

DEVELOPING INDIGENOUS RESOURCES-INDIA

Summary of Activities

For

JULY 2016

THOUGHT FOR THE MONTH:

"One machine can do the work of fifty ordinary people. No machine can do the work of one extraordinary person."

— Elbert Hubbard

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1. OVERVIEW

MS. BANITA, HEALTH PROMOTER

This July, with the advent of rainy season, Health Promoters are feeling happy because it was hard for all of us to work in 40-42° Celsius in field. However, with this cold weather, work is going efficiently. The bad effect of this rain may result in arrival of many water-borne and mosquito borne diseases like malaria, diarrhea, Fever. It might reduce weights of our kids. Counseling and committee meetings are going on. We are continuously spreading awareness about above said diseases.

We are looking after NIPP (Nutritional Improvement Priority Project kids as well as SWAD(School With A Difference) kids. 23% of our school kids are found malnourished. The kids are from bustee where our HP's work. Earlier this number of malnourished was high but now this number is decreasing because we are providing meal to our school kids from last 1.5 years. The meal includes eggs, milk, soyabean, black gram, poha etc.

Our HPs spread knowledge in field about healthy diet and this thing resulted in that we have 95% of new admissions in Green Category which means all children are very healthy and this is best for bright future of our country.

We are waiting for Dr. Shaw to come back soon and give us more guidance. Everything is going well but I think that Dr. Shaw will come and make them perfect.

2. MY STORY

MRS. MANJEET KAUR, SCHOOL TEACHER



My name is Manjeet Kaur. I am 35 years old. I belong to Punjab. Now I am living in Janta Colny, Naya Gaon for many years. I am married woman. My husband name is Mr. Karamjit Singh. He is a driver. I have two children. One son who is in 16 years old and my daughter is 12 years old. My qualification is 12th class. I like studying. But I dropped my studies because of my marriage. Then I left with no opportunity of further studies. I still remained with my ambition and hope. I started teaching small students.

After some days, I found a job of maid in DIR on 18th April, 2008. My work was to handle the students and I have done it effectively as I love children. I helped them in painting, Rhymes etc. After that, Dr. Shaw, Mr. Pannu, our old Administrator, Mrs. Lobo, Mrs. Sethi observed me and they liked my work very much and promoted me as a teacher. It was a great opportunity for me as it was unexpected. I am enjoying my work and this is the main aim of any profession. I am happy with both my family and job. I am complete with both of them. I handled money related responsibilities also in which I have proved that I am honest employee. I have always done good things in my life and I promise that I will do my best in future also.

3. NUTRITION TRAINING

MRS. NATASHA SHARMA, NUTRITIONIST

This month the Health Promoters taught about different types of food allergies and intolerances, including milk and wheat allergy in the nutrition class. The dietary avoidance of allergy causing food stuff, its importance and substitution was well discussed. Apart from this hyperthyroidism,



hypothyroidism, ill effects of sugary drinks on health and CBORS. To test the knowledge of HP's, a nutrition quiz was taken in which Sarita scored highest.

This month a nutrition workshop was also held for DIR-I school teachers and school kids parents as we are getting complaints from teachers that most parents send noodles, pickles, plain chappati with sugar, biscuits, sugary drinks etc in their lunch boxes. The idea was to educate teachers and parents to teach about good dietary habits and nutritional needs of children and ill effects of sugary drinks on their health. A number of innovative ideas to prepare nice palatable nutritious food were discussed with the parents. Parents were advised about various easy recipes like poha, upma, besan chilla, black gram chaat, stuffed prantha with seasonal vegetable, vegetable pulao etc which they can send in the lunch boxes of their children to school.

4. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

Ms. SARITA, HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	0%
13-24 month	3%
25-36 month	28%
37-48 month	30%
49-60 month	39%

NIPP (Nutritional Improvement Priority Project) is started for improving the health of those kids who are in priority zone means severely underweight so that we can improve their health status.

We are happy to say that this month four kids are in yellow zone.

Last month 22% kids gain their weight and this month 33% kids gained their weight. On the other hand, unfortunately 3 kids lost their weight because of Diarrhea and fever.

We provide the kids nutritional DIR at DIR and give them cup of milk, boiled egg, and one seasonal fruit. This month 11% kids coming for meal plan.

This month we selected the two new kids. One child completed his 5 years and other kid shifted permanently.

