

THOUGHT FOR THE MONTH:

We need material development, but we need to understand that by itself it doesn't bring peace of mind – Dalai Lama

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1. CHIEF OPERATIONS OFFICER'S MESSAGE

Mrs. Harsharan Kaur

If June was hot July was oppressive. The heat and humidity combined had us all disoriented and begging for rain, which came in starts and spurts. DIR- SWAD finished its summer vacation and completed enrolment of 82 children by the end of the month. Which is a healthy sign of our numbers increasing from last year's 77. We are at capacity currently with our 3 teachers and over 25 students to a classroom. To maintain quality of education we need to hire another teacher and split classes. As school started back up the children in the field came back from their villages as well. As usual this time away in the village, where access to food and water sources is difficult, tends to make children weaker. Our total children in the Red category are 262, up from 217 the previous month, of which 105 are boys and 157 are girls. Discrimination against the female starts so early in Indian society that she is on a weaker foot from the moment she is born, if that is allowed to happen and IF she is allowed to live. From the moment I joined DIR I was curious to know about the condition of the female child and my suspicions have been confirmed. Month after month the children in the lowest weight category are a majority of girls. I hope that the government schemes that have come up to promote the girl child and all the extra monetary incentives given to parents with girls are used in the appropriate manner and help bridge this gap.

Speaking about girl power, we had another intern Jaipreet Ghuman join us for the month of July. She worked on our last year's annual report and helped women in the income generation program make new and interesting products. Jai has also published a poetry book of which she is generously donating 10% of the proceeds to DIR. So please buy her book and help support someone to help us and also helped DIR raise funds while enjoying a bit of reading. All the details of the book are on our Facebook page (DIR Developing Indigenous Resources India).

Our other intern Sid managed to get us partnered with Voluntary Health Association of India (VHAI) to work on Tuberculosis (TB) with other NGOs. VHAI is a mother NGO working out of Delhi in partnership with the central government. This partnership connects us to other NGOs in Punjab, as only 4 are selected to work in the district. It will also help fund our TB work and make us a little more self-sustaining and finally expand our work with TB. In Janta colony

itself, the number of TB patients' currently undergoing treatment is 25, which implies that there are many more undetected cases.

Our NIPP program has had an increase in the number of children coming for the supplemental feeding program. We have seen a weight gain in the children who were regular with their attendance in this program, meaning that just that little bit can make a difference to a child's health. Having raised some money for this program we added a slice of fruit to the egg and milk. The objective was to give them some more energy, and let's face it, kids love mangoes. With mango season in full swing, we used it as bait for the kids to finish the whole egg with marvellous results. The egg and milk would be finished in half the time as before and now the children drag their parents to the centre for the supplemental meal. We plan to demonstrate to the parents what just one nutritious meal a day can do for a child and hold a meeting with the parents in August, showing them live examples of what has been achieved. We hope these parents can see for themselves the gains their children are making as they continue to come into the centre. We hope these extra calories help the children and they start to enjoy eating food. Hoping for healthy, happy children next month!



2. MY STORY

By Maya Gurung



I am a Nepalese woman. My father used to work in India whereas my mother, my brothers and I lived in Nepal. When I was 9 years old, I came to India with my family. We lived in a small room on rent. In the beginning, it was very difficult for me to adjust in a new place, new school and with new people. I had to go through inferiority complexes. But, then I thought that if I wanted a better future then I would have to face every difficulty of expenditure. I started teaching children at home and learn how to stitch clothes. My mother used to work as a maid. I was the best girl in Primary School. Many ups and downs came in my life but I did not give up. My father built a new house and we shifted there. My brothers were very protective of me. I skipped 7th and 9th Class and became weaker in my studies. When I did my 10th class, there was no one who could guide me related to the stream whether Medical, Non-Medical, Commerce or Arts that I should take in +1 class. Most of the people suggested I take Arts, so I did. I wanted to become a doctor but then I realised that for this, I had to go with Medical. As time passed, I did my graduation and then got married at the age of 26. I am really lucky to have such a caring and hardworking husband. He works as a reader at the Judicial Court. He made a new house in Naya Gaon. We have two daughters. Everyone told us to have a baby boy, but we did not. In 2006, once I took my daughter to DIR for a weight check-up, DIR people took good care of my daughter, and then I thought that how nice these people are who are taking care of my child. I was totally impressed by them. At that time, I used to run a stitching centre and was earning good money but I got cervical pain because of sitting in front of machine all day. I did not have any knowledge of health but then I met Dr. Shaw & Dr. Asha in DIR, who inspired me a lot. Then, I asked Dr. Shaw about the job and he interviewed me and told me to join from the next day. I joined DIR as a Health Promoter. It was really a great moment in my life. I enjoyed gaining knowledge and interacting with people. I also liked the chance of spreading knowledge. Today, people in Naya Gaon know me and respect me, they wish me whenever I pass by them in the streets. Now, I am really very happy, as I do not have to face any discrimination, at least in Naya Gaon. DIR has given me great knowledge and respect. Since 2012, I have been working as a Senior Health Promoter and a tuition teacher. I also have a field unit, which I look after. In my whole journey, my family and DIR have both supported me a lot. Now, I am a positive and high self-esteem person.

3. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)

Ms. Sarita - Health Promoter

This programme has a targeted approach whereby; each Health Promoter selects the three most malnourished children in his/her area to receive special attention. The criterion for this special selection is that a child must remain “in the Red” category of the growth chart (seriously underweight) or a weight below the “Priority” line of the growth chart for three or more months consecutively. Each HP will take on three children from his or her area and then nurture them until they have gained adequate weight to be classified in the “Green category” (appropriate weight). Typically, we think of children who start “in the Red “as improving and entering the Yellow (underweight) Zone, before being classified as “Green”. Once one child has gained adequate weight to be “Green”, then another will take her/his place in the NIPP. According to this programme, those children whose parents are unable to afford them a proper meal come to DIR and have egg and milk. We have also started one seasonal fruit in their meal too. One child had changed his category from Red to Yellow Last month, 18% kids gain their weight. And this month it rises to 28%. Now, we have four kids in yellow category. On the other hand, unfortunately five kids lost weight too, as four of them were suffering from Diarrhoea and fever and one has a heart problem. They have all undergone treatments at hospitals. We hope that by this coming month they make significant gains. By this means, we expect that there will always be 39 “target” children and they

would be the worst of the current total of 217 children who are “in the Red.”

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July
%children who made a weight GAIN	36	47	39	31	46	54	31	26	46	18	28
% children whose status remained UNCHANGED	50	40	46	62	41	26	59	61	51	46	56
% children who had a weight LOSS	15	7	10	5	10	13	10	13	0	8	13
% children who WERE ABSENT from area	0	5	5	2.5	3	5	0	0	3	28	3

Deworming : 92%
Iron syrup : 87%
Meal planning kids : 19 (49%)
Male : 22 (56%)
Female : 17 (44%)



We believe we have tackled one of the most difficult problems in our NIPP, specifically where the improvement of young children’s health is concerned. After de-worming and iron syrup distribution was completed, we picked up the 16 most economically weak families and invited them to be a part of our school nutrition programme. Starting in June, DIR has created a 6-member committee from our own field staff, to better address the malnutrition problem seen in the Basti. The members of this committee have several strategies in mind such as frequent home visits to assess what is lacking in our own skills as Health Promoters, or in the parents’ understanding of the problems. A few families have recently been convinced

about the importance of proper nutrition for their children, and while they formerly chose not to visit DIR’s center for free meals, they are now coming for the sake of their children’s health. In addition to providing free meal plans to NIPP children, the committee has also constructed diet charts for these families to log any progress made and further affirm what we teach during our regular home visits.

Age	% of NIPP children
0-12	0
13-24	18
25-36	23
37-48	38
49-60	21

4. MOTHERS' HEALTH

Ms.Sangeeta- Health Promoter

In the month of July, there were 15 births; 8 girls and 8 boys as one lady had delivered twins (boys) from HP Sunita's area. As always, it is refreshing to report having an increasing number of girls equal or greater to boys being born in the colony. 14 deliveries took place in hospitals whereas one was at home. Women who gave birth had appropriate antenatal checkups before deliveries and had post-natal examinations after deliveries. Two women had aborted their babies (from SHP Veena and HP Sushma's area). As one of the women told us that she was unable to afford a baby, so she had chosen to abort the baby in the second month itself. Another woman aborted her baby in the 4th month, as the child was not developing properly in the womb. Both abortions took place in hospitals. At the beginning of the month we had 106 pregnant women and by the end we had 114. We are glad that the Basti's pregnant women are more comfortable with sharing their pregnancy statuses with us within their first trimesters. Additionally, we are pleased to know that when a pregnant woman newly arrives in the area, their neighbors refer them to DIR's services. All mothers and their babies are healthy and alive thus far.



Women who attended our pregnancy classes benefited greatly from the trimester-specific lessons and nutritional demonstrations. We hope that we may be able to restart these pregnancy education classes once again with even more attendees.

Last Month	Delivery	Left	Abortion	New	This month
106	15	11	2	36	114

5. THE SCHOOL WITH A DIFFERENCE

Pre-Nursery (Meenakshi Chauhan-Teacher)

One of her students, Lakshit has improved his written skills as he was not good at it earlier. Mrs. Meenakshi is devoting extra 25 minutes after school and is finding a marking improvement in him. Now he is doing better in his work. All kids in her class are well mannered and also follow her instructions.

Nursery (Mrs. Manjeet-Teacher)

As an activity task, she asked her children to make pictures of their friends and houses with colors and told them a story of true friends. She also told them how celebrate birthday parties were to be celebrated.

(Mrs. Usha-Teacher)

She is satisfied that all her children are well mannered and following her instructions diligently.

6. INCOME GENERATING ACTIVITY

Ms. Maya – Senior Health Promoter

Stitching and Products

Hello everyone! This month since Dr. Shaw is not in India, the ladies have less work, as there was only one order from Mrs. Sahib. Since it was a small order, it didn't prove enough for all the ladies. I would like to thank Mrs. Sahib for placing her order with us and helping our ladies. Meanwhile, Jaipreet is helping us make new products out of old donated clothes.



