

**DANGORIA CHARITABLE TRUST
HYDERABAD, INDIA**

**ANNUAL REPORT
2014-2015**



Caring and Sharing

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- 3) The Aurobindo Institute of Rural Development, Gaddepalli, Nalgonda District, for advice and help in organic farming and helping with training programmes.
- 4) To the Freedom Foundation, Hyderabad for running the AIDS detection and counselling clinics, for pregnant women and treatment of HIV affected women.
- 5) Dr. Janardhan Rao, for doing scanning of pregnant women. Dr. Shankar Dev (anaesthetist) for professional help during clinic days at Narsapur.
- 6) The Hon. Consultants mentioned on page 4 for clinical help.
- 7) Dangoria Hospital, Hyderabad for medical and material support. Geet Medical shop for facilitating supply of drugs.
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- 13) Residents of Home for the Aged- Renuka Mudaliar and K Ansuya for helping with kitchen supervision.
- 14) R.S.N.Sastry for maintaining trust accounts.

STAFF**Physicians, Scientist**

Devyani Dangoria, MBBS, DGO, DRCOG (Lond.) (Hon)

Managing Trustee and
Physician in Charge
INSA Hon. Scientist

Mahtab S. Bamji, MSc, Ph.D, FNA, FNAAS, FAMS, (Hon)
(Former Director Grade Scientist,
National Institute of Nutrition, Hyderabad).

B. Yashoda MBBS, D.Ch

Paediatric consultant.

K. Harini MBBS, MD

Hon. Physician

R. Shanti MBBS, DGO

Hon. Physician

N Swarna Lata, MBS (Homeo)

Resident Medical Officer

K. Lakshmi, BAMS

Hon. Physician

P.V.V.S.Murthy, M.A (Sociology) M.A (Social work)

Senior Investigator

TECHNICAL AND NURSING STAFF

B. Nagamani

Lab Technician

Y. Veeriah

Supervisor

H. Kantamma

Nurse

Fahmeeda Begum, G. Neeraja, N. Swapna

ANM

B.Anita, B. Bhashamma

Nursing assistants,

E.Vijayalaxmi

Hospital assistant

Najma Begum

Tailoring and embroidery

B .Nagalaxmi

Teacher

Office assistant

PROJECT TECHNICAL STAFF

K.V.Lakshmi

Project assistant

D.V.Ramana

Project assistant

N. Venkatesh

Technicalassistant-

Horticulture

P. Pentiah

Technicalassistant-

Veterinary

Gayakwad. Ghanshyam

Agriculture Scientist

C. Panduranga Rao

Project Assistant- accounts

N. Radha

Assistant-food processing

SUPPORTING STAFF

B.Nagesh, Narsing Rao, Pandu

Drivers

Y.Kalavathi, Y.Swarupa, N.Buchamma, E. Laxmi

Hospital ayahs

B..Chandrakala,, B.Vijayalaxmi

Cooks-Home for the aged

K.Rani, A.Yadamma, B.Narsamma, P.Sujata , K.Susheela

Helpers-Homeforthe aged

B. Narasimlu , K. Balamma , R.Gangamma

Gardeners

P.Lata .P. Raju,, P.Anjaneyulu P. Shobha

Dhobhi

J. Jyothi, J. Anasuya

Sweepers

HONORARY CONSULTANTS

Agriculture and Horticulture

Prof. G. Satyanarayana, Professor (Retd.) APAU, Hyderabad, Sri Aurobindo Institute of Rural Development, Gaddepalli, Nalgonda, AP.

Dr. S. Narsimha Reddy, Training associate, Krishi Vignan Kendra, Sri Aurobindo Institute, Gaddepalli, Nalgonda, A.P.

Dr. (Mrs) Archana Mukherjee, Principal Scientist, Regional centre of Central Tuber Crops Research Institute, Indian Council of Agricultural Research, Bhubaneswar, Odisha

Poultry

Prof. V.L.K Prasad, Professor and head, Retd. Department of livestock production and management, College of veterinary science, ANGRAU, Hyderabad

Dr. Kotaiah, Scientist, Indbro Research & Breeding Farms Pvt. Ltd.

Food Processing

Dr. P. Vijayanand, Fruits and vegetables division CFTRI, Mysore.

Sri Surendra Sood, Consultant, Food technologist, Hyderabad

Dr. Murali Krishna, Consultant, Food Technologist, Hyderabad.

