

DEVELOPING INDIGENOUS RESOURCES-INDIA

Summary of Activities

January 2016

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1. DIRECTOR'S REPORT

Dr. Asha Katoch

Year January 2016 started with new year resolution, our DIR staff and HP's taking a vow of bringing down the number of malnourished children. Each HP is working hard towards its goal. Challenges are plenty with severe cold wave hitting northern India, a lot of children falling sick, but the HP's are braving it well.

Our children in red zone category is reducing and graph is showing positive move. Parents are getting involved in taking care of there children as awareness is spreading amongst the Bastee people. Our HP's have to be given this credit as all of them are working very hard.

School with the difference, both children and staff are doing good work. Teachers are given additional responsibility of cleanliness and maintenance of school campus. There is improvement but lots needs to be done.

There were two exciting events to celebrate in this month. One was Lohri on 13th January, a festival marking the end of winter. In this festival fire wood is lit. Rituals are performed by offering popcorns, sweets made of jaggery, puffed rice to the bonfire. All the staff and children sang songs. Mr Reddy and Mr Ajit Singh were invited for the occasion. They distributed sweets to all children personally. The environment and nature blessed us with mild drizzle on the occasion followed by bright sunlight.

To generate national spirit and patriotism amongst staff and children, 26th January the Republic day was celebrated on 25th in school with great zeal and fervor. Children made national flags and they were told the importance of Republic Day celebrations in India.

On 22nd January three software engineers from Infosys visited our DIR office in Bastee. They all were very impressed by our HP's and appreciated their confidence level, discipline and the standard of medical knowledge. Infosys is very keen to replicate this medical project in Shastri Nagar. They have asked DIR to prepare a project proposal for population of 6000 people. We are working on it and very soon we will have a meeting with high officials of Infosys.

On 23rd and 24th January our smart outstanding 12 HP's participated in organizing a Marathon race at Mohali. They did multiple tasks in registration, controlling traffic and environment cleaning. Each earned pocket money of Rs 1000.

On the whole I am quite satisfied by the progress and improvement made by each and every individual associated with DIR.



2. MY STORY

MRS. MEENAKSHI NEGI
Senior Health Promoter

Hello Everyone!

I am Meenakshi working in DIR as a Senior Health Promoter Since 2008. I am a married woman. My husband's name is Mr. Vikram Singh Negi. He is a professional photographer. I have a son of eight years. He is studying in second class. I have done my schooling in Government School Chandigarh in Sector 8. I was doing my second year of Bachelor of Arts when my marriage got fixed. So I dropped out of my studies. At that time my dream was to become a Police Officer. I still have a wish of achieving it but my age is a barrier. I am living in a joint family along with my mother in law, brother in law, his wife and their two sons. Before joining DIR, I have worked in a school as a teacher.

My story of joining DIR is very interesting. I used to enjoy the Health Promoters visit to my house for weighing my son once or twice a month. From the HP's I learnt about the vacancy of Health Promoter in DIR. So I met Mr. Pannu who was Administrator of DIR at that time. I was interviewed by Dr. Gurpreet and Nutritionist Gunjan Aggarwal. After interview, they confirmed my appointment on the same day at 11 o' clock. I joined DIR on 21st December, 2008. After joining DIR, I learned and experienced new things in different medical and Nutrition fields. My medical and nutrition knowledge gave me additional responsibilities in 2013 to take care of DOT patients. I provide them medicine and also monitor follow up of all Tuberculosis patients in basti. I love working in DIR. I like to deal with bustee people. I feel good when people share their joys and sorrows with me. I am having a good experience from my work. I always take my job as a challenge because it makes me stronger to fight with difficulties. I always try to help people because it makes me happy. I try to give my best performances in work.

Life is all about learning so I am learning things.

I am very grateful to God that he blessed me with good work, good people and good family.

3. NUTRITION

**MRS. NATASHA SHARMA
NUTRITIONIST**



Last month I took a case from Health Promoter Banita's area. There is a three year old girl child in her area. Previously her weight was going well. But after last 6 months her weight was constant. After asking Banita, she told me that her mother delivered another girl child so now she is ignoring this child. After repeated counselling we did not see any change in her weight and every time the mother gave lame excuses to us. I was very concerned about this case so I discussed again with Banita as to how to help this cute little girl. I personally started monitoring the child. This girl comes to Anganwadi (government school). I spoke to attendant and teacher of Anganwadi to pay special attention to this little girl. In addition we gave her milk, egg, and fruit from DIR's feeding programme. She improved in health and gained weight. We made the parents realize and now she is being looked after.

Apart from this we taught basics of nutrition: Meal Planning, Function & Deficiency of Carbohydrates, Proteins, Fats, Obesity to all HP's.

We have hired two new Health Promoters this month thus repeating classes of nutrients for them. A Nutrition test was taken by Health Promoters.

4. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

**MS. SARITA
HEALTH PROMOTER**

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%

In this programme, each Health Promoter selects three malnourished kids in their area. Last month in December, 28% kids gained weight and this month it is increased by 31%.

