

DEVELOPING INDIGENOUS RESOURCES - INDIA

REPORT OF ACTIVITIES

for

FEBRUARY 2016

THOUGHT FOR THE MONTH

No one has yet fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of true education should be to unlock that treasure.

(Emma Goldman)

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1. DIRECTOR'S REPORT

Asha Katoch, MD

February was a month of challenges and visitors. On 10th February Brig.D.C.Katoch visited the Janta Colony. He attended the morning assembly of the School with a Difference. Spoke to the little children and interacted with the teachers. Later he addressed the Health Promoters in the DIR office. The topic of discussion was "Time and time management".

15th and 16th February was exciting but a bit apprehensive for our HP's because a team of two professors from the Nutrition department of Home Science College arrived with 12 Post-graduate students to evaluate our health and nutrition programmes in our basti. A questionnaire form for evaluation was designed by the Public Health department of PGI Hospital, Chandigarh. To our good luck the entire team appeared impressed by the work done by DIR but we are still awaiting the results of the evaluation conducted by the visiting team.

On 25th February, ShahvedKatoch from Spain arrived in our Basti office. Shahved was familiar with DIR work. He said he was impressed by the confidence and medical knowledge the HP's have attained over the period of last ten years in DIR.

On 26th February Ms. Ingrid Radkey and Haiou Liu from USA visited our DIR office. They attended our routine morning Yoga and meditation after which they accompanied the HP's for individual home visits with HP in Janta Colony. Both ladies said they appreciated our work. My sincere thanks to all our visitors for visiting and appreciating our work. Such visits and appreciation help boost the morale of all our HPs.

As a physician, I am satisfied with my team of HPs. They all are performing well both academically and in their field work. Our main challenge is helping children leave the "Red Zone". (For us, children who are severely malnourished are "in the Red Zone". Because of the detrimental effects of being in this category, getting them out is high priority.) While it is wonderful to see the graph falling for the children in "Red" our total number is still 141, which is heart breaking. This is a big challenge which DIR has to face every month. Our main focus remains to bring this count to single digit.

2. CHIEF OPERATING OFFICER'S MESSAGE

Mrs. Harsharan Kaur

Over the past year, I have learnt from Developing Indigenous Resources as much as I have shared. Every day I learnt something new, about either medicine or nutrition, about a staff member or a resident in the colony or how to be a better manager. In this past year, I have tried to streamline DIR's administration, empower the staff and create an organization that is in a better state today than the day I joined in December 2014. There may be few monumental changes or improvements made but it is the small steps we took to get the team to the same page that made the difference. Being the authority and making final decisions was not easy task, as I was alone most of the year. I made my mistakes, learned from them and always tried to do the best I could for the organization.



Hitting over 1000 “likes” on the Facebook page is not the goal but a good feeling. The celebration of 10 years of DIR program in Janta Colony with a multi - specialty medical camp and a fabulous evening of talented performances by staff and residents of the colony made one realize just how far DIR has come.

I will miss that feeling of achievement with the staff when a successful medical camp ended with celebratory samosas with the doctors together as a team who did some good on days off. However, my work

Farewell to our C.O.O. Harsharan Kaur

in the development sector is just at its start and I hope to gain varied experiences as I go through my career in this most satisfying profession. I hope to keep helping people and continue to help DIR as it grows. I wish everyone associated with DIR the very best and thank them for letting me serve this past year.

3. IMPARTIAL PROGRAMME EVALUATION

Sanjeev, Field Co-ordinator

On the 15th & 16th February 2016, we had an impartial programme evaluation conducted by a team from Government’s Home Science College, The Directors of this evaluation, Professors, Ms. Monika Malik and Ms. Ritu Pradhan led a team of twelve women student evaluators.

On both days, the evaluators accompanied our Health Promoters while making home visits. They randomly chose families which they wanted to evaluate. In advance the students had prepared questionnaires which they completed on these home visits. In brief, the evaluators asked questions in order to measure the extent to which residents possessed specific health knowledge. This information, it was judged would reveal how well our staff were meaningfully imparting critical information.. The students told us they had a great experience and they learning about DIR and its effectiveness.. We are awaiting their final written report.



Dr. Asha speaking to the evaluators from Home Science College

4. MY STORY

Ms. Sangeeta, Health Promoter

Hello everyone! My name is Sangeeta. I am 26 years old. My nickname is Sangu. I live with my family in Janta Colony, and this month I have been invited to share “My Story”. My mother’s name is Ms.



