

## DEVELOPING INDIGENOUS RESOURCES - INDIA

### Summary of Activities

December 2014

#### THOUGHT FOR THE MONTH:

*Life isn't about getting and having, it's about giving and being. Kevin Kruse*

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#### Chief Operations Officer's Message

Harsharan Kaur

My December admission into DIR was followed by a crash course in operations and a quick hand over in 10 days. This has helped me look at operations from a new perspective but personally been an uphill task of management. I have joined the organization at a crucial stage of smooth functioning of the field staff and ideas of expansion, with just the dash of irregularity of senior staff to make things interesting. Given my previous work experience I feel confident in my ability to contribute positively to DIR and help in its expansion. I am glad to be part of this amazing team and work on both health and education issues in my home town of Chandigarh.



Janta Colony and Adarsh Nagar have for the last 9 years received the services of the dedicated staff. The winter months are always harsh on the poorest with few clothes or resources to keep warm. Food is rationed and many times the mother and child get left with only a meal a day. As the table shows the number of underweight children is quite a serious issue. The NIPP project is the focus until we have only 2% of children in the Red category. We have gone through the deworming stage and are now using supplements to help these children gain weight. With focused energy we hope to cut the number to less than half by March. The food program started by Dr. Maya Shaw for SWAD will not only help those children gain weight but also give us realistic data on the effect of a simple diet change increase. These activities coupled with intensive counselling for parents should hopefully provide results.

Category	# of children
Red	275
Yellow	438
Green	745

## 2. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

Intern Halisia Hubbard, with Health Promoter Sunil, and CEO Frederick Shaw

This program has a very targeted approach whereby, each Health Promoter select the three most malnourished children in his/her area to receive special attention. The criterion for this was 3 or more months continuously in the Red category of the growth chart. We have a total of 39 children in NIPP from the grand total of 275 children who are in the Red. A majority of these families fall under the poverty line and hence cannot provide more nutritious foods to their children. Because improving nutritional status depends upon behavioral change more than any other factor, we are working on counseling against junk foods. Unhealthy snacks such as potato chips, biscuits, candies etc. are a favorite with

children and discourage parents from giving that to the children more than once a week.

In this program we have tackled one of the most difficult problems there is where the improvement of young children's health is concerned. We set about getting every Priority child dewormed during September and December. We have also distributed Iron Syrup to these children with the aid of the government dispensary. We expect that this has contributed somewhat to the gains illustrated in the table which follows.

	Sept	Oct	Nov	Dec
<b>% of Priority children who made a weight GAIN</b>	36	47	39	31
<b>% of Priority children whose weight status remained UNCHANGED</b>	50	40	46	62
<b>% of Priority children who had a weight LOSS</b>	15	7	10	5
<b>% of Priority children who WERE ABSENT from area</b>	0	5	5	2.5

Age group	% of NIPP children
0-12 months	3
13-24 months	18
25-36 months	26
37-48 months	38
49-60 months	15

## 3. MOTHERS' HEALTH

Ms. Sangeeta -Health Promoter

The last month of the year reported 19 births; 11 girls and 8 boys ☺ Feeling great to see the increasing ratio of girls. Hope it will continue in coming year.

We are very happy to report there no deaths, still borne or miscarriages. All deliveries occurred in hospitals and fortunately all were normal deliveries. All mothers and babies are healthy and happy. All 19 mothers who gave birth had two or more appropriate Ante Natal Checkups before delivery and Post Partum examinations within two days of delivery.

Last Month	Delivery	Left	New	This month
97	-19	-7	+33	93

## THE SCHOOL WITH A DIFFERENCE

Meenakshi Chauhan – Teacher



The Year ended with a big party for the little ones at the school. Kiddy Santa Clause, Cake, Cookies and celebrations all around for the Holiday season. The students performed rhymes with actions for the visitors and parents. A local riders club called the Night Riders donated stationary items to the children and a cake was also generously donated by Monica's bakery in sector 8. DIR school's graduates that have been placed in St. Stephen's and SD Public and the like also regaled the crowd with Christmas carols they learnt in school. The parents and students left happily after enjoying cake and cookies and a bit of song and dance.

## 6. INCOME GENERATING ACTIVITY

### Switching and Products (Banita – Health Promoter)

Several of the women who have taken the tailoring class, now make products at home using fabric we provide, and are getting paid, per item, when their products pass our quality-control inspection. They make cloth purses, re-usable gift wrapping for a bottle of wine, cloth cases for i-Pads, salwars, etc. For the most part we send the products overseas where they are marketed in US, France, and Switzerland. A new product we are trying this time, thanks to Maya Shaw's help, are heavy scarfs. These seem to be the rage in the U.S. and we have sent a sample installment of 10 scarfs to be sold and check the markets for such items. We are looking to shift our products to the more trendy items as per the youth in America. We will run this as a trial and see is these are viable profit making fund raiser.