In January three kids jumped their category up from red zone to yellow -- one kid from HP Sushma's area and two kids from Field Coordinator Sanjeev's area.

In this programme, those families who are unable to afford nutrition meals for their children, we call them to the DIR office and feed each child a cup of milk, an egg and a seasonal fruit every day. A few families do not come to DIR for feeding and we are

concerned about their children's malnourishment. Health Promoters carry the food and feed the babies personally to ensure the weight increases. This is the kind of involvement and responsibilities a HP takes on to reduce the number of under weight children.

Unfortunately, this month 6 kids lost their weight. Their details are as under:

Sr. No.	Child's Name	Health Promoter's Name	Reason
1	Nidhi	Vandana	Cold & Cough
2	Preet	Sangeeta	Ignorance by mother
3	Lalti	Sarita	Cold, Cough & Fever
4	Amanjot	Sushma	Cold & Cough
5	Amreen	Sunil	Fever from 4 to 5 days
6	Vansh	SushmaBisht	Cold & Cough

One of the best things that happened this month is that Dr. Asha Katoch counselled parents of NIPP Children which gives good results. We hope in future more kids will gain their weight. We are trying our best for serving them.

Children who gained Weight	31%
Children whose weight remained constant	47%
Children who lost weight	17%
Children temporarily absent	5%

5. MOTHER'S HEALTH REPORT

MS. SANGEETA
HEALTH PROMOTER

This is the first report of 2016. Hope the year will give new experience and encouragement to serve the people in good way.

Last month we had 86 pregnant women from which we had 25 new births; 11 were girls and 14 were boys. All the deliveries occurred in hospitals. All 25 ladies had post-natal checkups within two days of delivery.

New Cases: Out of the total number of 86 in January, we found 21 new pregnant women in this month. (18 women have conceived and 3 pregnant women are new arrivals in this area). 6 women have gone away temporarily to villages and 5 left permanently. So we have 77 pregnant at the end of the month of January.

Good thing is that we faced no maternal deaths, miscarriages and still births.

We are pleased to have Dr. Asha Katoch back at DIR because she is the one who is improving our medical knowledge day by day. She is helping us a lot by doing things in a systematic manner.

Last medical class was on pregnancy teaching us the growth of foetus in each trimester. It was good education for all of us to teach the pregnant women and the people of bastee. Dr. Asha and we have decided to hold a meeting of all the pregnant mothers on first Mondays of each month. In this meeting Dr. Asha will do antenatal check ups for them & will also give them suggestions about their problems.

This programme is important for all women of bastee because there are many things which a pregnant mother does not know and they will not get personal attention in hospitals. Dr. Asha will help them in many ways. I am certain that this will give us better results in taking care of maternal cases.

6. IMMUNIZATION REPORT

MRS. VEENA

SENIOR HEALTH PROMOTER

SHOTS	1 ST Dose	2 nd Dose	3 rd Dose
BCG	-	-	1
DPT	-	1	-
DPT 5 yrs.	17	-	-
DPT-B	17	-	-
DPT Booster	21	-	-
Measles	22	21	-
Hepatitis B	-	-	1
Pentavalent	23	29	14
TT 1yr.	16	-	-
TT 10 yrs.	8	-	-
TT 16 yrs.	1	-	-
TT2 +Booster	7	-	-
IPV	14	-	-
Total	146	51	16

This month we had four immunization camps. Because of severe cold weather, many children were suffering from running nose, cough and fever due to which they missed their injections.

On the day of immunizations, Auxiliary Nurse Midwife, Health Promoters and Asha Workers work together. We give iron tablets and folic acid to pregnant women and feed porridge to both pregnant women and children.

Next month we will give Vitamin A doses and Albendazole tablets to bustee children.

7. INCOME GENERATION REPORT

MRS. MAYA

SENIOR HEALTH PROMOTER

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

Eight girls are coming for our stitching classes; Suman is the brightest in learning new things. One new lady joined our class but she did not come for long as she fell ill.



BEAUTICIAN TRAINING REPORT

This month we have six girls in our beauty training class. One of the girls, Krishna, is doing very well but she will leave her course as she is getting married.

Unfortunately to our bad luck there is no new admission. Girls were taught how to do Waxing, Nail Art, Candling, Simple Hair Cut, Pedicure, Head Massage, and Bleach in January. Kiran and Kusum are very good at facial and head massage whereas Simmy and Krishna are doing good in Manicure and pedicure.

Our clients were 3 Health Promoters who came to our beautician trainers for their threading and trimming.

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.

1st week of the month was our Game week- Children Played games like badminton, skipping, football etc.

In 2nd week of the month our Medical topic was Hygiene and we played a game named Musical chairs.

In this game there were 20 children and 19 chairs and then we played music. Children ran around the chairs and as the music stops children took their seats. The one who left will have to take slip and read it. The slip has options like nail cutter, comb, soap, and hanky etc. We asked the children about their uses and their roles in hygiene.

