

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

### July 2012



**DIR CARES... And has made an improvement in the lives of about 16,527 residents of a slum in Naya Gaon, Punjab since it began working here in the year 2005. We need support to keep running this program and replicating it in other service-deficient communities. We believe you care !**

**“THOSE WHO HAVE THE PRIVILEGE TO KNOW, HAVE THE DUTY TO ACT.” ALBERT EINSTEIN.**

Acting upon the suggestion received from DIR Board of Directors, we floated the idea in the basti that the 3,641 families receiving free services from DIR for the last seven years, may start making a small monthly contribution of Rs 10 or 20, in order to sustain the program. Apart from making it easier for DIR to continue running the program, this would also give people in the basti a sense of participation and a feeling of responsibility. Community meetings were and are being held every Sunday to explain all this to people and it is also being conveyed that this contribution is optional and voluntary. As expected, the response received so far is mixed-ranging from lukewarm to people offering to pay more, wanting to becoming members (I am still trying to figure out what is meant by this), inability to pay every month, etc, etc. The staff at DIR agreed that this is doable and taking a conservative figure of Rs 10 received from 2500 families, Sunny estimated that an amount of Rs 25,000 could be raised per month. However what has been raised in the month of July is Rs 1450 .

There has been no luck so far with getting sponsors for the concert, though some friends who take interest and support DIR are following up a few leads. Most of those who promised big have backtracked and I have never had my phone calls, SMSes and e-mails ignored this way. Quite a leveler for my ego!

Two good things worth mentioning here are that Min Ho Kyung, a physician from Seoul with specialization in Public health, is going to join DIR for three months as a volunteer. Min is in India for the first time and we met when she was in Chandigarh some time back. During our walks and chats and coffees together, I discovered she was going to volunteer for an NGO in Adampur, Punjab to make her long stay in India purposeful. Now the very word 'NGO' makes your antennas stand up in alarm even if you yourself volunteer for one and believe that all NGO's are not scams. I felt a little worried and apprehensive for Min and looked at the website of this NGO which turned out to be quite impressive. Min had obviously spent time to research and chose carefully. But when I heard from her after about two weeks, she was one very upset woman. The NGO is not doing any work worth mentioning and there is a total chaos out there! So Min, who had visited DIR when in Chandigarh expressed that she wishes to come here and volunteer for DIR. I feel confident that work at DIR will erase her earlier bad experience and prove to be productive for her and DIR.

Arshdeep, a pretty, young and enthusiastic Indian kid studying Psychology in York University, Canada is already volunteering for DIR. While I look forward to having Min with us very soon, I am pleased to get fund-raising support from Arshdeep. At this moment while I am writing this, Arsh is busy preparing for a presentation on DIR to be given at an Engineering College next week. I hope Arsh's drive to support DIR does not wane when she goes back. We have had talks about her raising funds for DIR in her University. I do hope she finds time to do so!

P.S. Here are some excerpts from my conversation on fb with Min, for those who are interested and have the time...

How are you Jaspreet! Any progressive in DIR work?

For me, it's been two weeks by now I actually started my work with this NGO. But it's very disappointing. Any of the projects they said they are working on is not here. It's literally nothing myself who is on the job. I and many other your interns here are quite frustrated now. So I'd like to visit DIR again and see if there's something I can do? What do you think?

Please share the story. And other interns, some are here via their school or institute, all promised they are going to give the feedback about this organization when they get back. And I'll send my CV I have with me now. My visa expires at the end of November. Thank you so much.

now I even wonder this is a legitimate NGO... What they showed and promised on their website doesn't exist.

There are literally 3 people who run this NGO. And they don't support the interns' work at all.

In one center in Janouri, interns found that these migrant people wanted to be registered and they even sought the solution that can make it actually happen. And the manager and the head of this NGO said 'no' to the interns.

## NUTRITION

**(Mrs. Renuka pal and Mrs. Natasha Sharma - DIR-I Nutritionists)**



We all know that fruits, vegetables and nuts are the best things for us to eat in order to stay healthy. A sliced carrot resembles the human eye. Studies have shown that carrots increase blood flow to the eyes. Tomatoes have four chambers just like the human heart. Studies show that tomatoes contain an ingredient called lycopene which can strengthen the immune system, lower cholesterol, prevent infections and fight against certain viruses and bacteria. Grapes also resemble the heart. They are known to reduce bad cholesterol. Walnuts resemble our brain. Walnuts contain plenty of protein and fiber. Kidney beans look just like our kidneys and help them to function properly. Onions resemble our body cells. They aid in removing wastes from the cells. Garlic removes toxic waste materials from the body. As these days life is so busy and most of us depend on fast food, so to keep ourselves healthy and fit we have to adopt natural foods in our diet as these foods do wonders for our bodies.

During the month of July, nutritional demonstration of Rice Flakes Ladoos was given to our Health Promoters. This snack is made of locally available, cheap ingredients, which basti people can afford easily. Rice flakes, peanuts and jaggery are easily available and are good sources of calories, protein and iron and hence good for the overall development of people.

In our regular training to Health Promoters, topics of hyperthyroidism, diabetes, obesity, calcium, vitamin C and D 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.

