

DEVELOPING INDIGENOUS RESOURCES – INDIA

Summary of Activities

For

August 2017

THOUGHT FOR THE MONTH

Not all of us can do great things. But we can do small things with great love.

- (Mother Teresa)

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1. ACTING DIRECTOR'S MESSAGE

Mrs. Natasha
NUTRITIONIST

August, the month of rain. Rain that came is short heavy downpours which is hard to drain. The bustee 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 bustee after such heavy downpours. We had a class on water-borne and mosquito borne diseases like Cholera, diarrhea, malaria, dengue, and viral fever. It might reduce weights of our kids. Counseling and committee meetings are going on and our Health Promoters continuously spreading awareness about above said diseases. Malaria and dengue cases were reported in other slums surrounding Chandigarh. Fortunately we have not received news of any cases in our area.

This month had many traditional festive celebrations through which we try to make our students socially aware and culturally sensitive. For example, on 4th August, Rakshabandhan the festival in which sisters tie a cord wrist band on their brothers and brothers gives their sisters a gift in return is celebrated with SWAD kids. They made beautiful Rakhis.

Apart from that Janamastmi and Independence Day were celebrated on 14th August though both festivals falls on same day. To generate national spirit and patriotism amongst staff and children Independence Day was celebrated with SWAD Kids and DIR Staff with great zeal and fervor. Children made national flags and they were told the importance of republic day celebrations in India. Students, plus DIR staff had our national flag painted on their cheeks. Everybody singing the national anthem. However, Janamastmi, **birthday of Lord Krishna**, was also celebrated on same day. Some Kids dressed up as Lord Krishna. For these occasions we invited Mr. Surjit Singh, Ex Sarpanach of Janta Colony and municipal councilor Mr. Parmod. They were impressed with the kid's performance and distributed sweets to all children. We got press coverage in local Hindi newspaper "Dainik Bhaskar".

On 15th August, 15 bustee children along with three 3 DIR staff were invited by Hyatt, Famous 5star hotel of Chandigarh for singing National Anthem. Children were participated in different activities over there. At the end, refreshment was given to all. Kids were very happy.

On 31st August, our Ex C.O.O Mrs. Harsharan Kaur visited our bustee office along with her team. They were very impressed with our HPs knowledge and their work. They also went for field observation along with the Health Promoters to observe how they work in the field and deal with different people and their problems. They were very impressed by our work.

Academics are equally important to the HP's. Daily academic classes goes on. They all performed well both in Preventive medicine and Nutrition. It is heartening to see the zeal and motivation with which every member of DIR works. DIR-I is always a happening place



Last row, second one from left to right, Mrs. Harsharan Kaur and her colleagues with DIR Staff



Independence Day in Hyatt Hotel

2. IMMUNIZATION PROGRAMME

Mrs. Veena

SENIOR HEALTH PROMOTER



This month we had four Immunization days. Everything is going well. All children and pregnant women are coming every month for anti-natal check-ups.

Women who work at the government's local health care give shots and update immunization records.

We are providing iron and folic acid tablets and calcium supplements to pregnant women. Pregnant women also have TT Shots & had weight and blood pressure checked.

As usual Auxiliary Nurses, Midwives, Asha Workers and Health Promoters work together to make this camp successful.

We give nutritious food to children and pregnant women who come for Immunization.

THE FOLLOWING INOCULATIONS WERE GIVEN DURING AUGUST 2017

SHOTS	1 ST Dose	2 nd Dose	3 rd Dose
DPT 5 yrs.	06	-	-
DPT-B	14	-	-
Measles	18	14	-
Pentavalent + IPV	14+14	20	15+15
TT 1 Injection.	7	-	-
TT 2 Injection.	15	-	-
TT 10 yrs.	3	-	-
TT 16 yrs.	3	-	-
TOTAL	94	34	30

3. INCOME GENERATING ACTIVITY

Mrs. Maya

SENIOR HEALTH PROMOTER

STITCHING PROGRAMME

In this month again there is no work from our side to the ladies, and we well sad for this that we are not able to give them work at this point of time. But the best thing is they are getting stuff to do from outside.

TAILORING

There are 16 ladies attending Tailoring Classes this month. It is good to see these two women are doing well. While all our students are giving their best and everything is going well, four women are doing exceptionally good work.

