DEVELOPING INDIGENOUS RESOURCES – INDIA

Summary of Activities

For

November 2017

THOUGHT FOR THE MONTH

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

– Norman Vincent Peale

CONTENTS

1. CEO's MESSAGE 2
2. AN INSPIRATION 4
3. IMMUNIZATION PROGRAMME 5
4. INCOME GENERATION ACTIVITY 5
   - STITCHING PROGRAMME
   - TAILORING CLASSES
5. MY STORY 6
6. CAP-CHILD ACTIVISTS' PROGRAMME 7
7. NUTRITION TRAINING 8
8. NIPP 10
9. MOTHERS' HEALTH 11
10. SCHOOL WITH A DIFFERENCE 12
11. REMARKS FROM A BENEFICIARY 13
12. EVENTS 13

1. CEO's MESSAGE

Dr. Asha Katoch

DIR- India I have seen it grow with full zeal and gusto. There were many challenges but job was gripping and satisfying. For me it was a new experience, a big leap from operation Theatre and ICU to urban slum in March 2006 when I joined DIR-I as program coordinator under Dr. Frederick.

As CEO the responsibilities are much more and the brain is constantly exercising to make things better. There are many fronts which require attention but with the support of staff and HP's I have been able to achieve and upgrade DIR-I standard in most areas.

We have reorganized our field work. 110 households from developed areas of Adarsh Nagar have been removed from map and 109 households from Safeda colony have been added in the list. This is the area where most of the families are from poor income group.

Each HP will have the detail statistics of the total number of population in terms of male and female in different age group in his/her area along with the number of children under 5 years and pregnant women in the respective region. DIR-I will have the records maintained every month which will be reflected in the monthly report.

DIR-I has succeeded in achieving 98% to 99% immunization and its maintaining this record for many years. 1-2% is the floating population.

Our next target is to bring down the number of red zone children to zero. Our aim is to achieve this target within six months to a year. I am hopeful with introduction of a reward of Rs. 500/- there will be changes. I am grateful to DIR California board members to support the idea of cash award to HP's who succeed and progress towards this.

We want to make NIPP expenditure independent of DIR-India's general expenditure account. We want to look for donors who can adopt our high priority red zone children. There will be list of red zone children, with photograph of

each child on their respective growth chart. Donor will be requested to send his/her snap which will be put at the bottom of growth chart of adopted child. The progress report of respective child will be sent to the donor every month. The cost of expenditure is Rs. 1000/- per child per month (14 Euros / 15$ approximately). It is a meager amount for anyone to adopt one child if not more.

We had very interesting visitors this month. Mahavir International sponsored our Children day with sports event. All children from the School With A Difference-SWAD participated in 7 different races. Winners were given prizes first, second and third in gold, silver and bronze medal respectively along with the certificate. Every child was gifted with a box of crayons and drawing copy to boost up the morale and confidence of a child.

Susi and Doris our major contributors in terms of funds to make this DIR-I program going. Martin, a good friend of Susi and Doris visited Janta colony the subsequent day. It was a great honor to have the Swiss guests amongst us who spent the whole day, participated in each activity, visited some of the homes of children in high priority red zone and appreciated the DIR-I work which our HP's are doing with full dedication.

DIR-I 's inspiration , a very special guest Rohit Inderjeet Godiyal, a local resident of Janta colony , today is a chief chef in Mediterranean cuisine based in Germany. Rohit was a little boy studying in Eighth grade in Janta colony school when DIR-I started its program in December 2005.He has fond memories of our organization. He has offered to help DIR-I financially by adopting children from NIPP program. Meeting Rohit was an inspiration to entire DIR-I team. Rohit was invited again to give an inspiration talk to young youth of Janta colony motivating children to have a dream and then start working towards it because one day a dream changes into reality.

With support and guidance of all board members in India and USA the DIR-I team will work towards its goal of improvement of health and environment conditions and promotion of education system in Janta colony.

