

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

For

December 2016

THOUGHT FOR THE MONTH

"Be good to yourself because nobody else has the power to make you happy."

-George Michael

CONTENTS

1.	ACTING DIRECTOR'S MESSAGE	2
2.	IMMUNIZATION PROGRAMME	3
3.	INCOME GENERATION ACTIVITY	4
4.	MY STORY	4
5.	CAP-CHILD ACTIVISTS' PROGRAMME	5
6.	NUTRITION TRAINING	6
7.	NIPP	7
8.	MOTHER'S HEALTH	7
9.	SCHOOL WITH A DIFFERENCE	8
10.	TAILORING CLASSES	9
11.	BEAUTICIAN TRAINING	9
12.	DEPARTURES AND VISITORS	9
13.	ENDNOTES	10

1. ACTING DIRECTOR'S MESSAGE

Mrs. Natasha
NUTRITIONIST

Firstly, I wish all our readers a very Happy, Prosperous and Peaceful New Year ahead. Every month I got a chance for writing report in nutrition section but this time Our CEO, Dr. Shaw is in U.S.A and is unable to write his usual monthly message. Therefore this time I have compiled last month of the year's activities. This past year brought mixed outcomes for DIR. Some were good and others were unfavourable. Our effort to improve the health of underserved people but this time demonetisation had bad impact on middle and poor class. Demonetisation for us means that Reserve Bank of India has withdrawn the old of Rs.1000 and Rs.500 notes as an official mode of payment. According to Investopedia, demonetization is the act of stripping a currency unit of its status as legal tender.

What was reason? - The reasoning given by Prime Minister Narendra Modi was

1. To tackle black money in the economy.
2. To lower the cash circulation in the country this is directly related to corruption in our country, "according to PM Modi."
3. To eliminate fake currency and cloggy funds which have been used by terror groups to fund terrorism in India.

People spend a full day in the banks to withdraw the money from the bank account but the limit for withdrawal was also limited, which affects the budget of the families. The move towards cashless transaction is good and only sections of the people are accustomed to this practice but majority of Indians have no knowledge about this cashless transaction. Moreover, most of the people in bustee fall in labor class and they did not get work because of this. There is severe shortage of 100-rupee notes and with a single 2,000-rupee note; people find it very hard to find change. People have restricted their daily transactions to the maximum and this has affected the business in all spheres considerably. Only 40 percent of the ATM machines have been calibrated to the new currency while the rest of the ATM machines are still put of order. This creates a queue in ATM machines and the cash is exhausted within hours. Currently, the daily transaction limit in ATM is 2,000 and you get mostly a single 2,000-rupee note. ATM machines are not operational causing further inconvenience to the people. Most of the times, ATM machines are out of cash.

Apart from that, Health Promoters are providing Vitamin A and Deworming supplements in our field after every six months. Vitamin A is good for eyes and skin. It is also good for our immunity. Deworming works against worm infestation. I am sure this distribution is beneficial for our society.

In the spirit of Christmas, three Municipal Chancellor (MC) of Janta Colony, Mrs. Meena Devi, Mr. Parmod and Mr. Vasudev Passy visited DIR on December 23rd along with her party members, and presented woolen sweaters to the schoolchildren at SWAD- School With A Difference, the pre-primary school run by DIR. Children were served with cake as Monica baked two huge cakes for our children and sweets followed by dance with music. The school shut for winter break. On 24 December Hyatt, invited five bustee kids for Carol singing for Christmas Celebration and they served cakes and snacks to our kids. Kids enjoyed a lot.



2. IMMUNIZATION PROGRAMME

Mrs. Veena

SENIOR HEALTH PROMOTER



This month we had four Immunization days. Everything going well, all children and pregnant women are coming every month for anti-natal checkup.

Women who work at the government's local health care to give "shots" and up-date immunization record.

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

As usual Auxiliary Nurses, midwives, Health Promoters and Asha Workers work together.

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

THE FOLLOWING INOCULATIONS WERE GIVEN DURING DECEMBER.

SHOTS	1 ST Dose	2 nd Dose	3 rd Dose
BCG	-	-	-
DPT	-	1	-
DPT 5 yrs.	22	-	-
DPT-B	18	-	-
Measles	10	18	-
Hepatitis B	-	1	-
Pentavalent	24	21	18
TT 1yr.	14	-	-
TT 2yrs.	10	-	-
TT 10 yrs.	2	-	-
TT 16 yrs.	0	-	-
IPV	18	-	-
TOTAL	118	41	18

3. INCOME GENERATION ACTIVITY

Mrs. Maya

SENIOR HEALTH PROMOTER

In this month, there is no work in Income Generation project because our CEO, Dr. Shaw have gone to USA. We are missing him a lot. We hope he will get some new orders of products from there for us.