4. MY STORY

Mr. Manoj Kumar Yadav

DRIVER



My name is Manoj Kumar Yadav. My father's name is Ashok Kumar Yadav. I am 22 years old. I am living in Naya Gaon for the last one year. Basically I belongs to Uttar Pradesh. There are five members in my family. My father is a farmer. I born and brought up in Uttar Pradesh. I have studied till Matriculation.

After completing my study I started working as a driver in Kanpur and worked there for 2.5 years. After that I came to Delhi and again worked there as a driver for 6 months. After that I came to Chandigarh to visit my relative. I came to know about the vacancy of driver in DIR. I came here for interview and got selected and then started working in DIR from 1 September 2016. I like the environment of this organization and have learned so many new things.

I would like to thanks Dr. Shaw who gave me the opportunity to being a part of DIR.

5. CAP: CHILD ACTIVIST PROGRAMME

Mrs. Banita

SENIOR HEALTH PROMOTER

This activity, which is provided for children aged 7 through 13 years, meets between 3:30pm and 4:30pm daily. The goals of the CAP Programme are: -

- (1) To educate children and their families.
- (2) To help children develop socially.
- (3) To promote sportsmanship.
- (4) To Increase team spirit.
- (5) To create leaders for sports and community outreach.

In this month in the Child Activist Programme children played many games like kho-kho, football, etc. In this month children made Rakhi on the occasion of Rakshabandhan. They also went to Hyatt Hotel for the celebration of Independence Day. 14 children went there and played many games over there and also won prizes on their victories. They enjoyed a lot there. This month we educate children about Swine Flu and Source of Vitamin C.



Children Celebrated Rakshabandhan

Our first CAP game concerned Swine Flu.

The game was Kho-Kho, in this game firstly Health Promoters explain children about Swine flu, they give them a thorough description through a chart. Then they divided children into two teams. First team members sat down and each one sat in an alternative direction to each other. And after that one member from the First team will stand and then he will chase the other member who came from the 2nd team. If he succeeded in catching the member of the rival team then the one who got caught will tell the symptoms and precautions to be taken in Swine Flu. After that the same process was repeated several times.



Health Promoter explaining about Swine Flu to Children through chart

In a second game concerning the Sources of Vitamin C,

The name of game was Jump over the rope. In this game firstly Health Promoters explain sources of Vitamin C through chart. The two children hold the rope both side and other children make a line. Then they jump over the rope one by one. Every time rope will get higher than the last time. Who will touch the rope during jump will be out and tell the source of Vitamin C.

In short this month children enjoyed very much as well as they increased their knowledge through games and activities.



6. NUTRITION TRAINING

Mrs. NATASHA NUTRITIONIST

World Breastfeeding Week is celebrated every year from 1 to 7 August in more than 170 countries to encourage breastfeeding and improve the health of babies around the world. It commemorates the Innocent Declaration made by WHO and UNICEF policy-makers in August 1990 to protect, promote and support breastfeeding. Breastfeeding, as most of us - but not enough of us - know is the best way to provide newborns with the nutrients they need. WHO recommends exclusive breastfeeding until a baby is six months old, and continued breastfeeding with the addition of nutritious complementary foods for up to two years or beyond. Special committee meetings given by our HP's to motivate new mothers regarding Breast feeding.



This month a new female child, Roohi, 26 months old, suffering from Type 1 diabetes is identified from our HP Sushma Devi's area. When we talked to her mother, we came to know that the family is hailing from Uttar Pradesh and stayed here in rented single room. Both husband and wife are illiterate and husband is working as sweeper in private firm. Therefore, at this time we decided to look after this child. Apart from that, we counsel her mother about diabetic diet, told mother what fruits and vegetables avoided in this condition. Apart from that we told her easy to cook nutritious recipes to mother .Told mother to give small frequent meal and in case of any medical problem consult doctor immediately.

Nutritional demonstration of Corn cutlets was given to our Health Promoters. This snack is made of locally available, cheap ingredients, which basti people can afford easily. Corn, Bengal gram, onion, potato, tomato, capsicum, beans, lemon, curry leaves are easily available and are good sources of calories, protein, vitamin A, calcium and iron and hence good for the overall development of people.

In our regular training to Health Promoters, topics of benefits of breast feeding for mother and child, obesity, diabetes were taught. As per our regular schedule at the end of this month, an exam was also conducted to test the nutrition knowledge of HPs, in which most of them scored well.



