

# **DEVELOPING INDIGENOUS RESOURCES – INDIA**

## **Summary of Activities**

**For**

**October 2017**

### **THOUGHT FOR THE MONTH**

Climbing to the top demands strength, whether it is top of Mount Everest or to the top of your career.

- (A. P. J. Abdul Kalam)

### **CONTENTS**

<b>1. ACTING DIRECTOR'S MESSAGE</b>	<b>2</b>
<b>2. IMMUNIZATION PROGRAMME</b>	<b>3</b>
<b>3. INCOME GENERATION ACTIVITY</b>	<b>4</b>
• STITCHING PROGRAMME	
• TAILORING CLASSES	
<b>4. MY STORY</b>	<b>5</b>
<b>5. CAP-CHILD ACTIVISTS' PROGRAMME</b>	<b>6</b>
<b>6. NUTRITION TRAINING</b>	<b>7</b>
<b>7. NIPP</b>	<b>9</b>
<b>8. MOTHERS' HEALTH</b>	<b>10</b>
<b>9. SCHOOL WITH A DIFFERENCE</b>	<b>10</b>
<b>10. REMARKS FROM A BENEFICIARY</b>	<b>11</b>
<b>11. EVENTS</b>	<b>12</b>
<b>12. ENDNOTES</b>	<b>12</b>

## **1. ACTING DIRECTOR'S MESSAGE**

**Mrs. Natasha**  
**NUTRITIONIST**

October, this time is one of the most pleasant months. While its days rapidly shorten, and each one seems cooler than the one it follows, most days have bright sunlight, and are pleasantly warm in the middle of the day. An important Indian festival, the "Festival of Light", Hindu New Year or Diwali, as it is commonly called was celebrated this month. Many people decorated their homes with strings of mini light bulbs, or with the more traditional oil lamps or candles, and for a few nights the city had many beautiful night displays. Shooting off rockets and letting off "banger" fireworks has become part of Diwali. This time government took very wonderful step as they fixed timings for bursting crackers in favour of environment. Though with no regulation accompanied with carelessness born out of ignorance - each year dampens the festive event by deafening, blinding, or otherwise injuring many children. But this time there is reduction in all this. The DIR family celebrated Diwali by making Rangoli (traditional art work done with colored saw dust to decorate the entrance of the house) and with a diya (earthen lamp) painting.

Apart from that we had a loss and a good news. One of our losses came in the form of the death of the father of Sushma Bisht, one of our Health Promoters. God bless his soul in rest in peace. Good news is that our Ex Health Promoter Sunil Vidla blessed with baby boy after a long wait of 10 years. Heartiest congratulations to him on behalf of DIR family.

On 30<sup>th</sup> October, five guests from Mahavir International NGO visited our Dir office in Bustee. They all were very impressed by our HP's and appreciated their confidence level, discipline and the standard of medical knowledge. They donated three Blood Pressure apparatus for our health program and some educational material for SWAD School.

I continue to be impressed by the increase in medical and nutritional knowledge of our Health Promoters and their seemingly tireless energy when advising, and demonstrating, and encouraging and prodding the residents in efforts to get them to improve their families' health. Not only is their work impressive; their visible results are as well and that is highly rewarding. Academics are equally important to the HP's. They all performed well both in Medical and Nutrition knowledge. It is heartening to see the zeal and motivation with which every member of DIR works. DIR-I is always a happening place.



Diwali Celebration in DIR



Mr. R.K. Jain Along with his colleagues donating Blood Pressure Apparatus to DIR Staff

## **2. IMMUNIZATION PROGRAMME**

**Mrs. Veena**  
**SENIOR HEALTH PROMOTER**



This month we had four Immunization camp days. Everything is going well. All children and pregnant women are coming every month for anti-natal check-ups.

Women who work at the government's local health care give shots and update immunization records. We are providing iron and folic acid tablets and calcium supplements to pregnant women. Pregnant women also have TT Shots & had weight and blood pressure checked.

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

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

SHOTS	1 <sup>ST</sup> Dose	2 <sup>ND</sup> Dose	3 <sup>RD</sup> Dose
BCG	1	-	-
DPT 5 yrs.	13	-	-
DPT-B	8	-	-
Measles	9	8	
Pentavalent + IPV	14+14=28	10	14+14=28
T.T Booster	3	-	-
TT 1 Injection.	4	-	-
TT 2 Injection.	12	-	-
TT 10 yrs.	6	-	-
TT 16 yrs.	2	-	-
<b>TOTAL</b>	<b>86</b>	<b>18</b>	<b>28</b>

THE FOLLOWING INOCULATIONS WERE GIVEN DURING OCTOBER 2017

### **3. INCOME GENERATING ACTIVITY**

**Mrs. Maya**

**SENIOR HEALTH PROMOTER**

### **STITCHING PROGRAMME**

In this month again there is no work from our side to the ladies, but most of them got new jobs now. But still there are few left without job and still they are having hopes from our side to get a job. Unfortunately we are not able to offer them a job and we are very sorry for them.