### Beautician Training Center (Sunil Vidla – Health Promoter)

This month saw the end of the first 6 month beautician training course started with the help of Ms. KhushbuThapa. She completed her training in 2007 from 512 Army Base Workshop, Family Welfare Centre. She has over the past few months groomed 33 girls in the techniques of waxing, bleach, facial, manicure, pedicure, etc. They even learnt how to do Bridal Makeup and practiced on each other. These girls will be given an examination to ensure their capability to perform these tasks after which they will be given a certificate. These girls will then be helped by DIR staff to secure a job in a local beauty parlor.

## 7. IMMUNIZATION PROGRAMME

Ms. Sarita –Health Promoter

*In the month of October, DIR-I collaborated with the government-run immunization programme on every Wednesday morning (in the DIR Centre) to provide free immunizations. A total of 89 shots were administered to children, details of which are as follows:*

<b>SHOTS</b>	<b>1<sup>st</sup> Dose</b>	<b>2<sup>nd</sup> Dose</b>	<b>3<sup>rd</sup> Dose</b>	<b>Total</b>
<b>Hepatitis B</b>	15	19	13	47
<b>DPT</b>	15	19	13	47
<b>DPT-B</b>			-	14
<b>TT</b>	4	13	-	17
<b>TT 10 yrs</b>			-	1
<b>Measles</b>	8	14	-	22
<b>BCG</b>			-	1
<b>Total</b>			-	<b>149</b>

## 8.D.O.T.S.

Mrs. Meenakshi- Health Promoter

*At the end of the month of November we had 13 patients of Tuberculosis and this month we have 4 new patients, so total becomes 17 this month. No treatment was completed because there are some patients who are undergoing a 6 months course for TB and they have not completed their course yet. Our current focus is to counsel the patients diagnosed with TB so as to curb the spread. There are 8 patients of pulmonary and 9 cases of extra pulmonary TB.*

*Following is the distribution of these patients in different categories and 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, plus patients with extra-pulmonary Tuberculosis are included in Category I. This month, we have **thirteen** patients in this category.*

*Category II – These are 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, plus those who had not been cured even after completing a full prescribed course. They are included in Category II. This month we have **four** patients in this category.*

## 9. Personnel Action, Visitors, Events

Mr. Arun Gupta

### Promotion:

- Meenakshi our HP was promoted to senior health promoter. She has been with DIR since 2008 and has performed well. Her current responsibilities include her usual HP duties, DOTS center management, Observations of other HPs, weekly meeting with her group of HPs including compiling those units monthly report, helping on Immunization Wednesday and school nutrition program. Meenakshi has been a responsible and valued member of the HP team who always accepts new ideas with enthusiasm.

### Addition:

- We welcome into our folds Ms. Harsharan Kaur, who has joined DIR as the Chief Operating Officer. Ms. Harsharan has done her Master of Public Policy from the University of Edinburgh, Scotland. She has worked with CARE Nepal on Maternal Health. Previously she worked as a Cluster Coordinator with Bharti



Foundation in villages surrounding Ludhiana; here her role included administration of 10 primary schools as well as teacher training and management. With this background she is a good fit for our organization and is energetic to take it forward.

- Mr. Ramesh joined DIR as the Assistant Administrative Officer. He will look after the maintenance of the building, the nutrition program, and other administrative responsibilities.

#### Visitors:

- **(1)** Dr. Maya a renowned physician from USA visited DIR and spent a week with us. She conducted nutrition and medical lectures for the Health Promoters, and counselled them on their personal health and other issues. She has a remarkable method of teaching and we all enjoyed her sessions. Dr. Maya has started a nutrition program for the children of SWAD wherein all the students are served eggs/peanuts with a cup of milk every day. A few underweight students from the neighboring Aanganwadi, who are enrolled in the DIR program and are in NIPP, have also been included in this program. The weights of all the children are being monitored quarterly. The expenditure for this program is being borne by Dr. Maya and her friends in the US.
- **(2)** Mrs. Ashima Gupta from the USA visited DIR and spent a day with us. She went on a field visit with the HPs and interacted with the children of SWAD. She showed keen interest in the products made by the Basti women for DIR as a part of our women empowerment program (wine bags, laptop bags, purses etc.) and has carried samples with her back to USA. We hope she will be able to bag some orders for these products.
- **(3)** Ms. Natasha from the Smile Foundation visited DIR to see the working of our school SWAD. She interacted with the students and teachers. We are hopeful of a long term alliance with Smile Foundation and are working towards meeting their requirements.

#### Events:

The month of December has been particularly eventful for DIR.

- Halisia Hubbard completed her internship and returned to the USA. We will miss her and hope she will come back again soon. Halisia is a very talented girl and one can see her work in the beautiful murals of animals she has painted on the walls of our school SWAD.
- Dr. W.F.Shaw and Mrs. Roberta Shaw left for the USA. During his stay there Dr. Shaw will be organizing a fund raising event to generate donations and spread awareness for DIR. He will return to India in the 1<sup>st</sup> week of Feb 2015.
- Xmas party was celebrated with fervor with the children of SWAD and the Health Promoters. The students, teachers and HPs all enjoyed the song and dance. Later there was a tea party hosted by DIR for all staff members.