All health promoters try their best when some kids are not coming regularly. Therefore, we specially visited those kids and counsel their parents to come and get the meal everyday

I hope next month these kids will gain their weight

5. MOTHER'S HEALTH REPORT

MS. SANGEETA, HEALTH PROMOTER

In the month of July, we had 20 births. 8 were boys and 12 were girls. There were no deaths, stillborn and any miscarried. All the deliveries occurred in hospital except one woman name Pinky, from Field Coordinator Sanjeev's area. Due to lack of knowledge, the pregnant woman did not understand whether her pain is normal stomach ache or labor pain. When her pain increased, her family called a midwife who told her that it is not a labor pain. However, when that midwife left, her pain increased, her condition became severe, she delivered the baby herself. Then again the midwife was called by her family and she suggested her to go to hospital. She



was discharged after 3 days. Actually this woman is living with her parents as her husband is working out of city. Now her parents are taking care of her properly. Now the lady and her baby both are healthy and alright.

All 20 women who had two or more antenatal checkups before delivery and appropriate examination within two days of delivery. This month, we found 28 new cases of conceiving and 7 new arrivals.

Now at the end, we had 125 pregnant women in our project area.

# of pregnant Last month	New Cases		Miscarried	# of deliveries		Moved		This month no. of pregnant
	A	C		M	F	T	P	
119	28	7	0	8	12	7	9	125

*A-Arrivals *C-Conceived *M-Male *F-Female *T-Temporary *P-Permanent

6. IMMUNIZATION REPORT

Mrs. VEENA RANI, SENIOR HEALTH PROMOTER



This month we had four immunization days. Everything is going well and all children and pregnant women are coming every month for antenatal checkups. We are providing iron and calcium supplements and checking weights and blood pressure. We are also doing diet counseling of pregnant women.

This month lot of children of 10 and 16 years of age came for TT Shots. As usual Auxiliary Nurse Midwife and Health Promoters and Asha workers working together.

We are giving nutritious food (Sweet and Salty Porridge) to children and pregnant women.

T.T 16Y	T.T1	T.T2
10	9	17

BCG	PENTA			IPV	MEASLES		DPT BOOSTER	DPT SY	T.T 10Y
0	6	9	14	14	24	17	17	15	24

7. INCOME GENERATION

Hello Everyone!

This month all the people have come back from their native places. This time, women who make DIR products (Such as wine bags, and bags for i-pads) do not have any work. I request to all our readers to bring some work for them. We miss our CEO, Dr. Shaw. Women are coming to me to confirm when Dr. Shaw will come back and bring some orders for them.

TAILORING CLASS

In our tailoring class, 17 women are attending tailoring classes. All old students have left the center as their course is completed. Presently, Most of the women are new comers. So our training teacher Mrs. Sona are giving them training from the very beginning.



BEAUTICIAN TRAINING

In our beautician training classes, seven women are learning. All are working well. They are learning manicure, pedicure, hairstyling and waxing. This month they had a surprise test which was conducted by their teacher Mrs. Lovely. In this test, Megha and Sheela scored the highest marks.



8. Child Activist Programmed (C.A.P)

MS. BANITA, HEALTH PROMOTER

This programme, which is conducted for children between the ages of 7-13 years, is held daily between 3:30 and 4:30pm. The children are collected into groups of about 20 each, which are led by teams of two H.P. Each group meets twice a month for activities that are a combination of fun and education.

Our motives for conducting these activities are:

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

Medical Topic: HANDWASHING

Game: Demo of Hand Washing

This month, our medical topic of hand washing. So HPs demonstrated

how to wash hands properly in six steps. Then children were told about its importance and its harmful effects if it is not done properly. After it, children demonstrated the same steps.

Nutrition Topic: How to prevent cooking losses

In this game, Health Promoters show cooking losses through visual aids. Children were told that overcooking; cooking in open pan, using excessive water, synthetic colors, over washing, reheating kills the nutrients present in food. For game, Two children sit and joined their hands in such a position so that kids can jump over it. The child, who touches the hand while jumping, will have to tell the prevention of cooking loss. Through this game, we taught children how to save the nutrients. So that they can tell their families and maintain proper nutrition value in their diet.

9. DOT'S REPORT

Mrs. MEENAKSHI, SENIOR HEALTH PROMOTER

Last month, we had five tuberculosis patients at our DOTS center. Out of these five, one patient had been cured. This month there are is no new patient. Therefore, we are presently giving treatment to four patients. We now have three patients in Category I and one in 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.

CATEGORY I		CATEGORY II	
Kabali Devi	86 yrs	Sonu	25 yrs
Sunil	18 yrs		
Neha	23 yrs		

NUMBER OF T.B. PATIENTS	
LAST MONTH	05
NEW	0
CURED	01
NOW	04

10. SWAD (The SCHOOL WITH A DIFFERENCE)

MS. MANJIT, SCHOOLTEACHER

After June, all the schoolchildren came back from their native places. Some were sad, some were happy. Some took time in adjusting. We have many new comers this month.

