

DEVELOPING INDIGENOUS RESOURCES-INDIA

Summary of Activities

December 2015

1. ACTING DIRECTOR- MRS. ASHA KATOCH	1
2. MY STORY –VEENA (HEALTH PROMOTER)	2-3
3. NUTRITION - NATASHA (NUTRITIONIST)	3
4. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT - SARITA(HEALTH PROMOTER)	4
5. MOTHER’S HEALTH REPORT - SANGEETA (HEALTH PROMOTER)	4
6. IMMUNIZATION REPORT - VEENA (SENIOR HEALTH PROMOTER)	5
7. INCOME GENERATING ACTIVITY -STITCHING, BEAUTICIAN TRAINING -MAYA (SENIOR HEALTH PROMOTER)	5-6
8. CHILD ACTIVIST PROGRAMME REPORT - BANITA (HEALTH PROMOTER)	6
9. D.O.T.S - MEENAKSHI (SENIOR HEALTH PROMOTER)	6
10. SCHOOL WITH A DIFFERENCE - MANJIT KAUR(SCHOOL TEACHER)	7
11. FIELD COORDINATOR’S REPORT - SANJEEV (FIELD COORDINATOR)	7
EVENTS & VISITORS	8-9

1. ACTING DIRECTOR

MRS. ASHA KATOCH

December has been an exciting month starting with the celebrations of DIR Day. DIR-I has completed ten long years in Janta Colony. It has come a long way with full support and co-operation of the people of this bustee. DIR-I day was celebrated on 4th December 2015. The entire show was organized and coordinated by COO Harsharan Kaur. The events ensured participation of everybody. The vibrant Gidha and Bhangra dance, followed by a skit by Health Promoters, generating awareness on health issues, added glamour to the occasion. The modeling by professional beauticians graduated from DIR institution followed by fancy dress by children from the School with a Difference impressed the audience. Our chief guest for the show was Mr. CSR Reddy, DGP Punjab. 5th December 2015 was the medical camp in which doctors from different specialties did health checkups for the people of Janta Colony. On 23rd December 2015 the Hyatt staff along with Chief Chef gave a demo to all the mothers of malnourished children on how to make nutritious pancakes which attract the child to enjoy food. The pancakes which were cooked were relished and enjoyed by the audience. Mr. Surjit Singh, the community leader along with his wife and grand children from Australia came to distribute sweaters to all school children. The outstanding students were honored in front of the audience. 24th December, the Christmas Eve was celebrated with carols and hymns. Fancy show was put up and children were served with cake and sweets followed by dance with music. The school shut for winter break.

Academics are equally important to the HP’s. They all performed well both in Medical and Nutrition exams. It is heartening to see the zeal and motivation with which every member of DIR works. DIR-I is always a happening place.

CULTURAL EVENING



2. MY STORY

MRS. VEENA

Senior Health Promoter



Veena - Sr. Health Promoter

Hello, I am Veena. I have been married for 18 years. I am 35 years old. I live with my family. My husband's name is Anil Kumar and he works in a print shop. I have two sons- Harsh and Yash. Both are studying in 8th and 9th standard in Rose Public School respectively. I am working with DIR since 5th December, 2005 from the beginning when it was established in our Janta colony last 10 years ago. My experience with DIR is very great, proud to be a part of trustful, Active NGO.

I don't like to sit free so I always make myself busy with my work. Before my joining, I ran a Beauty Salon at my home and I still like my work. My hobbies are cooking, Gardening and stitching. I love everyone even who

don't like or love me. I always try to help people as much as I can help that is the big reason why I am still working with DIR. I like Our CEO, Dr. Frederick Shaw because he is very good human being. He is very helpful person. He understands everyone's problems. Even he is foreigner but he respects Indian culture more.

My story of joining this is a dream. One day a person came to my home and told me that a foreigner in our bustee wants to start some health work in Janta Colony. I went to meet him for job, he did not tell me any salary initially but still I worked very hard. After one month, he fixed my salary as Rs. 3000/- and from then, I am working here. Since 2005 to 2015, DIR developed a lot and still developing successfully. DIR is maintaining bustee people's health as well as it is also helping in education and Income Generation field. I also learned a lot from DIR. I got medical and nutritional education here. DIR encourages me for my study and therefore I had completed my Bachelor of Arts working here. I still want to learn more. My dream was to become a police officer. By this, I could help to people but this time also, I am satisfied doing social work. I want to tell you about my bad and painful days. On 29th December, 2012 I met with an accident. I slipped from steps at my house and broke my right leg's bones. I had two operations on my leg. After injury, I was in depression. I used to cry all day but after two months, I come again at DIR and started working. I was still in depression and taking medicine for it. My office people are good. They helped me coming out of this depression. I started doing my work slowly and now I am working well. I love my work, DIR office and DIR staff. I want to become happy myself and try to make other people happy.

