

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

For

April 2017

THOUGHT FOR THE MONTH

It's not the will to win, but the will to prepare to win that makes the difference.
- Bear Bryant

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1. ACTING DIRECTOR'S MESSAGE

Mrs. Natasha
NUTRITIONIST

The bright sunny days of early April are a pleasant memory when the last days of the month roll around. Most months, we have many routine activities and a few unusual events, but this month that was reversed. April was an unusual month for DIR. This month was packed with Medical camps. We had two medical camps and even got some press coverage for both medical camps. On **8th April**, DIR had an eye camp at the bustee office. The camp was set up with support from Grewal Eye Institute -a premier eye care center in Chandigarh that provides free eye care to the underprivileged through its charitable wing. One of the objectives of the Trust is that there should be no blindness due to cataract as about 80% of the people suffering from blindness in India suffer due to cataracts. Unavailability of resources, awareness and education are the prime reasons for this. At the camp at DIR, a total number of 155 people from the bustee came for a check-up, of which there were 108 Females, and 47 Males. 21 cataract cases were diagnosed during the camp (12 females and 9 males). Patients suffering from cataracts will get free surgeries at GEI.

Another Camp was for Skin diseases and Gynae problems on **23rd April** in which Dr. Vivek Malhotra, Dermatologist, MD, PGI (Beau Visage Skin Clinic in SCO-72 (FF) Sector-40 C, Chandigarh), examined 101 patients (24 male and 77 females) and Dr. Sonica Chugh, Gynaecologist (3159 Sector-21 D, Chandigarh) examined 55 patients. There were more ladies attending as they don't get a chance to go out of the bustee for medical check-ups because they are poor and unable to afford the expense of treatment and in most cases their husbands are labourers or working in private sectors where there is less possibility of taking leave with salary. As most of the ladies are illiterate, they tend to ignore their health. So such medical camps helped them a lot. We are pleased with the results of the camps, and this gives us one more opportunity to educate about and promote Prevention.



Gynecologist: Dr. Sonica Chugh, seated, 2nd from left



Eye Camp- Grewal Eye Institute.



Dermatologist: Dr. Vivek Malhotra, seated

2. IMMUNIZATION PROGRAMME

Mrs. Veena

SENIOR HEALTH PROMOTER



This month we had four immunization days. Everything is going well; all the children and pregnant women are coming here every month for their shots and anti-natal checkups.

Women who work at the government's health care give shots and up-date immunization records. We are providing Iron and Folic acid tablets and calcium supplements to the pregnant women. We also provide blood pressure check-ups and weight facility to the pregnant women.

As usual Auxiliary Nurses, Midwives, Health Promoters and Asha Workers work together to make this event successful.

This month we have made a new schedule for Immunization. From now onwards they will give IPV with Penta 1st Injection on 1 $\frac{1}{2}$ month.

SHOTS	1 st Dose	2 nd Dose	3 rd Dose
BCG	1	-	-
DPT	-	-	-
DPT 5 yrs.	19	-	-
DPT-B	18	-	-
Measles	16	18	-
Hepatitis B	-	-	-
Pentavalent + IPV	19+14	20	16+16
TT 1 Injection.	19	-	-
TT 2 Injection.	14	-	-
TT 10 yrs.	4	-	-
TT 16 yrs.	0	-	-
TOTAL	124	38	32

THE FOLLOWING INOCULATIONS WERE GIVEN DURING APRIL

3. INCOME GENERATION ACTIVITY

Mrs. Maya

SENIOR HEALTH PROMOTER

This month again unfortunately there is no stitching work for the women who live in the bustee. I am feeling very sorry that we do not have an outlet to sell the products which they used to make.

4. MY STORY

Mrs. Meena Kumari

HEALTH PROMOTER

Hello friends!



My name is Meena Kumari. I belong to Nepal. There are 7 family members in my family, my father, mother, two brothers and their wives and me. I am the youngest and the only daughter of my parents; that is why everyone loves me a lot and always treats me like their kid in my family. They all care about me a lot. I am a graduate in B.A. and I have completed my graduation in 2007. After completing my graduation, I joined DIR. After joining DIR, I have learned so many new things in my life. I have also studied about medical and nutrition and several other things which have increased my knowledge in other aspects of life. DIR is like family to me. Whenever I have any kind of problem in my life or work, all the Health Promoters stand by my side, and I am very thankful to all of them for always being there for me. After joining DIR, I got the chance to do social work. I had worked here for seven years and after that on 6 Dec 2014, I got

married and went to Nepal. My husband's name is Purna Sajuwal and he is a Pastor in a Church in Nepal. The environment, culture and food of Nepal was totally different and new for me at that time. But my In-laws are very nice people; they are very supportive and cooperative. In Nepal, I used to teach my small nephews and niece. The government schools in Nepal do not bother about the studies of the students, that's why they were very weak in their studies. But when I started teaching them there was a great improvement in their academics scores. On the other side my health was not so good in Nepal because it was difficult for my body to adapt to the weather and different environment of Nepal. So now I came back to India. After two years of my marriage, I joined DIR again in December 2016, and I am glad to be back here again.

