

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

August 2015

### THOUGHT FOR THE MONTH:

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou*

#### CONTENTS

1. COO's MESSAGE
2. MY STORY
3. NIPP
4. MOTHERS' HEALTH
5. SCHOOL WITH A DIFFERENCE
6. INCOME GENERATING ACTIVITY
7. IMMUNIZATION PROGRAMME
8. D.O.T.S.
9. PERSONNEL, VISITORS, EVENTS

#### 1. CHIEF OPERATIONS OFFICER'S MESSAGE

**Mrs. HarsharanKaur**

August, the month of rain. Rain that came is short heavy downpours which is hard to drain. The bastee was flooded on several occasions. On one such day even our sector 10 office on the first floor got flooded (from the balcony). Our furniture and our feet are now safe and dry. What is not safe is the bastee after such heavy downpours. We had a special class on Cholera and as there were cases reported in other slums surrounding Chandigarh. Fortunately we have not received news of any cases in our area.

We also worked on deworming and Vitamin A immunizations. All the children in the lowest weight category, red, were given their bi-annual dose (06-60 months child should get a immunization of Vitamin A every 4-6 months) by our staff in the field. All the family members of a children in this red category were also given Albendazole for deworming. Our number of children in the red category has increased to 281 of which 109 are boys and 172 are girls. This trend is not what we at DIR like to see, thankfully our physician Dr. Asha Katoch has come back to work with us. We are very hopeful that she will be able to help reverse this trend. She joined in the last week of the month and hit the ground running. It's good to have her back and have a physician who knows how to deal with the local people. As part of our partnership with VHA I we covered 500 households in a door to door survey for Tuberculosis. Of these houses we found 21 suspect cases and now we must follow up with them to ensure they get tested and treated. This



will be a go exercise for the health promoters as it will bring to their notice the cases in their area. By going through this survey we will be increasing the presence of DIR in Nayagaon.

To further my skills and help DIR raise funds I attended a 4 day workshop in Delhi held by Resource Alliance. It was a very good opportunity to network with other NGOs and fundraising professionals across Asia. I was able to learn a great deal and create a plan for DIR's fundraising approach. In the coming months I will try to create documents and contacts based on the knowledge gained from the conference. Mrs. Lobo, one of our Trustee in India, also attended a local conference held by the Confederation of Indian Industry (CII) on government schemes and how NGOs can align themselves with these to mutual benefit. Both conferences were good networking opportunities and we hope to use this to benefit DIR.

## 2. MY STORY

**By Sanjeev,  
Field Co-ordinator**



Hi, I am Sanjeev. I am 30 years old, married man. I have one daughter who is 6 years old and a younger son of 4 years. I was born in Chandigarh, India. In the very beginning, when I was young, I used to go to school, like every child does. I was very good in studies till 14. But when I turned 15, everything changed. I found some friends who always tried to distract me from studies and really they did it. After 8th standard, I dropped out from school and then completed my 10<sup>th</sup> class, sitting at home. Like other youngsters, I too had many dreams. At first, I had plan to prepare myself for IPS (Indian Police Services) but I couldn't and after that turned my mind towards modelling but can't work with it. I tried for many jobs as per my qualification, but did not find myself comfortable and never felt proud on what I got.

In 2006, I had received a call from DIR (Developing Indigenous Resources) and I was interviewed by the C.E.O. and was hired by him. I was so excited working in an N.G.O. The money I earn is not so much but there is something gratifying. If I tell you why I am here, the reason is DIR Staff. They are so good and they all work as a family. I don't know why people think that I am so rude and a rough guy. "Am I really?" As I know myself, I always try to help and make people happy. I just want to say that, "I want to shine before I die".

I am practising MMA (mixed martial arts) and it is not just a dream, it is my life's passion and a goal which I want to achieve. I need someone who can help me in it. I want to be a man who not only live for himself. I believe in helping others and no matter how hard it would be.

## 3. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

**Ms. Sarita - Health Promoter**

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug
<b>%children who made a weight GAIN</b>	36	47	39	31	46	54	31	26	46	18	28	23
<b>% children whose status remained UNCHANGED</b>	50	40	46	62	41	26	59	61	51	46	56	62
<b>% children who had a weight LOSS</b>	15	7	10	5	10	13	10	13	0	8	13	10
<b>% children who WERE ABSENT from area</b>	0	5	5	2.5	3	5	0	0	3	28	3	5

In this programme, each Health Promoter selects the three most malnourished children in his/her area who need special attention. The criterion for this special selection is that a child must remain "in the Red" category of the growth chart (seriously underweight) or a weight below the "Priority" line of the growth chart for three or more months consecutively. Each HP will take on three children from his or her area and then nurture them until they have gained adequate weight to be classified in the "Green category" (appropriate weight). Typically, we think of children who start "in the Red" as improving and entering the Yellow (underweight) Zone, before being classified as "Green". Once one child has gained adequate weight to be "Green", then another will take her/his place in NIPP.

