

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

April 2013

THOUGHT FOR THE MONTH: One learns to skate by staggering around making a fool of oneself. All progress starts the same way. (G.B.Shaw)

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1. CEO's MESSAGE

Frederick Shaw

The bright sunny days of early April are a pleasant memory when the last days of the month roll around. Until the middle of this month, the DIR staff participated in our daily morning exercise class on the flat roof of our Centre. From then on, even at 9am, the sun is uncomfortably hot, and we retreat to our less-spacious ground floor. We have been exercising for thirty minutes a day, five days a week, for many years now, and I feel this has contributed substantially to our staff's overall good health and wellbeing.

This month, I submitted two new grant requests. The first was for general operating funds and the second was for a new project that we have been thinking about for some time. The latter addresses a new and growing problem, the problem of obtaining gluten-free flour (and other products) by members of the economically depressed community. It is only within relatively recent medical history that celiacs (people with gluten intolerance) were recognized, and still, it seems, a large number have not yet been identified. The most recent figures from the US indicate that over 7% of the population are celiacs. Here, in India, we have no estimates to go by, but it seems from what we know that the percentage will be close to that in the US. The poor, who will be the last to be diagnosed will, of course, fare worst. Gluten-free food in Chandigarh does not meet the market demand despite being three or four times the price of comparable food containing gluten. Two major considerations caused our interest in doing this project. The first is the fact that the poor need help in being able to access gluten-free food especially for their children, who suffer the greatest permanent harm, and the second is that our producing gluten-free flour is potentially a source of a steady income, in a market where there is no competition.

2. NUTRITION

Mrs. Natasha Sharma and Mrs Renuka- DIR-I Nutritionists

. On the month of APRIL the topics covered in nutrition were Diabetes, Vitamin D, Hyperthyroidism and Hypothyroidism. In Nutrition demonstration Veg. Uttpam was demonstrated throughout our project area. Seasonal ingredients like onions, beans, peas, spinach, tomato, semolina and oil are rich sources of the calories, proteins and iron our people lack. In nutrition exam most of our Health Promoters did well.

