

# DEVELOPING INDIGENOUS RESOURCES - INDIA

## Summary of Activities

For

May 2017

### THOUGHT FOR THE MONTH

The surest way not to fail is to be determined to succeed.

- Richard Brinsley Sheridan

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

**Mrs. Natasha**

**NUTRITIONIST**

The month May was named for the Greek Goddess Maia, who was identified with the Roman era goddess of fertility. May is the start of another summer month and the day temperatures have already risen to more than 44 degrees. The temperature is going to rise further in the days and months to come but this hardly affects the energy and enthusiasm of our DIR staff.

The number of our children in the red zone category has reduced, which is a positive sign. Parents are getting involved in taking care of their children as awareness is spreading amongst the Bustee people. Our HP's have to be given this credit as all of them are working very hard.

In our School With A Difference (SWAD), both children and staff are doing good work. This time we have 82 admissions. Teachers are given additional responsibility of cleanliness and maintenance of school campus. There is improvement but lots needs to be done.

For the first time, we celebrated Mother's Day and invited all the mothers of SWAD kids. Most of the ladies belong to poor families. They are illiterate and working as maids so they don't get the chance to participate in any activities. This time DIR planned something special for all these young mothers on 15<sup>th</sup> May. The mothers were very excited and dressed up beautifully. Some activities like cookery competition were planned for them. They made yummy and healthy low cost snacks and drinks with the use of easily available nutritious ingredients like Bengal gram, Rice Flakes, Puffed Rice, seasonal fruits like watermelon, muskmelon, grapes, and banana. In refreshing drinks they made lemonade, Jaljeera (using tamarind pulp, jaggery, a little salt and roasted cumin seeds powder) etc. In the end, we were having small fashion show in which all mothers participated and they were so happy. We are so thankful to Monica Sood who donated two huge cakes from her bakery, Monica's Puddings & Pies in Sector 8, for Mother's day. We got a little press coverage for this event in a local Hindi newspaper named Dainik Bhaskar. (See photos below.)

Apart from that on 17<sup>th</sup> May, **World Hypertension Day** was observed. To make people aware of this subject, I held an interactive session with the bustee women. (See photos below.) High blood pressure is a largely symptomless "silent killer." If you ignore your

blood pressure because you think a certain symptom or sign will alert you about the problem, you are taking a dangerous chance with your life. The disease burden of high blood pressure is a growing problem worldwide, in part because of a rapidly aging population. About 90-95% of cases are primary, defined as high blood pressure due to nonspecific lifestyle and genetic factors. Lifestyle factors that increase the risk include excess salt-rich diet associated with processed and fatty foods, overweight, no physical activity, use of smoking and alcohol. The remaining 5-10% of cases are categorized as secondary high blood pressure, defined as high blood pressure due to an identifiable cause, such as chronic kidney disease, narrowing of the kidney arteries, an endocrine disorder, or the use of birth control pills. Though high blood pressure causes symptoms but is rarely accompanied by symptoms, its identification is usually through screening, or when seeking healthcare for an unrelated problem. Some with high blood pressure report **headaches** (particularly at the **back of head** and in the morning), as well as **lightheadedness, vertigo, tinnitus** (buzzing or hissing in the ears), **altered vision**. So some life style precautions are advised to them. People who have high blood pressure should consider making changes in their lifestyle in order to help manage and treat high blood pressure. These include dietary precautions such as eating less salt, red meat, fats, and consume more seasonal fruits and vegetables and complex carbohydrates. Exercising is important, but one should discuss limitations with a doctor also. Smoking is not advisable for anyone, especially if they have high blood pressure, since smoking can precipitate hardening of the arteries. Alcohol intake should be limited as well if one has high blood pressure.

As a nutritionist, I am satisfied with my team of HPs. They all are performing well both academically and in their field work.



DIR Staff held a Mothers' Day celebration for mothers of SWAD students



Natasha, on right, teaching Bustee parents about Hypertension and Nutrition

## 2. IMMUNIZATION PROGRAMME

**Mrs. Veena**

SENIOR HEALTH PROMOTER



This month we had four immunization 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 health care give shots and up-date immunization records. We are providing iron and folic acid tablets and calcium supplements to pregnant women, who also received TT shots and had weight & blood pressure checked.

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

This month we have made a new Immunization schedule, with DIR Staff giving Vitamin-A and Albendazole (de-worming) tablets to the bustee children.

SHOTS	1 <sup>ST</sup> Dose	2 <sup>nd</sup> Dose	3 <sup>rd</sup> Dose
BCG	1	-	-
DPT	-	-	-
DPT 5 yrs.	12	-	-
DPT-B	20	-	-
Measles	21	20	-
Hepatitis B	-	-	-
Pentavalent + IPV	17+17	11	9+9
TT 1 Injection.	10	-	-
TT 2 Injection.	16	-	-
TT 10 yrs.	2	-	-
TT 16 yrs.	2	-	-
TOTAL	118	31	18

THE FOLLOWING INOCULATIONS WERE GIVEN DURING MAY

### **3. INCOME GENERATION ACTIVITY**

**Mrs. Maya**

**SENIOR HEALTH PROMOTER**

Hello Friends!

