

DEVELOPING INDIGENOUS RESOURCES-INDIA

Summary of Activities

October 2015

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1. CHIEF EXECUTIVE OFFICER'S REPORT

W. FREDERICK SHAW

To our surprise, December is almost upon us. Roberta and I will soon be flying to California to be with our daughters for Christmas, leaving here on 10 December. What lucky people we are! This fact is driven home to me every day, as I look around me. The amount of misery and pain and suffering in the world, even in this one small segment with which I am familiar, is staggering.

As I believe some friends know, I do not believe in God, but I listen to a great deal of Religious music principally because I love Baroque music and Bach, Handel and colleagues wrote music for the only game in town. The other day a small fragment from (I think) Bach's 40th Cantata penetrated my attention, and hit me like a ton of bricks. I think that an accurate translation of the passage that stunned me is "God surely owes me nothing."

I have to substitute "Life", or "The World", or "good fortune", or the like for "God" in order for this statement to make sense to me, but what powerful sense it makes! I have had, and am having a rich, rich, lucky life. I have no reason ever to expect that somebody or something owes me anything. The shoe is on the other foot. I daily receive so much, that it is I and some colleagues like me who already owe so very much, and are daily coming to owe more.

It is with no little surprise to myself that I have witnessed the foregoing opening paragraphs appear in print. My expressing sincere, deeply- held thoughts is probably as surprising to those who know me as it is to me!

In the context of Time Flying, with which I started my remarks, we note that DIR is approaching its 11th Anniversary. We registered as a non-profit, charitable Trust in Chandigarh on 3 December 2004.

However, since it was almost a year before we got all our programs started and running properly, it seems the 3rd December 2015 is an apt time to celebrate DIR's first ten years of activities. With an eye to the future, we have resolved to celebrate this upcoming anniversary and each future anniversary with some special events and to hold these events as soon as practical after the Third Day of December each year. Accordingly, we are planning two free events open to the public.

The first is a "Cultural Evening" staged on 4th December starting at 6pm. At this, our staff are planning to perform two folk dance performances, and in addition will enact a Health Education skit they have authored. We also plan to present several DIR-India Awards to local people who have been helpful to us or promoted DIR activities, and also to DIR Staff who have excelled in our practical work or achieved highest scores on our academic exams. The kindergartners in our School With A Difference are scheduled to perform on stage, and some local teenagers will debut song and dance acts.

In addition to Friday's "Cultural Evening " we plan to devote Saturday to providing free samples of the services offered locally by local providers. Our COO, Harsharan, briefly describes these events in her report, which immediately follows this one.

While these anniversary events are being promised by DIR-India, DIR in the US has just had an historic event of its own. This is that DIR has just elected three new Members to its Board of Directors. We welcome these two ladies and one gentleman with the warmest greetings, thank them in advance for their willingness to donate time and talent to helping DIR, and look forward to working alongside them. Our new Directors are (in no particular order) Mrs. Phyllis Bischof, Mrs. Ellen Fisher and Dr. Robert (Bob) Sayre. I am tempted to boast that these new Directors have moved to California for the convenience of DIR, but this would not be strictly true. In fact it would not be remotely true either, although all (happily for us) reside in the San Francisco Bay Area.

2. CHIEF OPERATIONS OFFICER'S REPORT

MRS. HARSHARAN KAUR

October has been the month when the weather starts to change and with it the festive increases. Dr. Shaw's return on the 13th, Dusshera (a religious festival marking the mythological event of Rama defeating Ravana in Sri Lanka) on the 22nd and an official turn of the leaves in autumn all increased the festive mood. The month was spent making links with other organizations to work towards a comprehensive approach to improving the community health. We had a visit from the National Health Mission Haryana's Mission Director Mr. Narayanan on the 7th. He was impressed by our work and was hopeful about starting a model project in Panchkula District (of Haryana) next year jointly with DIR.

