**DANGORIA CHARITABLE TRUST**

**ANNUAL REPORT**

**2021-2022**

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**Dr. Devyani Dangoria , Managing Trustee interacting with inmates of the Home for the Aged**

**Address for Correspondence**

Dangoria Charitable Trust

1-7-1074, Musheerabad, Hyderabad, 500020.

Telephone: 040-27615482, 040-40202429

Rural Centre: Dangoria Hospital for Women and Children,

Village Narsapur, Medak district, Telangana

Telephone: 08458-287841, 08458- 286241, Cell: 9490609867

Email: dangoriatrust@yahoo.com

Web Site: www. dangoriatrust.org.in

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**ACKNOWLEDGEMENTS**

The Dangoria charitable Trust is grateful to the following for their varied contributions.

1. All the donors, who have contributed in cash or kind.
2. RV Diya Charitable Trust, Hyderabad, for periodically supplying groceries for the Home for the aged
3. Tata Lockheed Martin Aerostructures Ltd., Hyderabad, and CYTEL, USA, (Dr. Cyrus Mehta,) for supporting projects under rural hub.
4. Precast compound wall was constructed around the 4 acres land of DCT, to prevent encroachment and pests with the help of donation from, CYTEL, USA, (Dr. Cyrus Mehta) LV Prasad Eye Institute, Hyderabad, for free eye check-up and treatment of the members of the Home for the aged
5. Dr. Janardhan Rao,.(radiologist) and Dr. Neelam Reddy (anaesthetist) for professional help during clinic days at Narsapur.
6. Hon. Consultants mentioned on page 5 for technical advice
7. Dr. K Veena Kumari, MBBS, DGO, Retd Commissioner, Telangana, Vaidya Vidhana Parishad, for helping with surgeries during emergency
8. Dangoria Hospital, Hyderabad for medical and material support. Geet Medical shop for facilitating supply of drugs.
9. Rajendra Tapadia (Genesis In Soft Limited and Trustee) for managing the web site at no cost, and also paying for Go Daddy paid site.
10. R.K. Bang and Co. Chartered accountant for auditing the accounts of the trust and for advice and Mr. M. Patti, Chartered accountant for auditing the project accounts.
11. Jawahar Associates for help in loading FCRA accounts statements.
12. R.S.N.Sastry for maintaining Trust accounts
13. Food Safety Designated Officer, Medak District,,Hqs . Sangareddy for issuing licenses for food products.
14. Raj Flavours, Hyderabad, for interest and help in procuring material for food processing
15. Sri Rajgopal Tapadia for annual ice cream party for members of the Home for the aged, and staff
16. Some **r**esidents of Home for the Aged- for helping with kitchen supervision and kitchen work.

**STAFF**

**Physicians, Scientists**

Devyani Dangoria, MBBS, DGO, DRCOG (Lond.) Managing Trustee and Physician in Charge (Hon)

Mahtab S. Bamji, MSc, Ph.D, FNA, FNAAS,FAMS, INSA Emeritus Scientist, and Trustee (former Director grade Scientist, ICMR- NIN, Hyderabad). (Hon)

R. Shanti MBBS, DGO Gynaecologist Hon

K Harini MBBS, MD, Gynaecologist Hon

N Swarna Lata, MBS (Homeo) Resident Medical Officer

K. Lakshmi, BAMS, Physician

P.V.V.S.Murthy, M.A (Social Work),M.A (Sociology) Senior Investigator

Dr.K.Bhaskarachary Ph.D, FSAB, FABSc**. (**Former Scientist E and Head Dietetics Division, ICMR-NIN) Hon.

**Technical and nursing staff**

B. Nagamani, B.Com., MSW., DMLT., Lab Technician

G. Neeraja, N. Swapna, B.Anitha ANM

B. Bhashamma, Nursing assistant

E.Vijayalaxmi, Hospital assistant

B .Nagalaxmi, B Com, B Ed Supervisor

**Project technical staff**

N. Venkatesh Vocational diploma in Agriculture, Technical assist - Horticulture

K.V.Lakshmi ,M.A.,B.Ed., Certificate Course in food and nutrition, Project assistant

