

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

### September 2014

#### THOUGHT FOR THE MONTH:

However dark it seems to-day, however dark it is, we shall meet life better if we have fulfilled the present to the best of our ability. To-day is still ours, along with the obligation to live it to the full.

DOROTHY VAN DOREN

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#### 1. CEO's MESSAGE

Frederick Shaw

Another busy month has hurried past us, and, to our regret, we have lost the services of Dr. Ritesh Singha who has landed a fine job at the local School of Public Health. While we are sorry to lose him, we wish him success in his new position. Since we conduct one of the very few Public Health programs in the area, we suspect we may be seen as filling the useful purpose of providing a practical training program.

As we end the month, our discussions have turned more and more towards the subject of personal safety, and we feel that the lack of this commodity for the residents of our community affects life very adversely. Safety, of course is desired by everyone, but the lack of it affects different population groups differently. The most vulnerable groups in our area are women and children, and it is for them that we have begun to plan activities. There are a few other agencies in the Chandigarh area who share this concern with us, and we are getting in touch with them to collaborate to the maximum extent possible to bring about positive change. Hopefully, early next month we will make a start, and will have progress to report in October's Report.

We had two very welcome visitors this month. They were Leonie de Wit and Loveleen Bhumra. Leonie who is from Netherlands, was an Intern with DIR seven years ago. She brought with her, her friend Mark, a generous donation, and donations she had collected from her friends at home. All of us at DIR were delighted to see Leonie, and flattered that she took a day from her busy schedule to spend it with us, making home visits with the Health Promoters, etc.

Loveleen was one of our most popular Nutritionists and made many valuable contributions to our training programmes in 2008 and 2009. Since then she has married, and moved with her husband to MP. One of the highlights of her visit was that she brought with her her beautiful little daughter.

#### 2. NUTRITIONAL IMPROVEMENT *PRIORITY* PROJECT (NIPP)

Frederick Shaw

As described in last month's report, each of our 14 Health Promoters has listed the three most serious cases of child malnutrition (for children under the age of 60 months) in each of their areas. Now they are making a concerted effort to

improve the nutritional status of this highest priority group. After this first month, the program has the following results to show:

% OF PRIORITY GROUP	WEIGHT STATUS
26%	GAINED .5 Kg
5%	GAINED 1Kg
5%	GAINED 1.5Kg
50%	UNCHANGED
15%	LOST WEIGHT

We are very encouraged by these early gains. Because improving nutritional status depends upon behavioural change more than any other factor, we had expected to get off to a slower start. If we can show substantial gains after the first six months we will very satisfied.

We are in the process of ensuring that all P1 (first priority) and P2 (second priority) children are de-wormed, and that a member of the Senior Staff visits the parents of all priority children who are not showing significant progress to counsel and advise them about the importance of good nutrition and hygienic habits. In the meantime we are planning to conduct a series of committee and community meetings dealing with improving family food consumption habits, and providing public demonstrations of preparing low-cost, nutritious meals.



### **MOTHERS' HEALTH**

Ms. Meena Kumari - Senior Health Promoter

### **Pregnancies**

On the 1<sup>st</sup> of September there were 108 pregnant women in Janta colony and Adarsh Nagar. Of these, 18 women delivered their babies during the month. Twenty two pregnant women shifted their residences permanently from the colony, and 33 new pregnancies were reported during the month. Out of 18 women who delivered, all had appropriate postnatal examinations within two days of delivery.

## **Deliveries**

Out of 18 women who delivered this month, eight delivered in the Government Hospital, Sector-16, seven delivered in PGI (The Post-Graduate Institute of Medical Research and Education), two delivered in the Government's Hospital in Sector 32, Chandigarh and one delivered at private clinic. Of the newborns, 11 are baby girls and 7 are baby boys. All deliveries, except one, were assisted by qualified professionals.

We are very pleased to see that often (as is the case this month) the number of baby girls delivered exceeds the number of baby boys. In many neighbouring communities, and in the state in general, boy births greatly outnumber girl births – a sure sign that girl foetus are being aborted. Very sadly, The two states on either side of Chandigarh (Punjab and Haryana) have the lowest ratios of females to males in the country.



## **4. IMMUNIZATION PROGRAMME**

Ms. Sarita – Health Promoter

In the month of September, DIR-I collaborated with the government-run immunization programme on the 6<sup>th</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> of September. A total of 169 shots were administered to children, details of which are as follows:

(a) Measles – 20    (b) Measles Booster -6    (c) BCG -4    (d) DT -21    (e) DPT Booster - 7

SHOTS	1 <sup>st</sup> Dose	2 <sup>nd</sup> Dose	3 <sup>rd</sup> Dose
Hepatitis B	14	9	17
DPT	14	9	16
TT	10	15	-



In addition to these, 7 children of age 10 years were given TT shots.

## 5. D.O.T.S.

Mrs. Meenakshi- Health Promoter

Last month, **fifteen** tuberculosis patients were being served medicines at our basti office through the government DOTS program run by DIR. Our basti office is an authorized DOTS centre, and patients from the vicinity get their supply of medicine from our office on a regular basis. During this month, **three** patient completed the treatment and were declared free from this disease. **One** new patient has been diagnosed with TB this month, and has started medication from our centre.

Following is the distribution of these patients in different categories and what each means:

Category I – All those new patients whose pulmonary smear is positive for Tuberculosis Bacilli or those whose pulmonary smear is negative but are seriously ill, or those who have extra pulmonary Tuberculosis but are seriously ill are included in Category I. This month, we have **nine** patients in this category.

Category II – Those 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 once those who had not been cured even after completing a full prescribed course are included in Category II. This month we have **four** patients in this category.



**Street scenes in Janta Colony**



## **6. The School With A Difference**

Dr. Tavleen Kaur

The birth date (5 September 1888), of the second President of India, academic philosopher Dr. Sarvepalli Radhakrishnan, is celebrated every year as Teachers' Day all over India. When he became the President some of his students and friends requested him to allow them to celebrate his birthday, 5 September. He replied, "Instead of celebrating my birthday, it would be my proud privilege if 5 September is observed as Teachers' Day." Since then (1962), his birthday is celebrated as Teachers' Day. Our SWAD teachers and students also celebrated this day and the children were given sweets.

Teachers conducted monthly tests to see the progress of their students. During the activity classes the kids were given knowledge about healthy diet. They were also taught how to prepare salad.





**Puppets in DIR's Street Theatre deliver a health message to local children**

## **7. Personnel Action, Visitors & Events**

Mr. Arun Gupta

**Resignation:** Dr Ritesh Singha, after only three months of DIR service.

**Visitors:** Ms. Leonie de Wit, from Netherlands. (Former DIR Intern)

**Events:**

Ms. Loveleen Bhumra, from MP . (Former DIR Senior Nutritionist)

We had no special events this month.

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