We are planning to celebrate our Tenth year in operation by having a cultural evening on the 4th of December followed the next day by a daylong "medical camp." We have asked doctors from different fields, eye, dental, pediatrician, etc., to donate their time and conduct free medical consults to the residents. The "camp" will be on Saturday the 5th of December to ensure maximum participation of the residents. We are looking forward to partnering with multiple organizations for this day and would like to make it a big success so it becomes an annual event.



3. MY STORY

BANITA Health Promoter



Mrs. Banita (HP)

Hello, I am Banita. I am married and my age is 36 years. I have a son of 9 years. I have done my graduation from Government College for Girls, Sector 42, Chandigarh. I worked in a computer Institute as a Data Entry Operator for 3 years and had learned many things. Then I got married with Mr. Vikas Singh which is the happiest moment of my life. After my marriage, I started working same with another institute. During this job, I became pregnant and left the place at my first tri master. It was very precious time for me. I was nervous too. Then I had a baby boy. When my son was 2.5 years, I heard of DIR's Health Promoter's recruitment. DIR was increasing its work area by that time in Adarsh Nagar and needed a new HP. I applied for the job. I was interviewed and was selected as a

Health Promoter at DIR. I felt very good. My family supports me in doing this job. I have learned so many things about health. I wish I had joined DIR before my pregnancy because then I would have learned so much about taking care of myself and having a healthy pregnancy. I have been working here for 7.5 years. This job helps me in fulfilling my basic needs. I am having a wonderful and a learning experience. I am happy with my work & life.

4. NUTRITION

MRS. NATASHA SHARMA NUTRITIONIST



This year, World Food Day 16 October 2015, was observed for the 35th time. This auspicious occasion also marked the 70th Anniversary of the founding of the Food and Agriculture Organization of the United Nations.

The theme for World Food Day 2015 was "**Social Protection and Agriculture: breaking the cycle of rural poverty**". This theme was chosen in a bid to

draw global attention to the role that social protection plays in eradicating hunger and poverty when it is prioritized in national development agendas. World Food Day is a day of action against hunger. On October 16, people around the world came together to declare their commitment to eradicate hunger in our lifetime. Because when it comes to hunger, the only acceptable number in the world is zero.



Why care about hunger?

Because the right to food is a basic human right. In a world of plenty, 805 million people, one in nine worldwide, live with chronic hunger. The costs of hunger and malnutrition fall heavily on the poorest, who are the most vulnerable.

The FAO (Food and Agriculture Organization) informs us that:

- 60% of the hungry in the world are women.
- Almost 5 million children under the age of 5 die of malnutrition-related causes every year.
- 4 in 10 children in poor countries are malnourished to the point that their bodies and brains are damaged.

Every human being has a fundamental right to be free from hunger and the right to adequate food.

The right to adequate food is realized when every man, woman and child has the physical and economic access at all times to adequate food or means for its procurement.⁵

"Good nutrition is one of the best sources of economic growth and it contributes to peace and stability."

This month, Health Promoters were taught functions and deficiencies of Vitamin A, D,E,K , Diabetes and Hyperthyroidism . Apart from this, Nutrition exam was taken in which Health Promoter Mrs. Banita's scores were the highest. I am pleased to report that all the rest of the Health Promoters did well.

5.NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

MS. SARITA HEALTH PROMOTER

Our Nutritional Improvement Priority Project is a special programme to which only the three most malnourished children in each Health Promoter's area are admitted. In this programme, those children who cannot afford proper meal at their house come to DIR and we feed them one cup of milk, a fruit and an egg every day.



Last month 33% kids in NIPP gained weight but this month only 28% of NIPP children did. Four kids lost weight because of cold, cough and fever. This is not unexpected at this time of the year.