P. Pentiah. Livestock assistant, Retd. Assistant, poultry, part time

D. Sangeetha, B Tech. Assistant-part-time, administration and marketing

P. Sarita, Food processing

**Supporting staff**

B.Nagesh, , A Ramu, Drivers

Y.Kalavathi, Y.Swarupa, Hospital ayahs

M. Balamani ,B.Vijayalaxmi & B. Narsamma-Cooks-Home for the aged

K.Rani, , K. Laanya, P.Sujata ,K.Susheela ,

Surekha .B. Narsimlu, B. Krishna, Helpers, Home for the aged

K. Balamma ,R.Gangamma, Gardners

P. Raju,,P.AnjaneyuluDhobhi

J. Jyothi, N. Balamani -Sweepers

**HON. CONSULTANTS FROM S&T INSTITUTIONS:**

Scientists from the following Institutions have participated in training programmes as resource persons:

1. **Health and Nutrition**: ICMR National Institute of Nutrition, Hyderabad

Dr. G.M Subbarao, Scientist 'E'  & Head, Nutrition Information, Communication & Health Education (NICHE) Division.

2. **Agriculture** Ekalavya KrishiVigyanKenddra, Tuniki,MedakDistrict,, Scientists

 Sri. K. Murali Mohan(Soil science), Sri. M. Srinivas(Horticulture), P. Ravi (Entamology). Dr. S.Narasimha Reddy, former Sr. Scientist and head, KVK, Sri Auriobindo Institute of Rural Development, Gaddipalli, Nalgonda district, Telangana

3. **Backyard poultry and supply of birds:** Dr. K.Kotaiah , Indbro Research and Breeding Farms Ltd.,Hyderabad.

**3. Statistics:** Ms Parimala Diana Sudhir, Head, Department of Statistics, Aurora College, Hyderabad.

**INTRODUCTION**

The Dangoria Charitable Trust (DCT) established in 1981, continues to run a 20 bedded hospital for women and children (established in 1979), a Home for the aged, and a Food processing cum training centre under the society Mahila Udyog, in village Narsaur, Medak district of Telangana State, India. In addition, DCT has extension activities in select villages of Narsapur and surrounding *mandals* of Medak district, TS, in the area of Health, Food & Nutrition and, Environment Security.

**HOSPITAL BASED ACTIVITIES**

On every Tuesday and Friday a medical team consisting of doctors, from the Dangoria Hospital for women, Hyderabad, some other physicians, and a technician visit the Narsapur hospital to conduct the out- patient antenatal clinic and obstetric/gynaec surgeries.

From April 2021, to March 2022, 720 new cases were registered. 355 deliveries, including 144 caesarean sections were conducted. 95 tubectomies, 18 PNS, 2. MTP , 1 veginal hysterectomy , 1 abdominal hysterectomy were done. In recent years demand for the hospital has decreased, due to an upgradation of the government hospital in Narsapur and incentives to pregnant women for deliveries in government hospital.

The incidence of Low birth weight (< 2.5 Kg) was, 15.5 %.

**Ambulance Service**

DCT runs an ambulance service to take patients to the city hospital(s).

 **HIV screening of pregnant women**

 Antenatal cases are screened for HIV/AIDS infection. The infected women are treated free of cost to prevent mother to child transmission of infections. During the reporting period, April 2021 to March 2022 out of total of 720 antenatal cases registered, 504 cases were tested for HIV infection. Only 1 HIV positive case was detected.

**TARALAKSHMI HOME FOR THE AGED**

This home was started in 1994, to cater to the needs of elderly women and men. About 40 resource- poor elderly including couples reside in the home. During the year, 6 members (1 man and 5 women) all old and ailing passed away. New members have taken their place.

**MAHILA UDYOD, FOOD PROCESSING CUM TRAINING CENTRE**

*Mahilaudyog* continues to run food processing cum training centre. Table 1 gives the list

Of products being prepared in the centre.

**Table 1 List of food products produced and marketed**

|  |  |
| --- | --- |
| Poshana- a Cereal pulse complementary food | Chutney powders from solar-dried curry leaves, mint leaves, gongura(Hibiscus) leaves |
| NutriMix- A multigrain complementary food | Lime pickle, Mango pickle, *Dosakaya*(Cucumis sativas) pickle |
| Ragi(finger millet) malt(sprouted roasted ragi-finger millet) | *Putnala*(Roasted Bengal gramdal) *podi* |
| Instant multigrain dosa | Lime squash, Orange squash,  |
| *Ragiladdu* | Mango squash, mango bars |
| Multigrain millet biscuits | Maize chudwa ( a savoury snack) |
| Tomato pickle(solar dried),  | Popcorn |
| Tomato sauce | Sambar powder |
| Tomato puree | Rasam powder |

Institutions like Hyderabad Eye Institute (LV Prasad Eye institute), Hyderabad and Bhubaneswar, Institute of Rural Health Studies, Ramakrishna Mission’s health centre and Dr. Fernandez hospital (an Obstetric-gynaec and paediatric hospital) purchase nutritious foods like the cereal –pulse mix, Poshana and ragi malt for selling or giving to women and children. One medical shop in Hyderabad sells multigrain biscuits.