Statistics

Dr. M Vishnuvardhan Rao, Division of statistics, NIN , Hyderabad.

INTRODUCTION

For the past over 3 decades **Dangoria Charitable Trust** has been trying to reach out to the rural community in the Medak district of Telangana by running a 30 bedded hospital for women and children, a home for the aged, training centre for girls in tailoring and embroidery, a food processing centre under a society Mahila Udyog, and extension activities in 4 mandals on projects beamed at improving health, food and nutrition, and sanitation through a mix of scientific, technological and social engineering.

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. On Tuesdays, a paediatrician also accompanies the medical team. From April 2014, to March 2015, 1037 deliveries, (including 265 caesarean sections, 87 tubectomies, 7 PNS, 1 abdominal hysterectomies, 5 MTP, 2 Perinioraphy were done. Total of 2172 new cases were recorded. Immunisations are done on every first Tuesday of the month during the paediatric clinic.

The incidence of Low birth weight (< 2.5 Kg) was 28%

HIV Screening Of Pregnant Women

Till December 2014, Freedom Foundation, Hyderabad, a voluntary agency, screened all pregnant women attending the antenatal clinics run by the Dangoria Charitable Trust for HIV/AIDS infection. Since then the DCT technician does the screening. The infected women are treated free of cost to prevent mother to child transmission of infections. During the reporting period April 2014 to March 2015, out of total 1813 antenatal cases registered, 1713 cases were tested for HIV infection at DCT and 3 cases found to be HIV positive(0.17%).. This figure is comparable to last year's 0.23%..

Ambulance Service

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

TARALAKSHMI HOME FOR THE AGED

DCT is running a home for the aged since 1994, to cater to the needs of elderly women and men. About 44 resource poor elderly including 2 couples reside in the home.

MAHILA UDYOG, FOOD PROCESSING CUM TRAINING CENTRE

Mahila Udyog 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:

Poshana,- a cereal pulse complementary food	Chutney powders from solar- dried curry leaves, mint leaves, gongura (Hibiscus) leaves
Nutri Mix- A multigrain complementary food	Lime pickle
Ragi Malt (Sprouted, roasted ragi)	Sambhar powder
Ragi papad	Putnalpu pudi (Roasted Bengal gram dal with spices)
Instant multigrain dosa mix	Gogu (gongura) chutney powder
Ragi laddu	Lime squash
Ragi biscuits	Orange squash
Tomato pickle (Solar dried)	Pineapple squash
Tomato sauce	Mango squash
Tomato puree	RTS(Ready To Serve) Mango drink
Popcorn	Jowar /Rice flakes

While government institutions like the Centre for Cellular and Molecular Biology (CCMB) buy 'sambhar' powder for their canteens; NGOs like LV Prasad Eye institute, Institute of Rural Health Studies, Ramakrishna Mission's health centre and more recently Fernandez hospital (an Obstetric gynaec and paediatric hospital) purchase nutritious foods like the cereal – pulse mix, Poshana and ragi malt for feeding poor children. One female entrepreneur from a women's group Hyderabad has started marketing nutrimix, multi grain dosa mix and ragi biscuits.

Value Addition to Agriculture Produce in Narsapur Medak District,: A Project Supported by CSIR and Director CFTRI Mysore

In this brief, 4 months project started in December 2014, 150 women were trained in preparation of jowar and rice flakes using machinery supplied by CFTRI purchased from Tech Aromas, India Pvt. Ltd. Coimbatore. The women were also taught other value- added products from tomato and mango.

ENVIRONMENTALLY SUSTAINABLE FARM AND FOOD BASED APPROACH TO ENHANCE HOUSEHOLD MICRONUTRIENT SECURITY

(i) Enriching The Diet Of Children and Women Attending ICDS Through Homestead Gardens, Backyard Poultry, Ready- To- Cook Complementary Foods and IEC.

This Project, supported by the Department of Science and Technology, GOI was started in June, 2011 and ended in May 2014. It covered 11 Anganwadi centres, from 8 villages- CC Kunta, Reddipally, Narayanpur, Ramchandrapur ,Manthur of Narsapur Mandal and Mangapur, Nasthipur and Kasala of Hatnura Mandal of Medak District covering 10,000 population.