According to this programme, those families who are unable to afford their children a highly nutritious meal, come to DIR and we counsel the parents while the child eats an egg, fruit and milk. This month, 23% kids gained weight. One child had changed his category from Red to Yellow. Now, we have five kids in yellow category. On the other hand, unfortunately four kids had lost their weight too, as two of them were having an adequate diet, but one had fever and other had frequent diarrhoea.

This month Dr. Asha joined DIR. She is helping us in the counselling of those parents whose children are under our NIPP Programme. She is also having conversation with other families. We are trying our best in decreasing the number of children under red zone. We are hoping that next month their weight would surely increase.

Deworming 97%	Children receiving supplemental meal 17 (44%)
---------------	---

Age (months)	% of NIPP children
0-12	0
13-24	15
25-36	23
37-48	44
49-60	18

In addition to providing a supplemental meal to NIPP children, the committee has also constructed diet charts for these families to log any progress made and further affirm what we teach during our regular home visits. This month, we had distributed Vitamin A supplements to the children who were in the red and yellow category under our program and also provided 97% Albendazole tablets to the whole family with the aid of Vitamin Angels who provided us the medicine for free.

#### 4. MOTHERS' HEALTH Ms.Sangeeta- Health Promoter

In the beginning of the month of August, we had 114 pregnant ladies and at the end of the month we now have 129 ladies. This month, we had 11 births; 6 girls and 6 boys. One of lady from HP Urmila's area delivered twins boys. As always, it is refreshing to report having an increasing number of girls equal or greater to boys being born in the colony. All 11 deliveries took place in hospitals, so the babies and their mothers both are healthy and fine. Women who gave birth had two or more appropriate antenatal checkups before deliveries and had post-natal examinations after deliveries within the two days of delivery.

At the end of the month on 24th August, 2015, Dr. Asha Katoch joined DIR and we all are hoping better future as she has worked with us before. She is teaching the medical class again and also improving our educational skills which will definitely help us in serving more pregnant women in baste.

Pregnant mothers Last Month	Delivery (Births)	Mothers who Left the Area	Had an Abortion	Newly pregnant	Total pregnant this month
-----------------------------	-------------------	---------------------------	-----------------	----------------	---------------------------

## 5. THE SCHOOL WITH A DIFFERENCE

Ms. Manjit Kaur



As this is month of India's Independence, our school celebrated it with our little kids. Students were told the importance of freedom and how our people had united to create a free nation. Students made Indian flags with the help of drawing sheet, crayons and sticks. The younger lot had flags pinned to their uniforms.

This month they had also learnt about the different kind of animals, their sounds, their pictures and they had enjoyed this activity. They were also told how to make sunflower with crumple pieces of yellow and black paper or newspaper. The school also took on

another teacher for the pre-nursery class. Starting in September there will be two sections of the nursery class due to higher number of students in that grade.

At the end of the month, we had *Rakshabandhan*, an Indian festival celebrating a sister's love for her brother who protects her. Students were told to make *Rakhis*, the traditional thread that is tied around the brother's wrist by the sister to remind him of his duty to protect her. Children took interest in all the activities and the families were satisfied with all the teachers of the school.

## 6. INCOME GENERATING ACTIVITY

Ms. Maya – Senior Health Promoter

This month the ladies are making harem pants. A lady named Rekha is very grateful to DIR for giving the stitching work, as her husband beats her and takes away all her money from her to drink Alcohol. She is very disappointed and is worrying about the future of her children. We have helped get her in touch with a women and child helpline.

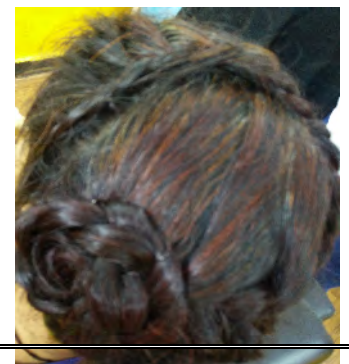
This month a new dimension of wine bags were ordered thanks to our Swiss friends. They are putting in great efforts in helping DIR and needy ladies to make money. May god bless them!

### Stitching:

Thesedays 16 ladies are learning stitching. We have tried to induct a few of the students into our product making. These new ladies are trying to make samples of our product to see what they can do best.

### Beautician Training Centre

Ms. Loveleen continues to teach the eight young women enrolled. Their skills have expanded and their personalities are also changing. They have learned to make beautiful *hena* and hair designs. One of the young girls attending our class has issues of domestic



violence in her house. We have counselled her and tried to get her in touch with the right organizations to help her resolve issues at home.