## **TAILORING**

This month there are 9 women are learning in our stitching center. All are doing a good job but one of them, Rakhi is doing very well in stitching Punjabi suits. Arti is also doing well, she stitches everything.

Syllabus: Suits, salwars, petticoat, blouse, frocks etc. All the women are very happy learning these things.

## **4. MY STORY**

### **Mrs. Sona**

#### **Stitching Teacher**

My name is Sona Devi. I am 56 Years old. I belongs to Pratapgarh, Uttar Pradesh. Now I live in #1898-D Safeda Colony and it's have been 25 years I am living here. My father was in Indian Army and he always wanted me to study hard, but I was weak in study and I always use to play with my friends instead of doing my studies but I learnt stitching as I was passionate about it. I got married to Mr. Madan Lal in 1985. I have 4 children 1 daughter and 3 sons and 3 children got married. My husband was very ill and because of that we were suffering from financial crisis. Luckily one of my son Arvind got job because of DIR which gives lots of financial support to us. Now I have a regret that I didn't study at that time because if I would have studied at that time I won't be facing these financial problems now, in fact I could help my family in a better way. Now I realise the value of study in life, the chance which I missed. After this mistake in my life I always motivate others to study and work hard in their life.

One day Health Promoters of DIR came to our place for checking Blood Pressure where they informed that there is a requirement of stitching teacher in DIR. I came here for interview and selected and got a chance to work with DIR as a stitching teacher and it's have been 4 years I am working here. I love stitching. Stitching programme falls under Income Generation Project were we motivate women to work from their homes and we use to build their self-confidence as a working women in this project. I am very happy being a part of DIR and would like to thanks Dr. Shaw who gave me the chance to be that part of DIR family.

Thank you.



## **5. CAP: CHILD ACTIVIST PROGRAMME**

### **Mrs. Banita SENIOR HEALTH PROMOTER**

This activity, which is provided for children aged 7 through 13 years, meets between 3:30pm and 4:30pm daily. The goals of the CAP Programme are: -

- (1) To educate children and their families.
- (2) To help children develop socially.
- (3) To promote sportsmanship.
- (4) To Increase team spirit.
- (5) To create leaders for sports and community outreach.

In this month of October in the Child Activist Programme we educated children about Kwashiorkor type of malnutrition caused due to deficiency of Protein and Typhoid. This month we educated children about the preventions and precautions to be taken for typhoid and Kwashiorkor. This month we had Diwali Festival so children also celebrated Diwali by decorating Diyas.



CAP Kids decorating Diyas on the occasion of Diwali

### **Our first CAP game concerned Typhoid.**

The game was dance, music and statue. First of all Health Promoters educated children about Typhoid, its symptoms and prevention to children. When they play music at that point all children danced and when they stop the music they all have to become statue, whosoever made any kind of moment will disqualified and have to tell the preventions to be taken while typhoid.



CAP Kids playing in DIR room.

The second game was musical chair. Firstly Health Promoters educated children about Kwashiorkor, it's a form of malnutrition caused due to the deficiency of protein. Its symptoms and also explained the diet for kwashiorkor child. Then they arranged the chairs according to the children. There were 20 kids and 19 chairs, then the health promoter played the music and children started moving around the chairs and when the music stopped then they have to occupy the chairs and the one who will be left without chair have to tell the symptoms of kwashiorkor.



Senior Health Promoter Banita educating CAP children about Kwashiorkor

In short we educate the children so that they educate their family and community as well.

## **6. NUTRITION TRAINING**

### **Mrs. NATASHA NUTRITIONIST**

October 16th is celebrated as World Food Day across the world. It's celebrated in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. The World Food Day is also known as "Food Engineer Day". Its main aim is to make awareness about hunger and poverty and how to reduce these evils.

Another day for universal celebration, we were told, was on 21<sup>st</sup> October when IDD was the issue. Apart from that, Global Iodine Deficiency Disorders prevention day was celebrated on 21<sup>st</sup> October. Iodine Deficiency Disorder (IDD) is one of the most preventable and prevailing micronutrient deficiencies, which mainly affect small children and pregnant women. This very serious deficit results in spontaneous abortions, brain disorders and low mental development for too many people. Apart from that IDD causes impaired physical growth, compromised school performance and reduction or loss of mental ability. Hence it has become important to make the world aware about the Iodine Deficiency Disorders and the problems associated with it. The global iodine Deficiency disorder Prevention Day promotes an awareness campaign to educate the people on how hard the effects of iodine deficiency can fall on you if you are not careful enough. IDD and how it may be readily prevented. The observation of successive Global Iodine Deficiency Disorder Days should help to slowly eradicate this very uncomplicated yet serious deficiency disorder from the globe. Just to make people aware of it and taking steps towards educating the people and introducing healthy eating habits which helps to get closer towards a world with minimal number of people who suffers because they haven't got the adequate amount of the micronutrient in their diet. Educate the world on having iodized salt and iodine rich food stuffs like sea food, leafy and other vegetables.