The millet based products like - iron and zinc fortified cereal-millet complementary food –Nutrimix, and multi-grain biscuits developed in this project have low glycaemic index and are suitable for diabetics.

**RURAL HUB FOR PROMOTING FOOD AND NUTRITION SECURITY**:

The purpose of the Hub is- wider dissemination of the model of Nutritionally sensitive and environmentally sustainable farming, and backyard poultry (with high egg yielding birds), developed in the earlier projects. Behavioural change communication (BCC) in the area of health, food, nutrition, and environment is an important part of this endeavour. Five villages are covered over a period of six months -one month for contact with the community, and initial knowledge attitude practice (KAP) survey of mothers with 6 to 24 months old children, four months for transfer of farm technologies and education (BCC), and one month for final impact evaluation. Families with pregnant woman and/ mothers with 6 to 24 months old children are preferably targeted. Educational interventions are done through focus group discussions and centralised and de-centralised, hands-on training. Teaching aids include power point presentations, simple messages through pamphlets, and cooking demonstrations. Impact assessment is done by assessing the acceptance of farm technologies, and KAP surveys of the mothers with 6-24 months old children, registered at the ICDS centres (*Anganwadis)*  on issues of food, health, nutrition and environment .

During the year one project was conducted from 1st October 2021 to 31st March 2022 with the financial support of Tata Lockheed Martin Aero structures ltd.

**The objectives like in earlier projects were:**

To organise training programmes in the following aspects along with Behaviour Change Communication (BCC)

1. Nutritionally sensitive and environmentally sustainable agriculture to increase access to micro nutrients (vitamins &minerals)-dense foods. Partial crop diversification, from water- intensive crops like paddy and sugar cane to micro-nutrient dense crops like vegetables, fruits, millets and legumes was promoted
2. Organic methods of farming like vermicomposting and use of botanical pesticides
3. Backyard poultry with high egg yielding strains of birds
4. Training in preparation and marketing of nutritious, ready- to- cook foods for complementary feeding, and value addition to farm produce
5. Create awareness in: Nutrition, water, health and sanitation through behavioural change Communication (BCC) strategies.

Seeds and saplings of micronutrient -rich vegetables were given free. Some women raised saplings of plants like drumstick, creeper spinach ( Basilla alba) and curry leaves in their backyards. These were purchased from them, fetching them some income.

In this project, 100 vegetable gardens were raised diverting, 25.6 acres of land from traditional water guzzling crops like paddy and sugar cane.

About 78% of the total production was consumed by the families and the rest was sold.

15 families established vermicompost beds. Earth worms were procured from a farmer of the old project and released in the beds. Sixty families, set-up backyard poultry by purchasing 5 birds at the rate of Rs300/- each.

KAP Surveys (Initial and Final) of mothers with 6-24 months old children were done and the data are being analysed.

 In another project a slightly different approach, targeting women of Self Help Groups (which all villages have) was tested**.** Two SHGs, each from 5 villages, registered at the *Indira Kranti patham* (IKP) **(**population approx 6000), within 20 KM from the village Narsapur were selected. *Anganwadi workers and ASHA* workers from the same villages were also included in the training programmes.

The objectives were same as in the earlier projects. Only target women were different. All women members of the SHGs were given free seeds of vegetables and saplings of fruits (guava and mangoes).

This project was initiated in February 2021, for a period of 6 months, and financially supported by Cytel, USA (Dr Cyrus Mehta).

One hundred vegetable gardens were raised diverting, 21.5 acres of land from traditional water guzzling crops like paddy and sugar cane to raising vegetables, pulses and millets.

Only few families, set-up backyard poultry by purchasing 5 birds at the rate of Rs300/- each.

**Impact on mothers’ knowledge of health and nutrition**: KAP surveys of mothers with 6-24 months old children (from the cohort) done initially and end line showed positive impact on crops grown and remarkable improvement in the mothers’ understanding of maternal and child health, and food and nutrition (Table 2). Following are salient findings.

