DEVELOPING INDIGENOUS RESOURCES – INDIA

Summary of Activities

For

March 2017

THOUGHT FOR THE MONTH

Smile and let everyone know that you're a lot stronger than you were yesterday. – Drake

CONTENTS

1.	ACTING DIRECTOR'S MESSAGE	2
2.	IMMUNIZATION PROGRAMME	3
3.	INCOME GENERATION ACTIVITY	4
4.	MY STORY	5
5.	CAP-CHILD ACTIVISTS' PROGRAMME	6
6.	NUTRITION TRAINING	6
7.	NIPP	7
8.	MOTHERS' HEALTH	7
9.	SCHOOL WITH A DIFFERENCE	9
10.	TAILORING CLASSES	9
11.	BEAUTICIAN TRAINING	10
12.	DEPARTURES AND VISITORS	10
13.	ENDNOTES	10

1. ACTING DIRECTOR'S MESSAGE

Mrs. Natasha

NUTRITIONIST

This March in Chandigarh we had weather like no other March. Some days were very hot, some very cold. Some nights were calm and others had dramatic thunder and lightning displays and few days onwards nights were warm too. In all, to-morrow remained always unpredictable and we all blamed Global Warming. There were two exciting events to celebrate in this month. On 2nd March DIR Staff planned a surprise birthday party for Dr. Shaw but unfortunately he was not here but all staff wants to send their warm love and affection to their respected CEO through this party. On 11th march, we celebrated Holi. Holi is the Hindu festival that welcomes the spring and celebrates the new life and energy of the season. Although Holi has religious roots, not much religious activity is involved in its celebration. Holi is the most energetic Indian festival, filled with fun and good humor; even the strict rules of separation between castes are abandoned. Holi is also called 'The Festival of Colors', and people celebrate the festival by smearing each other by throwing flower petals and colored powder around in an atmosphere of great good humor. Mr. Baljeet Singh, Local Municipal Councilor of Naya Gaon was our guest. He distributed sweets among our SWAD Kids as well as to our staff. He is so much impressed with the services provided by DIR to bustee people.

Celebrating Dr. Shaw's Birthday in DIR

Apart from that School With A Difference is finishing up their academic year and we have great hopes for the new session. Teachers are given additional responsibility of cleanliness and maintenance of school campus. There is improvement but lots need to be done.

Municipal Counsellor Mr. Baljeet Singh

Child Activist Program had been postponed for the month of March, as the participating children were busy with their annual academic exams in their respective schools. By the end of the month of March, all students would have

finished their examinations, and the Child to Child activities will resume from the 5th of April.

Sarita, our HP who married in February, rejoined DIR in mid-March. We welcome her.

Everything else is going well. As a Nutritionist, I continue to be impressed by the increase in medical and nutritional knowledge of our Health Promoters and their seemingly tireless energy when advising, demonstrating, and encouraging 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. On the whole I am quite satisfied by the progress and improvement made by each and every individual associated with DIR.

2. IMMUNIZATION PROGRAMME

Mrs. Veena

SENIOR HEALTH PROMOTER

This month we had four immunization camps. 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, Midwifes, 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	1ST Dose	2nd Dose	3rd Dose
BCG	0	-	-
DPT	-	-	-
DPT 5 yrs.	11	-	-
DPT-B	26	-	-
Measles	11	26	-
Hepatitis B	-	-	-
Pentavalent	15	17	18
TT 1yr.	13	-	-
TT 2yrs.	17	-	-
TT 10 yrs.	14	-	-
TT 16 yrs.	02	-	-
IPV	18	-	-
TOTAL	127	43	18

THE FOLLOWING INOCULATIONS WERE GIVEN DURING MARCH

3. INCOME GENERATION ACTIVITY

Mrs. Maya

SENIOR HEALTH PROMOTER

Hello friends!

This month also the women who stitch our fabric products had no work to do as usual. We are still hoping Dr. Shaw can find buyers for our products in the U.S.

4. MY STORY

Mrs. Dimple Barua

HEALTH PROMOTER

Hello everyone!

My name is Dimple Barua. I am 37 Years old. I have studied till 12th class. My husband's name is Suraj Kumar and he is working as an accountant. I have 2 kids. My son is 16 years old and studying in 10+1 class and my daughter is 12 years old and she is studying in 6th class.

I am working in DIR as a Health Promoter. It's about to 3 months since I started working here. Here I am studying about medicine and nutrition so that we can further educated the people of the bustee. As there was a big gap between my studies and this job, I got the chance to start my study again after coming here. I was not having much knowledge before about medical subjects and nutrition. But now I am enjoying being here and learning something new every day. I go to the field, where I meet different kinds of people. It is a new and a great experience for me to communicate with such people and listen to their problems and solve them or counsel them, providing them the best knowledge as we possibly can. We counsel people regarding their health, balanced and nutritious diet, etc. I am very happy to be a part of this organization because of it I get the chance to help the people. I feel very happy by serving them.

The other Health Promoters here are very cooperative and helpful. They always help me out in my problems. Whether it is about studies or it is about any personal problem. They always help me in every situation.

Our nutritionist, Mrs. Natasha Sharma, is also very helpful. She always helps me in my studies. If I am having any doubt in any topic of nutrition then she teaches me the same thing again and tries to clear my doubt. In the beginning she was the one who interviewed me and gave me the chance to be a part of DIR.