Corn Cutlet

7. NIPP -Nutrition Improvement Priority Programme

Ms. Sarita

HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	0 (0%)
13-24 month	2 (5%)
25-36 month	5 (14%)
37-48 month	18 (50%)
49-60 month	11 (31%)

In this programme we select three most severely malnourished kids from every health promoter's area. When one child gain his weight (comes in Green Zone) then another severely malnourished child take his/her place. In this programme those children who cannot afford proper meal at their homes, we call them to DIR and provide them egg, milk and other nutritious food along with seasonal fruits.

This month 53% kids gained their weight and 22% kids are in Yellow Zone.

We had gave Deworming tablets to 97% kids.

Those kids who were coming in our Nutritional Improvement Priority Programme daily have gained their weight.

But unfortunately 4 kids loss their weight because they were down with fever this month.

All the health promoters trying their level best to improve the health of children. I hope next month those who have lost their weight will gain their weight again.

Children who gained Weight	19	53%
Children whose weight remained constant	11	31%
Children who lost weight	04	11%
G.T.V (Gone To Village)	02	5%

8. MOTHER'S HEALTH

Ms. Sangeeta HEALTH PROMOTER

In the month of August we had 122 pregnant women in the beginning. In which 17 women had delivery this month. All 17 deliveries took place in hospital. There were 11 boys and 6 girls born this month. All women had two or more appropriate anti-natal check-ups and post-natal examination before and within two days of delivery. Mothers and their babies are healthy and alive.

We found 19 new cases of conceiving and 4 cases of new arrivals this month.

8 pregnant women left our project area permanently and 4 women went to their villages.

We had conducted committee meeting in our project area, celebrating Breast Feeding week from 1 August to 7 August. Unfortunately one lady Banita, W/O Sanjay Yadav, #HL-13, Adarsh Nagar, had miscarriage this month but she didn't have its own or natural. Doctor recommended to abort the fetus because when lady went to hospital for her anti-natal examination, after taking the ultrasound test they came to know that fetus is already dead inside womb. So doctors told her for abortion of her fetus. Now she is having her treatment and medication from hospital.

At the end of the month we have 119 pregnant women in our project area.

Success Story of the Month: -

We have one success story this month from our Health Promoter Sushma Devi's Area. Ritu W/O Navneet Kumar, age 37 years, #1402, Adarsh Nagar Naya Gaon. Our Health Promoter Sushma meet her in her 2nd trimester (6 month) and at that time she did not have any anti-natal check-up yet and not even any T.T shots she had. She was very ignorant and careless about her health and pregnancy. After a long conversation and repeat counselling, our Health Promoter convince her to have her proper anti-natal check-ups and T.T shots. After two visitation, now she is having her all the check-ups test, injections regularly. Now she is also taking proper medication like Iron and Calcium tablets on time. Now she is also showing her interest after her ultra sound, as she came to know about her and her baby's health and growth. We just hope she will continue this interest of taking care of her health and her baby's health after her delivery.

Pregnant Mothers at month	Delivery	(Births)	Total Birth	Mothers who Moved		Abortion	Miscarriage	Newly Pregnant		Total Pregnant This Month
	M	F		Temporarily	Permanently			Arrived	Conceived	
2	11	06	17	04	08	00	01	04	19	119



Committee meeting on Breast Feeding

9. SCHOOL WITH A DIFFERENCE

Mrs. Manjeet Kaur SWAD TEACHER

In this month we have conducted lots of activities with the children. All the teachers and students came together and make all these successful and by doing this students also learned about the team spirit. All of them enjoying a lot doing these activities.

We had a celebration on 15 August, 70th Independence Day, in which children made flag and colored them. We also painted their faces with Tri-Color of Flag. Students also sang patriotic song. We educate the children about the Importance of this day and Significance of each color in our National Flag. We also celebrated Janamastmi on this day. As it was also the birthday of Lord Krishna falls on the same day. Some students were dressed up like Krishna, Radha, Patriotic etc. Mr. Surjit Singh, Ex- Sarpanch of Janta Colony along with his friends came to DIR on this occasion. He also distributed sweets among the SWAD kids and DIR staff.

We also celebrated Rakhi festival with the SWAD kids. In which teachers and students worked as a team and made Rakhi. We also drew Rakhi on paper and pasted on color paper and then decorated them. For making Rakhi we used materials like Cotton glue, colored threads, stars, sparkles, glitters, colored fancy papers, foam etc. After that we distributed sweets among the SWAD Kids and all the staff of DIR.

All of us enjoyed a lot all these celebrations of this month and learned to work as a good team.



