

**DANGORIA CHARITABLE TRUST  
HYDERABAD, INDIA**

**ANNUAL REPORT  
2015-2016**



**Nature's Symphony  
Cranes feeding on worms in rice field after harvesting.  
Maize field at the back**

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- 3) Biochemicals and Synthetic Products Ltd for their donation under Corporate Social Responsibility
- 4) The Aurobindo Institute of Rural Development, Gaddepalli, Nalgonda District, for advice and help in organic farming and helping with training programmes.
- 5) Dr. (Mrs) Archana Mukherjee, Principal Scientist, Regional centre of Central Tuber Crops Research Institute, Indian Council of Agricultural Research, Bhubaneswar, Odisha,
- 6) Dr. Janardhan Rao, for doing scanning of pregnant women. Dr. Neelam Reddy (anaesthetist) for professional help during clinic days at Narsapur.
- 7) The Hon. Consultants mentioned on page 4 for clinical help.
- 8) Dangoria Hospital, Hyderabad for medical and material support. Geet Medical shop for facilitating supply of drugs.
- 9) The doctors at the Tapadia diagnostic clinic and Eashwar Lakshmi Hospital, Hyderabad, and Dr. M. Ravi for treatment of the residents of the Home for the aged at minimal or no charge.
- 10) Philippe Henneau (Servernest.com) for giving free website hosting space and Rajendra Tapadia (Genesis InSoft Limited) for managing the web site at no cost.
- 11) 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.
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- 13) Raj Flavours, Hyderabad, for interest and help in the food processing centre.
- 14) Residents of Home for the Aged- Renuka Mudaliar and K Ansuya for helping with kitchen supervision.
- 15) 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  
K. Harini MBBS, MD  
R. Shanti MBBS, DGO  
N Swarna Lata, MBS (Homeo)

Paediatric consultant.  
Hon. Physician  
Hon. Physician  
Resident Medical Officer  
Hon. Physician  
Senior Investigator

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

**Technical And Nursing Staff**

B. Nagamani

Lab Technician  
Supervisor

Y. Veeriah

We lost Veriah on December 13 after brief illness. His absence  
is being felt

G. Neeraja, N. Swapna

ANM  
Nursing assistants,  
Hospital assistant

B.Anita, B. Bhashamma, A. Yasoda

E.Vijayalaxmi

Najma Begum

Tailoring and embroidery  
Teacher  
Office assistant

B .Nagalaxmi

**Project Technical Staff**

K.V.Lakshmi

Project assistant

D.V.Ramana

Project assistant

N. Venkatesh

Technical assistant

Gayakwad. Ghanshyam

Agriculture Scientist

C. Panduranga Rao

Project Assistant- accounts

N. Radha

Assistant-food processing

**SUPPORTING STAFF**

B.Nagesh, Pandu, Ramu

Drivers

Y.Kalavathi, Y.Swarupa, N.Buchhamma,

Hospital ayahs

B..Chandrakala,, B.Vijayalaxmi

Cooks-Home for the aged

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

Helper-Home for the aged

B. Narsimlu

Helper maintenance

K. Balamma , R.Gangamma

Gardeners

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

Dhobhi

J. Jyothi, J. Anasuya, K. Maroni

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, Dr. Abida Sultana, Scientist ( Retd) Jaishankar, Agriculture University, TS

### **Poultry**

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

### **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

The overall vision of the Dangoria Charitable Trust (DCT) since its inception in 1981, is to serve the poor and the needy and empower rural community particularly women and children through science and technology and social engineering. This is being achieved by rendering quality maternal and child care through a 20 bedded hospital for women and children; sheltering resource- poor elderly in a comfortable home for the aged; skill development and income generation through tailoring and embroidery classes and a food processing cum training centre run by Mahila Udyog, women's development society, and outreach programmes in the villages leading to development of models for health care, food and nutrition security, and sanitation, and water conservation. DCT centre is located in the village Narsapur, in Medak district of TS

## 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 2015, to March 2016, 991 deliveries, (including 252 caesarean sections), 55 tubectomies, 7 PNS, 1 abdominal hysterectomy, 2 Vaginal hysterectomies, 2 MTP, 1 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

All 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 2015 to March 2016, out of total 1838 antenatal cases registered 1007 cases were tested for HIV infection at DCT and 2 cases found to be HIV positive( 0.19 %).. This figure is comparable to last year's 0.17%.