1. Almost all the women and men had studied up to 8th to 10th class
2. Most women were engaged in agriculture as well as labour
3. All respondents had own land but the holdings were marginal –less than 200 *guntas* (5 acres)
4. Water source for farming was bore well and rain water
5. All the respondents reported diverting a small patch of land (average 10 guntas- 0.25 acres) for growing vegetables and fruits.
6. There was significant increase in the number of households growing pulses and millets. Only 11.8% women reported setting up vermicompost beds in the end -line survey
7. Some women (13.2%) reported using neem and chili-garlic –based botanical pesticides in the end- line survey.
8. Only few women 5.3% reported having poultry or dairy in the end line survey.
9. Most women had undergone at least 6 antenatal check-ups in both the surveys
10. All the women in both the surveys reported consuming iron folic acid tablets during pregnancy, but only 88.2% in both the surveys had consumed them regularly during the previous pregnancy.
11. Ninety five percent women in both the surveys mentioned initiating breast feeding within 1 hour after birth.
12. Remarkably, over 90% women in both the surveys mentioned initiation of complementary feeding by 7 month.
13. There was remarkable improvement in the mothers’ understanding of health, food and nutrition including care during pregnancy, food taboos during pregnancy, child feeding practices, components of balanced diet, nutrients in foods and their functions and common infectious diseases, their causes and remedies .
14. There was significant increase in the weekly frequency, (from initial 2 days to 3 days) and quantity consumed per person per day (vegetables 98% ,GLV 32%).
15. Indebtedness was almost universal. Most loans were taken either from the bank or DWCRA. Very few women mentioned taking loan from money lender.
16. Most women had experienced loan waiver and support from the Telangana Government’s scheme “*Rythu bandhu*” for farmers. Additional details of the KAP survey are given in table 2

**Table 2 KAP Survey of the women of SHG with 6 to 24 months old children**

**% Respondents**

|  |  |  |
| --- | --- | --- |
|  | Initial- % | End-line - % |
| No of respondents | 76 | 76 |
| Growing vegetables and fruits | 55.3 | 98.7\*\*\* |
| Growing pulses | 57.3 | 67.1 |
| Growing millets | 70.7 | 67.1 |
| Having BYP | 2.7 | 5.3 |
| Food consumed during pregnancy and food taboos |
| More food during pregnancy | 17.3 | 97.4\*\*\* |
| Papaya avoided during pregnancythrough fear of abortion | 56.0 | 31.6\* |
| Banana avoided during pregnancy through fear of single child infertility, since banana tree fruits only once | 44.0 | 7.9\*\*\* |
| Regular consumption of iron folic acid tablets | 74.7 | 88.2 \*\* |
| Cooking Practices |
| 1. Do not discard excess water (*ganji)* after cooking rice.
 | 22.7 | 93.4\*\*\* |
| Wash vegetables before cutting | 18.7 | 98.7\*\*\* |
| Infant and child feeding practices |
| Initiate breast feeding within one hour after birth | 96.0 | 94.7 |
| Initiate complementary feeding at 7 month of age | 94.7 | 97.4 |
| Items in complementary food-Mothers’ knowledge |
| Rice | 96.0 | 100.0 |
| Dal (lentil gruel) | 32.0 | 44.7 |
| *Roti* ( salty pancakes made from cereals or millets | 26.6 | 61.8\*\*\* |
| Milk and milk products | 77.3 | 86.8 |
| GLV | 85.3 | 97.4\* |
| Vegetables | 33.3 | 47.4 |
| Egg | 90.7 | 98.7 |
| Yellow of egg fed to the child. ( normally discarded) | 81.6 | 97.4\*\*\* |
| Hand washed with soap and water | 78.7 | 96.1\*\*\* |

 **Significance: \*P < 0.05, \*\*P < 0. 01 \*\*\* P < 0.001**

The data suggest that despite inability to hold regular meetings with the women due to the COVID pandemic, there was positive impact on the KAP and vegetable consumption. The strategy of educating the women through pamphlets in Telugu and involving AWWs in the programme has given positive results. Good literacy among women seems to have helped.

**PILUTLA STREE MANDAL**- **Wicks making**

This is an ongoing activity. Women of village Pillutla continue to make and market wicks under PilutlaStree Mandal. The wicks are being sold in Hyderabad. Monthly sale is

Rs.5000 -6000.

