

DEVELOPING INDIGENOUS RESOURCES-INDIA

Summary of Activities

November 2015

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1. CHIEF OPERATIONS OFFICER'S REPORT

MRS. HARSHARAN KAUR



November was a month full of festivities and plenty of work. The Hindu New Year, Diwali, is celebrated with a lot of enthusiasm and sweets, gifts and family. The DIR family celebrated by making Rangoli (traditional art work done with colored saw dust to decorate the entrance of the house) and with an inter-staff diya (earthen lamp) painting competition. Our newest Health Promoter, Vandana won the diya painting competition while Sangeeta led the HPs to make the beautiful rangoli you see in this picture. Mrs. Shaw gave the whole staff an early Diwali present so they could use it for the festival and the staff was very happy and thankful for a generous gift.

The rest of the month was also fun with plenty of activities. The staff worked hard on rehearsing their performances for the 10th Anniversary celebrations in early December. A theatre troupe called Alankar Group helped the HPs polish up their educational skit and added scenes of comic relief that are going to be great on the main day! The senior staff had its hands full with the planning and organization for not only the Cultural evening on December 4th but also the big Medical Camp on the 5th. Its been a hectic few weeks with just not enough time in the day for the never ending To Do list. We really hope that the celebrations and the camp go well!

2. MY STORY

MR. SUNIL VIDLA

Health Promoter



Sunil Vidla
Health Promoter

Hello everyone!!! I am Sunil Vidla. I am from Saharanpur, a village in Uttar Pradesh. Now I am living in Janta Colony, Nayagaon for many years. I am married to my beautiful wife Pooja for the last seven years, and we are trying to have a baby. My parents live in village and I live in a rented house with my wife. I am working in DIR for the last ten years. Before working here, I worked in a private company in Sector 35, for two years. Then I changed my job and started working with another private company in Sector 17. I worked there as an Accountant. Then I joined DIR on 7th December, 2005 as a Health Promoter. After a few years, Dr. Shaw gave me another responsibility to be property coordinator. As property coordinator I take care of the cars and building

maintenance and talk my way to the bargain price for repair of items. Thanks to Dr. Shaw who gave me an opportunity and believed in me. It's my promise that I will do my best in DIR.

3. NUTRITION

MRS. NATASHA SHARMA

NUTRITIONIST

World Diabetes Day is on 14 November, the birthday of Sir Frederick Banting who co-discovered insulin and used it on humans for first time. Diabetes is a chronic disease that occurs when the pancreas is not able to produce insulin or pancreatic cells are not able to use insulin produced in the body.

Type 1 diabetes: Insulin Dependent, Juvenile or childhood onset diabetes. It is caused due to deficiency of insulin production in the body. It can develop at any time after birth. It can be managed by daily administration of insulin.

Type 2 diabetes: Non-Insulin dependent diabetes. In this condition pancreatic cells are not able to use insulin produced in body. It is usually associated with overweight people.

Gestational Diabetes: occurs in some women at the time of their pregnancy.

Symptoms:

1. Polyuria (Frequent Urination)
2. Polydipsia (Frequent Thirst)
3. Polyphagia (Increased hunger)
4. Slow wound healing
5. Weakness
6. Weight Loss
7. Numbness or tingling in feet.

Complications:

1. Diabetic Coma
2. Diabetic Cardiomyopathy (Heart Disorder)

3. Diabetic Neuropathy (Nerve Problem)
4. Diabetic Retinopathy (Eye Problem)
5. Diabetic Nephropathy (Kidney failures)

Prevention:

Type 1 diabetes cannot be prevented but Type 2 can be prevented by dietary and life style modifications.

Tips to prevent Type 2 diabetes:

1. Maintain healthy body weight.
2. Eat plenty of fresh seasonal fruits & vegetables.
3. Include fiber rich foods like whole grains, pulses, sprouts in diet.
4. Don't depend on processed or packaged food.
5. Eat small meals every 2-3 hours instead of consuming large meals.
6. Reduce consumption of oil, fatty foods, sugar, and alcohol in your diet.
7. Exercise regularly for at least half an hour.
8. Prefer stairs instead of using lifts or escalators.
9. Avoid sitting in same position for long time. Take short breaks.
10. Drink 8 glasses of water a day.

4. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

MS. SARITA HEALTH PROMOTER

Our Nutritional Improvement Priority Project is a special programme to which only the three most malnourished children in each Health Promoter's area are admitted. In this programme, those children who cannot afford a proper meal at their house come to DIR and we feed them:

One cup of milk, a fruit and an egg every day.

Last month only 28% kids in NIPP gained weight but this month the percentage doubled, i.e around 56%. One child changed his category from Red to Yellow.

