted for all the classes, namely, Prenursery,

Nursery and Kindergarten in our 'School With A Difference'. Results of these examinations were published on 30<sup>th</sup> March. On 23<sup>rd</sup> March we held a new event. This was "Fruit Party" to which each child and teacher brought fruit and we cut everything into small slices and served these at the party in which we celebrated the birthdays of all the pupils born in March. Sweets were distributed amongst kids on the occasion

School is closed for the Spring Break from 24<sup>th</sup> March and will reopen on 4<sup>th</sup> April, with a new session. All eligible children in DIR's 'School With A Difference' have been successfully admitted in well reputed schools in Chandigarh. 20 were eligible to be sent in Chandigarh schools for higher education, as either they are studying in Kindergarten in our school or have been in our school for more than 2 years. Eight students got admission in Aurbindo Public School in Sector- 27, Chandigarh, Eight in Shikhya school, Sector 46, Chandigarh and rest 4 got admission in St. Stephen's school, sector 45, Chandigarh.



*DIR School students celebrating holi in school.*

## **F. PERSONNEL ACTIVITY**

(Ms.Natasha Bhardwaj - Nutritionist)

### **Visitors:**

1. Mrs Manjeet and Mrs Nakai visited bustee and gave some useful donations to DIR school in the form of books, pencils, crayons, three big containers of biscuits ("Cookies" to Americans).
2. Mrs Sudesh , Principal of St. Soldier school visited our bustee school.
3. Ms. Doris Hoby and Ms. Suzzie Grunenfelder, visitors from Switzerland, visited our school, went on home visits with Health Promoters, and kindly bought 72 of our wine bags to take back to Switzerland.

**Changes:** Ms. Kanika Sethi joined the DIR team as a Physician on 1<sup>st</sup> March. We welcome her and look forward to her valuable contribution of spreading medical knowledge.

1. Ms. Pooja, a Health Promoter again joined DIR after her marriage on 1<sup>st</sup> March 2011.

### **Absences:**

| Name                                   | Paid Leave |   | Unpaid Leave |                         |
|--|------------|---|--------------|-------------------------|
|  | # Days     | Dates   | # Days       | Dates                   |
| Ms.Sarita                              | 1          | Half day of on 7th ,21st of march.  |              |                         |
| Ms. Natasha Bhardwaj<br>(Nutritionist) | 1          | Full day on 21 <sup>st</sup> of march 2011.   |              |                         |
| Mr. Sunny                              | 3          | Full days on 1 <sup>st</sup> and 23 <sup>rd</sup> and half day on 9 <sup>th</sup> and 21 <sup>st</sup> of march   |              |                         |
| Ms.Rani                                | 0.5        | Half day 31 <sup>st</sup> of march 2011.  |              |                         |
| Mrs. Veena (Senior HP)                 | 4.5        | Half day off on 9 <sup>th</sup> ,17 <sup>th</sup> ,18 <sup>th</sup> ,21 <sup>st</sup> ,31 <sup>st</sup> and Full day off no 4 <sup>th</sup> and 8th of the month.       |              |                         |
| Ms. Meena (Senior HP)                  | 2.5        | Full day off on 15 <sup>th</sup> ,25 <sup>th</sup> half day on 16 <sup>th</sup> .   |              |                         |
| Mrs. Banita (HP)                       | 1          | Full day off on 25 <sup>th</sup> of the month.  |              |                         |
| Mrs.Maya (HP)                          | 2          | Half day off on 15 <sup>th</sup> ,17 <sup>th</sup> and full day off on 21 <sup>st</sup> of march  | 1            | 21 <sup>st</sup> unpaid |
| Ms. Sangeeta (HP)                      | 1.5        | Half day off on 3 <sup>rd</sup> and full day off on 21 <sup>st</sup> of the month.  |              |                         |
| Mr. Sanjeev (HP)                       | 1.5        | Half day of on 25 <sup>th</sup> and full day off on 28 <sup>th</sup> of the month   |              |                         |
| Mrs. Sunil Vidla (HP)                  | 0.5        | Half day off on 31 <sup>st</sup> of the month.  |              |                         |
| Mrs. Sushma (HP)                       | 4.5        | Half day leaves on 24 <sup>th</sup> and 23 <sup>rd</sup> ,10 <sup>th</sup> and full day off on 4 <sup>th</sup> ,8 <sup>th</sup> ,9 <sup>th</sup> of the month of march. |              |                         |
| Mrs. Sunita Sharma (Head Teacher)      | 1          | Full day off on 1 <sup>st</sup> march of the month.   |              |                         |
| Mrs Krishna                            | 1          | Full day on 1 <sup>st</sup> of march 2011   |              |                         |
| Mrs.Lata(HP)                           | 1          | Full day off on 17 <sup>th</sup> of march   |              |                         |
| Ms. Sukhwinder                         | 2          | Full day on 1 <sup>st</sup> and 11 <sup>th</sup> of the month.  |              |                         |