Mr. Rohit Godiyal

2. AN INSPIRATION- from Slum

Hi to all,

My name is Rohit Inderjeet Godiyal. I have done my primary study from Janta colony, Naya Gaon, and my secondary from Government model senior secondary school Sector 15
Chandigarh.
I come from a very hardworking family living in slum area of Janta colony, Naya Gaon. I was in 8th standard when DIR-I was established in Dec 2005. On completion of my school, I took a vocational course in hotel management and completed my bachelors in Hotel Management in Jaipur. I started my career in Sayaji Hotel in Indore through campus placement. I learnt all types of cuisines and I was the youngest CDP in the hotel. I worked in different 5 star hotels and while I was in Hotel Taj Mumbai I applied in Germany as a job seeker and got one as a chief chef. I went to Germany 18 months back to learn different languages and dishes. I chose to master Mediterranean cuisine as per UNESCO this is the most healthy cuisine in the world. I did lots of hard work by reading and writing to achieve my goal that reading has now become my passion that no matter how late I get back from work I cannot sleep without reading and writing the new recipes.

I want to thank my mother who worked very hard and helped me throughout my journey to this level. I want to look after my mother as I worship her. I have a younger brother whom I love and want to help him to grow in life. In my short span of stay in Europe I have learned different languages. I visited Italy, France, Netherland and Spain. I liked Italy the most. My dream is to improve the standard of living of slum people. Being from the slum background myself I want to work for the betterment of the underprivileged.

Mr. Rohit Godiyal addressing DIR staff

3. IMMUNIZATION PROGRAMME

Mrs. Veena

SENIOR HEALTH PROMOTER

This month we had four Immunization camps. All children and pregnant women are coming for regular routine vaccine shots and Antenatal check-ups.
Para medical staff of Punjab Government from Health Department visits DIR-I office every Wednesday to conduct immunization programme and also update the immunization records with assistance of HP's.
We are providing iron folic acid tablets and calcium supplements to pregnant women. Pregnant women besides TT Shots, there weight and blood pressure is also checked.
A team of Auxiliary Nurses, Midwives, Asha Workers and Health Promoters make this camp successful. This is the main reason of achieving 98% to 99% goals in immunization in Janta colony.
We serve nutritious food to all children and pregnant women who come for Immunization to our office.

SHOTS	1ST Dose	2nd Dose	3rd Dose
BCG	0	-	-
DPT 5 yrs.	18	-	-
DPT-B	14	-	-
Measles	22	14	-
Pentavalent + IPV	13+13=26	17	12+12=24
T.T Booster	3	-	-
TT 1 Injection.	15	-	-
TT 2 Injection.	13	-	-
TT 10 yrs.	0	-	-
TT 16 yrs.	0	-	-
TOTAL		31	24

THE FOLLOWING INOCULATIONS WERE GIVEN DURING NOVEMBER 2017

4. INCOME GENERATION ACTIVITY

THROUGH TAILORING AND STITCHING

Mrs. Maya

SENIOR HEALTH PROMOTER

Due to severe cold climate only 8 women are registered in our tailoring class in this month. Their zeal and enthusiasm is immense, all are doing well but few are outstanding in their stitching skills. Our compliments to each one of them.

We are greatful to Susi and Doris who have placed the order of 500 wine bags and bought bags worth Rs. 13000/- in this visit. This is a great motivation for our poor income group ladies who are living with the hope of livelihood.

On behalf of DIR-I we thank Susi and Doris immensely for taking care of basti women.

This month is full of mix emotions, we are happy that Dr. Asha Katoch has joined as CEO and on the other hand we are sad that our founder Dr. Frederick Shaw has taken retirement from DIR-I. We will always miss the presence of our founder father.

5. MY STORY

Hello everyone!

I am Natasha Sharma, a post graduate, specialized in food and nutrition. I am married staying in a joint family with my in laws. My husband, Ajay Sharma is working in Forest Department, Chandigarh. Our son, Vihaan Sharma is 4 years old and studying in Pre-nursery class.