The specific objectives were:

1. To increase access to micronutrient-rich vegetables through promotion of homestead gardens.
2. To improve access to animal foods by promoting backyard poultry, green fodder and training in livestock management.
3. To train women in preparation and feeding of ready- to -cook nutritious complementary foods.
4. To educate the community particularly the mothers about the importance of complementary feeding of young infants (6-24 months being the most critical period) and the link between nutrition and health.
5. To educate the mothers on importance of safe drinking water and clean environment.

Families raising nutrition gardens increased from initial 30% to 70% at the end of 3 years.

Results of initial KAP survey of 142 mothers (reported last year) showed some existing positive trends, like at least 3 antenatal checkups during pregnancy, immunisation of infants, early (from day 1) initiation of breast feeding, consumption of iron folic acid tablets by pregnant women and recording of birth weights. However, knowledge gaps and wrong practices such as food taboos during pregnancy, late introduction of complementary feeding, existed. Table 2 summaries the results of KAP survey done initially and after 3 years

Table 2. Change in KAP of mothers with preschool children.

Parameter	Initial % respondents	Final % Respondents
More food should be consumed during pregnancy	18	64***
Papaya avoided during pregnancy	88	76**
Banana avoided during pregnancy	75	35**
Discard excess water from rice after cooking	89	30**
Breast feeding initiated within 1 st hour	38	87**
Breast feeding delayed beyond one day	15	2**
Complementary food started at 7 months of age	16	68***
Frequency of complimentary feeding >3 times	43	64***
Frequency of cooking Vegetables 2 times per week	10	52***
Frequency of cooking vegetables 3 times or more	88	48***
Frequency of cooking GLV 2 times per week	49	49
Frequency of cooking GLV 3 times or more	21	45***
Vegetables given to the child	70	85**
Hands washed with soap before feeding	44	94**

** P< 0.001, ***P<0.0001, by two sample proportion Z test

1. Mothers' knowledge of foods in balanced diet showed improvement, with significantly higher percentage (>90%) in the final survey mentioning *roti* (dry pancakes made with wheat or millets), fruits, and animal products than initial survey (35-40%). Rice vegetables and GLV were mentioned by all the mothers.
2. While most mothers could link malaria to mosquitoes, 58% had no knowledge of what caused diarrhoea, TB, measles, scabies and other infectious diseases. There was considerable improvement in this knowledge in the final survey
3. It was interesting to note that while 67% mentioned giving 'sabudana' for management of diarrhoea in the initial survey, only few mothers mentioned it in the final survey. On the other hand in the final survey almost 90% mentioned ORS and salt sugar solution. This shows that with education new knowledge/practice replaced good traditional knowledge/practice. A point to be noted for the future

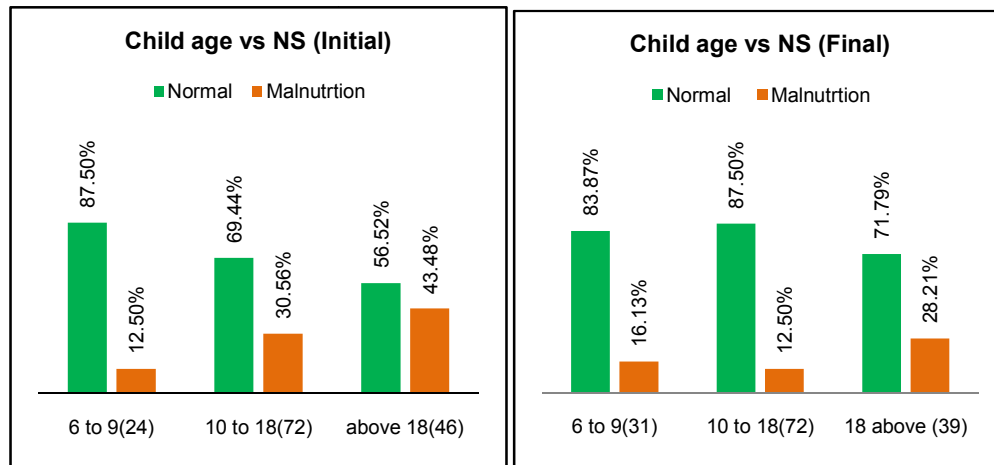
Birth weight :

Records of birth weights were obtained from the AW centres. Mean (SD) of birth weight for the first year, (132 recorded births, 8 anganwadis) was 2.78(0.374). During the second year, (160, 11 anganwadis,) 2.73 (0.438). During the third year (197, 11 anganwadis,) 2.81 (0.483). Thus the project had no impact on birth weight. Though only 9% children in the first year, 12.6% in the second year and 11.17% in the third year were born with LBW (<2.5Kg), 26% in the first year, 33% in the second year and 21% in the third year had birth weight of 2.5 Kg suggesting at- risk cases.