A few NIPP families who do not appreciate the harmful effects of malnutrition, unfortunately are not coming to DIR to get free supplemental food. This is a problem but our Health Promoters are delivering their meals daily to their homes. Our staff is working very hard. The following table shows the percentage of NIPP children in the various groups:

Age of children in the NIPP	
0-12 month	0%
13-24 month	11%
25-36 month	19%
37-48 month	42%
49-60 month	28%

Children who gained Weight	56%
Children whose weight remained constant	31%
Children who lost weight	5%
Children temporarily absent	8%

We are trying our level best to decrease the numbers of "Red Zone" kids. This month we were successful in distributing deworming medicine to all our bustee kids. 90% to 97% of our children do suffer from intestinal parasites. We also provided supplemental Iron Syrup to the same percentage. This November, we had 33 kids receiving our meal plan feeding supplements. I hope this coming month we will succeed in bringing down the number of kids in the Red Zone.

5. MOTHER'S HEALTH REPORT

MS. SANGEETA
HEALTH PROMOTER

This month we had 114 pregnant women. Last month the number was 129. This month we had 20 new births in which 12 were boys and 8 were girls. All the mothers and their babies are healthy. All deliveries took place in hospitals with appropriate checkups before delivery and post-natal examinations within two days of delivery.

Unfortunately, one lady from Health Promoter Sarita's area had a miscarriage in the first trimester for which the cause is not known. She got proper dietary instructions, counselling and care from HP Sarita. She is now doing better. We hope she abstains and recovers fully before trying for a baby again.

Pregnant mothers Last Month	Delivery (Births)	Mothers who Permanently Left the Area	Miscarriage	Newly Pregnant		Total Pregnant This Month
				Arrived	Conceived	
129	20	8	01	2	12	114

6. IMMUNIZATION REPORT

MRS. VEENA
SENIOR HEALTH PROMOTER

SHOTS	1 ST Dose	2 nd Dose	3 rd Dose
BCG	-	-	-
DPT	-	-	2
DPT 5 yrs.	-	-	8
DPT-B	-	-	10
Measles	10	10	-
Hepatitis B	-	-	-
Pentavalent	7	5	7
TT 1yr.	1	-	-
TT 10 yrs.	6	-	-
TT 16 yrs.	1	-	-
TT2 +Booster	9	-	-

We provide immunization every Wednesday morning. DIR Health Promoters and ASHA workers are working hard in completing their due immunizations. This month we had only two immunizations as the ANM's were busy in their training. The Punjab government has introduced Polio injection. Earlier it was oral drops, but now injections are also available which will be given with DPT I and DPT II. Second dose of polio is to be given with DPT III. We are providing sweet and salty porridge to the children and pregnant women on immunization days.

7. INCOME GENERATION REPORT

MRS. MAYA
SENIOR HEALTH PROMOTER

This month the ladies have no work. There were no orders for wine bags & other things. They were very upset. We are sitting with hope that new orders come so that these women can fulfill their dreams of income generation.

One new girl, Neha has joined our training class. She is studying in Punjab University and is also learning stitching of wine bags. She is very hard working.

We would be very grateful to our readers if they will buy our products, so that our ladies get work. For readers who do not know how to obtain our products, please email Dr. Shaw at: dirshaw@gmail.com.

STITCHING CENTRE REPORT

We are very thankful to our stitching ladies for helping our staff in altering their uniforms and costumes for the performances coming up on DIR Day, December 4.

This month 10 women are learning stitching.

BEAUTICIAN TRAINING REPORT

This month our girls had their written exam of beauty training on 17th November and practical exam on 19th November. We had two senior beauticians from INNOXA, a famous salon of Chandigarh, for the examination. Their results will be announced soon and they will get their certificates on our upcoming 10th Anniversary. They are now ready to work in salons. This month a new session has started. New women have joined the class.

8. CHILD ACTIVIST PROGRAMME REPORT

MRS. BANITA
HEALTH PROMOTER

This CAP (Child Activist Programme) was started in April 2009. The motivation for this programme is:

- 1) Educate the children and their families.
- 2) Develop socially.
- 3) Increase sportsmanship.
- 4) Increase team spirit.
- 5) Create leaders for sports and community outreach.

In DIR there are 13 " Units." A Unit is a group of 250 families who live beside each other. Each Unit has one Health Promoter assigned to it. Everyday 10 children come from each unit, up to 3 units on one day, to our DIR center from 3:30 to 4:30 PM. Our staff make medical and knowledgeable games for the children so that they can improve their minds and learn through playing. For the 1st and 3rd week of each month, children play games like Badminton, Football, KhoKho, etc. In each Second week, there are medical games and each 4th week is devoted to learning about nutrition. This month we

used a Bricks Walk game to teach about proteins and a Ring Throw game to teach about Iron rich sources which protect us from Anemia.

In November, Mrs. Harsharan Kaur, Our C.O.O. donated one pair of badminton rackets, two ropes for skipping, 1 box of shuttles and a pump for football for these children as a Diwali gift. These things are very beneficial for the children. Children are very happy with their new sports equipment.

We hope this program will increase the interest of children in sports, health and nutrition.

9. D.O.T.S

MRS. MEENAKSHI

SENIOR HEALTH PROMOTER

Last month we had 21 tuberculosis patients at our DOTS center. Out of these 21, 2 had completed their course of medicines. This month there are 2 new patients. So we are presently giving treatment to 21 patients. With lots of efforts, counseling and awareness, we are successful in curing 7 patients this month. We now have 12 patients in first category and 9 in the second category. We are spreading awareness messages to bustee people for the prevention of tuberculosis. We hope that we can spread more awareness about this disease so people take it seriously and take the right precautions.