I have been working in DIR-I since last 8 years as a nutritionist. I came to know about this NGO through one of my friend Ms. Loveleen who was an Ex-Nutritionist of DIR-I. Dr. Shaw took my interview and recruited me as a nutritionist on 9 July 2009. After joining DIR-I, I got an opportunity to learn new things under the guidance of Dr. Shaw. I got an opportunity to work as nutritionist cum administrator. Though accounts was not my background but under the guidance of Dr. Shaw I learnt account management. I am grateful to Dr. Frederick to trust me and gave me an opportunity to manage DIR-I as Acting Director in his absence and face challenges and find solutions which generated self-confidence within myself.

I am thankful to Dr. Shaw who gave me an opportunity to work in this wonderful organization where I got a chance to do social work. I appreciate his policy of employing the needy so that they can fulfill their needs and improve the socioeconomic status. DIR-I's main policy is to uplift the underprivileged people by imparting knowledge about health and sanity. I am very lucky to serve under Dr. Shaw who gave me an opportunity to do something worthy for our nation. Now I have got the chance to work with Dr. Asha.

Natasha Sharma

6. CAP: CHILD ACTIVIST PROGRAMME

Mrs. Banita

SENIOR HEALTH PROMOTER

This activity is provided for children between the age group of 7 years to 13 years. The schedule timings are between 3:30 pm and 4:30pm daily. The goals of the of CAP Programme are: -

(1) To educate children and their families.
(2) To help children develop socially.
(3) To promote sportsmanship.
(4) To Increase team spirit.
(5) To create leaders for sports and community outreach.

In month of November, children played outdoor games like badminton, kho-kho and football.

In indoor activity we took classes on fever and balanced diet and made them play games on these two lessons.

Our first CAP game was on Fever.

The game for this topic was to pick the match sticks with the help of a clip. In this game, health promoters educated children on fever, teaching them the signs and symptoms. Later the kids were divided in two groups. Each team was given a clip. The game began with the match sticks spread on the floor and the participant from each team had to come forward to play the game. HP monitored the time and 5 minutes were given to play the game every time. Whichever participant collected the maximum sticks was a winner. The loser had to face the viva of questionnaire on

fever by HPs. This helped us to spread the medical knowledge on fever. The beauty of this game is that every participant got a chance to show his/her skill and project his self-confidence.

Children playing in CAP room

Our second CAP game concerned Balanced Diet.

The name of the game for this topic was snake and ladder game. In this game firstly our Health Promoters educated the children about balanced diet and its need for our body. Then they divided children into three groups. Each group had snake and ladder game. In this snake and ladder game there are two types of ladder, one which goes in upward direction and the other goes in downward direction. When we roll the dice and the number on the dice reaches on the image of healthy food then the ladder goes to the upward direction and the team will be credited with more points, but if it ends up on the image of unhealthy food, then the ladder goes to the downward direction and the team will lose its point. Health promoter explained all the rules to the children and then they started playing their game.

Our health promoters asked question about balanced diet to each group, the group which gave the correct answer got 10 points and the team which did not answer correctly lost 5 points.

Aim of educating children through games is to generate excitement and spread the knowledge of health in the basti.

CAP kids playing Snake and Ladder Game

7. NUTRITION TRAINING

Mrs. NATASHA

NUTRITIONIST

World Diabetes Day is on 14TH November, the birthday of Sir Frederick Banting who co-discovered insulin and used it on humans for first time. Diabetes is a chronic disease that occurs when the pancreas is not able to produce insulin or pancreatic cells are not able to use insulin produced in the body.

Type I diabetes: Insulin Dependent, Juvenile or childhood onset diabetes. It is caused due to deficiency of insulin production in the body. It can develop at any time after birth. It can be managed by daily administration of insulin.

Type 2 diabetes: Non-Insulin dependent diabetes. In this condition pancreatic cells are not able to use insulin produced in body. It is usually associated with overweight people.

Gestational Diabetes: occurs in some women at the time of their pregnancy.