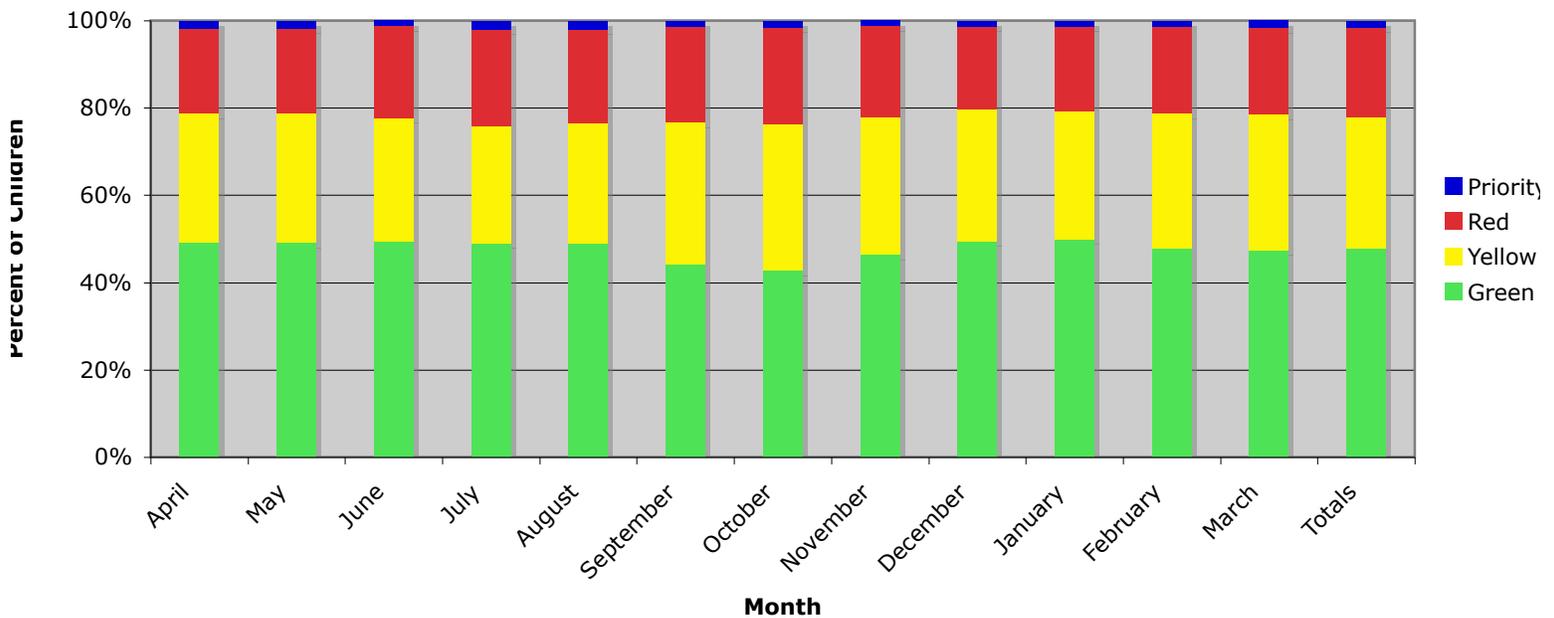
3. INTERN'S NOTES

I am twenty years old and am from a town named Lunenburg in Nova Scotia and have just recently completed my third year studying history at Memorial University of Newfoundland at the St. John's campus. I started my internship at Developing Indigenous Resources on April 29 and will complete it on June 27.

Since the beginning of my internship at DIR the staff members have very warmly welcomed me. They have included me in their morning routine and have educated me on a variety of topics, medical as well as cultural. Dr. Shaw and the employees of DIR have also been explained to me the goals of the organization. I have accompanied a few Health Promoters on their morning rounds through the colony and observed what they do and how they do it, as well as services that are provided to the community such as School With A Difference and Immunizations. I am learning about some of the difficulties that plague life in the colony, as well as ways DIR tries to remedy them.

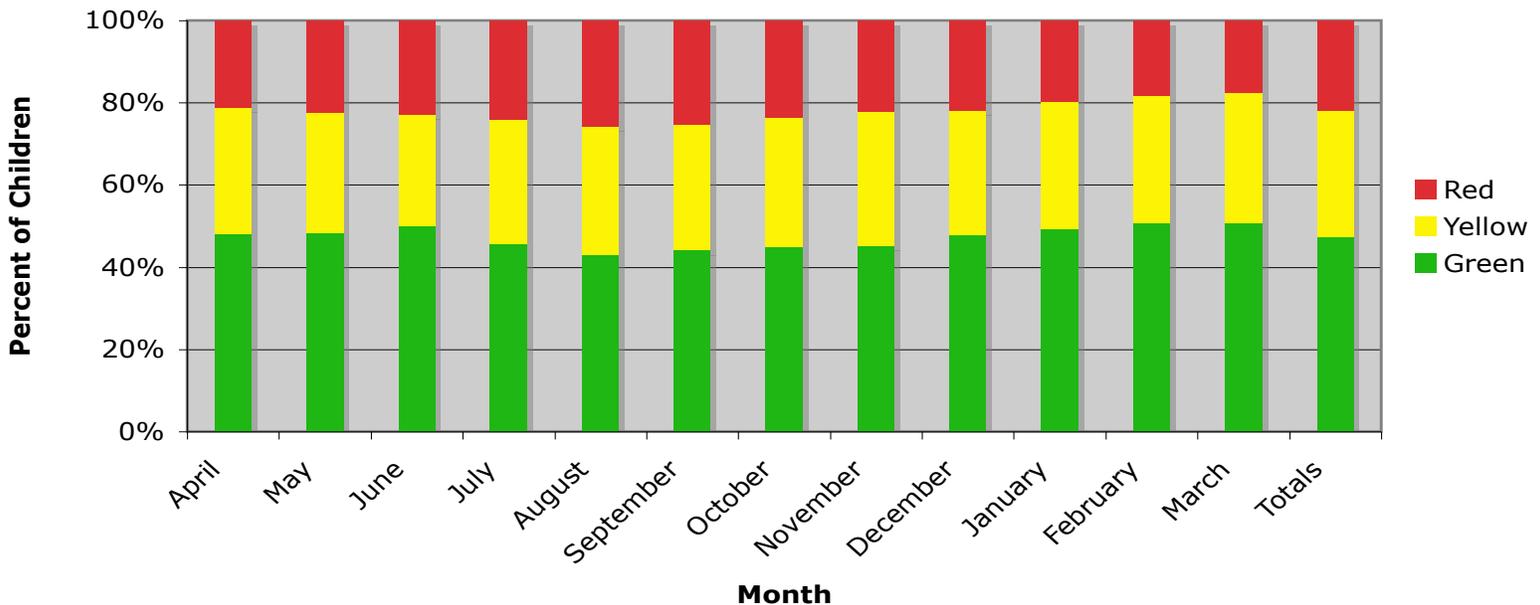
At Dr. Shaw's request I used the DIR's monthly reports from the previous year and compiled a series of graphs. These were on such topics as total births, access to latrines, and birth locations. One that readers might find particularly interesting can be seen below.