This month also there is no stitching work for women which is very sad. Because of this women looked for work outside their homes. One good thing that happened for them is that they are becoming more independent and self-confident. As we are not able to give new work for them, they also have to do some work for their family's sake, and some of them have managed to get new jobs.

### **4. MY STORY**

**Mrs. Simranjeet Kaur**

**HEALTH PROMOTER**

Hello Friends!



My name is Simranjeet Kaur. I am 25 years old. I am a graduate and married woman. My husband name is Amaninder Singh and he works as a Networking Technician. We have one son and his name is Gurnoor Singh and he is 2½ years old. I belongs to Punjab. My parents live in Lalru and my In-Laws lives in Patiala. I have a joint family and I am the younger child at my home, that's why everybody loves me a lot. My In-laws also love me a lot and always support me in every situation of life. As my husband works here in Chandigarh so me and my son also live with him in Naya Gaon.

I have been working here in DIR since the last 3 months as a Health Promoter. I came to know about DIR through the other Health Promoters who used to do the weight of my son every month. They told me about the



vacancy at DIR for a Health Promoter. Then I came here and gave my interview. Natasha mam took my interview and selected me and recruited me here as a Health Promoter on 16 February 2017.

After joining DIR I have learned lots of things about medical topics and nutrition and several other things. I have gained experience in how to deal with the bustee people and how to educate them about their health and hygiene. I have also learned how to communicate with different kinds of people and counsel them for their respective problems and issues. The field staff over here is very nice and generous. They always help me and support me in my problems. I would like to thank all of them for their support.

I would also like to thank Dr. Shaw, who have me the chance to work here and showed his trust in me that I can do this job. I am really very thankful to him, because of him I get the chance to be a part of this esteemed DIR.

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 of May, children played many games like badminton, kho-kho, football, etc. We educated the children about Dengue because the season of summer came with many diseases.

This month Medical and Nutrition topics were:

### **1. Medical Topic:- Dengue**

#### **Game-1- Spin the bottle**

In this game firstly Health Promoters explained everything about dengue to the children. Then they were divided into two groups. After that two circles were formed by these two groups, then Health Promoters spun the bottles in the middle of



each circle. When the bottle stopped spinning, with the direction of the cap of the bottle pointing at a child, then that child would tell us about the causes and the preventions to be taken in dengue.

## **2. Nutritional Topic:- Source of Iron and Iron rich diet**

### **Game-2- Musical Chairs**

In this game Health Promoters explained the source of Iron, using a chart, to all the children. Then the game began, in which there were 20 children and 19 chairs. Then they played the music and when the music stopped, they would occupy the chairs and the one who was left out would tell everyone about the source of iron.



In this programme, we always try to improve the knowledge of the children so that they can also spread the awareness in their home and surroundings, so that everybody can live a healthy, wealthy life.

## **6. NUTRITION TRAINING**

**Mrs. NATASHA**  
**NUTRITIONIST**

This month's topics for the Health Promoters included the importance and deficiency of Vitamin E and Vitamin K, Hypertension, and reviewing information on Vitamin A and D. As part of our regular schedule, a nutrition exam was planned for the HP's to judge their overall performance in the subjects; most of them scored well.

I presented an interactive session on hypertension with bustee women in which causes and symptoms were discussed and then dietary precautions are discussed with them.

A common complaint of mothers in the bustee is that their children don't show any interest in eating regular meals, which leads to underweight children. Keeping this in mind, and trying to make simple Indian food look interesting to children, demonstrations of Dhokla (fermented Gujarati snack) made with common ingredients



like gram flour, curd and garnishing was prepared with curry leaves, mustard seeds, sugar and lemon which are readily available in this season were given throughout bustee. The ingredients used in the recipe are rich in proteins, calories, vitamin c, iron and calcium, making the meal highly nutritious.

In our regular training to Health Promoters, topics of Balanced diet and its role, Function of proteins, Fats, Importance and deficiency of Vitamin A and D were taught. As per our regular schedule at the end of this month an exam was also conducted to test the nutrition knowledge of HPs,



Natasha Demonstrating nutritious snack Dhokla to the HP's

## 7. NIPP

**Ms. Sarita**  
HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	00 (0%)
13-24 month	02 (6%)
25-36 month	04 (11%)
37-48 month	17 (47%)
49-60 month	13 (36%)
TOTAL	36

In this programme the Health Promoters select the three most malnourished kids in their areas. When a child gains enough weight to go from the red zone into the green zone then another malnourished kid take his place.

In this programme those children who were not able to get nutritious food because of the poor financial condition of the family, we call them to DIR and give them eggs, milk, seasonal fruits and other nutrition rich foods which help them in gaining their weight.

Last month 25% kids had gained weight but this month this number had increased to 42% of children who have gained weight. Now we have 22% kids in Yellow zone and 3% Kids in Green Zone.

These kids daily come for Nutritional Programme of DIR. These kids gain weight but this month 2 kids have lost weight because of fever.

All the Health Promoters give their best to improve the health of the children. We hope next month these children will also recover their weight.