Beautician Training Centre

Ms. Loveleen continues to teach the eight young women enrolled. Their skills have expanded well beyond threading and hair-styling. The classes have given these young women skills that may be used to generate their own incomes. The timing of the class is 11am-1:30pm, Monday to Friday.

7. IMMUNIZATION PROGRAMME

Ms. Veena –Senior Health Promoter

This month we provided immunizations for many Basti children and pregnant women. With the help of Inder Dhanush, a government-sponsored programme, we were able to organize a special week-long camp in the area devoted to immunizations at the DIR center. We were able to immunize children who had not visited us for a long time, which is a great achievement.

On immunization day ANMs, Health Promoters and ASHA workers work together. DIR provides Iron tablets along with folic acid to pregnant ladies and also gives them nutritious food.

Although not provided on the table, 28 people received Vitamin A supplements through DIR during the month of June.

In August, DIR will give Vitamin A dosage to every child who is under the Red and Yellow category. This list represents the number of children who are due or not yet immunized. This list will help us in setting up a target number to achieve so that we can administer injections according to their age.

<i>SHOTS</i>	<i>1st Dose</i>	<i>2nd Dose</i>	<i>3rd Dose</i>	<i>Total</i>
Hepatitis B	0	1	2	3
DPT	0	1	2	3
DPT-B	21	0	-	21
DPT 5 Yrs.	16	0	0	16
TT	0	0	-	0
TT 10 yrs.	5	-	-	5
TT 16 yrs.	0	-	-	0
T.T 1	8	15	2	25
Measles	23	21	-	44
BCG	1	-	-	1
Pentavalent	6	15	14	35
Total	-	-	-	0

8. D.O.T.S.

Mrs. Meenakshi –Senior Health Promoter

We are concerned about the current tuberculosis situation in the Basti, as the number of cases has increased. In the meantime we are arranging an awareness programme for the residents. Last month we had a total of 23 patients and 3 new cases this month, bringing the total to 26 patients currently diagnosed with TB. No current cases have been cured thus far through our D.O.T.S. programme. Of the 26 patients this month, 21 are in Category I and 4 are in Category II. One patient has completed his TB vaccination. Most of the current patients have extra-pulmonary TB, but there is still a considerable presence of pulmonary cases. We will be working our hardest to reduce these numbers and hopefully implement a comprehensive screening process, which our current intern hopes to achieve. Siddharth, our intern had worked on this area of our project and taken the initiative to try and commence a Sputum Collection Centre here at DIR with the help of the Punjab Health Centre.

SUCCESS STORY

Every month, DIR is planning on having a “success story” which shows DIR’s achievements. This month we would like to share Raj Kumar’s story. Kumar was severely sick and suffered from tuberculosis at the 3+ stage. He was in the first category of tuberculosis and was very skinny. He lives with his wife in a house on rent near the DIR’s Center. Kumar was already looking for help when one of our Health Promoters found him, and counseled him, convincing him to have a TB test done at PGI, or any other government hospital. They then told him to come to DIR for a free meal and treatment after the tests had been completed. When he was finally diagnosed as a TB patient, he started coming to DIR’s DOTS Centre for treatment and a free meal (eggs, milk, and fruits including more healthy and nutritious food). The first day he came, his weight was only 32 Kg, but after his treatment his weight increased to 41 Kg in a matter of just 3-4 months. With the continued efforts of DIR, his reports finally came out as negative. Now, he is happily working in a hotel in Industrial Area, Chandigarh and is living a healthy life.

9. PERSONNEL ACTION, VISITORS, EVENTS

Mr. Sanjeev – Field Coordinator

During the very first week of July, C.E.O., Dr. Shaw left for the U.S. to fund raise, and our C.O.O. Mrs. Harsharan Kaur is handling the responsibility and ensuring that work at DIR goes on smoothly.

What is new?

This month, we have a new face, Ms. Priyanka, who is working as a secretary to Dr. Shaw. She is helping in administrative work as well.

Visitors:

There were two visitors. One was Mrs. Sahib who is from Chandigarh. And the other was Mr. Avirat who is a Photographer. He visited DIR because he was interested



in making a documentary film on DIR's Project, as he wants to help us in this way.



Interns:

Siddharth (Sid, for short) an undergraduate student from the U.S. finished his internship with DIR, the duration of which was two months. During his time here, he worked on a project pertaining to tuberculosis. He had also handled some of the statistics and also worked closely with the staff to collect data. We had a new intern Ms. Jaipreet who is worked here as a volunteer as well

Nutrition Classes:

Dr. Shaw planned to raise the skills of the staff that work in field as well as take classes. He chose the Senior Health Promoters and provided them with a new schedule according to which they will have their lessons every morning except Wednesdays (which is Immunization day). They take classes on nutrition and then take tests on the last topic taught to them the day before. Through this method, Dr. Shaw hopes to improve, as well as increase, their knowledge in the area.