In my last month's report I mentioned that we had identified a malnourished boy from our HP Banita's area. Tanveer, male child, 20 months old suffering from iron and calcium deficiency. Family of this child belongs to Uttar Pradesh and are living in rented room under very pitiful condition. Both Parents are illiterate and ignorant and hardly bothers about their child's health. So, we personally look after that child. This month there is One kg gain in his weight. We told mother that she can try to make food little attractive so that child loves to eat just like instead of making plain rice better add seasonal vegetables in it, instead of giving plain curd every day better to add grated cucumber, boiled potato, chopped tomatoes etc., and better to spend some time when child is eating.

Apart from that nutrition demo was given keeping in mind the festive season of India especially Diwali- festival of lights as well as to keep the choice of small children as they are more attracted towards bakery items specially cake. So to keep this thing in mind we made Suji cake (Semolina Cake) baked in pressure cooker though bustee people didn't have ovens. The ingredients such as Semolina, Sugar, oil, milk and peanuts used are very cheap and readily available to bustee people. This recipe is rich in proteins, calories and calcium. To test the nutrition knowledge of HPs, nutrition test was conducted in which most of them scored well.



Demonstration of Suji Cake

## **7. NIPP -Nutrition Improvement Priority Programme**

**Ms. Sarita**

**HEALTH PROMOTER**

Age of children in the NIPP

0-12 month	0 (0%)
13-24 month	2 (5%)
25-36 month	8 (22%)
37-48 month	13(36%)
49-60 month	13(36%)

NIPP stand for Nutritional Improvement Priority Programme. We have started this programme for improving the health of those kids who are in priority zone category for improving the health status. We provide the kids nutritional diet at DIR. We call them at DIR and give them a cup of milk, boiled egg, and one fruit every day. We planned a different menu for every day.

We are glad that this month 3 kids changed their category from Red zone to Yellow zone. Now we have 7 kids in Yellow zone. This month 44% kids gained their weight. But on the other hand unfortunately 7 kids lost their weight because of climate change (Dengue, typhoid and viral fever).

This month only 17% kids are coming for meal plan. All kids are coming regularly. All health promoter trying their level best. When some kids are not coming regularly. So, we specially visited to the place of those kids and do counselling of their parents to come and get their kids for meal regularly.

<b>Children who gained Weight</b>	16	44%
<b>Children whose weight remained constant</b>	13	36%
<b>Children who lost weight</b>	07	20%
<b>G.T.V (Gone To Village)</b>	00	00%

## **8. MOTHER'S HEALTH**

### **Ms. Sangeeta HEALTH PROMOTER**

Last month we had 115 pregnant women in our project area. From which we had 18 deliveries this month, 5 were baby boys and 13 were baby girls. Unfortunately we had one still born baby due to, umbilical cord stuck around the neck. The lady was from Himachal Pradesh from our HP Sushma Devi's area. Now she is fine and having proper medication. All other new born along with their mothers both are fine and healthy.

This month we found 7 new cases of new arrivals in our project area and 19 women conceived this month. 2 women went to their village and 7 women left our project area permanently.

At the end of the month we had 115 pregnant women. All pregnant women having proper anti-natal check-ups and post-natal check-ups after delivery.

Pregnant mothers Last Month	Delivery	(Births)	Total Birth	Mothers who Moved		Still Born	Miscarriage	Newly Pregnant		Total Pregnant This Month
	M	F		Temporarily	Permanently			Arrived	Conceived	
115	05	13	18	02	07	01	00	07	19	115

## **9. SCHOOL WITH A DIFFERENCE**

### **Mrs. Manjeet Kaur SWAD TEACHER**

In this month we educated children about the Diwali Festival and its Significance. The religious significance of Diwali varies regionally within India, depending on the school of Hindu philosophy, regional, legends, and beliefs.

Hindus across the world celebrate Diwali in honor of the return of Lord Rama, wife Sita, brother Lakshmana and Lord Hanuman to Ayodhya from exile of 14 years after Rama defeated Ravana. To honor and celebrate Lord Rama, Sita, Lakshmana and Hanumana returning from Sri Lanka and to illuminate their path, villagers light Diyas to celebrate the triumph of good over evil.