3. NUTRITION

MRS. NATASHA SHARMA NUTRITIONIST



Pancakes

After the busy schedule of cultural evening and medical camp, we are back to our normal academic schedule. One new Health Promoter joined us. So we are teaching and revising the basics of nutrition: meal planning, importance of nutrients for body, carbohydrates, proteins and fats. To assess nutrition knowledge, Nutrition exam of Health Promoters was conducted in which most of them got good scores.

A common complaint of mothers in the bustee is that their children don't show any interest in eating regular meals, which leads to underweight children. Keeping this in mind, and trying to make simple Indian food look interesting to children, we invited Hyatt team, (a 5 star hotel) whose chief chef gave

demonstration of pancakes with use of seasonal vegetables and distributed them throughout bustee. Pancakes are made of mixture of gram flour, paste of moong dal and channa dal, onions, tomatoes, carrots, capsicum, beans which are readily available in this season. The ingredients used in the recipe are rich in proteins, calories, vitamin A, iron and calcium, making the meal highly nutritious. This was a twist on traditional "Indian *chilla*" (plain gram flour pan cake) and mothers felt that this is easiest way to give vegetables to their kids.

4. 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 (red category) in each Health Promoter's area are admitted. In this programme, those children who cannot afford a proper meal at their house come to DIR and we feed them One cup of milk, a fruit and an egg every day.

This month 5% of children rose from red to yellow category. We were successful in distributing de-worming medicine to 94% of bustee kids. We also provided supplemental Iron Syrup to the same percentage. Last month 12 children kids were receiving our meal plan feeding supplements but this month we had 19 kids.

Age of children in the NIPP	
0-12 month	0%
13-24 month	8%
25-36 month	25%
37-48 month	36%
49-60 month	31%

This month, DIR was visited by Hyatt Team (five star hotels) on 23rd December, 2015. They shared recipes of nutritious food. They also demonstrated how to make pancakes consisting of seasonal vegetables having high nutrition value in front of bustee people. After the demonstration, they distributed it among them. We were also visited by Mr. and Mrs. Surjit Singh, Community Leader of Naya Gaon along with his grandsons on the same day, i.e. 23rd December, 2015. They distributed sweaters to our NIPP kids along with all the school (School with a Difference) children.

Children who gained Weight	28%
Children whose weight remained constant	52%
Children who lost weight	3%
Children temporarily absent	14%
Children who permanently shifted	3%

5. MOTHER'S HEALTH REPORT

MS. SANGEETA

HEALTH PROMOTER

As we know December is the last month of the year and this is our last report of 2015. In November, we had 114 pregnant. This month we had 86 pregnant. This month we had 21 new births in which 15 were boys and 6 were girls). Number of girls reduced in comparison with the other months. Hopefully, these will increase in future. All deliveries took place in hospitals. 21 were normal deliveries. All mothers had two or more checkups before delivery and post natal examinations within two days of delivery.

I am very happy to report that there are no deaths, no still born and no miscarriages this month.

Pregnant mothers Last Month	Delivery (Births)	Mothers who Permanently Left the Area	Miscarriage	Newly Pregnant		Total Pregnant This Month
				Arrived	Conceived	
114	21	15	00	2	6	86

6. IMMUNIZATION REPORT

MRS. VEENA

SENIOR HEALTH PROMOTER

SHOTS	1 ST Dose	2 nd Dose	3 rd Dose
BCG	-	-	-
DPT	-	1	-
DPT 5 yrs.	11	-	-
DPT-B	17	-	-
Measles	25	17	-
Hepatitis B	-	1	-
Pentavalent	21	19	11
TT 1yr.	8	-	-
TT 10 yrs.	5	-	-
TT 16 yrs.	3	-	-
TT2 +Booster	-	-	-

This month we had four immunizations. Everything is going well. Children are coming for their injections. Pregnant women are having their antenatal shots. We are giving Iron and Folic Acid tablets to pregnant women along with sweet and salty porridge to the children and pregnant women on the day of immunization.