Independence Day and Janamastmi Celebration in DIR, SWAD kids.

10. GUEST REMARKS FROM A BENEFICIARY

My name is Payal and I am 21 years old. I am very happy with the members of DIR and the services which they provide to us. It has been 12 years DIR working in this area. During my pregnancy they helped me in many ways. They told me how to take proper diet, what are the things which are good for my health and my baby's health and the things which are not good for our health during my pregnancy. They also tell me about the proper diet like pulses, fruits, green leafy vegetables and milk should be taken properly in our diet. They came here regularly for my weight and blood pressure. After my delivery they are coming here for regular weight of my baby and teach me how to take care of my baby and what diet should I follow to keep my baby healthy. They also tell me about the vaccinations timely which are important for my baby.

I am very thankful to the whole staff of DIR who always help me and my baby. They all are doing a very good job by making people aware regarding health.



Payal with Senior Health Promoter Veena

11. EVENTS

Captain Bikram Administrator

VISITORS

31 AUGUST 2017: Mrs. Harsharan along with her colleagues, came here to visit DIR. She came here to visit, that how our project works and the things which we are doing here to fulfill our objectives to serve the people.

EVENTS

4 AUGUST 2017: We celebrated Rakshabandhan on this day in with all the SWAD kids, teachers and DIR staff all participated and made Rakhi. After that we distributed sweets among all the children and staff.

14 AUGUST 2017: We celebrated Independence Day and Janamastmi on this day. In which children dressed up like patriotic, Krishna and Radha. Mr. Surjit Singh, Ex-Sarpanch of Janta colony along with his friends came to DIR and also celebrates this event with us and after that distributed the sweets among all the children and DIR staff.

DEPARTURE

This month our two employees Ravi (Driver) and Simranjeet Kaur (Health Promoter) left DIR.

12. 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, and other) 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 (at least) monthly, where appropriate checking and monitoring blood pressure, checking and monitoring the weight of each child under the age of 60 months, promoting for hygienic conditions and procedures, advising and counseling as necessary, and promoting living a healthy life, however possible. 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.

GENDER BIAS

Because the traditional roles of women in developing countries exert heavier influence on family health than the roles of their male counterparts, it is strict policy that DIR staff will never have less than 80% of positions (in developing countries) staffed by women. Preference in Board positions is to have 50/50.

NUTRITION ZONES

For ease of classifying children's nutritional status, we have accepted the common concept World Health Organization has popularized of using weight "Zones". These are weight areas plotted on a graph showing weight for

age. Children in the “Green Zone” are said to be 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 programs. 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. This group of children are normally the exclusive members of the NIPP, but the CEO may assign a limited number of emergency cases when such is seen to be essential.

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.

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.

NGO: - Non-Government Organization.

Typically, but not excusably, an NGO is an organization which strives to improve the quality of life within a given community. For example, CARE is an NGO, as is HOPE, PLANNED PARENTHOOD, DIR, AARP, etc. Some, but not all, NGOs, are non-profit.

RAKHI

Raksha Bandhan, also **Rakshabandhan**, or simply **Rakhi**, is an annual rite performed in South Asia, or by the people of South Asia origin, and centred around the tying of a thread, talisman, or amulet on the wrist as a form of ritual protection. The protection is offered principally by sisters to brothers, but also by priests to patrons, and sometimes by individuals to real or potential benefactors. Raksha Bandhan is observed on the last day of Hindu Lunar calendar month of Shraavana, which is typically falls in August. On this day, sisters of all the ages tie talisman or amulet, called the Rakhi, around the wrists of their brothers, ritually protecting their brothers, receiving a gift from them in return, and traditionally investing the brothers with a share of the responsibility of their potential care. The expression “Raksha Bandhan,” Sanskrit, literally, “the bond of protection, obligation, or care,” is now principally applied to this ritual. It has also applied to a similar ritual in which a domestic priest ties amulets, charms, or threads on the wrist of his patrons and receives gifts of money. A ritual associated with Saluno includes the sisters placing shoots of barley behind the ears of their brothers.

DONATIONS to DIR

DIR is a non-profit NGO which is funded entirely by voluntary donations. In the US and in India donations to DIR are made deductible, for income tax purposes, by both governments.

In India, donations in Rupees, may be addressed to: The Director, DIR-I, House 105, Sector 10, Chandigarh 160009.

Donations in other currencies, should be sent to: The CEO, DIR, 8321 Terrace Drive, El Cerrito, CA94530.