

DEVELOPING INDIGENOUS RESOURCES - INDIA

Summary of Activities

September 2015

THOUGHT FOR THE MONTH:

Start where you are. Use what you have. Do what you can. –Arthur Ashe

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1. CHIEF OPERATIONS OFFICER'S MESSAGE

Mrs. Harsharan Kaur

We started this month with a food distribution activity performed by Chandigarh's Nightingale Lions Club for our school students. They interacted with the students and told them about Teacher's day (on September 5th here in India). Rupinder Kaur, President of Lions Club, is an active social worker pursuing her masters and has visited our centre for her research earlier. We hope that her connection with us continues and we work together on many future projects.

This month was packed with Medical camps and learning. We had two medical camps and a meeting with parents the malnourished children from the bastee. We even got some press coverage for our medical camp with PGI¹.

The medical classes taught by Dr. Asha have been well-received and the HPs have been given a refresher on digestive system with analogies that will go a long way to help them understand and remember. The learning doesn't stop there as Dr. Asha and myself visited another NGO called *Sab tera* working with a few children from our area in an Open school format. The children were happy to learn and interact, while we spoke to the facilitators and shared nutrition and health tips. With two other NGOs working in the Nayagaon area now we must coordinate to serve the population to the best of our abilities. *Choti si Asha* and *Sab Tera* are doing good working in skill development and education respectively. We can learn from each other and also cooperate on future endeavors.

PGI School of Public Health partners with NGO

The PGI School of Public Health held a medical camp on September 6, 2015, in partnership with Developing Indigenous Resources (DIR), an NGO. Dr Abu Bashar and Dr Jitendra Kr Meena attended to 113 patients on Sunday morning. DIR operates in the area behind PGI in Nayagaon but the population lacks knowledge and resources to avail the facilities at the nearby hospitals. DIR's main aim to bring awareness in health and improve upon the conditions in the slum.

The month ended on the note of cooperation, learning and peace as I was able to attend Global Youth Peace Fest, a conference held in Chandigarh for the 10th year by an NGO called *Yuvsatta*. It was a good exchange of ideas and practical solutions implemented in various corners of the world to engage the youth.

2. MEDICAL

Dr.Asha Katoch
Physician

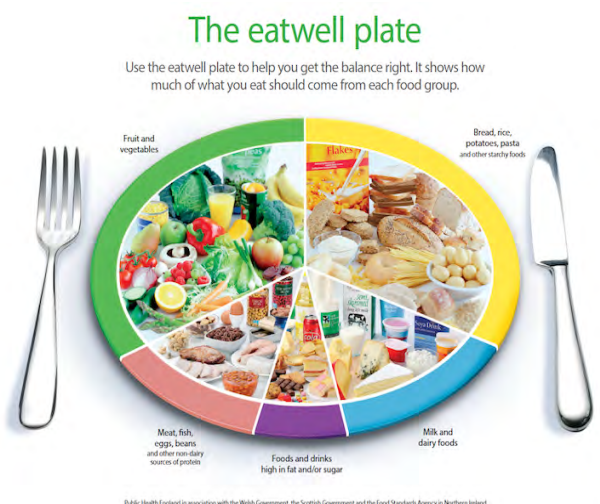
DIR has always been very close to my heart no matter where I was. The knowledge and experience which I gained here in those limited years was very different to my field. There is always something exciting and challenging to face in this organization. Hence, joining back DIR was like coming back home. The environments were familiar and it was heartening to meet the old Senior Health Promoters. My main concern was academics both medical and nutrition. Fortunately in six weeks all the Health Promoter's did very well in medical subject. Almost 50% got full marks, of the remainder most scored more than 80% and no one scored lower than 68%. Malnutrition and underweight children is our main concern so digestive system was taught in details which helped Health Promoter's to know the importance of food and nutrition to the body. The other area which required serious attention was children in red zone category especially NIPP Children. It is sad but true that the number of red zone children have grown in these years. Close monitoring and counselling of mothers was done. It is heartening to see the results as there was gain in weight in all children in 15 to 20 days. I am very certain our HP's with their hard work and dedication the number of underweight children will certainly reduce in times to come.

3. NUTRITION

Mrs. Natasha
Nutritionist

Every year, National Nutrition Week is celebrated from 1st September to 7th September to make people aware of how they may improve their health and well being. People should be aware of their food groups and balanced diet from which they can get good nutrition.. A healthy person should include the whole grains, fruits, vegetables, milk or milk products, meat, fish, nuts, seeds, etc. A balanced diet is important because our bodies' organs and tissues need proper nutrition to work effectively. Without good nutrition, our bodies are more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of mental and growth developmental problems. Bad eating habits can continue for the rest of their lives. Rising levels of obesity, hypertension and diabetes are examples of the effects of poor diet and lack of exercise.