Children who gained Weight	15	42%
Children whose weight remained constant	18	50%
Children who lost weight	02	5%
G.T.V (Gone To Village)	01	3%
TOTAL	36	

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

**Ms. Sangeeta**

**HEALTH PROMOTER**

As we had 99 pregnant women last month out of them 19 deliveries took place and 20 babies were born in this month. We have twins this month and these are baby girls. There were 98 ladies who had their anti-natal check-ups and post-natal check-ups except for one lady. We are very glad to inform you all that there were no abortions or miscarriages or any miss-happenings in this month.

All the deliveries took place in hospital except that one because that lady had gone to her village, so we do not have exact information about her delivery, whether it happened in hospital or in home? But still we are continuously trying our level best to make pregnant women aware of the importance of delivering their child in a hospital instead of in a house, so that their child gets immediate facilities of medication and the chances of risks and miss-happenings can be reduced and they can have their deliveries in a safe, hygienic way and can have a healthy child.

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	
99	11	09	20	07	08	00	00	10	17	98

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

**Mrs. Manjeet Kaur**

**SWAD TEACHER**

In this month, we celebrated Mother's Day with the SWAD kids and their mothers. We invited mothers to SWAD on 15 May 2017, where we had organized a cooking

competition for all mothers. All had to make different kinds of dishes which can be made easily without using fire, for example: chaat pappdi, fruit chaat, channa chaat, lemon drink etc. We also had press coverage for this event done by Dainik Bhaskar, Mohali, a newspaper. Monica Bakeries kindly donated cakes to us for this celebration. The cakes and the dishes made by the mothers were distributed among SWAD kids, mothers and the DIR staff. Everyone enjoyed this celebration a lot.

We had also organized a short meeting of SWAD kid's parents with our Nutritionist Natasha Sharma. She gave a short lecture to the parents about nutrition, nutritious food and its importance in our life. She told them about the different ways of cooking and various recipes, so that they can introduce different ways to feed their children and make them healthy and fit by providing them nutritious food. She also discussed some healthy drinking and eating ways to reduce the hot weather effects on our bodies. She also shared the problems of Hypertension and diabetes in young children. As the new generation is very dependent on junk or instant food, they do not see the negative effects of it in our bodies. So she also shared this issue and the ways how to reduce this risk in our children and in ourselves also. She informed them about the precautions that should be taken and the food to be avoided to reduce the risk of these diseases and many more.

Last but not the least, we celebrated The World Environment Day with SWAD kids on 30 May 2017. We made a big tree on a large piece of paper and the kids did palm painting and thumb painting to color it. We also educated the kids about the environment and the importance of trees in our lives and how trees are effective in reducing global warming and how they maintain balance of oxygen in the atmosphere. We also told them to plant trees in open spaces or bring plants into their houses to celebrate this day and to protect our environment.



Cookery Activity for the Mothers of SWAD Students



Some of the Dishes prepared by Mothers





Article in Dainik Bhaskar Newspaper about Mother's Day



Some of the Parents at Natasha's interactive educational session on Nutrition and Hypertension



## 10. TAILORING CLASSES

This month 14 ladies are learning stitching. This time we are having good strength in this class because most of the girls are free now, having finished their exams. As the girls now want to utilize their free time they are joining these classes. We hope we will get some more students in coming month.

## 11. BEAUTICIAN TRAINING

This month there 6 girls learning in beauty culture classes. We are hoping that more girls will join in coming month.

## 12. TESTIMONIAL FROM A BENEFICIARY



Munesh with Sr. Health Promoter Veena

My name is Munesh. I am 34 years old. I have three children. I am availing the services of DIR NGO for the last 11 years. When I was pregnant, at that time the Health Promoters of DIR visit to my place for my regular check-up, weight and blood pressure. They always gave me valuable advice regarding healthy diet, what is good for my health and my baby as well and the thing to be avoided in my diet. They also told me about several other things and precautions to be taken in my regular routine. They also checked my vaccination detail that whether I am taking all these on time or not. And advised me to go to hospital for my regular check-ups. The vaccination of my three children was done in DIR immunization camps.

The thing which I like the most about the staff of DIR, is that no matter how many times we ask any question to them, they always answer it in a very calm and polite manner. They never get angry

answering the same thing. But on the other hand if we talk about the staff of the hospital and their nurses, they mostly talk in a rude way and hardly will answer our questions.

The whole staff of DIR, including the senior staff and the junior staff are very nice, cooperative and supportive.

### **13. EVENTS**

**15 MAY 2017:-** On this day we had organized Mother's Day with the SWAD kids and their Mothers. We had also organized an instant cooking competition for all mothers. Monica's Bakery (in sector 8) also donated cakes to us for this event. We would also like to thank her for this kind gesture which made our event even more special. See the photos and details in the reports of the Acting Director and SWAD.

**23 May 2017:-** Mrs. Natasha (Nutritionist) gave a class on nutrition to parents of SWAD kids. In this class she taught them about healthy diet and its importance in our lives and how effective it is for our kids' growth. See photos and details in the Acting Director's report and more details in SWAD Report

### **14. 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.

## **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.