

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

August 2012

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CEO's MESSAGE



Roof Photo

NUTRITION

(Mrs. Natasha Sharma and Mrs. Renuka pal - DIR-I Nutritionists)

BABY NEED MOM
MADE NOT MAN MADE



World Breastfeeding Week is celebrated every year from 1 to 7 August in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. It commemorates the Innocent Declaration made by WHO and UNICEF policy-makers in August 1990 to protect , promote and support breastfeeding.

Breastfeeding is the best way to provide newborns with the nutrients they need. WHO recommends exclusive breastfeeding until a baby is six months old and continued breastfeeding with the addition of nutritious complementary foods for up to two years or beyond. But in the modern era, women are becoming too figure conscious and feel that breast feeding will spoil their physique. This is wrong notion as the more one breast feeds a feed a baby, the one tends to lose weight, which helps to get back in shape. Women who breast feed are also at a far lesser risk of developing breast cancer than who don't. Breast feeding has enormous benefits; from its anti-infective properties to its digestibility; from its availability to its economic advantage; the list is endless. A child deserves the priceless gift of breast feeding.

In our regular training to Health Promoters, topics of diet in old age, diet in burn, nutritional benefits of onion, garlic, spinach, porridge etc were taught. Apart from that obesity, calcium, vitamin C and D were reviewed. To test the nutrition knowledge of HPs, nutrition test was conducted in which most of them scored well.

As kids are very fond of junk food and most of time mothers complaining us. So to keep this in view this time we plan nutritional demonstration of Corn Chillas was given to our Health Promoters. This snack is made of seasonally and locally available, cheap ingredients, which basti people can afford easily. Corns, gram flour, onion, coriander are easily available and are good sources of calories, protein, vitamin A and iron and hence good for the overall development of child.

MOTHERS' HEALTH

(Ms. Meena Kumari - Senior Health Promoter)

Pregnancies

On the 1st of August, there were 100 pregnant women in Janta colony and Adarsh Nagar. Of these, 28 women delivered their babies during this month. Ten others shifted their residence permanently from the colony. Thirty new pregnancies were reported this month. All the 28 women who delivered during the month had had three or more Antenatal check-ups.

Deliveries

Out of 28 women who delivered this month, Nineteen delivered in the Government Hospital, Sector-16, Three delivered in the PGI, one delivered in the civil Hospital, Sector 22 and Five delivered at home. Twenty three deliveries were assisted by qualified professionals and five assisted by local midwife. Of the newborns, 8 are boys and 20 are girls. One female baby who delivered at home died after 3 days of delivery. All the women who delivered had their postnatal examinations within 2 days of delivery.

IMMUNIZATION PROGRAMME

(Ms. Veena Rani – Senior Health Promoter)

As usual, government immunizers come to the DIR Centre to give shots on every Wednesday of the month. Our Health Promoters maintain records of all the immunizations of all children under the age of five years and ensure that every child gets his/her shots on schedule.

In the four immunization days at the DIR office during the month of August, a total of 129 shots were given to the children. Details are as follows:

(a) Measles – 15 (b) Measles Booster -13(c) BCG -5 (d) DT -9 (e) DPT Booster - 21

SHOTS	1 st Dose	2 nd Dose	3 rd Dose
Hepatitis B	10	10	9
DPT	9	7	9
TT	4	8	-

In addition to these, 36 children were given a supplement dose of Vitamin A.

D.O.T.S.

(Mr. Sunny Bighania – Senior Health Promoter)

On the 1st of August, 23 Tuberculosis patients were served medicines at our basti office through the government DOTS program run by DIR. Our basti office is an authorised DOTS centre, and patients from the vicinity get their supply of medicine from our office on a regular basis. During this month, Five patients completed their treatment and are declared free from this disease and one patient falls in defaulter category. Six new patients have been diagnosed having Tuberculosis this month, and have started medication from our centre.

We have Eighteen Category I Patients, and Five Category II Patients.

Following is a brief description of what each Category is:

- 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 18 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 or those who had not been cured even after completing a full prescribed course. This month we have 5 patients in this category

INCOME GENERATION

(Ms. Meena Kumari - Senior Health Promoter)

The women learning stitching skills in stitching classes run in the DIR bustee office are making good progress. While they are learning, DIR also provides them with work, in the form of stitching of different types of bags such as wine bags, craft bags, I Pad bags, and Water bags. During the month of August, they made 189 wine bags, 22 craft bags, 4 I-Pad bags and 21 Purses which they do under the guidance of their teacher. Once they satisfactorily complete the assigned task given to them, they are paid for it. On the other hand in paper bag project 438 double ply paper bags with rope handles are made and out of which 213 bags are sold. This way these women can also earn money while learning.

EDUCATION

(Mrs. Sunita Sharma- Teacher)

In August PTM held on 3rd August. Independence Day and Birthday party of 7 kids celebrated on 14th August with lots of fun. Total number of children is 98. Out of 98 only 93 are coming, rest 5 are not coming. Dance classes for school kids started from 27th August.

PERSONEL ACTIVITY

Visitors

1. Mrs Nakai, Mrs Manjeet, Col. Parminder along with two guests visited busti office.
2. Ms. Priyanka, Mr Amandeep Sidhu and Mr Sunil Kumar students from Deptt. Of community education and disability studies, P.U, Chandigarh.
3. Mr. Varun Roonjan , D.C. Mohali.

Absentees:

Name	Paid Leave		Unpaid Leave	
	# Days	Dates	# Days	Dates
Mrs Renuka (Nutritionist)			6	13,14,16,17,20,29 full day in August.
Mrs. Reena Paul (Teacher)			12	16,17,20,21,22,23,24, 27,28,29, 30, 31 full day.
Mrs. Meenakshi(Teacher)	0.5	13 th August Half day.		
Mrs. Sunita(Teacher)	1.5	7 Half day and 8 Full day.		
Mrs. Banita (HP)	1	20 th Full day		
Mrs. Sunita Mukhiya (HP)	2.5	8 and 9 Full day and 30 th of August half day.		
Mrs. Sunita Kashyap (HP)			8	7(2hrs),13,17,20,21,22,23,24 and 27 th August full day.
Mr Sunny (Field coordinator)	4.5	9 th August Half day and 1,16,17,21 full day	2	27and 28 th full day
Mr. Sunil (HP)	4	7,8,9 and 13 of the month		
Mr. Nikhil kishore			2.5	6 and 28 full day and 29 th Half day.
Mrs. Lata (HP)	0.5	27 th August Half day.		
Ms. Sangeeta (HP)	3	6,7 and 27 th full day in August.	1	28 th August full day.