**PARTICIPATION IN MEETINGS, CONFERENCES, Mahtab S Bamji**

|  |  |
| --- | --- |
| **Physical participation** | **Meetings** |
| August 7,2021 | Aurora college, GB meeting, Hyderabad |
| September 18,2021 | Nutricereals, convention. Life time achievement award, Hyderabad |
| October 9,10,2021 | NAAS Sectional committee meeting-Convener, New Delhi |
| December 23,2021 | SAIRD, Board meeting, Hyderabad |
| **Virtual Participation** | **Meetings, webinars** |
| June 5, 2021 | LVPrasad, Stem cell research committee meeting, Hyderabad |
| August 6-10,2021 | MSSRF, virtual consultation, Nutrition security and climate change and Covid, Chennai |
| August 9,2021 | NIN Pensioners’ AGB, Hyderabad |
| September 23,2021 | NASI, World food day, lecture- Food-based remedies to Nutritional melodies, Allahabad |
| September 24. 2021 | NSI, Orations- Goopalan, Srikantia, Rajammal Devdas, and BK Anand, Hyderabad |
| October 1,2021 | NFI, 2ndDr.C Gopalan Memorial webinar, ‘Child growth and nutrition’. New Delhi |
| October 4, 2021 | NAAS Sectional committee conveners meeting, New Delhi |
| November 8, 2021 | NAAS, Roundtable Discussion onFlaws in Global Hunger Index **,** New Delhi |
| January 3, 2022 | *Vignan Darshini*, (JVV) Smt. Jyotibai Phule,191st birth centenary lecture, New Delhi |
| January 11,2022 | MSSRF, Augmenting nutrition in MDM discussion, Chennai |
| February 21,2022 | IAAG Webinar on India's Hunger and Malnutrition, USA |
| March 11,2022 | NAAS- Food fortification issues and way forward, New Delhi |
| March 25, 2022 | FRCH, Board meeting, Hyderabad |

**VISITORS:**

1. July 14, 2021- Sylvia. F.Rao with a team of course participants , National Institute of Nutrition, Hyderabad.
2. August 16, 2021- M.Srikanth, G.Bhargavi, Krishi Vigyan Kendra, Tuniki, Kowdipally mandal, Medak Dist. TS
3. October 12, 2021- K. Vijaya Kumar, Pastor,
4. October 22, 2021- Delara Runi Denoz,
5. Decembr 11, 2021, Mr. Paras, Dr. Jayanth, Bhanusha
6. Jan 8, 2022, Srikruti Genetela, Asst. Manager, CSR, TATA Advanced Systems Ltd., Hyderabad.

**List of Donors in the financial year 2021-22**

|  |  |
| --- | --- |
| **Name of the donor** | **Amount** **Rs.** |
| Mr.Ravi kiran ,Samyatha, Mrs.Madhavi Murthy | 14000 |
| P.Rama  | 5000 |
| Preeti Bhanu shah | 200000 |
| Lukka Suresh kumar |  116 |
| Ranga Rajan | 20001 |
| M.S.Bamji | 220000 |
| K.Srinivasa Rao | 12300 |
| K.Srinivas Rao | 18000 |
| Dhun Parekh | 10000 |
| Saideva NTN | 2000 |
| Sylvia Fernandaz Rao | 3000 |
| Vanka Uma | 100000 |
| Dhun Parakh, Feroz Shapoor Vatcha | 10000 |
| PiyushKanti Sushil | 5000 |
| Aeshna Dasgupta | 5000 |
| Zorastrian stree | 10000 |
| Perviz Nalladuru  | 5000 |
| K.Katrak | 10,000 |
| Amita Kasbekar | 5000 |
| Kotalapudi Lakshmi Prasad | 5000 |
| Swaran Pasricha | 100000 |
| Rumi Gyara | 100000 |
| H.K.Patel | 11000 |
| Daravale family | 10000 |
| Ayesha Nawazuddin | 25000 |
| Karumuri SrinivasRao | 18000 |
| Piyush Kanti | 7000 |
| Pramodbhai Mehta | 32000 |
| .Devayani Dangoria | 100000 |
| Arundhati Shekhar | 100000 |
| Vasudev Badrinath | 25000 |
|  Devender OZA | 500000 |
|  Jayant Bhanshali | 20000 |