Last month IPV (Polio Vaccine) was introduced and we are providing it with third dose of DPT to children.

7. INCOME GENERATION REPORT

MRS. MAYA

SENIOR HEALTH PROMOTER

This month again women have no work. There were no orders of wine bags & other things. We are sitting with hope that new orders come so that these women can fulfill their dreams of income generation.

We would be very grateful to our readers if they will buy our products so that our women get work and they can support their families.

STITCHING CENTRE REPORT

Seven girls are coming for our stitching classes; most of them are very good. Suman is the brightest in learning new things. In starting, their teacher used to teach them how to cut clothes on newspapers so that there is no scope of errors on cloth.

BEAUTICIAN TRAINING REPORT

As you know, DIR is running a Beauty Training Course. 2nd batch of our course is completed. All girls passed out their written and practical exam.



Beautician Training Graduates at Cultural Evening

Rakhi scored the 1st rank; Mamta took second place and Pinky holds the third position. Pinky is now working with a Beauty Salon. Their personalities have bloomed. They graduated in confidence also as they participated in Modeling in DIR's Cultural Evening along with their mentor Mrs. Lovely. They all were dressed in Saree of different styles, some were wearing Punjabi dress. All the girls were looking stunning.

One of the graduates Garima opened her own beauty salon and she is earning enough money.

Because of cold days, fewer girls came in the new batch.

8. CHILD ACTIVIST PROGRAMME REPORT

**MRS. BANITA
HEALTH PROMOTER**

This CAP (Child Activist Programme) was started in April 2009. The motive of this programme is:

- 1) Educate the children and their families.
- 2) Develop socially.
- 3) Increase sportsmanship.
- 4) Increase team spirit.
- 5) Create leaders for sports and community outreach.

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. Everyday 10 children come from each unit, up to 3 units on one day, to our DIR center from 3:30 to 4:30 PM. Our staff makes medical and knowledgeable games for the children so that they can improve their minds and learn through playing. For 1st and 3rd week of 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 our topic was "Hand Wash". We educate them with six main steps of how to wash hands. We also told them the advantages and disadvantages of it. And in 4th week, our topic was Balance Diet. The game that we played this month was Snake Ladder in which we told them through tricks that if our diet is imbalanced then it can cause lack of health. We used dice for this game. We hope this program will increase the interest of children in sports, health and nutrition.

9. D.O.T.S

**MRS. MEENAKSHI
SENIOR HEALTH PROMOTER**

Last month we had 21 tuberculosis patients at our DOTS center. Out of these 21, 6 patients had been cured. This month there are 3 new patients. One patient was found to be a defaulter. So we are presently giving treatment to 17 patients. We now have 12 patients in first category and 9 in the second category. We are spreading awareness messages to bustee people for the prevention of tuberculosis. We hope that we can spread more awareness about this disease so people take it seriously and take the right precautions.

10. SWAD (SCHOOL WITH A DIFFERENCE)

MRS. MANJIT KAUR
SCHOOL TEACHER



SWAD Participation

This was a busy month for our School with a Difference. First week of the month passed in preparation of DIR's Cultural Evening in which our school kids participated in Fancy Dress. They dressed themselves in costumes of Army officers, King-Queen, Hindu God and Goddess, Actor-Actress etc. One of our children's groups participated in a dance which was prepared by DIR's Field Coordinator Mr. Sanjeev. Neeti was awarded as the Best student of School. And Mrs. Manjeet was given the Award of Best Teacher. Teachers also sang a prayer at the beginning of the function. They also helped in DIR's medical camp on 5th December, 2015 in which a Dental Team, a Pediatrician, and an Ophthalmologist gave check-ups to local residents.

In the Second Week, we had exam preparations as the examination took place in 3rd week of December and result was declared on 23rd December, 2015, in which Lavish stood first from our Play class, Namish topped in Pre Nursery, Om stood first in Nursery Class and Neeti is again the topper of Kindergarten. On the same day, Mr. and Mrs. Surjit Singh visited us along with their grandsons who are studying in Australia and have come to India for vacations. He is Community Leader of Naya Gaon. They distributed sweaters to all our school children along with our helping lady, Mrs. Hemanti.

The last week of the year ended with Christmas celebration on 24th December, 2015 as they will have vacations from 25th December to 4th January, 2016. Children were dressed as Santa Claus. Christmas tree was decorated. Children were told about the importance of this day. A special thanks to Monica's Bakery, Sector 8, Chandigarh (A famous Bakery of Chandigarh) for donating us delicious cakes. Sweets were distributed to everyone and this function ended with a dance party of school children.