Play class and Pre-Nursery: Mrs. Sapandeep Kaur and Mrs. Lata are working very efficiently as they have to pay more attention as they have smallest age group of children. They have most of the new comers in their classes. Mrs. Sapandeep is focusing on teaching how to carry pencils. She is teaching them slanting lines. Mrs. Lata is creating children's interest with drawings and paintings. All the kids are enjoying and showing interest in all the activities.

Nursery and KinderGarten: Mrs. Manjeet Kaur and Mrs. Saroj taught their kids about the importance of Muslim festival Id al-Fitr (it marks the end of Ramadan, the Islamic holy month of fasting. Id is the only day during which Muslims are are not permitted to fast). They were also told about the importance of family in life. Students were taught about the basic introductory questions related to them. They were also involved in spray painting.

Improvement Story: One child of Nursery class, Ritika, was very weak in studies. Whenever teacher asked her any question, she was unable to reply. Even though she knew the answers. Her class teacher understood her problem and worked on her confidence. She started paying her special attention. Now she is improving day by day. Her speaking skills are improving. This is possible with the joint efforts of parents, teachers and Ritika herself.

All the teachers are very happy with the increasing improvement in their children.

PARENT TEACHERS MEETING



In this month, Our School With A Difference had a Parent Teachers meeting in which both the parents of every child was invited to discuss their negative and positive qualities. Most of the mothers come. Our DIR's Nutritionist Mrs. Natasha Sharma headed this meeting. Her focus was healthy diet of children. Schoolteachers have this complaint that most of the kids did not bring good food in their lunch boxes. They were always carrying junk food, biscuits and sugary drinks with them. Therefore, Mrs. Natasha counseled the parents. She told the bad effects of these junk foods on health of small children. She used visual aids so that parents can understand this in better way. All the parents discussed

their queries with her. Parents were very satisfied with this interaction.

Teachers also discussed their issues with parents. They told them about the rules of school. Some parents were not punctual; some kids were not maintaining their proper notebooks. Now parents are following our instructions so everyone is happy with this.

11. VISITORS



This month, Mrs. Harsharan Kaur, our Ex COO, visited us. She brought with her two sewing machines. One is for embroidery and multi stitching and another is for teaching uses. Both the machines are with stands and foot pedals so that women can improve their quality of work. These machines are donated by Mr. Pankaj Khandelia and Mrs. Harsharan Kaur herself. Mr. Pankaj is an industrialist in Pharmaceuticals company, who visited us last year. He is a kind man who wants to help underprivileged developing skills.

and Our SHP Mrs. Maya was very happy with this donation. Now she can make different materials with different stuff. We are very thankful to them for this donation.

EXPLANATORY ENDNOTES

HEALTH PROMOTER (HP)

This job title is given to a special, full-time employee of DIR. To be hired, s/he must be a resident of our project area. There are no educational requirements but s/he must be literate in Hindi, and be able to prove (by passing monthly exams) that s/he is learning adequately in our daily (Medical and Nutrition) classes. Each HP is assigned to a "Unit" which is a group of 230 contiguous households. The HP visits each family in his/her Unit monthly, where appropriate checking and monitoring blood pressure, checking and monitoring the weight of each child under the age of 60 months, examining for hygienic conditions and procedures, advising and counseling as necessary, and promoting living a healthy life, however possible. A minimum of 80% of all DIR employees must be women. Through demonstrating that s/he is learning well in our academic classes, for exhibiting skill in educating the public, and showing leadership potential, a Health Promoter may be promoted to become a Senior Health Promoter.

NUTRITION ZONES

For ease of classifying children's nutritional status, we have accepted the common World Health Organization use of weight "Zones". These are weight areas plotted on a graph showing weight for age. Children in the "Green zone" are said to be of appropriate weight. Children in the "Yellow zone" are said to be Underweight, and those in the "Red zone" are judged to be "seriously underweight."

NIPP

This is the name of one of our high priority programmes. The initials stand for Nutrition Improvement Priority Project. Each of our 13 Health Promoters have identified the three most chronically malnourished children under the age of 60 months in each of their Units. These 39 children are the exclusive members of the NIPP.

UNIT

This is number of contiguous households being served by one Health Promoter. The typical number of homes in a Unit is 230, but this may be increased or decreased if the number of children or pregnant women abnormally influence the HP's workload.

DOTS (DIRECTLY OBSERVED TREATMENT SHORT-COURSE)

This is the name given to the Government's programme for early detection and treatment of Tuberculosis. DIR has one room reserved for DOTS activities in its Centre. One HP is designated as the DOTS Co-ordinator.

Categories I and II.

When these designations are used in a DIR report, they refer to categories of TB patients. Category I - All 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 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

PGI

These are the frequently used initials for the government's Post Graduate Institute of Medical Education and Research. This large Chandigarh medical complex serves the north-East quarter of India. In recent years it has started a rare addition in India - a School of Public Health. PGI borders on the slum called Janta Colony, where DIR has been active since 2005.