Prabha Devi. I have one younger brother, Sumit. My father, Mr. Puran Chand, expired last year in January. After his death, my mother started doing work as a house cleaner. My brother is 25 years old. He loves birds and animals. He stays at home and looks after the chicks, hens, cocks and a dog. He cannot speak clearly. He is physically normal but his brain growth is slow as comparison to his age. He is taking medicine from PGI. My father was a cycle repair master. He ran a shop in NayaGaon. He was also a very good cook. My family is small but is very loving, caring and supportive.

I am pursuing a Bachelor of Commerce Degree from Panjab University, Sector 14, Chandigarh. My hobbies are dancing, Acting, Painting, Artwork and applying henna on hands. I do henna on occasion. I am a fun-loving, friendly person. I love to make people laugh and happy. I like creative works. I feel very satisfied to help people. That is why I love my job in

DIR. I am working with DIR as a Health Promoter since 2 April 2007. It was my first job & I am still working here. I was so young when I joined DIR. I am very thankful to Dr. Shaw who has given me the chance to be a part of DIR.

DIR is like my family. Everyone is supportive and helpful. I have seen so many things while doing my job; I have lots of good and bad experiences and difficulties. However, with everyone’s support, I have overcome. DIR is not only for bustee people, it is also for its workers. DIR and its staff always stand with me in every situation. It is a place where we get a chance to help, to serve, to guide, to educate and to make people aware in different ways.

I love to mult- task. It is a place where we meet the people not only from our locality but also from different states, countries, places. DIR is doing a challenging work and I am happy and very proud being a part of it.

5. NUTRITION

Mrs. Natasha Sharma, Nutritionist

As I already mentioned in my last report, I took a case of three-year-old malnourished girl from Banita, our health promoter’s area whose weight was constant from last 6 months. We personally looked after that child. This month there is a one Pound gain in her weight and her mother told us that now her child starts taking interest in homemade food and demands from mother whenever she feels hungry. As previously, mother ignored the child but now



she realized her mistake and looks after her.

Apart from that, I identified another child from our H.P Sangeeta's area. Saksham , a male child who is 28 months old and is half the weight an average child his age should be.. This family belongs to Uttarkhand State. His mother is staying along with her in-laws and his father is working out of city and visits them monthly. Mother is illiterate and ignorant and hardly bothers about her child's health. So now, this time I look after this case personally. As kids are very fond of junk food and most of time mothers complain to us. Therefore, keeping this in view, this time a nutritional demonstration on chapatti bhelपुरi



(snack made with puffed rice) was given to our Health Promoters. This snack is made of seasonally and locally available, cheap ingredients, which basti people can afford easily. This is a low cost nutritious recipe and is made using puffed rice, groundnuts, and seasonal vegetables like carrots, onion, tomato, potato, coriander , lemon juice and tamarind chutney. The recipe is rich in Calories, Protein, Iron, calcium and Vitamin A. Kids and pregnant women, as well as lactating mothers, can relish this snack.

At the end of this month, an exam was conducted to test the nutrition knowledge of HPs, in which Sunita scored highest marks and the rest of them scored more

than 90%.

6. NIPP - NUTRITION IMPROVEMENT PRIORITY PROJECT

Ms. Sarita, Health Promoter

Age of children in the NIPP	
0 - 12 months	0
13 - 24 months	6%
25 - 36 months	28%
37 - 48 months	33%
49 - 60 months	33%

We are happy to say that this month we have increased the number of under-weight children who gained weight. Last month 31% gained weight, and this month the number increased to 47%. Two children changed their category from Red (Severely underweight) to Yellow (Underweight). Now this month we have seven kids in the Yellow zone. We have reduced number of Red zone children from 177 to 157. Unfortunately, two kids lost weight because of illness. In addition, two kids permanently left our area, and another child became older than 60 months and therefore left our study group. Because of these losses, next

month three new kids will join our high-priority study group. If any NIPP child has health problems, we call him to DIR for a medical checkup by Dr. Asha. She counsels them and prescribes medicines. This service is free for everyone. We all are all trying our very best to decrease the number of these kids in this high risk group.

Children who gained weight	47%
Children whose weight remained constant	36%
Children who lost weight	5%
Children who were temporarily absent	3%
Children who permanently left our area	6%
Children who permanently left our area	3%



7. MOTHER'S HEALTH REPORT

Ms. Sangeeta, Health Promoter

In the month of February 2016, we had 13 deliveries; five boys and eight girls were born. As always, it is refreshing to report having a greater number of girls than boys in the project area. All deliveries took place in hospitals. All women who gave birth had two or more antenatal checkups and appropriate postpartum examinations within two days of delivery.