4. MY STORY

Mrs. Sapandeep Kaur

TEACHER CUM ACCOUNTANT



My name is Sapandeep Kaur. I have done M.Com and have done CA Inter from Institute of Chartered Accountant of India (ICAI). I am from Punjab but born in Lucknow and brought up in Delhi. Because my father was in Indian Army and we used to live in Army area. I got married 3 years ago and now I am living with my husband Baljinder Singh and his joint family in Sector-41 Chandigarh. My husband is Physical Education Teacher in Gems Public School. I have been working for last 8 years. I have started my career as an accountant in Shree Krishna Agro Group in Sector-17 Chandigarh. Presently I am working in DIR as an accountant-cum-teacher and have been working here since last 7 months. In morning, I am working as a

teacher in SWAD and after school time, afternoon onwards I work as an accountant.

I have never taught young kids before, which is now a very new experience for me. I have learned so many things after joining DIR and the various activities to play with small kids. I am enjoying the dual job of mine over here and feel proud to do this.

I feel privileged being a part of this organization which help our society by educating them regarding health, education and self-employment.

I also want to thanks our Dr. Shaw for recruiting me and giving me this excellent opportunity for being a part of such a wonderful organization. DIR is like a family and I really like this environment over here.

Thanks

5. CAP-CHILD ACTIVIST PROGRAMME

Mrs. Banita

SENIOR HEALTH PROMOTER

Timing: 3:30pm to 4:30pm

Age group of children-> 7-13 years

In this month, children played many games badminton, football, skipping, etc. Last month CAP children went to HYATT for Children's Day celebration and enjoyed a lot, so this month attendance of children was very good.

As we are familiar, December is Winter Season, so that is why we educate our children about chill blains and balance diet, so that they can educate their families and their societies.

This month Medical and Nutrition topic were:

1. Medical Topic:- Chilblains

Game-1- Container Game

Things we needed: 2 containers, 8 paper balls.

In this game firstly Health Promoter educate children about Chilblains that it is a painful, itching swelling on a hand or foot, caused by poor circulation in the skin when exposed to cold. Then divide the children into 2 teams. Each team callout 2 kids and then both the children stand at small distance from each other. One kid will hold the container and the other kid put the paper balls into the container. Whosoever put the paper balls in the container will get a point and tell about the Chilblains.



2. Nutritional Topic:- Balanced Diet

Game-2- Beads Game

Things we needed: Different color beads and 6 thick threads.

In this game, firstly Health Promoter educates the children about balanced diet and then divide children into 4 teams. Each team has 6 children. They have 6 thread and bowl of beads. Then they got 1 minute to insert the thread into beads holes in a proper sequence of color like red, yellow and so on. In addition, the kid who will insert the maximum beads in thread, that team will become the winner and then the winning team will tell about the source of proteins, carbohydrates etc. We educate the children so that they can further educate their families and their societies where they live.



6. NUTRITION TRAINING

Mrs. NATASHA

NUTRITIONIST



This month a very sad case came to my attention. In this, a pregnant woman called Sunita originally from Uttar Pradesh is living under very pitiful condition in our HP Sushma area. Sunita, already has a seventeen month old Son seems to be living in extreme poverty, although her husband is working as a laborer but these days he is suffering from skin allergy so didn't get any work these days and they are living in rented room in our bustee. Sunita is anemic also. I talked with Sushma, assist that woman to our DIR center, and provide her and her son with supplemental food. Now, daily they are getting milk, egg, porridge and fruit, and daily we are monitoring their vitals.

This month, Health Promoters were taught Adulteration and its adverse effects on health, Dehydration, Hyperthyroidism. At the end of this month, nutrition exam was taken to test the knowledge of HPs and most of them scored better.

7. NIPP

Ms. Sarita
HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	1 (3%)
13-24 month	0 (0%)
25-36 month	4 (11%)
37-48 month	17 (47%)
49-60 month	14 (39%)
TOTAL	36

In this Programme, each health promoter selected three most malnourished kids from their areas. This month 39% kids gained their weight. This month 2 kids change their category from Red to Yellow zone. Now we have 8 kids under Yellow zone.

Those families who are unable to afford a nutritious food for children in their homes, we call them to DIR and give them a cup of milk, egg & seasonal fruits.

Each health promoter visited every house 3-4 time in a month (NIPP Kids). We do counseling of their parents about healthy and nutritious diet and hygiene also.

We are trying our best in decreasing the number of Red Zone kids.