A few NIPP families who do not yet appreciate the harm malnutrition can do are not coming to DIR to get free supplemental food. This is a problem but our Health Promoters are delivering their meals daily to their homes. Our staff is working very hard. The following table shows the percentage of NIPP children in the various groups

Age of children in the NIPP	
0-12 month	0%
13-24 month	11%
25-36 month	25%
37-48 month	39%
49-60 month	25%

Children who gained Weight	28%
Children whose weigh remained constant	55%
Children who lost wight	11%
Children temporarily absent	6%

This month, Dr. Shalini Sahai, a member of our DIR's Board of Directors, visited us. She discussed the problems of malnourished children and she had given us many helpful suggestions. She saw our NIPP Reports and Growth Charts and explained to us the several different reasons kids don't increase weight appropriately. She assured us that she will surely help us. We are trying our level best to decrease the numbers of "Red Zone" kids. This month we were successful in treating 97% for intestinal parasites, and in providing supplemental Iron Syrup to the same percentage. This October, we had 58% kids receiving our meal plan feeding supplements. I hope this coming month will bring down the number of kids under NIPP.

6. MOTHER'S HEALTH REPORT

MS. SANGEETA

HEALTH PROMOTER

This month we had 129 pregnant women. Last month the number was 134. We have 22 births in which 12 were boys and 10 were girls. All the mothers and their babies are healthy. All deliveries took place in hospitals. Unfortunately, one lady of Health Promoter Sangeeta's area had miscarriage her baby at first trimester as she was not taking proper rest and was doing more hard work. Now she is fine. All the rest of the mothers who gave birth had two or more appropriate checkups before delivery and post-natal examinations within two days of delivery.

Pregnant mothers Last Month	Delivery (Births)	Mothers who Permanently Left the Area	Miscarriage	Newly Pregnant		Total Pregnant This Month
				Arrived	Conceived	
134	22	9	01	12	15	129

7. IMMUNIZATION REPORT

MRS. VEENA

SENIOR HEALTH PROMOTER

SHOTS	1 ST	2 nd	3 rd
	Dose	Dose	Dose
BCG	-	-	-
DPT	0	2	2
DPT-B	8	-	-
Measles	5	9	-
Hepatitis B	5	0	2
Pentavalent	14	15	9
TT	12	15	-
TT 10 yrs.	4	-	-
D.T.5 yrs	15	-	-
Total	63	41	13

This month, we collaborated with the Health Department to provide immunizations each Wednesday morning. All our children are now fully immunized. DIR Health Promoters and ASHA workers are working hard in completing their due immunizations. We are providing sweet and salty porridge to the children and pregnant women on immunization days.

8. INCOME GENERATION REPORT

MRS. MAYA

SENIOR HEALTH PROMOTER

Hello Everyone!!! This month, the women had lots of work to do and a way of earning money as this month, we had an exhibition "Za Palooza" organized by at Elante Mall. We had a stall there for two days free of cost. Thanks to Mrs. Harsharan Kaur, our C.O.O. who put great efforts in arranging this stall. It was good. The women made lots of products for the exhibition and earned extra income.

These days 11 women are stitching wine bags. Unfortunately, one of our ladies got dengue fever and couldn't work but is recovering now.



Za Palooza Exhibition



Salesman demonstrating electronic sewing machine

STITCHING CENTRE REPORT

This month 15 women are attending tailoring classes. Two salesmen from USHA came to DIR to demonstrate their electronic sewing machines to our women. These machines are easy to use and time saving. We are now hoping that we can assist women to increase their production by getting three or four donors to provide electric sewing machines.

BEAUTICIAN TRAINING REPORT

This month 9 women are learning to become beauticians. Our beautician students went with us to the "Za Palooza" exhibition where they had a stall for hair styling and applying henna, but people seemed less interested in them, so it became a day of learning for our beauticians. Now they know how and when to organize these stalls at exhibitions.



9. CHILD ACTIVIST PROGRAMME REPORT

MRS. BANITA

HEALTH PROMOTER

This CAP (Child Activist Programme) was started in April 2009. The motive of this programme is to develop the child socially, increase his team spirit and create leaders in community outreach and sports.