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 of April, children were excited when they came back for the C.A.P programme. They played many games like badminton, kho-kho, football, etc. This month Medical and Nutrition topic were:

1. Medical Topic:- Diarrhea

Game-1- Demo of ORS

Firstly, Health Promoters explain the causes of diarrhea and its preventions. After that they gave the demo of ORS to children, where they told them about the amount of water, salt, and sugar that should be used to make it. Then after that each child gave a demonstration of making ORS.



2. Nutritional Topic:- Balanced Diet

Game-2- Make a healthy bowl from big bowl.

Firstly, Health Promoters explain about what is a Balanced Diet and the reasons why we should eat a Balanced Diet. After that we divided the children into two teams. Then we introduced a bowl in front of the children, which we have already filled with the noodles, potato, onion, salt, chocolates, stones, banana, tomato, chips, toffees, etc. Then we called up one child from each team. After that the children had to pick one thing from the bowl and explain about it on the board. Then the other children also did the same thing, and the team which had collected more nutrition rich items became the winner.

In this programme, we try to improve the knowledge of the children so that they can also spread the awareness in their home and surroundings, so that everybody can live a healthy, wealthy life.



6. NUTRITION TRAINING

Mrs. NATASHA

NUTRITIONIST

We all know that fruits, vegetables and nuts are the best things for us to eat in order to stay healthy. A sliced carrot resembles the human eye. Studies have shown that carrots increase blood flow to the eyes. Tomatoes have four chambers just like the human heart. Studies show that tomatoes contain an ingredient called lycopene which can strengthen the immune system, lower cholesterol, prevent infections and fight against certain viruses and bacteria. Grapes also resemble the heart. They are known to reduce bad cholesterol. Walnuts resemble our brain. Walnuts contain plenty of protein and fiber. Kidney beans



look just like our kidneys and help them to function properly. Onions resemble our body cells. They aid in removing wastes from the cells. Garlic removes toxic waste materials from the body. As these days life is so busy and most of us depend on fast food, so to keep ourselves healthy and fit we have to adopt natural foods in our diet as these foods do wonders for our bodies.

In our regular training to Health Promoters, topics of Balanced diet and its role, Function of proteins, Fats, Importance and deficiency of Vitamin A and D were taught. As per our regular schedule at the end of this month an exam was also conducted to test the nutrition knowledge of HPs, in which most of them scored well.

7. NIPP

Ms. Sarita

HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	00 (0%)
13-24 month	02 (6%)
25-36 month	04 (11%)
37-48 month	16 (44%)
49-60 month	14 (39%)
TOTAL	36

In this programme we select the three most malnourished kids from respective areas. When the child gains enough weight and comes to the green zone, then another kid will take his/her place. In this programme those children whose families are not able to afford the nutritious food for their kids, we call them to DIR and then we provide a healthy nutritious diet to those kids. Here we provide them eggs, milk, seasonal fruits and healthy food.

In this month 25% kids have gained their weight and 31% kids are in Yellow Zone. We gave Deworming Tablets to 83% of the kids who daily came in Nutritional Programme of DIR. These kids also have gained their weight.

Unfortunately, 9 kids have lost weight this month, because they were suffering from diarrhea and fever because of the heat of summer.

All the Health Promoters are trying their level best to help and improve the health of these children. We hope next month children will gain their weight and those who lost weight this month will also recover it.

Children who gained Weight	09	25%
Children whose weight remained constant	14	39%
Children who lost weight	09	25%
G.T.V	04	11%
TOTAL	36	

8. MOTHER'S HEALTH

Ms. Sangeeta
HEALTH PROMOTER

In the beginning of the month of April, we had 98 pregnant women in our project area, of which 14 women delivered their babies. All the deliveries took place in hospital. All 14 women had two or more Anti-natal and Post-natal check-ups and examinations within two days and before, of delivery. There were 6 baby boys and 8 baby girls born; again the number of girls are more than the number of boys born. All the mothers and their babies are healthy and fine. We have found 21 new cases of conceiving and one new arrival case this month. 5 pregnant women left the project area permanently and 5 went to their native villages.

Unfortunately we had two bad stories this month. One woman had a miscarriage and one had an abortion.

One lady from our Health Promoter Sarita's area named Pooja, age 22 years, trimester- 3rd (7th month). She went to the hospital for her routine check-up. After the check-up and screening, doctors found that there was no fetal movement in the womb. Then they did some more test for assuring the life of the fetus. After doing all the check-ups they came to know that the fetus was not living, so they advised the lady to have an abortion. Now the lady is going under medication and treatment properly and our Health Promoter Sarita counsels her and visits her after some interval of time.