## 6. IMMUNIZATION PROGRAMME

Ms. Veena –Senior Health Promoter

This month we provided immunizations for many Basti children and pregnant women. With the help of InderDhanush, a government-sponsored programme in coordination with WHO which was able to organize a special week of camps closer to the homes. We were able to immunize children whose parents had previously refused to get immunization or come to our center. This was a good boost to the overall immunization of the community.

On immunization day ANMs, Health Promoters and ASHA workers work together. Iron tablets along with folic acid is given to the pregnant ladies and DIR also gives them nutritious food.

Last month, we had prepared a list of those children who are not immunized by any reason. There were only 5 children. This month they had injections with the help of Dr. Asha Katoch, who had joined us on 24th August, 2015

<i>SHOTS</i>	<i>1<sup>st</sup> Dose</i>	<i>2<sup>nd</sup> Dose</i>	<i>3<sup>rd</sup> Dose</i>	<i>Total</i>
<b>Hepatitis B</b>	0	1	7	8
<b>DPT</b>	2	1	7	10
<b>DPT-B</b>	31	0	-	31
<b>DPT 5 Yrs.</b>	14	0	0	14
<b>TT</b>	0	18	-	18
<b>TT 10 yrs.</b>	0	-	-	0
<b>TT 16 yrs.</b>	1	-	-	1
<b>T.T 1</b>	13	0	0	13
<b>Measles</b>	13	31	-	44
<b>BCG</b>	2	-	-	2
<b>Pentavalent</b>	16	12	16	44
<b>Total</b>	92	63	30	185

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

Mrs. Meenakshi –Senior Health Promoter

We are concerned about the current tuberculosis situation in the Basti. This month DIR is working on a project called Axshya under the Voluntary Health Association of India (VHAI). The project has many programs running under it and the most extensive one is Axshya Samvad, which is a door to door household survey. We were given a target of 500 households which we have completed, and will be seeking payment for this work, helping spread awareness about TB. Besides that, at our DOTS Centre we have a total of 24 patients this month and last month it was 25. Out of these 25, 3 were being cured as they had completed their courses, 2 new cases of category 1st have come bringing the total to 24



patients currently diagnosed with TB. Of the 24 patients this month, 18 are in Category I and 6 are in Category II. One patient has completed his TB vaccination.

DIR is always trying to get rid of this disease. This month we had a survey for tuberculosis of first 500 households.

## 9. PERSONNEL ACTION, VISITORS, EVENTS

Mr. Sanjeev – Field Coordinator

### What is new?

This month, we have a new face amongst the HPs, Ms. Vandana who will be taking over Rani's old area. She is learning her work under one of our Senior Health Promoters, Mrs. Maya.

In the school, Ms. Durga has joined as the pre-school teacher. She will be caring for the youngest of our children and increasing their interaction with peers.

At the end of the month Dr. Asha Katoch rejoined DIR. We are all very happy to have her back. The medical program will benefit greatly from her stewardship.

### Visitors:

There were two visitors, one was Mr. Siddharth Prashar who visited our center and learned about our work. He is now helping to spread the word amongst his other Merchant Navy friends in Chandigarh. The other visitor was Ms. Nuriyat from Nigeria. She was an AISEC intern who wanted to see other NGOs work and spent the day observing our health program.



### Events:

**Being proud Indians --Month** of August is the month of freedom for all Indians. We celebrated Our Independence Day on 15th August, 2015 with our smart children of School. (School With A Difference). Teachers and DIR staff told the story of independence to little kids and why we celebrate this day. Manjit ma'am also wrote a special song for the occasion which she sang to all that were present. The senior most class along with Usha ma'am, their class teacher, presented a patriotic song to the school as you can see in the picture.

**Vitamin A Angels 2<sup>nd</sup> round--** August was also the month in which we carried our round 2 of Vitamin A distribution. This time we added deworming tablet to the whole family of a child in the red category. This meant that we dewormed 192 children and their 554 family members. This activity was initiated in February and will be repeated every six months thanks to Vitamins A Angels support for providing the medicines.

### Training –

1. To start implementation of the VHAJ project we had to first learn what needs to be done. We tied up with another NGO, Social Development & Research Foundation, and visited their project area in Belongi (a village 20 km from our site at the southern edge of Chandigarh). Meenakshi and Sangeeta were taken by Mrs. Harsharan to this site where they did household surveys and spent a few hours talking to the people of the NGO and that area. Now Meenakshi as TB officer is implementing the household survey in Janta Colony.



2. Mrs. Harsharan Went to Delhi from the 24<sup>th</sup> to the 27<sup>th</sup> to attend a workshop on Fundraising held by the Resource Alliance, a UK based charity. The conference was called International workshop on Resource Mobilisation 2015. Mrs. Harsharan plans to use her new contacts and skills to help raise funds for DIR.