People with Type 2 Diabetes have frequently few, or no, symptoms. When symptoms do occur, they are often ignored because they may not seem serious. Symptoms in Type 1 Diabetes usually come on much more suddenly and are often severe. **Common symptoms of diabetes include:**

- Excessive thirst and appetite
- Increased urination (sometimes as often as every hour)
- Unusual weight loss or gain
- Fatigue
- Nausea, perhaps vomiting
- Blurred vision
- In women, frequent vaginal infections
- In men and women, yeast infections
- Dry mouth

- Slow-healing sores or cuts
- Itching skin, especially in the groin or vaginal area

Complications: Diabetic Coma, Diabetic Cardiomyopathy (Heart Disorder), Diabetic Neuropathy (Nerve Problem), Diabetic Retinopathy (Eye Problem),Diabetic Nephropathy (Kidney failures)
Today diabetes is one of the major problems. Unhealthy life style and eating patterns are two of the main reasons for this. The high incidence of diabetes in India is mainly because of sedentary lifestyle, lack of physical activity, obesity, stress and consumption of diets rich in fat, sugar and calories. (Sweets!)
Therefore to overcome with this problem good diet for diabetes patients includes a good balance of low fat, high proteins as well as complex carbohydrates such as whole grain cereals, whole wheat flour, fruits and vegetables. Complex carbohydrates are to be digested very slowly so that there is not a "spike" in the level of blood sugar. Apart from that spare some time for walk or exercise which makes our body fit.

This month, a very sad case came to my attention. A child from H.P Sangeeta's area named Ankit, a male child who is 32 months old and his weight is 9 kg for last 8 months. This family belongs to Haryana State. His father is working as sweeper in Municipal Corporation, an Alcoholic. There are five members in the family that depends on one salary of Ankit's father (alcoholic). Ankit's grandfather is paralytic, he is being looked after by grandmother. Mother of child is illiterate and her weight is 29 Kg. She lives in pitiful condition but worried about Ankit's health as there is no money for basic daily needs. I discussed this case with our C.E.O Dr. Asha and we decided to include mother and her son in our NIPP program to improve the health of both mother and child. They both are being fed one meal of high protein diet in DIR-I office. They are getting milk, egg, porridge and fruit daily and we are monitoring their vitals.

In our routine training program for Health Promoters the topics covered this month are Diabetes (symptoms, complication and diabetic diet), Hypertension and Hyperthyroidism. In addition HP's were taught low-cost, nutritious Snack called "Upma". Later HP's gave live demonstrations of "Upma" in their respective areas in field. The beauty of this snack is its delicious, low cost and ingredients are readily available. The ingredients are Semolina, roasted peanuts, carrot, Onions, Potatoes, spinach, Coriander leaves, and lemon. The recipe is rich in Calorie, protein, vitamin C, iron and calcium. Beneficial for both pregnant women and growing children.

Upma Demo given by our Nutritionist Mrs. Natasha Sharma

8. NIPP -Nutrition Improvement Priority Programme

Ms. Sangeeta

HEALTH PROMOTER

Age of children in the NIPP	
0-12 month	0 (0%)
13-24 month	2 (5%)
25-36 month	6 (17%)
37-48 month	14(39%)
49-60 month	14(39%)

NIPP stand for Nutritional Improvement Priority Programme. We have started this programme for improving the health status of those kids who are in high priority red zone category. These children are fed in DIR-I office under direct supervision. A high protein diet comprising of cup of milk, boiled egg, soybean cereal and one banana every day. A weekly menu is planned by the nutritionist.

It is heartening news that this month 2 kids have improved their health by weight gain and gone into yellow category. Now we have 10 kids in Yellow zone.

In November 36% kids gained their weight. But unfortunately 7 kids lost their weight due to fever.

17% of kids come for meal plan. All health promoters ensure that children in NIPP program come regularly for meals. This requires constant motivating and counselling. Kids who are not regular, the HP's visit their homes and do counselling of their parents teaching them the importance of healthy meals and healthy body.