This month, Health Promoters were taught about balanced diet, importance of carbohydrates, fats, proteins, and functions and deficiencies of Vitamin A and D. Apart from this, Nutrition exam was taken in which Senior Health Promoter Mrs. Maya and Health Promoter Mrs. Banita's scores were highest. Rest all the Health promoters did well.



4. MY STORY
By Sarita
Health Promoter

Hey, I am Sarita. My age is 27 years and I am an unmarried girl. My family belong to Uttarakhand. but presently lives in Janta Colony. I have earned a Masters Degree in Political Science. I have one brother and one sister. They both are students. I have been working for DIR since 2009 as a Health promoter. When I joined DIR, I was very happy as I am very curious to learn new things. I was so excited working in this NGO. Actually, this is not just an NGO, this is an Institute where I am learning lot of things that I never knew.



When I was in 12th Class, my father lost his job as the firm where he was working closed. At that time he had no other alternative for earning money, but said that he did not want me to stop my studies. I continued and my family supports me. After my 12th, I started working as a teacher in a school. Altogether I completed my BA (Bachelor in Arts) 2nd year. When I was doing 3rd year, I joined DIR. As time passed, I completed my Masters. We have had so many ups and downs till now. I am the only one who looks after the family as my father has a small shop from where he does not earn enough to fulfil our requirements. So I want to earn more to support and help my family. The money I earned here is not so much but I love working here because of the good nature of the staff. I believe in helping others.

5. NUTRITIONAL IMPROVEMENT PRIORITY PROJECT (NIPP)ⁱⁱ

Ms. Sarita - Health Promoter

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept
%children who made a weight GAIN	36	47	39	31	46	54	31	26	46	18	28	23	33
% children whose status remained UNCHANGED	50	40	46	62	41	26	59	61	51	46	56	62	62
% children who had a weight LOSS	15	7	10	5	10	13	10	13	0	8	13	10	5
% children who WERE ABSENT from area	0	5	5	2.5	3	5	0	0	3	28	3	5	0

In this programme, each Health Promoter selects the three most malnourished children in his/her area who needs 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 NIPP. According to this programme, those families who are unable to afford their children a highly nutritious meal, come to DIR and we counsel the parents while the child eats an egg, fruit and milk. But these days few families are showing negative

response. They are not coming to DIR for the meals. So our health promoters are themselves providing food to their kids at their home.

This month, 33% kids gained weight and this percentage increased by 10% more than the last month. Two children had changed their category from Red to Yellow. Now, we have total seven kids in yellow category. Dr. Asha is also helping us in counselling of parents whose children are under our NIPP Programme.

So, this month we had a meeting with parents of those children who are under our NIPP Programme. Our C.O.O Mrs. Harsharan Kaur, Nutritionist Mrs.Natasha and all Health Promoters attended this meeting. There was strength of around 33 parents. All parents were curious to learn new things. They also asked questions about their kids. Mrs. Harsharan Kaur and Mrs. Natasha were there to answer while each HP sat with their NIPP families and set targets for weight gain in the next month.

Age (months)	% of NIPP children
0-12	0
13-24	15
25-36	21
37-48	16
49-60	9

In Summary, this month, of the 39 children in the NIPP:

1. 97% were dewormed
2. 82% were given Iron Syrup
3. 69% were given supplemental food

6. MOTHERS' HEALTH

Ms. Sangeeta- Health Promoter

In the beginning of the month of September, there were 129 pregnant women and at the end of the month there were 134. This month, we had 20 births; 11 girls and 9 boys. Unfortunately one lady, in HP Sunil's area, had a still-born baby at her 3rd trimester (8 months). The baby died in the womb and doctor induced delivery. Now she is fine, she had all her treatments at the hospital.



All deliveries took place in hospitals, so the babies and their mothers both are healthy and fine. Women who gave birth had two or more antenatal checkups before deliveries and had post-natal examinations after deliveries within the two days.

This month we had a medical camp in which we called gynecologists for the checkup of ladies. It was organized by PHC (Primary Health Centre) Mohali and DIR, and was attended by 159 people.

Pregnant mothers Last Month	Delivery (Births)	Mothers who Left the Area	Newly pregnant Arrived	Newly pregnant Conceived	Total pregnant this month
129	20	8	20	13	134

7. THE SCHOOL WITH A DIFFERENCE

Ms. Manjit Kaur



In this month of September, children had learned new things. We told them the importance of fruits and vegetables. Teachers drew fruits and vegetables on drawing sheets and told children to colour them. Teachers also made fruit and vegetable Salad and asked the kids about its taste and colour. Kids painted stones to look like Ladybirds.

All the children are taking interest in school activities and are becoming better learners. They all are following instructions of teachers and this is satisfying for our teaching staff. This month we had Ms. Reena Ramola join as English and Environmental Science teacher. She plans the activities for the school every day and is helping all the teachers increase the usage of English in the classroom.