DIR 2012-2013 Monthly Weights of Children Below Sixty Months of Age



The children in the "green zone" are those that are of a healthy weight. The children in the "yellow zone" are underweight. The children in the "red zone" are dangerously underweight; and the children in the blue "priority zone" are children whose weight is so low that they require DIR's greatest effort to help. Over the course of the year, DIR staff weighed children a total of eighteen thousand six hundred and fifty-six times. This is slightly more than last year's total (18,656, vs. 18,629).

DIR 2011-2012 Monthly Weights of Children Below Sixty Months of Age



Last year a total of eighteen thousand six hundred and twenty-nine children were weighed, It may be noted that there is a decrease in the number of children in the “Red”, seriously underweight category. Hopefully this trend will continue and we will be able to increase at the number in the “Green” category. Dr. Shaw is especially interested in seasonal trends and on working to prevent seasonal losses. An example of an unwelcome trend is the annual reduction, in the autumn, of children of desirable weight.

Though I have only been apart of the DIR team for a short period of time I feel welcomed by the people and like a full member of the organization. I look forward to the next few weeks helping the people and to the experiences that it will bring.

4.MOTHERS' HEALTH

Ms. Meena Kumari - Senior Health Promoter

Pregnancies

On the 1st of April, there were 136 pregnant women in Janta colony and Adarsh Nagar. Of these, fourteen women delivered their babies during the month. Four pregnant women shifted their residence permanently from the colony, and thirty two new pregnancies were reported during the month. Out of fourteen women who delivered, all had appropriate postnatal examinations within two days of delivery, and three had three or more antenatal checks-up.

Deliveries

Out of fourteen women who delivered this month, eleven delivered in the Government Hospital in Sector-16, two delivered in PGI and one delivered in Government Hospital in Sector 32. Of the newborns, 7 are baby girls and 8 are baby boys (One lady is blessed with twins) . All Fourteen deliveries were assisted by qualified professionals.

4. IMMUNIZATION PROGRAMME

Ms. Meena – Senior Health Promoter

In the month of April, DIR-I collaborated with the government-run immunization programme on the 3rd, 10th, 17th and 25th. A total of **202** shots were administered to children, details of which are as follows:

(a) Measles – 25 (b) Measles Booster -25 (c) BCG -1 (d) DT -10 (e) DPT Booster - 24, plus

SHOTS	1 st Dose	2 nd Dose	3 rd Dose
Hepatitis B	12	13	14
DPT	12	13	18
TT	11	15	-

In addition to these, thirteen kids of age 5 years were given DPT and **Six** children of age ten. Besides these, a total of 50 children were administered a supplemental dose of vitamin A.

5. D.O.T.S.

Mrs. Meenakshi – Health Promoter

On the 1st of April, **Seventeen** tuberculosis patients were being served medicines at our basti office through the government DOTS program run by DIR. Our basti office is an authorized 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. **Four** new patients have been diagnosed having Tuberculosis this month, and has started medication from our centre.

Following is the distribution of these patients in different categories and what each means:

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 **twelve** 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 those who had not been cured even after completing a full prescribed course are included in Category II. This month we have **five** patients in this category.

Most of our patients are in the age group 12Yrs to 30 Yrs.

