

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

### October 2012

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**THOUGHT FOR THE MONTH: In spite of everything, I still believe that people are really good at heart. I simply cannot build a foundation consisting of confusion, misery and death. (Anna Frank)**

#### CEO's MESSAGE

(Frederick Shaw)



The beginning of this month was one of frantic activity. Hans Raj Hans, an extremely popular Sufi Singer had very generously offered to do a fund-raising concert for DIR. The date for the event is 6<sup>th</sup> October, and the venue is the Chandigarh Golf Association's spacious lawn.

As preparations went ahead, and more and more local organizations were contacted and invited to be sponsors, excitement mounted. While enthusiasm on all sides grew, on a personal level I found myself inescapably succumbing to that highly enervating illness, Dengue Fever. After ignoring me for seven years, the local female Aedes (mosquitoes) while utilizing my personal resources (blood) gave me a bad case of Dengue Fever! The first five days of Dengue, before I gave-up and went into hospital for another four, gave me some piercing insight into why the disease might be nick-named "break-bone fever"! Chandigarh is having a Dengue epidemic, and all the local hospitals have been forced to close admission of new patients. I managed to get in on time!

While the bad news is the high number of cases of Dengue Fever, the good news is the relatively low number of fatalities. Understandably, our District, SAS Nagar, with its blocked sewage pipes and inoperative drains, which can be ignored quite safely by government since these only affect poor people, has had the greatest number of Dengue cases and Dengue deaths. As with many illnesses in which the patient is in possession of relevant preventable knowledge, s/he "invites" the problem by inappropriate behavior. In my case, I find it hard to believe but must admit, that - after seven years of spraying for mosquitoes, and applying repellent - I relaxed this season, and became more casual with both measures. That is not very likely to happen again in my lifetime! Now, I am locking the stable door (spraying and repelling) daily!

Thus, I missed the Hans Raj Hans concert I had been so eagerly anticipating. By all accounts, it was a good success. Because of the incredible number of tickets we had to give away to VIPs, we did not make a financial killing, but we made some money, and got practice in organizing the event and have very high hopes for the concerts Hans will give in the US for DIR.

Our Health programmes continue to improve conditions in our project area, and my next personal agenda is to explore to which community we should expand. Since, we are becoming better known, I have hopes that we will be able to find a partner (perhaps a Government Department) which will provide half the funding. On the subject of funding, Dell Foundation sent me a nice letter explaining while they appreciate DIR has clearly the best programme of its kind in the world, they are managing to resist providing us with financial assistance!

## NUTRITION

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



**Food** plays a literally *vital* role in every one's life. Food is something without which growth, development and evolution would have been impossible. Good nutrition is essential for physical growth and development, including full development of immune systems. Every living thing on the face of the earth, irrespective of being plant or animal, need nutrition to survive, grow and reproduce. All the living things on earth are therefore, dependent on each other for survival in some way or the other and that is what we call the ecosystem.

Every year **World Food Day** is celebrated around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. The day is celebrated widely by many other organizations concerned with food security, including the World Food Programme. The World Food Day theme for 2012 is "Agricultural cooperatives – key to feeding the world".

**World Food Day** aims to heighten public awareness of the plight of the world's hungry and malnourished and to encourage people worldwide to take action against hunger. More than 150 countries are reported to observe this event every year. In the United States, some 450 national, private voluntary organizations sponsor World Food Day, and local groups are active in almost every community. First observed in 1981, each year World Food Day highlights a particular theme on which to focus activities.

Some important Themes from recent years have included are

- 2005: Agriculture and intercultural dialogue
- 2006: Investing in agriculture for food security
- 2007: The [right to food](#)
- 2008: World food security: the challenges of [climate change](#) and [bioenergy](#)
- 2009: Achieving food security [in times of crisis](#)
- 2010: United against hunger
- 2011: Food prices - from crisis to stability

- 2012: [Agricultural cooperatives](#) – key to feeding the world

Another day for universal celebration, we were told, was on 21<sup>st</sup> October when IDD was the issue. Apart from that, Global Iodine Deficiency Disorders prevention day was celebrated on 21<sup>st</sup> October. Iodine Deficiency Disorder (IDD) is one of the most preventable and prevailing micronutrient deficiencies which mainly affect small children and pregnant women. This very serious deficit results in spontaneous abortions, brain disorders and low mental development for too many people. Apart from that IDD causes impaired physical growth, compromised school performance and reduction or loss of mental ability. Hence it has become important to make the world aware about the Iodine Deficiency Disorders and the problems associated with it. The global iodine Deficiency disorder Prevention Day promotes an awareness campaign to educate the people on how hard the effects of iodine deficiency can fall on you if you are not careful enough. IDD and how it may be readily prevented. The observation of successive Global Iodine Deficiency Disorder Days should help to slowly eradicate this very uncomplicated yet serious deficiency disorder from the globe. Just to make people aware of it and taking steps towards educating the people and introducing healthy eating habits which helps to get closer towards a world with minimal number of people who suffers because they haven't got the adequate amount of the micronutrient in their diet. Educate the world on having iodized salt and iodine rich food stuffs like sea food, leafy and other vegetables.

In DIR classes for Health Promoter during the month of October, in addition to IDD, we covered important topics such as, diet in pregnancy, diet in old age, hypothyroidism, as well as reviewing iron deficiency. A nutrition demonstration on Poha was given to the Health Promoters. This is a low cost nutritious recipe and is made using rice flakes, groundnut, carrots, onion, tomato, potato, curry leaves and oil as ingredients. The recipe is rich in Calories, Protein, Iron and Vitamin A. Moreover, the ingredients used are cheap and easily available. To test the nutrition knowledge of HPs, nutrition test was conducted in which most of them scored well.