In DIR there are 13 "Units." A Unit is a group of 250 families who live beside each other. Each Unit has one Health Promoter assigned to it. Every day 30 children come from three units to our DIR center from 3:30 to 4:30 PM. Our staff make medical and knowledgeable games for the children so that they can

improve their minds and learn through playing. For 1st and 3rd week of each month, children play games like Badminton, Football, Kho Kho, etc. In each Second week, there are medical games and each 4th week is devoted to learning about nutrition. This month the topic of medical games is Oral Rehydration Solution. So we had demonstrations of making and using home-made ORS, and children learned how ORS prevents dehydration. The children also learned about the roles of Protein, and how to win an egg and spoon race! We hope this program will increase the interest of children in sports, health and nutrition.

10. D.O.T.S

MRS. MEENAKSHI

SENIOR HEALTH PROMOTER

We are presently giving treatment to 26 tuberculosis patients at our DOTS center. Out of these 26, 7 had completed their course of medicines and 2 were defaulters who did not completed their doses. This month there are 5 new patients. One case is transferred because he moved to another area. So this month we had total of 21 patients who are having treatment at our DIR center. With lots of efforts, counseling and awareness, we are successful in curing 7 patients this month. We now have 21 patients in first category and 9 in the second category. We hope that in the future we will be able to ensure this disease is contained so we can have a healthy environment with healthy lives.



SWAD children celebrating Dusshera

11. SWAD (The SCHOOL WITH A DIFFERENCE)

MRS. MANJIT KAUR

SCHOOL TEACHER

This month, teachers taught children about the various means of transportation. They drew pictures of cars, buses, and cycles on large sheets of paper, learned about their uses and advantages. Traffic rules were also taught. We also had Ravana burning in our school ground. Children drew pictures of Ravana and colored them nicely. Teachers told the importance of our festival "Dusshera" to children and why this is

celebrated.

We had celebrated our SWAD's Sports day this month on 16th October, 2015. Parents of children were also invited to this function. There were games like Sack race, Frog Race, Three Legged Race, Ball in Spoon Race, Tug of War. Prizes were distributed to them by our C.E.O and one of our trustees, Ms. Joyshree Lobo. Our school kids had presented their rhymes. Almost every child participated in the event. Both parents and kids were very happy with these events.



Children participating in a Sack Race



Children enjoying a Tug of War

12. FIELD COORDINATOR'S REPORT

MR. SANJEEV



EVENTS

This month all the DIR Staff gave a hand to flatten our school ground to make it possible to hold sports competitions and other events.. This month our school (The School With a Difference) celebrated an exciting Annual Sports Day. Prizes were distributed to the winners by our C.E.O, Dr. Shaw and one of our

Trustees, Ms. Joyshree Lobo. Parents were invited to this event, and appeared delighted by the performances of their children. Both children and parents enjoyed themselves a lot.



2. On the 24th and 25th of October , DIR had an exhibition at Elante Mall which was organized by Za Palooza. This was a way for us to earn more money. We exhibited I-pad bags, Harem Pants, Water bottle covers, Wine bags, DIR Towels etc. Our beauticians also had a stall, where they demonstrated new skills of henna tattooing and hair styling.



VISITORS:

On 7th October, we had the honor of being visited by National Health Mission, (NHM) Haryana Mission Director, Mr. Narayanan and Head of Community processes NHM Haryana Mr. Chand Singh Madan at our DIR center. They came to see our work and were very pleased with our supplemental feeding program. Mr. Madan also shared his experiences with other NGOs.



2. Dr. Shalini Sahai, member of the DIR Board of Directors in the U.S. also came to visit our Centre in Janta Colony on 20th October. She gave suggestions regarding the improvement of NIPP Children and also taught our health promoters about her medical experiences. It was a positive interaction with her after five years. We hope she will come back soon.



CELEBRATION

At SWAD (our School With a Difference), teachers planned for Dusshera celebrations. This is a festival in which a statue of Ravana is burned. Teachers and children together made the statue and then burned it in the vacant ground beside our school. The children learned about one of India's most important festivals and enjoyed this happy event.

NEW STAFF

This month we hired a new driver for our school van, "Deepak".

Contact us if you live locally and want to donate newspapers for the fine recycled bags our women make. Find us at House 105, Sector 10-A, Chandigarh. If planning to visit, please call 4660419 first to ensure someone is in.