I am also very thankful to Dr. Shaw, who had started this project in this area, and because of him so many people have a source of income and can fulfil their needs and their family's need. And for the knowledge he is providing to the people of the bustee about health and humanity, I am really very thankful to Dr. Shaw.

Thank You

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, there was no activity because all the children were having their final exams. So that's why, in the month of March the C.A.P Programme is usually closed (27 February 2017-- 31 March 2017) and reopens in the month of April.

We hope children will come soon next month and have lots of fun.

6. NUTRITION TRAINING

Mrs. NATASHA

NUTRITIONIST

In my last month's report I mentioned that we had identified a pregnant woman called Savita in our H.P Meenakshi's area. Savita is 21 years old and is going to give birth to her first child. She is living in extreme poverty, although her husband is working as a laborer and they are living in a rented room in our bustee. Savita is anemic. She didn't go to hospital for her antenatal checkups due to scarcity of money. But now her husband gives her full attention, takes care of her diet, medicines and her proper ante natal checkups. There is good improvement in the lady's weight and she is feeling happy.

During this month we taught Function & Deficiency of Carbohydrates, Proteins, Fats, and the problem of Obesity to all HP's. At the end of this month an exam was given to test the nutrition knowledge of HPs.

7. NIPP

Ms. Sarita

HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	0 (0%)
13-24 month	2(6%)
25-36 month	4 (11%)
37-48 month	13 (36%)
49-60 month	17 (47%)
TOTAL	36

In this programme each health promoter selects three malnourished kids from their particular area. Last month 47% of the kids had gained their weight. We are glad to inform you all that this month the number has been increased to 53% who have gained their weight. Now we have 33% of kids in the yellow zone and 1 kid moved to the green zone.

Unfortunately, 2 kids have lost weight because of fever.

In this programme those children whose parents cannot afford proper meals at their home, we call them to DIR and feed them eggs, milk, seasonal fruits and other nutritious foods according to the requirements of their body.

We give Deworming tablets to the kids. Those kids who come here under the NIPP programme in DIR for meals gained weight.

All the Health Promoters are trying their level best to serve the people in the bustee.

Children who gained Weight	19	53%
Children whose weight remained constant	14	39%
Children who lost weight	2	5%
G.T.V	1	3%
TOTAL	36	

8. MOTHER'S HEALTH

Ms. Sangeeta

HEALTH PROMOTER

In the beginning of the month, there were 106 pregnant women in our project area, and during March, 18 of these women delivered. There were 14 girls

and 4 boys. 17 deliveries took place in the hospital and one occurred at home because that woman had labor pains at midnight. But her family called up a midwife who was very efficient at her work. That woman delivered the baby and everything went well. All the women who gave birth in March had two or more antenatal check-ups before delivery, and post-natal check-ups, within two days of their delivery including that woman who gave birth to her baby at home.

13 women reported that they have conceived this month and one woman who is already pregnant came to live in our project area. 5 women went to their respective villages and 3 pregnant women have moved permanently from our project area. At the end of this month we have 98 pregnant women in total.

One pregnant lady from our HP Banita's area had an abortion in her 3rd trimester because the heartbeat of the baby had not developed properly and the heart had stopped, so the doctor suggested her for the abortion. That was her 2nd pregnancy, now that lady is fine now. HP Banita suggested to her future precautions and proper treatment.

The ratio of the baby girls born is more than the baby boys (7:2) this month, which is good.

We try our level best to serve the bustee women and others, and provide them our best knowledge as we possibly can.

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	
106	04	14	18	05	03	01	00	01	13	98

9. SCHOOL WITH A DIFFERENCE

Mrs. Manjeet Kaur

SWAD TEACHER

This month we celebrated Dr. Shaw's birthday on 2nd March with Mrs. Roberta Shaw along with the SWAD kids and DIR staff. Mrs. Roberta cut the cake with the school kids, after that it was distributed among all the SWAD kids and the DIR staff members.

DR. Shaw's Birthday Celebration

We also celebrated Holi festival this month on 11th March. Mr. Baljeet Singh the Municipal Counsellor (MC) along with his wife came to DIR on the occasion of Holi as a Chief Guest. He distributed sweets among all the children and staff of DIR and also shared the story of Holi festival with all the SWAD kids.

SWAD Kids Celebrating Holi Festival.

In the middle of this month examinations took place from 15th March to 24th March. After the examinations the results were discussed with the parents on the 30th of March. All of the students performed very well in their exams.

10. TAILORING CLASSES

In stitching center 12 girls are learning. All are doing well.

11. BEAUTICIAN TRAINING

Only 3 girls are learning because the girls are having their exams this month. We are hoping next month more girls will join us.

12. DEPARTURES AND VISITORS

Visitors

11. March.2017:- Municipal Counsellor (MC) Baljeet Singh along with his wife came to DIR on the occasion of Holi to celebrate the Holi festival with the SWAD kids. He distributed Sweets among the SWAD kids and the DIR staff.

Municipal Counselor distributing Sweets among SWAD Kids.

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 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.

TB Categories I and II.

When these designations are used in a DIR report, they refer to categories of TB patients. Category I – All new patients whose pulmonary smear is positive for Tuberculosis Bacilli or those whose pulmonary smear is negative but are seriously ill, plus patients with extra-pulmonary Tuberculosis are in this Category.

Category II- These are 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, plus those who had not been cured even after completing a full prescribed course.

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.