10. SWAD (The SCHOOL WITH A DIFFERENCE)

MRS. MANJIT KAUR

SCHOOL TEACHER



Mrs. Manjeet with School kids painting diyas

This month, students were told about the festival of **Diwali** --On this day, Hindu god Lord Rama returned to his place Ayodhya after exile of 14 years. From then, this day is celebrated as Diwali every year. Our school children drew candles and Diyas on sheets of paper and colored them. They were also told about the adjoining festivals --**Vishwakarma Day** -- A day of celebration for Vishwakarma, a Hindu god, the divine architect, was the creator of many fabulous weapons for the gods. He is credited with the science of mechanics and architecture. On this day, people pray for a better future, safe working conditions and success in their respective fields. Workers also pray for the smooth functioning of various machines. It is customary for craftsmen to worship their tools in his name,

refraining from using the tools while doing so. Another festival is **BhaiDooj** --A festival celebrated by Hindus on the last day of the five-day-long Diwali. On this day, sisters pray for a long and happy life for their brothers, by performing the Tika ceremony. We had one more festival, **BandiChhorDivas** -- "Day of Liberation"; it is a Sikh festival which coincides with the day of Diwali. BandiChhor Divas celebrates the release from prison in Gwalior of the Sixth Guru, Guru Hargobind, and 52 other prisoners with him. The word "Bandi" is translated from Punjabi into English as "Imprisoned" (or "Prisoner"); the Hindi word "Chhor" translates as "Release," and the Punjabi word "Divas" means "Day", rendering "BandiChhor Divas" into English as "Prisoners' Release Day".

All the children are taking an interest in class activities. They were delighted by painting diyas and candles decoration. We are happy that all the students are enthusiastic and are giving a good response.

One of our students, Nishtha, has very good handwriting and she does neat work. But she lacks ability in her reading so the teachers used donated children's story books to interest her. Now there is improvement in her. She is practicing daily and becoming good in reading and oral skills.



Staff making Rangoli

11. FIELD COORDINATOR'S REPORT

MR. SANJEEV

EVENTS

This month, we had a Motivational Talk for all the bustee people who want to start their own business and who are unemployed. It was all about how to get a chance for a bright future. We invited speaker, Mr. Paramjit Singh from "Regional Centre for Entrepreneurship Development" who spoke to the residents about willpower and determination. He gave examples of people he has known in his own lifetime who have become very successful having started from a small venture. He also explained the different ways to get government loans from banks and offered his organization's support in helping the bustee people get appropriate loans. This talk was received well and the residents have been coming in to discuss different ways to start a small business.



Mr. Paramjit Singh speaking with bustee people



VISITORS:

Hena Faqurudheen disussing mental problems with health promoters

1) On 6th November, Miss Hena Faqurudheen came from Kerala to visit us. She is a mental health professional working with Mental Health Action Trust, where she attends clinics and also teaches college courses for Tata Institute of Social Sciences (TISS). She shared her experiences and discussed mental health status in India during a class. Our Health Promoters learned about the common problems people with mental health issues can face and how best to address these situations.

2) Ms. Renana Jhabvala from SEWA (Self Employed Women Association) visited us on 13th November to see our working and asked questions to Health Promoters regarding their learning from DIR and how they provide services to the local community. She was very impressed with the knowledge and effectiveness of the team (as written in Visitor's Register).

3) Ms. Milli Kreitz, from Canada came to visit us on 23rd and 26th November. She is a nurse by profession. She went to field with one of our Health Promoters to see how we deal with people and how she can help us and our community. We hope she continues to come and share her knowledge with us.

4) A married couple, Jhankhana Shah and Christian Kohles from California, came to visit us on 30th November. They are working with another Health Project "ManavSadhna" in Gandhi Ashram, Ahmedabad. They enquired from the health promoters about their work and how they create awareness among bustee people. They both liked the morning exercises (Yoga), visiting the field with health promoters and the education games that we use to play with our CAP (Child Activist Programme) kids. They have taken ideas for their health project in ManavSadhna (as they wrote in our Visitor's Register).



Jhankhana Shah & Christian Kohles, both on the right

- Our health promoters are working for our 10th anniversary coming on 4th December, 2015. They will be performing Punjabi dances and an educational skit. For the practice, two theatre artists, Nikhil and Sachin are coming from Alankar Theatre Group which is a well-known group of Chandigarh. They are working very hard to make our health promoters perfect characters for the skit.



CELEBRATION

Diwali is one of the biggest festival of Hindus, celebrated with great enthusiasm and happiness in India.

We celebrated Diwali with great fun and joy. This is a festival of lights, so we had Diya (small clay lamps) painting and Rangoli-making competitions among SWAD Staff and the health promoters. Everyone painted beautiful diyas and made rangolis in two groups. It was a different activity from the daily schedule; refreshments were given at the end and we all really enjoyed the day!



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