Members of a Chandigarh Lions Club visited our school on the 4th September, 2015 (The day before National Teachers Day). They spoke to the children about appreciating their teachers and gave the children ideas for making cards for their teachers. The volunteers also distributed juice and cookies to all the children before they left. We hope that the kind volunteers of Lion's Club repeat their visit to our school.

8. INCOME GENERATING ACTIVITY

Ms. Maya – Senior Health Promoter

Hello friends! This month all the stitching ladies are very happy as we got the order to make 1000 wine bags. All our seamstresses are earning good money. New workers have joined us this month. They all are very thankful to DIR for the efforts it is making for the good of the community.

Stitching:

These days 14 ladies are learning stitching. A couple of days ago, a lady came to my home and thanked me for teaching her stitching. She told me that nowadays she is earning money at home. She has 3 daughters and her husband wants them to study. This is very positive and a good news as she is using her skills to help her girls get an education.

Beautician Training Centre

Ms. Loveleen continues to teach the nine young trainees. Dr. Asha spent time with them explaining the medical benefits of massage, and what affects their skills can have on the body. Their skills have expanded and their

personalities are also changing. This is very good news since these girls will be working in beauty salons with a better understanding of internal beauty.

9. IMMUNIZATION PROGRAMME

Ms. Veena –Senior Health Promoter

This month we had only two Immunization days as government officials were on training for two weeks. But in these two camps, we covered almost every child whose shots were due. Now we are covering those children who recently came from outside Chandigarh. These children belong to the many families who have migrated from other places, so some of their children didn't get fully immunized. We are finding these children and ensuring they complete their immunizations.

<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	2	1	2	5
DPT-B	10	0	-	10
DPT 5 Yrs.	11	0	0	11
TT	-	-	-	0
TT 10 yrs.	7	-	-	7
TT 16 yrs.	0	-	-	0
T.T 1	10	8	0	18
Measles	15	17	-	32
BCG	0	-	-	0
Pentavalent	9	12	9	30
Total	64	39	13	116

10. D.O.T.S.ⁱⁱⁱ

Mrs. Meenakshi –Senior Health Promoter

The current situation of Tuberculosis is becoming worse as our number of patients is increasing. At our DOTS Centre, last 24 patients and this has now increased to 26. While 3 were cured and left the program, 5 new patients were identified and registered. Of the 26 patients this month, 18 are in Category I and 8 are in Category II. DIR is trying its best to get rid of this disease. DIR has partnered with Voluntary Health Association of India (VHAI) to spread awareness and to conduct a door to door survey to detect possible patients. We completed the first round of 500 houses last month and this month had the suspect cases tested. Only one person showed positive and she will be starting treatment soon.

11. PERSONNEL ACTION, VISITORS, EVENTS

Mr. Sanjeev – Field Coordinator

What is new?

This month, we hired a new school teacher, Mrs. Reena for our school (School With A Difference). She is teaching English and environmental studies to children.

Visitors:

This month a visitor, Mrs. Neilu Grewal from Chandigarh came to visit our organization. She visited our centre to see the working of DIR and even made a donation for which we are thankful.

Events:

1. This month, we had two medical camps. One was on 6th September, 2015 in which doctors were called from Post Graduate Institute of Medical Education and Research (PGIMER). In this camp, 113 persons including our Health Promoters were medically examined. This camp was for patients of Hyperthyroidism, Hypertension and Hypotension. On the 8th of September, 2015 we had another Medical Camp at our DIR Centre with Specialists. The gynecologists attended to 66 patients and the Ophthalmologist attended to a total of 93 patients. People were very happy to have such free camps in their own community.



2. This month, on 27th September, 2015, we had a second meeting (a follow-up from May) with the parents of those children who are under our NIPP. 33 parents attended this meeting. Our Nutritionist, Mrs. Natasha addressed the parents and told them how to avoid malnutrition. Parents of NIPP graduates shared their personal experience and gave their own tips to help children. Each family planned, with its respective HP, its actions for the next month and set targets of weight gain to be achieved. People learned a lot from this meeting.



3. The President of Chandigarh's Nightingale Lions Club, Rupinder Kaur, visited our school (The School With A Difference) on 4th September, 2015. There she and her volunteers distributed snacks to the children. This club promotes functional literacy, preserving planet Earth, bringing food to the hungry, drug abuse prevention, demonstrates concern for the aged, providing community service, youth exchange, holding blood donations & eye operation camps. President MJF Lion Rupinder Kaur also gave

a vote of thanks for the success of their project in our school to our Chief Operations Officer. This is hopefully the beginning of a fruitful partnership.

ⁱ Post Graduate Institute of Medical Education and Research

ⁱⁱ There are 39 Children in the NIPP. These 39 are judged to be the most malnourish in your project area.

ⁱⁱⁱ Directly Observed Treatment Short-course . DOTS is the program for early detection and treatment of Tuberculosis.