Children who gained Weight	13	44%
Children whose weight remained constant	16	36%
Children who lost weight	07	20%
G.T.V (Gone To Village)	00	00%

9. MOTHER'S HEALTH

Ms. Sangeeta

HEALTH PROMOTER

Out of 115 pregnant women, 18 deliveries this month. 13 deliveries were done in Government Hospital in sector 16 Chandigarh, 3 in PGI Chandigarh and 1 in sector 22 Government hospital Chandigarh. Four women had cesarean section and 14 were normal deliveries. Equal score of birth, 9 baby girls and 9 baby boys. Out of 18 infants, 3 babies' weighed 2 Kg at birth, 15 babies' birth weight was 2.5 Kg and only one infant weighing more than 2.5 Kg.

All 18 women who had EDD this month had regular Antenatal and Postnatal check-ups before and within two days of their delivery.

Luckily there are no deaths, stillbirths, miscarriage, abortions, or home deliveries in this month.

There are 5 new pregnant women moved in our project area and 19 women resident of Janta Colony have a news of conceptions. 6 pregnant women left our colony permanently and 5 have left to their native village. We are again with same figure of 115 pregnant women in total in our project area. All pregnant women are having proper Antenatal check-ups at hospital and taking proper medication/supplements of folic acid, Iron, calcium etc. The Health Promoters in their respective areas examine the pregnant women twice a month and sometimes even more than twice as per the requirement. They check the B.P, weight and counsel them on healthy diet in each visit.

DIR is honored to have Dr. Asha Katoch back once again as she can help and examine the pregnant ladies of our project area and also guide us every now and then when ever needed.

Success Story:

A pregnant lady from HP Sushma's area, name Nidhu W/O Rakesh Kumar, age 18, # HL. 1 Adarsh Nagar Naya Gaon, she is severely anemic (Hb- 8.2gm), her weight was 46 kg, and she is in her 2nd trimester of pregnancy. Her husband works in a sweet shop and family's financial condition is poor.
Our nutritionist Mrs. Natasha Sharma visited her and checked her poor nutritional status. She collected all the necessary information and we have introduced her to the DIR-I NIPP meal plan. Her health has improved with intake of nutritious food in DIR-I office.
She has gained 4 Kg and her current weight is 50 Kg. She is regular with her check-ups at Government hospital, Sector 16 Chandigarh and has taken two T.T shots from ANM. Thanks to DIR-I and its promotion of health education programme that women of project area are being benefited which is helping us in bringing down IMR and MMR.

Pregnant mothers Last Month	Delivery	(Births)	Total Birth	Mothers who Moved		Still Born	Miscarriage	Newly Pregnant		Total Pregnant This Month
	M	F		Temporarily	Permanently			Arrived	Conceived	
115	9	9	18	5	6	0	0	5	19	115

10. SCHOOL WITH A DIFFERENCE

Mrs. Manjeet Kaur

SWAD TEACHER

This month of November was full of enthusiasm and inspiration. Dr. Asha Katoch joined us as a CEO and gave us motivation and inspiration to be a good teacher and taught us how to resolve day to day problems.
We also celebrated Children's day and Sports Day on 14th November 2017. This whole event was supervised by Dr. Asha Katoch and sponsored by Mr. R.K. Jain from Mahavir International NGO. On this event we invited Mr. R.K. Jain and his colleagues, Mr. S.M. Sharma (President of DIR), Mr. Surjit Singh (Ex-Municipal Councilor) and Mr. Pramod Kumar (Local municipal Councilor) and parents of all the SWAD Kids. Parents encourage their kids to participate and enjoyed the event thoroughly.
We played 7 games on sports day as follows: Sack Race, Simple Race, Lemon Race, Frog Race, Three Leg Race, Color Beads Race and Tug of War. Winners of each game were honored with medals and all the children of SWAD were given consolation prize to build up their morale and self-confidence.
We would like to thank and congratulate Dr. Asha and all the DIR staff members who helped us in making this event successful.

Photographs of each event

11. GUEST REMARKS FROM A BENEFICIARY

My name is Mrs. Rakhi. I live in H. No. 112, Janta Colony Naya Gaon. I have heard a lot about DIR-I. They are working here for more than 10 years. Everyone appreciates their work with full zeal and dedication and we all resident of this basti admire them. They are doing a great job of health promotion and education. I have 2 kids and Health Promoters of DIR-I monitors their health status by checking their weight every month. They educate us on healthy diet and immunization awareness. Due to DIR-I health project and HPs hard work, support and personal care we do not have to rush to anyone else for medical guidance.