One lady from our Health Promoter Vandana's area, named Babita, age 22, trimester-3rd, #1632/Adarsh Nagar. She had bleeding during her all period of pregnancy, that's why she had a miscarriage. She is a very careless and ignorant kind of lady. She always refuse to follow the instruction given by the doctors, our Health Promoters and others.

After all these bad incidents one good thing also happened. We have a Success Story:

One lady from our Health Promoter Sushma Bisht's area, named Rekha, age 22, Trimester-2nd (6th month) #2184 Janta Colony, was a very careless and ignorant lady. She used to eat unhealthy food most of the time. She never had her check-ups on time from the hospitals and never consulted doctors. Her In-Laws were also

worried about her and her baby's health. But she was not following any suggestions or advice from any one. Our Health Promoter Sushma counselled her so many times in several different kinds of way but she always refused and ignored whatever she counselled her. After making so many efforts when Rekha wasn't paying any attention, Health Promoter Sushma Bisht visited her place again along with one of our Senior Staff members and this time she strictly ordered her to visit the hospital and eat healthy food for the sake of her health and her baby's health. Now she is taking care of her food and health. She went to hospital for her anti-natal check-ups and having her medicines regularly and eating healthy food. Her family members are also helping her and supporting her in maintaining her good health.

We always try our level best to educate, counsel and make people aware for their health, mother's health, and pregnant women's good health.

Pregnant mothers Last Month	Delivery	(Births)	Total Birth	Mothers who Moved		Abortion	Miscarriage	Newly Pregnant		Total Pregnant This Month
	M	F		Temporarily	Permanently			Arrived	Conceived	
98	06	08	14	05	05	01	01	01	21	99

9. SCHOOL WITH A DIFFERENCE

Mrs. Manjeet Kaur

SWAD TEACHER

This was the first month of the new session 2017-2018. In this month we have got admission of 76 students till now, and the process of admission is still going on. On 22 April 2017, we celebrated Earth Day with the SWAD Kids and educated them about the importance of this day and the value of trees in our life. We also educated them about role of trees in reducing soil erosion and conservation of soil and environment. The thought of that day was "Go Green and Plant a Tree", moreover we also told them to plant a tree on this day.

At the end of this month we conducted a parent teacher meeting (P.T.M.), where we discussed with the parents about their children -- how they behave, learn, respond in school, etc. . In addition, we also informed the parents about the SWAD Rules, such as, students have to reach school by 8:25 A.M., parents have to pay attention towards their homework, their dress has to be neat and clean, and they have to come to school in proper uniform. Parents have to deposit the monthly fees on time and they have to attend the PTM regularly at the end of every month. We all are together giving our best to serve these kids as best as we can to make their future bright and shiny.

10. TAILORING CLASSES

This month 15 women are learning stitching. The strength is good because their school exams are over, so the girls are now free to come again to the classes. This month the stitching teacher is on leave so the Health Promoter Maya Gurang has took over the stitching classes.

11. BEAUTICIAN TRAINING

This month only 3 girls named Seema, Sonika and Kajol are learning the beauty culture training. They all are doing well and we hope in coming months we will get more girls to undertake this training.

12. DEPARTURES AND VISITORS

Visitors

8 April 2017:- Dr. Monika Garg from Grewal Eye Institute, Sector-9 Chandigarh, along with her expert team. came to DIR for an organized free Eye Camp for the people.



19 April 2017:- Mr. R.K. Jain, Zone Chairman of Northern Region from MAHAVIR International, a Social Service NGO, came to visit DIR. He is exploring the idea of possible collaboration of his organization with DIR.



23 April 2017:- Mr. Verender Yadav, committee Pradhan Naya Gaon, gave a donation to DIR. Mr. Devender Goyal, Businessman of Naya Gaon also gave a donation. DIR is very grateful to these generous gentlemen.

2nd from the left is Mr. R.K. Jain, with some DIR staff.

23 April 2017:- DIR organized a Medical camp on Skin and Gynae where Dr. Vivek Malhotra, Dermatologist, MD, PGI (Beau Visage Skin Clinic in SCO-72 (FF) Sector-40 C, Chandigarh), and Dr. Sonica Chugh, Gynaecologist (3159 Sector-21 D, Chandigarh) donated their time to make this camp very helpful to local people who have skin problems, or gynaecological problems. DIR extends sincere thanks to both these doctors.



Dr. Vivek Malhotra, Dermatologist, on left, discussing Skin problems with visitors.



Dr. Sonika Chugh, Gynecologist, on the right, with her two assistants, counselling women.

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 counselling 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 of our high priority programs. The initials stand for Nutrition Improvement Priority Project. Each of our 13 Health Promoters have identified the three most chronically malnourished children under the age of 60 months in each of their Units. This group of children are 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 influence the HP's workload.

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.