6. INCOME GENERATION

Ms. Meena and Mrs. Maya - Senior Health Promoters

CLOTH BAGS

Under the program of skills training, a total of twenty four women from the bustee are learning stitching in our Tailoring Class. Aside from these stitching classes being held in DIR bustee office, DIR also gives paid assignments to bustee women. Many of the trainees, while practising sewing machine skills, make the cloth bags used as gift-wrapping for bottles of wine, as well as Craft Bags, Purses, etc. Still others are stitching cloth i-Pad covers. This month 209 wine bags, 51 purses, 28 i-Pad bags and 12 Salwars stitched by the ladies. Each lady makes between 20-25 bags in an average month, but they are getting faster.

We are grateful to all fabric shopkeepers who are donating remnants and patterns of fabrics, and we send thanks to all these people who buy our products. The income means a lot to the women in the slum, and the profit goes 100% to fund our Medical activities.

PAPER BAG S

"Stop using plastic bags, use paper bags to save our environment". We would like everyone to read and follow that advice. We have different sizes of paper bags to sell to every customer. If some generous local people want to donate old news paper we would be grateful. And we would be happy to provide jobs for more women if we could get more customers for our products. This month we sold 84 paper bags to Vrinda Store , Sector 9, Chandigarh.

Contact us if you live locally and want to donate newspapers or wish to buy the fine recycled bags our women make. Find us at House 45, Sector 8-A, Chandigarh. Phone 4660419 first to ensure someone is in.

7. EDUCATION

Mrs. Sunita Sharma (Head Teacher)

'School with a Difference' resumed from 1st April in a new session. A total of 47 children have been admitted in our school out of which 22 are returning pupils and 25 are new kids. For new children, aged less than three years old, who have come to school for the first time in their lives, this month was a long one! It was also "long" for teachers trying their best to accommodate these children on their first separation from their families. The new children are now showing signs of enjoying school.

Apart from this, 4 children in DIR's 'School With A Difference' who have been successfully admitted in St. Stephen a well reputed school in Chandigarh for higher education starts going to their new schools and are very happy over there. St Stephens School kindly donated three sets of uniforms to each child including (expensive) new shoes. DIR-I provides transportation to all these children on subsidized rates.

8. PERSONEL ACTIVITY

Mrs. Natasha Sharma (Nutritionist cum Administrator)

VISITORS:

1. Mr David, the newly appointed Consul General from UK came to see our programme, as did Mr. Jack and his daughter, who are visitors from Canada..
2. Ms. Sheetal from the NGO, SEWA.
3. Mrs Manjeet and her Friend from St. Stephen School.
4. Mr. Eric Pottie from Canada.

Absences:

Name	Paid Leave		Unpaid Leave	
	# Days	Dates	# Days	Dates
Mrs. Natasha Sharma (Nutritionist cum Administrator)	3.5	8 th , 25 th and 26 th full day and 9 th April'13 half day		
Mrs Renuka (Nutritionist)	1.5	5 th full day and 26 th April'13 half day.		
Ms. Sangeeta (HP)	2	5 th and 9 th April'13. full day		
Ms. Lata (HP)	1.5	7 th full day and 20 th half day		
Ms. Banita (HP)	1	1 st April'13 full day.		
Ms. Sarita (HP)	1.5	8 th April half day and 11 th Full day.		
Mrs. Sushma (HP)	1.5	1 st full day and 23 rd half day..		
Mrs. Veena (SHP)	1	3 rd full day	9	4 th , 5 th , 11 th , 12 th , 16 th , 25 th , 26 th and 30 th full c

Mr. Sunny (Field Coordinator)	1	16 th full day.	0.5	10 th half day
Mr. Sunil (HP)	0.5	16 th half day		
Ms. Suman (HP)			0.5	4 th half day.
Ms. Sunita (HP)	0.5	29 th half day.		
Ms. Anita (HP)	2.5	3 rd , 8 th and 16 th half day and 15 th full day.		
Ms. Dhruva(HP)			3.5	1 st , 3 rd , 4 th , 8 th , 9 th , 16 th ; 29 th Half day.
Ms. Urmila Devi (HP)			0.5	25 th half day.
Mrs. Meenakshi(Teacher)	6.5	8 th , 9 th , 11 th , 15 th , 18 th and 29 th full day and 10 th half day.		
Mrs. Asha Bhatt(Teacher)	1	17 th April Full day.		