

INSEED Newsletter

Period: April 2009 - March 2012

(Published on 31 March 2012)

Members

1. Hitesh Karia, President, Founder and Executive member (2007-)
2. Sangita Kulathinal, Secretary, Founder and Executive member (2007-)
3. Bijoy Joseph, Treasurer, Founder and Executive member (2007-)
4. Sangeeta Shirname, Founder and Executive member (2007-)
5. Sushama Khopkar, Founder and Executive member (2007-)
6. Biju Joseph, Founder and Executive member (2007-)
7. Raman Kataria, Founder and Executive member (2007-)
8. Tuula Virman-Ojanen (2008-)
9. Tulsi Patel (2008-)
10. Indumati Badiani (2008-)
11. Sachin Sachin Mandhare (2009-)
12. Chandrika Ratilal Karia (2009-)
13. Swati Jhunjhunwala (2009-)
14. Shaheen Desai (2010-)
15. Devyani Irani (2010-)
16. Marja Mutanen (2011-)
17. Katja Korhonen (2011-)

Staff

1. Rajashree Gonte, MA (English), Instructor, Mukhtangan, Nashik (2007-2010)
2. Madhukar Thongire, Master in Social Work (MSW), BA (Hindi), Project coordinator, Social activities of INSEED, Nashik (01.12.2008-11.12.2008)
3. Poornima Balkrishna Ghadwaje, Master in Environmental Sciences, BSc (Chemistry), Research Assistant, Social activities of INSEED, Nashik (01.11.2009-30.04.2010)
4. Vrushali Pradip Sabare, Instructor, INSEED Activity Centre, Nashik (15.01.2011-30.07.2011)
5. Nalini Manikrao Chavan, Instructor, INSEED Activity Centre, Nashik (01.08.2011-30.09.2011)
6. S. R. Dongre, Jyoti Tushar Patkari, Ashwini Garge, Sanyogita Kulkarni: instructors for drawing and craft, music, cultural development (15.01.2011-30.08.2011)

Activities undertaken

Education (URL: <http://www.inseed.org/projects/education.html>)

- March 2008 - October 2010: Mukhtangan - Adult literacy centre, toy and book

library and activity centre for children at Gangapur, Nashik

- May 2009 - July 2009: Educational support and assistance to Jai Anand Nirashrit Balakashram (orphanage), Makhmalabad, Nashik (<http://www.inseed.org/projects/empowerment.html>)
- January 2011 - September 2011: INSEED activity centre for children at Kamatwada, Nashik
 - Literacy centre
 - Toy and book library
 - Summer and holiday activities for children and community: summer camp was organised during April-May, 2011 for children and about 20 children participated.
 - Guidance to children/students regarding their studies
 - Drawing and craft activities and development/cultural programs during weekends
 - Computer training using a structured course for six weeks and computer games (2 hours per week)
- April 2011 - : Educational Support Intervention Program: Mathrubhumi Marathi medium school, Jhaunpada (a suburban slum), Mumbai
 - Teaching: mathematics and English to help students to master the basic competency required to their age. Volunteers visit the school before or after the school timeing to give supplementary lessons
 - Library: collect books for the library and also develop the interest in reading
 - Skill development: organise sessions at school on special skills such as embroidery
 - Physical well-being: organise yoga sessions for students' well-being

Environment (URL: <http://www.inseed.org/projects/environment.html>)

- September 2009 - August 2010: Plastic-free environment project
 - Awareness programs conducted for communities, schools, housing societies, including independence day (August 15) rally involving college and school students
 - Shopkeepers and the Mumbai Municipal Corporation were involved to reach wider group of people
 - Meetings with other organisations, such as the Rotary club, Laughter club, various women's clubs, were held and they were invited to participate in the project
 - Summer camps for children
 - Communicating to the public through newspapers, housing society internal circulars etc.
- September 2010 onwards: Plastic-free environment project
 - The earlier program was continued and some new methods such as street plays, addressing a wider section of housing societies on Republic day (January 26) and Independence day were implemented
 - Collaboration with NITIE students was established to replicate the project and also work on developing alternative material for bags
 - Collaborations with other groups in Mumbai were started to replicate the project in other parts of the city

Empowerment (URL: <http://www.inseed.org/projects/empowerment.html>)

- October 2011 onwards: Threads of Happiness, Kandivali, Mumbai
 - Teaching underprivileged women and children the art of hand embroidery and stitching

Health

- January 2012 onwards: Menstrual hygiene and sanitary protection survey and distribution of reusable pads to rural girls and women in collaboration with Jan Swasthya Sahayog, Bilaspur.
- January 2012 onwards: Menstrual hygiene and sanitary protection - a three-phase study planned in collaboration with Vachan, Nashik and will be conducted during 2012. INSEED has reserved Rs. 50000 towards this project.

Workshops (URL: <http://www.inseed.org/workshops/>)

- 16-24 November 2009, YCMOU, Nashik: Statistical methods and sample size considerations in epidemiology and longitudinal data analysis
- 10-14 November 2010, Charutar Arogya Mandal, Anand: Statistical methods in Epidemiology (using R)
- 22-26 November 2010, Christian Medical College, Vellore: Bayesian computation using OpenBUGS (and R)

Budget

INSEED operates on funds generated by membership fees and donations.

Financial year	Income (Rs.)	Expenses (Rs.)
2009-10	218096.00	136458.35
2010-11	337693.00	241568.50
2011-12	363349.07	201999.20

Visitors

- 2009:
 1. Kari Auranen, Senior Scientist, National Public Health Institute (KTL), Helsinki, Finland
 2. Jukka Jokinen, Head of the Vaccines Research Unit, National Institute for Health and Welfare (THL), Finland
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 1. Kari Auranen, Senior Scientist, National Public Health Institute (KTL), Helsinki, Finland
 2. Jukka Jokinen, Head of the Vaccines Research Unit, National Institute for Health and Welfare (THL), Finland
 3. Olli Saarela, Researcher, International CVD Epidemiology Unit, National Public Health Institute (KTL), Finland
 4. Andrew Thomas, Research Fellow, the CREEM School of Mathematics

Special acknowledgements

- Volunteers of the Plastic-free environment project at Mumbai
- Volunteers of the Mathrubhumi school project at Mumbai
- Tuula Virman-Ojanen and other members of Vaaka, a voluntary organisation in Finland for sending samples of reusable sanitary pads

Publications and news

1. Plastic-free Thakur Village, Mumbai, an article in the Vicinity magazine, February 2011, URL: <http://www.inseed.org/publ/news.html>
2. *School Chale Hum*, Cityplus article on 2012.04.06 (Educational Support Intervention Program, Mathrubhumi Marathi medium school, Kandivali, Mumbai), URL: http://cityplus.jagran.com/city-news/school-chale-hum_1333711835.html

Funding applications and status

- September 2009: USD 2700 was granted by Asha for Education, (<http://www.ashanet.org>). This grant was given in two parts: Rs. 78073 in July 2010 and Rs. 43,918.92 in August 2011.

Future plans

- Start INSEED activity centre in Nashik, especially in the area where there are children of labourers.
- Continue Educational Support Intervention Program: Mathrubhumi Marathi medium school, Kandivali, Mumbai.
- Continue Plastic free environment project and possibly expand to other places.
- Mobile centre for English and computer learning.
- Conduct a three phase study in 2012 on menstrual hygiene and sanitary protection.
- Plan a pilot day-care-centre for children under three years of age in a village around Nashik in collaboration with Vachan.