Effect of age on Nutrition status (NS)

The degree of malnutrition increased with child's age. This phenomenon was blunted in the final survey suggesting the effect of education. (Fig.1)

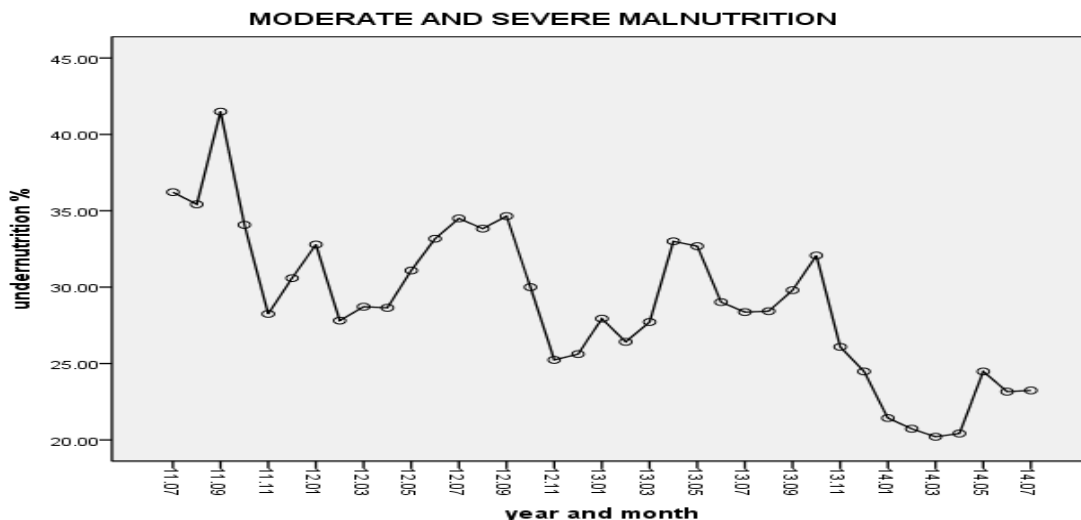
Fig.1



Nutrition status of 6-24 months old children.

The growth chart (Fig.2) shows data (weight for age) from July 2011 (when the project as started) to July 2014 as obtained from the ICDS records. There was significant reduction in the degree of moderate and severe malnutrition, over the three year period ($P < 0.01$ -Lung Bopx test, ARIMA Model), which varied from 41.5% in September of 2011 to 20.2% in March 2013. This observation is encouraging and may be attributed to the educational and technological interventions during the project. Fig 2 also shows seasonal effects on child nutrition. There was a trend of higher degree of moderate and severe malnutrition during summer and monsoon than during winter. This is a common observation due to greater morbidity during monsoon and relative scarcity of food during summer and early monsoon. Availability of foods, particularly vegetables is best during winter.

Fig.2



Introduction of bio fortified crops

Orange flesh sweet potato (rich in provitamin A, beta carotene) cuttings and iron -fortified *bajra* seeds have been distributed to 4 and 35 farmers respectively.

Backyard poultry

Consumption of eggs by families who set up BYP with high egg yielding strains increased significantly suggesting this to be a promising intervention towards household food security (Table 2). Effort is being made to sustain this activity after the termination of the DST project by identifying interested families and helping them to procure birds from Indbro farm with the help of project technician. The families pay for the birds, transport and little extra for the technician who helps to procure the birds, and gives technical advice.