### **MOTHERS' HEALTH**

(Ms. Meena Kumari - Senior Health Promoter)

#### **Pregnancies**

On the 1<sup>st</sup> of October, there were 104 pregnant women in Janta colony and Adarsh Nagar. Of these, 12 women delivered their babies and one woman had miscarriage during this month. Two others shifted their residence permanently from the colony. Sixteen new pregnancies were reported this month. All the 13 women who delivered during the month had had three or more Antenatal checks.

#### **Deliveries**

Out of 12 women who delivered this month, eight delivered in the Government Hospital, Sector-16, two delivered in the PGI, two delivered in the private hospital and one delivered at home. All Twelve deliveries were assisted by qualified professionals and one by local midwife. Of the newborns, 7 are boys and 6 are girls. All the women who delivered had their postpartum 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 October, a total of 148 shots were given to the children. Details are as follows:

(a) Measles – 20 (b) Measles Booster -6 (c) BCG -3 (d) DT -7 (e) DPT Booster - 7

SHOTS	1 <sup>st</sup> Dose	2 <sup>nd</sup> Dose	3 <sup>rd</sup> Dose
Hepatitis B	17	15	13
DPT	17	14	12
TT	4	9	-

In addition to these, Four 10 year-old children were given TT shot and 26 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 October, 27 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. One new patient has been diagnosed having Tuberculosis this month, and has started medication from our centre.

We have 22 Category I Patients, and 5 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 22 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 5 patients in this category

### **INCOME GENERATION**

(Ms. Meena Kumari and Mrs. Tikki Maya - Senior Health Promoters)

Under the program of skills training, a total of six women from bustee are learning stitching in our bustee *office as festive season starts in October so the attendance was thin this month*. Women learning stitching skills in stitching classes and are making good progress. Aside from learning in the stitching classes, DIR also give paid assignments to bustee women in form of stitching of different types of bags such as wine bags, craft bags, i-Pad bags, bags for water bottles and salwars (These are the “baggy pants” part of traditional Punjabi women’s clothing).

During the month of October, they made 119 wine bags, 14 i-Pad bags, 8 Water bags and 2 salwars. Once they satisfactorily complete the assigned task given to them, they are paid for it. This month we got a chance to display our products in Chandigarh’s famous 5 star hotel i.e. JW Marriot. They provided us two tables for displaying our products and we raised Rs. 2850/- from sales.

On another project, women are paid for making paper bags out of re-cycled newspapers. These, we market to the retailers. This month, 374 double-ply paper bags with rope handles were made.

## EDUCATION

October starts our fall festivals. Dussehra, which fell on 24 October, marks the killing of demon King Ravana by Lord Rama. Because at this season there typically is a welcome change in climate from warm to cool, we start providing warmer winter uniforms for our school children. The children are excited about Dussehra since it usually involves eating lots of sweets plus having a school holiday. On 15<sup>th</sup>, we celebrated the birthday of 19 children born in October. A huge and wonderful cake for the occasion was presented by one of our Trustees, Mrs. Monika Sood. This served 100 kids, and a few parents who chanced to come by. From the books and toys given to Dr. Shaw by his departing foreign friends, we were able to provide gifts to the birthday pupils. We had a successful parent/teacher meetings on 12<sup>th</sup> October.

## PERSONEL ACTIVITY

(Mr. ISB Pannu)

### Visitors

1. Mr. Scott Slessor, Canadian Consul General for our region.

Name	Paid Leave		Unpaid Leave	
	# Days	Dates	# Days	Dates
Mrs. Renuka (Nutritionist)			3	1st and 31 <sup>st</sup> full day and 19 <sup>th</sup> and 26 <sup>th</sup> half day.
Mrs. Reena Paul (Teacher)			7	16 <sup>th</sup> , 17 <sup>th</sup> , 18 <sup>th</sup> , 22 <sup>nd</sup> , 23 <sup>rd</sup> , 25 <sup>th</sup> and 26 <sup>th</sup> of month
Mrs. Meenakshi(Teacher)	3	3 <sup>rd</sup> , 22 <sup>nd</sup> and 26 <sup>th</sup> of October'12.		
Mrs. Sunita( Teacher)	1	9 <sup>th</sup> full day.		
Mrs. Meenakshi (HP)	1.5	12 <sup>th</sup> half day and 1 <sup>st</sup> of October full day.		
Mrs. Anita (HP)	2.5	4 <sup>th</sup> half day and 1 <sup>st</sup> and 8 <sup>th</sup> full day.		
Mrs. Banita (HP)			5	5 <sup>th</sup> , 10 <sup>th</sup> , 15 <sup>th</sup> , 16 <sup>th</sup> and 18 <sup>th</sup>
Ms. Sarita (HP)	1.0	19 <sup>th</sup> full day.		
Mrs. Sushma (HP)	4.5	3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> and 9 <sup>th</sup> of october'12 and 8 <sup>th</sup> half day.		
Mrs. Lata (HP)	1	22 <sup>nd</sup> full day.		
Mrs. Veena (SHP)	1.5	23 <sup>rd</sup> half day and 22 <sup>nd</sup> full day.		
Mrs. Hemanti (Maid)	1	15 <sup>th</sup> and 19 <sup>th</sup> of October half day.		
Mr. Sunny (Field Coordinator)	2	3 <sup>rd</sup> and 11 <sup>th</sup> of month full day.		
Mrs. Maya(SHP)	1	8 <sup>th</sup> of October full day.		
Ms. Sanpete (HP)	1	8 <sup>th</sup> full day.	0.5	23 <sup>rd</sup> half day
Mrs. Sunita Machida(HP)	1.5	18 <sup>th</sup> half day and 15 <sup>th</sup> full day.		
Mr. Sarvan (Driver)			1	30 <sup>th</sup> October full day.