## 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 couples reside in the home. During the year 7 members all old and ailing passed away. New members have taken their place.

## 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(finger millet) malt (Sprouted, roasted ragi –finger millet)	Sambhar powder
Ragi papad	Putnalpu pudi (Roasted Bengal gram dal with spices)

Instant multigrain dosa mix	Lime squash
Ragi laddu	Orange squash
Ragi biscuits, Jowar biscuits	Pineapple squash
Tomato pickle (Solar dried)	Mango squash
Tomato sauce	RTS( Ready To Serve) Mango drink
Tomato puree	Jowar (sorghum) flakes,
Popcorn	Maize chudva ( a savoury snack)

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 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 buys our nutrimix, multi grain dosa mix and ragi /jowar biscuits for marketing.

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

To address the issue of dietary micronutrient (MN) (vitamins and minerals) deficiencies, homestead gardens (near the house or in the family farm) are being promoted. Emphasis is on micronutrient-rich vegetables such as green leafy vegetables, beans, tomatoes, okra, drum stick etc and fruits like mangoes, papaya, guava, sapota and lime. Farmers with small and marginal land holdings hesitate to diversify from traditional crops like paddy and sugar cane, but fall in line when explained the nutritional benefits as well as water conservation with such crop diversification.

#### **Homestead gardens and organic methods of farming**

In a DST supported project, 10 villages from 3 mandals including 17 anganwadis ( ICDS centres) from Medak district of TS, were selected. Pregnant women and mothers with 6-24 months old children were targeted since the first 1000 days after conception is the most vulnerable period in a child's life. Seeds and saplings of MN dense vegetables and fruits were given to the families of pregnant women and mothers with 6-24 months old children. Backyard nurseries to raise saplings of drumstick, curry leaves, creeper spinach ( Basilla alba) and papaya were raised by some women to supply planting material. This became an income- generation activity for these women. In a few demonstration farms, orange-flesh sweet potato rich in provitamin A, (beta carotene) and iron- rich *bajra* (pearl millet) were grown. Organic methods of farming such as preparation and use of vermicompost and botanical pesticides ( neem seed and chilli garlic decoction) were introduced. 56 Vermicompost beds have been set up. Of these 39 beds were setup with slab method and remaining government- supported ones, used a HDPF (high density polyurethane foam) sheets as support to raise the vermi beds.

A total of 267 gardens have been raised and vegetables worth Rs 78,850 produced of which 78% were consumed at home. The rest was sold.



### **Production and sale of neem seed powder:**

In one village, a self-help group of women was given neem seed pulveriser so that the women can collect the seeds during May-June, dry them, pulverise them, pack the powder with proper labelling about its use as pesticide and fertiliser, and sell them to the community.

**KAP Survey:** An initial KAP survey of 150 mothers with 6-24 months old children (every alternate mother) was done to understand the knowledge, attitude and prevalent practices with regard to health and nutrition, particularly infant feeding practices. Knowledge of common diseases was also tested. Household diet survey (food frequency and quantity of different foods consumed) was also done. The KAP survey showed some existing positive trends, like at least 3 antenatal checkups for the women 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, and very low intake of protective foods existed. Knowledge of causes and management of infectious disease like diarrhoea, malaria, TB, Jaundice etc was also very poor. While hand washing was done during feeding, soap was almost never used.

**Household food consumption:** Household food consumption survey showed very low intake (average grams per head per day) of pulses ( $17g \pm 21.8$ ), vegetables ( $50.4 \pm 29.9$ ), GLV ( $27.5 \pm 16.1$ ), milk ( $71.6 \pm 52.2$ ).