Students of Play class, Prenursery and Nursery made Diyas on drawing sheets and colored them. Whereas K.G. Class kids decorated Diyas and candles. DIR Staff made rangoli and children really enjoyed that.

Apart from that we educated children about Vishwakarma Day. Vishwakarma Day, also known as Vishwakarma Jyanti, is a day of celebration for Vishwakarma, a Hindu god, the divine architect. He is considered as swayambhu and creator of the world. He constructed the holy city of Dwarka where Krishna ruled, the Maya Sabha of the Pandvas, and was the creator of many fabulous weapons for the gods. He is also called the divine carpenter, is mentioned in Rig Veda, and is credited with Sthapatya Veda, the science of mechanics and architecture.

The festival is observed primarily in factories and industrial areas, often on the shop floor. As a mark of reverence the day of worship is marked not only the engineering and architectural community but by artisans, craftsmen, mechanics, smiths, welders, industrial workers, factory workers and others. They pray for the better future, safe working conditions

and, above all, 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. Modern electronic serves are also worshipped for their smooth functioning.

Special statues and pictures of Vishwakarma are normally installed in every workplace and factory. All workers gather in one common place and perform the puja (reverence).

After providing these useful information about these festivals we distributed sweets and biscuits among all the children and DIR staff.

On 28<sup>th</sup> we did salad decoration activity. In this activity we educated children about the importance of fruits and vegetable and its need for our body. We used seasonal fruits and Vegetables for salad decoration. We told students that before cutting fruits and vegetables wash them first as mostly people did cutting first then washing, in that situation water soluble nutrients loss. After washing fruits and vegetable we cut into small slices then decorated the salad with fruits and vegetables. All Children enjoyed a lot while making salad and also loved to eat.



Celebrating Diwali Festival with SWAD Kids



Salad Decoration in SWAD

## **10. GUEST REMARKS FROM A BENEFICIARY**

My name is Leela and I am 60 years old. I know DIR for the last 10 years. Health Promoters from DIR use to visit our place and check the weight of our children and check our blood pressure every month. As my husband is suffering from Blood Pressure problem, so on my request they use to come here thrice a month to check my husband's Blood Pressure. Whenever we asked them to check our Blood Pressure every time they checked and never get angry or refuse to check. They also tell us about the healthy diet and things to be avoided in diet being a Blood Pressure patient. They also inform us about the injections to be taken time to time to our kids. They also educate us about various disease and preventions to be taken through the committee meeting. They never discriminate among the people, instead they call everyone together to attend the committee meeting. I would like to thanks DIR and its kind members for educating us about our health and taking care of our health since last decade.



Health Promoter Sunita with Leela

## **11. EVENTS**

### **Captain Bikram**

#### **Administrator**

#### **VISITORS**

**30 Oct 2017:** Mr. R.K. Jain along with his colleagues Mr. Varinder Jain, Mr. S.C. Jain and Mrs. Rita Jain from Mahavir International NGO visited our DIR. They donated 3 Blood Pressure instruments, 3 Stethoscope and 2 educational games to us.



Mr. R. K. Jain along with his colleagues donating educational material to SWAD kids.

## **EVENTS**

**18 Oct 2017:** We celebrated Diwali festival with SWAD kids and DIR staff with great enthusiasm. DIR staff members made Rangoli on this occasion children did decorations of candles and diya. Capt. Bikram distributed sweets among SWAD kids and DIR also distributed snacks biscuits among all the kids and DIR staff on this auspicious occasion.

## **DEPARTURE & NEW FACE**

Dr. Shaw took his retirement from DIR and Dr. Asha Katoch has joined us as a new CEO in DIR.

# **12. 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/he is learning adequately in our daily (Medical and Nutrition, and other) 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 (at least) monthly, where appropriate checking and monitoring blood pressure, checking and monitoring the weight of each child under the age of 60 months, promoting 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. Preference in Board positions is to have 50/50.

## **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.

## **NGO: - Non-Government Organization.**

Typically, but not excusably, an NGO is an organization which strives to improve the quality of life within a given community. For example, CARE is an NGO, as is HOPE, PLANNED PARENTHOOD, DIR, AARP, etc. Some, but not all, NGOs, are non-profit.

## **DONATIONS to DIR**

DIR is a non-profit NGO which is funded entirely by voluntary donations. In the US and in India donations to DIR are made deductible, for income tax purposes, by both governments.

In India, donations in Rupees, may be addressed to: The Director, DIR-I, House 105, Sector 10, Chandigarh 160009.

Donations in other currencies, should be sent to: The CEO, DIR, 8321 Terrace Drive, El Cerrito, CA94530.