Table 2 Impact of BYP on egg consumption						
Year	No of units/Initial and Final survey		Consumption (g) per capita per week		Frequency per week	
			Mean	SD±	Mean	SD±
First year 2011-2012	38	Initial May 2012	2.22	1.202	2.32	0.739
		Final May 2013	3.27***	0.963	3.21***	0.905
Second year 2012-2013	60	Initial March 2013	1.79	0.668	1.78	0.666
		Final April 2014	4.88***	1.509	4.72***	0.940
Third year 2013-2014	52	Initial October, 2013	1.82	0.598	2.44	0.608
		Final May, 2014	4.16***	0.985	4.35***	0.617

(ii) A new project supported by the SEED programme of the Department of Science and Technology covering 10 more remote villages and tribal settlements has been started in the mandals of Narsapur, Kawadapally and Veldurthy, in August 2014. Like the earlier project the major objective is to address the issue of micronutrient deficiencies in Indian diets through homestead production of micronutrient rich farm foods using green methods of farming and value addition to farm produce through food processing. Initial KAP survey has been completed on 150 mothers with 6-24 months old children registered at ICDS. Till March end, 2015, 151 homestead gardens covering 18.125 acres have been raised. 40 farmers have established vermi compost beds. Grafted fruit and drumstick pants were given to these 40 farmers. All the farmers got free vegetable seeds.

AUGMENTING WATER SUPPLY IN WATER- STRESSED SETTLEMENTS THROUGH TECHNOLOGICAL INTERVENTIONS TO PREVENT WASTAGE OF BORE WELL WATER, AND INFORMATION EDUCATION AND COMMUNIDCATION (IEC) ON LINK BETWEEN WATER, HEALTH AND SANITATION

It is disturbing to find that in many villages where water is supplied through bore wells connected to pumps, precious water is allowed to flow uncontrolled when there is power supply, resulting in enormous wastage, and stagnation.. To address this problem, in 4 tribal settlements in villages of Kawadapalli mandal, of Medak district (TS); a project under DST's Water Technology Initiative (WTI), has been initiated. The technological intervention involves

reviving defunct bore wells through installation of submersible pumps and diverting the water to cisterns with taps. In one location, solar panel has been installed to operate the pump. Alternative use of electricity during cloudy and rainy days will also be possible. Kitchen gardens to use waste water are being set up. Government's Latrine programme is being promoted. IEC is an important component of the project. Impact is being assessed through maintenance of the hardware; KAP surveys of women with preschool children; assessment of morbidity (infectious diseases) in preschool children and water quality analysis.

PILUTLA STREE MANDAL- Wicks making

This is an ongoing activity. Women of village Pillutla continue to make and market wicks under Pilutla Sthree Mandal. The wicks are being sold in Hyderabad and have good market.

TAILORING AND EMBROIDERY CLASSES

This is a continuing activity in which batches of 20-25 girls are taught tailoring and embroidery to promote livelihood.

PARTICIPATION BY MAHILA UDYOG IN EXHIBITIONS

Telangana millet festival- 27 February to March 1, 2015 organised by the faculty of Home science, PJTS Agriculture University, Hyderabad.

PARTICIPATION IN MEETINGS AND CONFERENCES

Mahtab S. Bamji

Date	Meeting
15 - 4 - 2014	AP Academy of Sciences, Governing body meeting, Hyderabad
16 & 17 - 4-2014	DST Sub expert committee for women and nutrition programme- Bhimavaram
19- 4 -2014	Aurora college, IVth governing body meeting, Hyderabad
23.4.2014	SEED, Annual day
28.4.2014	UOH, Expert committee to recruit faculty in the Centre for Women's Studies at the University. A meeting for the purpose is scheduled for April 28, 2014, Hyderabad
1-2,5.2014	DST Sub expert committee for women and nutrition programme-2 nd meeting
14-17.4. 2014	QRT of DRWA and AICRP on Home Science to Palampur, and Ludhiana
13.6.2014	GAIN - Global Alliance for Improved Nutrition- round table consultation: Addressing India's Malnutrition: A National Priority. New Delhi
18.6.2014	Meeting at ICMR. Dr. Toteja
20-21. 6.2014	DST Sub expert committee for women and nutrition programme
24-25,7.2014	IGIDR-IFPRI Conference, Harnessing opportunities to improve Agri-Food systems, NASC, New Delhi
23.8.2014	NAAS Silver Jubilee symposium on Nutritionally sensitive and environmentally sustainable agriculture for India's food and nutrition security
29. 8., 2014	DSIR Evaluation Committee constituted for an independent evaluation

	of past performance of Technology Development and Utilization Programme for Women (TDUPW) component of A2K+ scheme of DSIR, 1 st meeting, New Delhi
17-18.9.2014	NAAS sectional committee meeting
17.11.2014	DSIR Evaluation Committee constituted for an independent evaluation of past performance of Technology Development and Utilization Programme for Women (TDUPW) component of A2K+ scheme of DSIR, 2 nd meeting
8-10.11.2014	GRC
11. 11.2014	ICMR TF, Micronutrients
19-20,1.2015	6 th Indian Youth Science Congress, Acharya Nagarjuna University, Guntur
11.2.2015	NIN Lecture
21.2. 2015	MSSRF, Consultation, National food security and nutrition. IIC, New Delhi
11.3.2015	IICT, Women's day lecture and felicitation
13.3.2015	NAAS-CRIDA