There was one stillborn: One of the women from SHP Sanjeev's area was pregnant (3rd Trimester). According to the doctors the fetus already died in her womb two days ago. When she did not feel any fetal movement, she visited her doctor and came to know about her condition. Now that woman is fine and trying to recover.

These days Dr. Asha Katoch is giving our medical class on the topic "Stages of Pregnancy" with detailed information that we did not know earlier. It is improving our skills and knowledge and helping us in bustee to educate the women better. In addition, she is also doing antenatal checkups of pregnant women. They are more grateful to see Dr. Asha, in comparison to doctors in hospital, because she explains things in a very polite and friendly manner. DIR is happy to have Dr. Asha return to DIR.

8. IMMUNIZATION

Mrs. Veena, Senior Health Promoter

This month we had four immunization days. Those children who were suffering from cold and fever last month had their full immunization this month.

As usual, Auxiliary Nurse Midwives, Health Promoters and Asha Workers worked together. We give iron and Folic acid tablets to pregnant women and provided nutritious food to children.

This month we had a problem with a child from Senior Health Promoter Meenakshi's area. The mother of the child is ignorant and was against immunization. Her child was due for DPT III. Ms. Meenakshi tried her best to encourage mother but failed. Thanks to Dr. Asha who herself went to the woman's house and took her along with her to DIR office for immunization. She also will make sure the mother does not miss due dates in future.

Shots	1st Dose	2nd Dose	3rd Dose
BCG	1	-	-
DPT	0	0	1
DPT 5yrs	20	-	-
DPT - B	18	-	-
+IPV	1	-	-
Measles	17	17	-
Hepatitis - B	-	-	-
Pentavalent	17	17	25
TT 1 yr	17	16	-
TT 10 yrs	3	-	-
TT 16 yrs	0	-	-
TT 2 +Booster	1	-	-
Total	95	50	26



9. INCOME GENERATION

Ms. Maya, Senior Health Promoter

Hello friends!

The month of February was good for the women in stitching. They earned some money because DIR had an exhibition in BalBhawan, Sector 23, Chandigarh, where we were able to sell some of our products. The Red Cross Society Blood Bank organized this. The exhibition was a one-day sale. We had an opportunity to put up a stall of our products.

This month we introduced bangles and kitchen towels to the list of items we make to sell. We are very sad that Mrs. Harsharan, our Chief Operations Officer left us. She helped me a lot in the Income Generation Project.

We would be very grateful to our readers if they will buy our products, so that our women get work and they can support their families.

STITCHING CENTRE REPORT

This month ten women are learning tailoring. All of them are making drafts of items that will help them in future. Three women are new so they are learning how to cut patterns for clothes using old newspapers. Out of all our fine students, Suman, Ashu, Sukhmani and Reeta are doing exceptionally good work..

BEAUTICIAN TRAINING REPORT



The third month of our third class of beautician training has started. All women are doing well. Their syllabus includes “Simple”, “Fruit”, “Gold and “Thread facial, Body Massage, and “Paper Nail” art along with home tips.

We are happy to report that some of the Graduates of past classes have reported they are doing well. Some are specializing in hair styling, while others are in Manicure and Pedicure. Sangeeta is very good in “threading and waxing.”

The photo here shows a beautiful, revolutionary hair “bun” which our students are mastering.

10. CAP - CHILD ACTIVIST PROGRAMME

Ms. Banita, Health Promoter

Motives of this Programme:

1. Improving team spirit.
2. Improving learners’ coordination.
3. Improving learners’ knowledge.

As most readers know, our CAP (Child Activist Programmed) is an afternoon activities programme for children aged 8 through 16 years. There, our Health Promoters impart health information to children, while playing games, and teaching some sports skills.

In the first half of the month of February 2016, our chief topic was **Tuberculosis**, and the **Importance of Vitamin A** was the topic for the second half.

Sample Game: Passing the Message. First of all, our Health Promoters gave the children information about Tuberculosis. Then Children sat down in a circle and one of our Health Promoter whispered a message about TB to a child who then whispered the same message to the child next to him/her, who then passed on the message until it went completely around the circle. In every case the message must be whispered, and it must be whispered only once. No repetition is aloud. The last child has to repeat the message given to him/her in a loud voice. Typically the final message has nothing in common with the original message, and this causes much laughter. The TB information in the original message is reinforced, and the children discover knowledge about communication and miscommunication.