**Education for behavioural change:** Educational interventions were done through focus group discussions, and centralised and de-centralised, hands-on training programmes. In the training programmes on infant and child nutrition, mothers come with their preschool children; assist in preparing nutritious foods like vegetable *khichdi*, GLV- fortified *roti*, porridge from millets etc and do spot feeding.

### **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 Kowdipalli 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. Governments 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. The system is working well. In response to demand for this technological intervention from other tribal settlements, (tandas), similar units have been set up in 4 more tribal settlements in villages Thimmapur, Allipur and Chhipal Truti., with financial support from a private company, Biochemicals and Synthetic Products Ltd under corporate social responsibility...

## **HEALTH AND NUTRITION AWARENESS PROGRAMME FOR OTHER INSTITUTIONS**

Dr. Bamji spoke to the participants of the National Institute of Nutrition's MSC and certificate courses on "Understanding Malnutrition and Combating it with Community Participation", and students of Aurora degree college on "Health and Nutrition are Important for Sustainable Development". These lectures were followed by field visits of participants/students of these institutions to Narsapur. Students of Sri Konda Laxman, Telangana State horticulture university Rajendranagar also visited the DCT campus and discussed the work done in the area of Nutritional agriculture.

## **TRAINING PROGRAMMES FOR SOCIETY FOR ELIMINATION OF RURAL POVERTY (SERP) TS**

DCT staff ran two training programmes for SERP. 1) For "balbadi" teachers of Chenchu tribal schools, in village Mannanur, Mehboob Nagar Dist., on preparation and feeding of nutritious complementary food suitable for preschool children on October 14, 2015. 2.) For shop keepers from Yellareddyguda, Karim Nagar district on preparation and marketing of nutritious complementary foods on December 1, 2015.

## **PILUTLA STREE MANDAL- WICKS MAKING**

This is an ongoing programme. Wicks made by women are sold in Hyderabad

## **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**

Put up a stall during meetings of the 47<sup>th</sup> Annual National Conference of Nutrition Society of India(NSI) at the National Institute of Nutrition(NIN), Indian Council of Medical Research, Hyderabad, TS.

## PARTICIPATION IN MEETINGS AND CONFERENCES

**Mahtab S. Bamji**

<b>Date</b>	<b>Meeting</b>
4.4.2015	Aurora College GB meeting
4.4..2015	IRHS General body meeting
17.4.2015	NIN Grow smart symposium
21.4.2015	LV Prasad, IC-SCRT meeting
4-5.5.2015	GAIN, Jaipur symposium,,: Food Fortification in Rajasthan: Enriching Foods, Enriching Lives.
23.5.2015	NAAS brain storming: "Role of Social Scientists in NARS" New Delhi
3-5.6.2015	NAAS Panel discussion and AGB, New Delhi
20.6.2015	TS Acad.Sci, GB meeting
1.8.2015	Aurora college GB meeting
28.8.2015	13 <sup>th</sup> KT Achaya memorial lecture
17.9.2015	NAAS, Sectional committee meeting
8.10.2015	INSA-IICT symposium. The Indian Heritage: genomic view
9-10.10.2015	NSI Annual meeting, NIN
15.10.2015	SERP, visit to Mehboob Nagar
31.10.2015	Aurora college GB meeting
3-5.11.2015	NIN,IFDC confce, "Food composition and public health nutrition".
12.11.2015	Open house, free speech & scientific temper, Council for Social development, Rajendranagar
14.11.2015	JVV, Chekumuki, Silver Jubilee, Symposium, Science popularisaion
1.12.2015	SERP, Visit to Karim Nagar, Yellareddypeta
2.1.2016	NIN-ICMR-Tata meeting- future of NNMB
8.1.2016	NIN-NNMB preliminary discussion meeting
20.1.2016	NIN-NNMB workshop
28.1.2016	NIN-NNMB meeting
11.2.2016	CDFD, Ethics committee meeting
17.2.2016	Sri Aurobindo Inst. Board of directors meeting
18.2.2016	Lecture NIN training programme