11. FIELD COORDINATOR'S REPORT

MR. SANJEEV
EVENTS

VISITORS:

- 1) On December 5th, 2015, Mr. Terry & Mrs. Milli Kreitz, Ms. Cyandran from Canada visited us on the day of our Medical Camp. Mrs. Milli Kreitz accompanied them again. This was her third visit to us. These people belong to Canada. They all felt very happy to see our project.

EVENTS & CELEBRATION

1) **4th December, 2015** Our Developing Indigenous Resources completed ten years of service in Naya Gaon. It was a grand celebration where there were many programmes held. Punjabi Dances, Educational Skit, Instrumental plays, Honors & Awards, Fancy Dress. The entire staff participated in it. The function began with a religious prayer sung by our school (School with a Difference) teachers. Health Promoters took part in a skit and dances. Our bustee children did an outstanding Western Dance. Everyone was appreciating them. Two Boys from the Bustee sang songs and played guitar. Our Beauty school girls did fashion show in which they were dressed in beautiful Indian Sarees and Indian Salwar Suits. Their Mentor Mrs. Lovely also did a stage walk with her students. Our chief guest of the evening was Additional Director General of Police, Mr. CSR Reddy. He shared his views with the audience. He also announced the prizes and awards. Ms. Sarita was awarded as the best Health Promoter of DIR and Mrs. Manjeet was selected as the best teacher of the school. Mr. SM Sharma, President of DIR and our Trustee Mrs. Joyshree Lobo were also the part of the celebration.

2) **5th December, 2015** DIR organized a Mega Medical Camp on next day of our Annual function. In this camp, we had specialists from PGIMER (Post Graduate Institute of Medical Education and Research), Grewal Eye Institute, Fortis Hospital, and Dental. Doctors from PGI saw 57 malnourished children. Ophthalmologist from Grewal Eye Institute screened and tested 131 patients. Fortis team performed free on the spot blood sugar test and took blood pressure of 160 patients and the Gynecologist saw 56 women. A dentist and technician from Dr.Kalra's practice attended to 74 patients performing basic fillings, Scaling and routine checks in their mobile van "Smile Express". The camp took place at our DIR Centre from 9am to 5 pm. We also had a team from LIC offering low budget health insurance schemes so that the burden on hospitalization or ill health doesn't sink the family economically. The residents were very enthusiastic about our raffle and we ended the events with drawing of tickets which had the maximum attendance and distributed the desired gifts. Winners of this Luck game were delighted by the prizes.



Medical Camp & Raffles



Hyatt Chef Visit

3) **23rd December, 2015** We had a nutritional event on this day with the collaboration of 20 officials from Hyatt Hotel (Famous Five Star Hotel) who came to visit us at Janta Colony. Our main motive is to improve health of children and pregnant mothers so we are trying to introduce and make people - especially mothers – aware of the value of nutrition in food. The Chief Chef and his team from Hyatt gave a demo on how to make nutritious flavored and tasty pancakes at home which a child would

relish and enjoy eating. This demo was a low cost recipe which a common person can afford in a slum area. Pancakes were distributed along with coconut sauce among bustee people (in their own utensils to avoid environmental pollution). They also distributed warm caps and socks to our NIPP (Nutritional Improvement Priority Project) children to protect them from severe cold of our North Indian winter.

- 4) **23rd December, 2015** On the same day, we had the honor of having with us the Community Leader of Naya Gaon, Mr. & Mrs. Surjit Singh, who donated sweaters to our SWAD School children and Children of NIPP. They were accompanied with their grandsons who are studying in Australia and were in India for their vacations. Mr. Surjit also appreciated the work of DIR. He also communicates with the parents of the children.



Mr. Surjit Singh's Visit



Christmas Day Celebration

- 5) **24th December, 2015** - Last but not the least, DIR Celebrated Christmas with school children. Monica's Bakery donated us wonderful cake. Children were dressed as Santa Claus. Children cut the cake and the staff distributed it. There was lots of fun and dance. So this was the busiest month.

NEW FACE

Dr. Frederick Shaw, Our CEO interviewed two girls and gave them a trial of a week from 10th December. On the last day of the trial, our nutritionist, Mrs. Natasha gave them their exam. With the result one of the girls, Sushma, holds the position of Health Promoter - she joined us on 21st December on a regular basis. She is a smart girl and learning things effectively.

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.