3rd week was again the Games week and we repeated the badminton, skipping, etc. in this week again.

4th week was of Nutrition and our topic was Calcium and Vitamin D and we played game "Guess picture & Word". We told children about the importance of calcium and vitamin D through charts. We divided them into two teams and called one child from one team and told him to sit with his back towards black board. Then another team will call their member to draw a source of calcium and Vitamin D on the board. They can write complete word also. First team gave hints. The respective team members guess the source that was written on board and if the answer is found correct, they will get a point.

Conclusion: Through these games, we make them understand about the role of personal hygiene and the importance of Vitamin D. We always try to increase leadership and team spirit qualities between children through these games.



9. D.O.T.S

**MRS. MEENAKSHI
SENIOR HEALTH PROMOTER**

Last month we had 17 tuberculosis patients at our DOTS center. Exciting news is that there was no new case of tuberculosis detected this month. At present we have 17 tuberculosis cases of category I, 6 pulmonary and 4 were Extra pulmonary. In Category II there are 7 cases of pulmonary tuberculosis.

We are monitoring all the above cases and to our good luck all patients are taking medicine regularly. DIR is working very hard in generating tuberculosis awareness. We are taking one committee meeting each month for spreading knowledge about tuberculosis to the local residents.

10. SWAD (The SCHOOL WITH A DIFFERENCE)

MRS. MANJIT KAUR
SCHOOL TEACHER



New Year begins with winter. It was a cold January. We told children how to take care and protect themselves from cold. We also celebrated a popular festival of the Punjab, “Lohri”. It is celebrated with folk songs which are sung in the streets, house to house like Christmas carols. Sweets were distributed to children by our Chief Guest CSR Reddy, Additional Director of Punjab Police and Mr. Ajit Singh, Longtime supporter of DIR.

On 25th January, Republic Day was celebrated. Children drew our National flag on drawing sheets and painted them. They were also told about the importance of the day. Children took great interest in all activities.

Apart from this, one of the students of Nursery class “Tanisha” was very weak in studies. She was not performing oral and written work properly. She had lack of confidence. Whenever we asked her questions she was unable to reply. I started giving her special attention. She is improving day by day. I am very happy with her response. I am happy as most of the kids are doing well and all teachers are satisfied with their performance.

11. FIELD COORDINATOR'S REPORT

EVENTS

VISITORS

22 January, 2016: On this day, we had visitors from Infosys who are software engineers. They wanted to see the functioning of DIR. All the staff members individually introduced themselves and also spoke on the kind of work he or she was doing in bastee. Dr. Asha asked medical questions to HP's which we answered confidently. Infosys visitors were very impressed with the answers and the knowledge the health promoters have. They went around our premises and saw our work, and remarked that they are interested in doing a similar project with us in Shastri Nagar.

25 January, 2016: Mr. Ajit, who is a good friend of Dr. Shaw and DIR, visited us. He keeps donating things and keeps the needs of DIR in mind. This time he donated two mats (**dhurries**) for our SWAD School. On Lohri day, he had donated some utensils and blankets to a poor woman who was shunted out of the house by her mother-in law.

28 January, 2016: Two NGOs, Choti si Asha and Sab Tera visited our DIR office. They are interested in collaborating with us in our project areas. Their main purpose of visiting us is to discuss how to make the environment neat and clean by disposing of garbage at proper places so that people can live a healthy life.

CELEBRATION

13 January, 2016: This day is celebrated as a Lohri festival in Northern India, commemorating the passing of the winter season. It is celebrated with folk songs which are sung in the streets, house to house like Christmas Carols. In the evening a bonfire is lit and traditionally popcorn, peanuts, Gacchak (a jaggery and peanut sweet) and Revdi (made of jaggery and sesame seed.) are thrown into the fire asking for God's blessings and keeping evil spirits away. We were honored to have Mr. CSR Reddy, Additional Director of Police accompanied by NayaGaon's Head Police officer and a longtime supporter of DIR Mr. Ajit Singh to start our bonfire. Mr. Surjit Singh, Mr. Wadhwa, Mr. Ajit Singh donated us sweets and other things that were needed for the celebration. We invited bustee people also especially those women who gave birth to a girl child. After the bonfire, everyone started dancing and we all sang songs. Then Mr. Reddy distributed packets of sweets to the SWAD Children and to all the people who attended the function.



PARTICIPATION

23rd and 24th January, 2016: On this weekend, 12 Health Promoters participated in organizing an event which is called Mini Marathon. It was a 5 km and 3 km race. It was a new experience for our staff. We did registrations of all participants, traffic control, and maintained cleanliness in the environment. All the HP's who participated earned Rs. 1000/- in one day. It was exciting, enjoyable, and a new experience for all of us.

NEW FACE

This month one new Health Promoter 'Manju' joined us. She is learning things with Health Promoter Sarita.

Manju is an intelligent and smart married girl and she is picking up knowledge pretty fast.

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.