22.2.2016	PM BHargava foundation lecture
10.3.2016	Nizam college, women's day lecture
19.3.2016	IRHS GB meeting
27.3.2016	Reddy foundation meeting

### PVVS Murty

9-10/October,2015	Two Posters presented one on "Environmentally sustainable farm and food based approach to enhance household micronutrient security" and the other on "Augmenting water supply in water stressed settlements through technological interventions to prevent wastage of bodrewell water and Information Education and Communication(IEC) on link between water, health and sanitation" both the projects being supported by the Department of Science and Technology, GOI at the 47 <sup>th</sup> Annual National Conference of Nutrition Society of India at National Institute of Nutrition, Hyderabad, TS.
14-15/December, 2015	Gender Food Security Workshop organised by International Food Policy Research Institute (IFPRI), at EDI, Ahmadabad, Gujarat.
8-9/February, 2016	Review meeting on ongoing /completed projects under Water Technology Initiative organised by the Department of Science and Technology(DST), WTI in JNU campus, New Delhi.

### AWARDS AND FELICITATIONS

Dr. Bamji delivered the 13<sup>th</sup> Dr. KT Achaya Memorial lecture under CSIR and Oil technologists association on August 28, 2016, at IICT, Hyderabad, during the annual meeting of the Oil Technologists Association

### PUBLICATIONS

Murty PVVS, Vishnuvaradhan Rao, Bamji MS. Impact of enriching the diet of women and children through health and nutrition education, introduction of homestead gardens and backyard poultry in rural India. Agric. Res. DOI 10.1007/s40003-16-0206-x, 2016 (on line first). Agric.Res.,5(2),210-217 (2016).

### VISITORS

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

1. April 2,2015 T.Prajwala, Lecturer, Govt. Degree College, Narsapur,.
2. April 8,2015 Ch. Veera Reddy, Farmer
3. June 4,2015, Sri. Dattatreya, AD, Ms. K.Manoja, AEO, Agriculture Dept, Narsapur
4. June11, 2015, Dr. Syed, Associate Professor, S.Hussain, Assistant Professor, Dr. B.V.Raju Institute of Technology, Narsapur.
5. July 1, 2015 Sri. Rami Reddy, Advocate, Sangareddy.
6. July 11, 2015, Participants from Administrative Staff College of India, Hyderabad.

7. September 25, 2015, Dr.Bharathi Kulkarni, Scientist, National Institute of Nutrition., Hyderabad.
8. November 16, 2015, Students from Sri. Konda Laxman Telangana State Horticultural University, Rajendranagar, Hyderabad,
9. November 21, 2015, Dr.Abida Sultana, Sr. Scientist (Retd), ANGRAU, Hyderabad
10. December 23, 2015, Dr. Neelima Alam, Scientist 'E' Department of Science and Technology(DST), GOI, New Delhi along with her husband Dr. , Professor, Dept. of JNU, New Delhi.
11. December 31, 2015, Sri. M. Anji Reddy, Proprietor, Jyothy Printing Press, Narsapur.
12. January 11, 2016, Sri. Raju and Sri Sridhar, AEOs, Agrl Dept, Narsapur.
13. January 22, 2016, Sri. R.D.Sethna, Teacher and Educationist
14. February 5, 2016, Dr. Anita Rego, Director, Pearlss 4 Development, Hyderabad and Sharuh Teha DRF
15. February 10, 2016 Dr. Laxmi Bhavani, Nutrition Specialist, UNICEF, Hyderabad
16. February 22, 2016 A team of Lecturers, Govt. Degree College of Atrs , Commerce& Science, Narsapur
17. March 8, 2016 Dr. K. Damayanthi, Scientist ' D' , National Institute of Nutrition, Hyderabad along with M.Sc., participants .
18. March 8, 2016 P.Madhumathi, Ph.D., Scholar, Sri Padmavathi Mahila University, Tiirupathi and Nutritionist at R.K. Math, Hyderabad.
19. March 9, 2016, S.Sailaja, ADA, Farmers Training Centre, Sangareddy.