PVVS Murty

25/7/2015	New Project Proposal presentation at PAC meeting of Department of Science and Technology, Water Technology Initiative division ,GOI held at Sri Vishnu College of Engineering for Women , Bhimavaram, West Godavari District, Andhra Pradesh.
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AWARDS AND FELICITATIONS

Dr. Devyani Dangoria was felicitated on March 8, 2015, International Women's day by Mahesh Cooperative Urban Bank, Ltd. for her dedicated contributions to women's health. She spoke about the plight of child labour due to family's economic compulsions and suggested that there should be opportunity for the children to be educated and acquire skills even if they are compelled to do some small jobs instead of bagging to contribute to family income,.

In connection with the International Women's day, Dr. Bamji was felicitated by the Indian Institute of Chemical Technology, Hyderabad on March 11, 2015. She gave a talk entitled "Gender bias in Science is National loss".

PUBLICATIONS

Bamji MS and Bhaskarachari K. Nutrients and health promoting phyto-chemicals in vegetables. Hand Book of Vegetables Vol II KV Peter and Pranab Hazra Editors, 2015, Stadium Press LLC,USA

VISITORS

During the year, following visitors came to DCT Centre in Narsapur, Medak District.

1. April 4,2014 Members of Pensioner's Association , National Institute of Nutrition, Hyderabad.
2. April 4, 2014, Dr. Sagar, Professor, IIT, Mumbai(Retd)
3. April 19, 2014 Teaching staff and students from Ratnapuri Vidyalayam, Hyderabad.
4. May 6 2014 Asst. Commissioner, ICDS, Govt. Of Maharashtra
5. June 27, 2014 Dr. S. Narsimha Reddy, KVK, Gaddepally, Nalgonda Dist.
6. June, 28, 2014. P.V.Surya Prakash Rao, Panganamala Foundation, Priya Foods, Hyderabad
7. August 2, 2014 Mamatha Raj, BDL, Hyderabad.
8. September 3, Smt. N. Sarada Devi, Superintendent , Central Silk Board, Narsapur.
9. September 19, Sri. Santosh, Teacher(SGT), Narsapur
10. September 20, 2014 Teachers and Students from Nandini Techno School, Narsapur.
11. September 23, 2014 D.M.S. Rao, Nayan. C. Gandhi, Hemanth, Hyderabad
12. October 12, 2014 Gujarathi women team from Hyderabad.
13. October 30, Sri P. Sivaji, Ex- Scientist, CBRI & IICT, Hyderabad.
14. October, 31, 2014 Sr. Ramesh, Engineer, BSNL, Narsapur.
15. November 11, 2014 Hansa Ben Hasmukh, Prajesh, Hyderabad.
16. November 28, 2014 Sri. Lingam, Engineer, BSNL, Gajwel, Medak Dist.
17. January 24, 2015, M. Dattatreya, Asst. Director of Agriculture and M. Venkateswara Rao, Agriculture Officer, Narspur
18. February 2, 2015, Teachers and students from Ratnapuri Vidyalayam, Hyderabad.
19. February 27, 2015, participants of training programme including students of M.Sc., in Nutrition, National Institute of Nutrition, Hyderabad.
20. March 14, 2015 Dr. Jyothi Ponnamm, Medical Officer, PHC, Reddipally, Narsapur Mandal, Medak Dist.
21. March 17, 2015 Renu Kapoor, Branch Manager, Hyderabad.
22. March 24, 2015 Dr. Sudhakar, Asst. Director, Welfare of Handicapped, Sri. Chandrassekhar, District Co-ordinator, Welfare of Handicapped, Sangareddy.
23. March 30-31, 2015 Dr. P. Vijayanand, Sr. Principal Scientist, F&V Div, & Ms. S. Sindhura, Ph.D Srtudent, Central Food Technological Research institute(CFTRI) Mysore.