Children who gained Weight	14	39%
Children whose weight remained constant	17	47%
Children who lost weight	4	4%
G.T.V	1	3%
TOTAL	36	

8. MOTHER'S HEALTH

Ms. Sangeeta
HEALTH PROMOTER

Last month we had 112 pregnant women in our project area from which 20 deliveries occurred this month; 12 were boys and 8 were girls. All deliveries held in hospital except one from our HP Lata's area.

1. The woman had severe back pain problem and not even able to walk properly so she was on total bed rest. Therefore, that is why first 5 months she did not realize that she is pregnant. Our HP Lata came to know about her situation then gave her best to motivate that woman so that she can move and become able to give birth to her child. Then the woman called a midwife for delivery after completing her pregnancy period. Now, her child is healthy and safe, and had T.T shots and having full care from private doctors.
2. Another bad thing happened; we had one miscarriage from HP Sangeeta's area. The woman was well educated and working as a Nurse in General Hospital. She had a natural miscarriage.

3. Other bad news is about a woman named Meena w/o Raju #1855, had Stillborn baby (Female) at Sector-16 General Hospital. The reason was no fetal movement and no heartbeat.

All the women who had deliveries, they had two or more anti-natal and post-natal check-up & examination before delivery and within the two days of delivery.

This month we found 23 new cases of conceiving and 5 new cases of new arrivals. Two women went to village and 10 women left the project area permanently. At the end of the month, we had 109 pregnant women in our project area.

"All is well when the end is well". All the women who had bad experiences, now they are mentally fine and recovering emotionally and health wise too.

Hoping for the good and healthy future for everyone.

"Merry Christmas and a Happy New Year to Everyone from our Whole DIR-Team".

Pregnant mothers Last Month	Delivery	(Births)	Still Born	Mothers who Move		Miscarriage	Newly Pregnant		Total Pregnant This Month
	M	F		Temporarily	Permanently		Arrived	Conceived	
112	12	08	01	02	10	01	05	23	109

9. SCHOOL WITH A DIFFERENCE

Mrs. Manjeet Kaur

SWAD TEACHER



In this month we had so many activities in our SWAD which made this month very interesting. First, we had exams of all students for their performance evaluation. Based on their evaluation we declared the result on 22December 2016. Most of our students gave their best and many students have improved their self in studies. Those who were not up to the mark, so the next goal for all of us is to make them good at their studies.

On 23December, 2016 we celebrate Christmas Eve in which the Municipal Chancellor (MC) Parmod Kumar, Meena Devi and Vasudev Passy along with his friends came to our Organization as Guests. Moreover, they donated sweaters

to SWAD and NIPP kids. They also gave sweaters to the schoolteachers and our school maid. Monica Bakery donated cake on Christmas for SWAD kids. Then we distribute the cake among all the kids. Everyone enjoyed a lot. We want to give warm thanks to all of them those who made our celebration more enjoyable.



Christmas Celebration in DIR-I

10. TAILORING CLASSES

This month 13 women are attending stitching classes. All are doing well. This month Mrs. Sona was on leave for 4 days because of her eyes surgery during those days.

11. BEUTICIAN TRAINING

Five women are attending the classes and their names are Anita, Guriya, Leela, Indu and Shweta. Three from them are good in facial, hairstyle, manicure and pedicure. Moreover, two from them are good at threading.

12. DEPARTURES AND VISITORS

Visitors

2 Dec 2016: Dr. Soniya with her brother came here to visit DIR when she came to visit CHOTTI SI ASHA. She came to know about our NGO from the founder of CHOTTI SI ASHA, so she was interested to know about our work.

23 Dec 2016: We celebrate Christmas Day with the SWAD kids and with the whole staff of DIR. All the kids of SWAD were dressed up like Santa on this occasion. They were enjoying their good time. Mr. Vassudev Passi Municipal Chancellor (MC) of Janta Colony, Mrs. Meena Kumari Municipal Chancellor (MC) of Safeda Colony and Municipal Chancellor (MC) Mr. Parmod Kumar came here Along with their friends as a guest on Christmas Celebration. They donated Sweaters to SWAD & NIPP kids and they donated Rs.1000/- to our Organization.

New Face

Mrs. Meena joins us on 20 Dec 2016

13. 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/e 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. 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.

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 our high priority programs. The initials stand for Nutrition Improvement Priority Project. Each of our 13 Health Promoters has identified the three most chronically malnourished children under the age of 60 months in

each of their Units. This group of children is 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 influences the HP's workload.

DOTS (DIRECTLY OBSERVED TREATMENT SHORT-COURSE)

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

TB 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.