Sample Game: Brick walk. First, Health Promoters explain the functions and sources of Vitamin A to the children. Then the children are grouped into teams. Teams race against each other, in pairs. That is to say, two children in each team perform as a race competitor. For a pair to win a lap of the game, that team has to reach a desired point first. Each pair is given three bricks, which must be walked upon by one of the pair. The non-walker places the bricks on the ground, in sequence, and his partner walks upon them until the winning point is reached. Pairs who do not win a lap have to answer all kinds of questions on the material learned that day. While the desired information is being reinforced, the children are learning collaboration, and co-operation and team spirit.

11. D.O.T.S. REPORT

Ms. Meenakshi, Senior Health Promoter

Last month we had 17 tuberculosis patients. Two of them have been cured completely. One patient died and one relapsed. This month we have three new patients, so the new total is 16 patients. 11 patients are in Category I and five patients are in Category II. One of the patients, Mukesh Devi, 40 years old, from Health Promoter Lata's area comes regularly to DIR for medicine and followed our suggestions properly. Now she is very happy as she overcomes this disease. She is very thankful to DIR for helping her out from it.

12. SCHOOL WITH A DIFFERENCE

Ms. Manjeet Kaur, Teacher

This month we celebrated Basant Panchami. It is a famous Punjabi festival having a specific meaning: Basant means "spring" and Panchami means "the fifth day."



**SWAD Children
celebrating Basant
Panchami**

Therefore, it falls on the fifth day of spring. We celebrated this festival with our SWAD (School with a Difference) children. The school campus was decorated with balloons. Children decorated kites, did drawings and coloring of flowers and made a chart of fresh flowers. The majority of people participating were dressed in yellow as this color marks the celebration of the festival. Our COO, Mrs. Harsharan and School Teacher Mrs. Manjeet Kaur made very delicious Halwa of wheat flour with dry fruits, which was served to everyone at DIR. This celebration brought happiness and energy to the faces of our pupils. They enjoyed it very much.

Happy Improvement Story:

One of the students in our Nursery class, “Sunny”, was academically very weak. Even his handwriting and drawing was not very good. He seemed somehow lazy. However, since I have been giving him extra time, i.e. half an hour after school, he is improving in all activities. We teachers are very happy with his response.

13. VISITORS

Mr. Sanjeev, Field Coordinator

10th February 2016: Brigadier DC Katoch, the husband of Dr. Asha visited us. He came here to advise us our administrative work. He also gave suggestions and ideas to our Health Promoters regarding how to handle themselves in different problems during their field visits. He also shared his ideas on time management.

25th February 2016: Mr. Shaved Katoch, son of Dr. Asha Katoch, visited us. He came to help us in software issues to make our reporting and other tasks easy. He was very happy to see our project.

25th February 2016: Dr. Gaurav Chhabra from NGO “Hum Log” visited us along with his two friends--

Ms. Yogeet Brar and Ms. Laurie O'Brian. Dr. Gaurav helped us in 2007 when he joined DIR as an intern.



26th February 2016: Two women from California, Ms. Ingrid Radkey (shown left) and Ms. Haiou Liu, visited us. They were interested in seeing our functioning and how we really work. First, as usual, we started

our day with morning yoga and exercises and then all the Health Promoters introduced themselves and explained their duties and work. After this, Dr. Asha (shown in the photo above, on the left) and our nutritionist Ms. Natasha asked us questions rapidly related to medical issues and nutrition. Then each accompanied a staff member (Ms. Sushma Bisht SHP and our Field Coordinator Mr. Sanjeev) to make routine home visits.. Our visitors said they were impressed with our accurate answers during the class period, and were very happy to see the knowledge and skill we displayed on home visits.

14. ARRIVALS & DEPARTURES

Captain Bikram Singh, who is retired from the Indian Army, joined DIR as our Administrator. He is learning his duties under supervision of Dr. Asha. We are happy to have h

We hired a new maid, Preety, for our school (School with a Difference). She is very hard- working and polite. We are happy to welcome both newcomers.

Mrs. Harsharan Kaur, Our Chief Operating Officer left us this month because she has some health issues. She was very helpful. She spent fourteen months here and was most beneficial for DIR. Ware all sorry to see her go, and will miss her. We wish her a happy, successful career