Both of my children are studying in SWAD, DIR-I. I like the methods and work culture of providing door to door service by HPs on health education, hygiene and balance diet. As an illiterate I have educated myself on improving the health of my children and also maintain hygienic environment. My compliments to each and every member of DIR-I team for making our lives meaningful.

Mrs. Rakhi along with Health Promoter Dimple

12. EVENTS

Captain Bikram

Administrator

VISITORS

9 Nov 2017: Mrs. Simranjeet Kaur from ICICI bank visited DIR-I basti office. She was fascinated by the kind of work DIR-I is performing. Personal introduction of each HP and the kind of work he/she is doing impressed her the most.

14 Nov 2017: Mr. R.K. Jain, Mrs. Rita Jain, Mr. S.C. Jain, Mrs. Kamlesh Jain, Mr. S.M. Sharma, Mr. Surjit Singh and Mr. Parmod visited DIR on the occasion of sports day celebration. Guests were impressed by the discipline and the timely flow of sequence of event one after the other.

Sitting in a 1st row from left to right Dr. Asha Katoch, Mr. S.M. Sharma, Mr. R.K. Jain, Mr. S.C. Jain, Mrs. Kamlesh Jain, Mrs. Rita Jain, Mr. Surjit Singh and Mr. Batta on the occasion of Sports Day in DIR.

16 Nov 2017: Swiss ladies Ms. Susi and Ms. Doris visited DIR. They spent the whole day in basti and witnessed each event scheduled for that day. They accompanied HP Sangeeta and SHP Banita in field visit. They attended the class and participated in CAP programme in the afternoon.

Sitting from right to left Ms. Susi, Ms. Doris, Mrs. Natasha, Dr. Asha along with DIR Staff

20 Nov 2017: Mr. Martin Wieser, co-ordinator of Indoswiss project in Patiala from 1971-75 for improving cattle breeding visited DIR along with Swiss ladies. Ms. Susi and Ms. *Doris* spoke volumes of DIR-I work which motivated Mr. Martin, 80 year old man with walking stick to visit our basti office.

Sitting left to right Ms. Doris, Mr. Martin Weiser, Dr. Asha Katoch and Ms. Susi

27 Nov 2017: Mr. Rohit Inderjeet Godiyal, Chief Chef from Germany visited DIR. His detailed introduction has already been mentioned

EVENTS

14 Nov 2017: Mr. R.K. Jain retired Chief Manager from Bank of India and now the Zonal Chairman of Mahavir International NGO, Mrs. Rita Jain, Mr. S.C. Jain, Mrs. Kamlesh Jain, Mr. S.M. Sharma (President of DIR), Mr. Surjit Singh (Ex- Municipal Councilor)and Mr. Parmod (Municipal Councilor) visited DIR on the occasion of sports day celebration. Mr. R.K. Jain sponsored the sports day function and gave the donation of Rs. 5000/- to DIR-I. All the guests were invited in turns to distribute the prizes to the winners of SWAD. Mr. Batta (Editor of Dainik Bhaskar Newspaper) covered this event.

DEPARTURE & NEW FACE

This month Mrs. Lalita joined DIR as a new maid, Mr. Parveen Kumar along with his family joined DIR as a Driver-cum-chowkidar and Mr. Shammi also joined DIR as a driver. We wish them a meaningful and purposeful stay in DIR-I to help in performing their respective duties faithfully.

We are sad that our ex-maid Kiran and Driver Manoj left DIR. We wish them good health and prosperity in there new venture.

DONATIONS to DIR

DIR is a non-profit NGO which is funded entirely by voluntary donations. In the US and in India donations to DIR are made deductible, for income tax purposes, by both governments.

In India, donations in Rupees, may be addressed to: The Director, DIR-I, Account No. 001301050887.

Donations in other currencies, should be sent to: The DIR California USA, Account NO. 001301049226.