## MOTHERS' HEALTH

**(Ms. Meena Kumari - Senior Health Promoter)**

### Pregnancies

On the 1<sup>st</sup> of July, there were 108 pregnant women in Janta colony and Adarsh Nagar. Of these, 13 women delivered their babies during this month. Eight others shifted their residence permanently from the colony. Twenty Six new pregnancies were reported this month. All the 13 women who delivered during the month had had three or more Antenatal check-ups.

### Deliveries

Out of 13 women who delivered this month, one lady had delivered twins, nine delivered in the Government Hospital, Sector-16, one delivered in the GMC Hospital, Sector 32, one delivered in the civil Hospital, Sector 22, one delivered in the private Hospital and one delivered at home. Twelve deliveries were assisted by

qualified professionals and one assisted by local midwife. Of the newborns, 8 are boys and 6 are girls. All the women who delivered had their postnatal examinations within 2 days of delivery.

**IMMUNIZATION PROGRAMME**  
(Ms. Veena Rani – Senior Health Promoter)

As usual, government immunizers come to the DIR Centre to give shots on every Wednesday of the month. Our Health Promoters maintain records of all the immunizations of all children under the age of five years and ensure that every child gets his/her shots on schedule.

In the four immunization days at the DIR office during the month of July, a total of 102 shots were given to the children. Details are as follows:

(a) Measles – 18 (b) Measles Booster -8(c) BCG -1 (d) DT -6 (e) DPT Booster - 6

SHOTS	1 <sup>st</sup> Dose	2 <sup>nd</sup> Dose	3 <sup>rd</sup> Dose
Hepatitis B	14	8	8
DPT	12	7	6
TT	6	2	-

In addition to these, 24 children were given a supplement dose of Vitamin A.

**D.O.T.S.**

(Mr. Sunny Bighania – Senior Health Promoter)

On the 1<sup>st</sup> of July, 23 Tuberculosis patients were served medicines at our basti office through the government DOTS program run by DIR. Our basti office is an authorised DOTS centre, and patients from the vicinity get their supply of medicine from our office on a regular basis. During this month, two patients completed their treatment and are declared free from this disease. Five new patients have been diagnosed having Tuberculosis this month, and have started medication from our centre.

We have Nineteen Category I Patients, and Four Category II Patients.

Following is a brief description of what each Category is:

- Category I – All those new patients whose pulmonary smear is positive for Tuberculosis Bacilli or those whose pulmonary smear is negative but are seriously ill or those who have extra pulmonary Tuberculosis but are seriously ill are included in Category I. This month, we have 19 patients in this category.
- Category II – Those 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 once or those who had not been cured even after completing a full prescribed course. This month we have 4 patients in this category

## INCOME GENERATION

(Ms. Meena Kumari - Senior Health Promoter)

Under the program of skills training, a total of eleven women from basti are learning stitching in our basti office. Aside from stitching classes being held in DIR basti office, DIR also gives paid assignments to basti women in the form of stitching of different types of bags such as wine bags, craft bags, I Pad bags, and Water bags. During the month of July, they made 77 wine bags, 17 craft bags, 15 I-Pad bags, 37 Purses, and 20 Water bags. Apart from that 2 wall hangings and 17 salwars were also made. On the other hand 957 double ply paper bags with rope handles are made and out of which 100 bags are sold. The women earn an income due to the program run by DIR

## EDUCATION

( Mrs. Sunita Sharma- Teacher )

After vacation school reopen on 2<sup>nd</sup> July 2012. In the month of may we have only 87 students and after vacations we get 9 new admissions. Total strength at this time is 96. Birthday of 7 kids celebrated on 17<sup>th</sup> July.

## PERSONEL ACTIVITY

### Visitors

1. Mr. Sanjay Gadhiyal, journalist from Daily Post.
2. Mr. Sanjeev, Forever Beauty Products.

### Absentees:

Name	Paid Leave		Unpaid Leave	
	# Days	Dates	# Days	Dates
Mr. Pannu (Administrator)	0.5	19 <sup>th</sup> Half day.		
Mrs Renuka (Nutritionist)			1	26 <sup>th</sup> July full day.
Mrs. Reena Paul (Teacher)	7	5,6,9,10,11,12,13 full day in July.	12	16,17,18,19,20,23,24,25,26,27, 30, 31 full day.
Mrs. Manjeet(Teacher)	1	3 <sup>rd</sup> July.		
Mrs. Krishna (Stitching Teacher)			22	2,3,4,5,6,9,10,11,12,13,16,17, 18,19,20,23,24,25,26,27,30,31 full day in July.
Mrs. Banita (HP)	2	3,19..		
Mrs. Meena (SHP)	7	19, 20, 23,24,25,27 and 30 July.		
Mrs. Sunita Kashyap (HP)			2	10 and 17 July.
Mr Sunny (Field coordinator)	1	26 <sup>th</sup> July		
Mrs. Maya (HP)	2	2 and 3 <sup>rd</sup> full day.		
Ms. Sarita (HP)	2	12 and 13 <sup>th</sup> Full day.		
Mr. Sunil (HP)	1	9 <sup>th</sup> of the month		
Mr. Nikhil			4.5	2, 5, 12, 13 Full day and 17 <sup>th</sup> half day.
Mrs. Sushma (HP)	1	27 <sup>th</sup> July.		