

August 10, 1970



Some of the women living in slums are being taught to make nutritious food, like groundnut milk at the Stella Maris Social Welfare Centre. In the background is the organiser of the Centre, Mrs. Viji Srinivasan.

Leadership Training for Slum Women

MADRAS, Aug. 8.

Women, who never had a chance to learn the fundamental facts about nutrition, health, hygiene and child care, were given leadership training at the Stella Maris Social Welfare Centre this week.

About 30 women from six slums in Madras, who attended the course, will go back to their homes and educate their friends and neighbours about aids to good housekeeping which they have learnt.

They were taught how to prepare nutritious dishes from the easily available and inexpensive foodstuff. By adding groundnut flour, the *chappati* can be made protein-rich. Milk prepared from groundnut flour costs far less than

pure milk. Leaves of the drumstick tree, which grows in every slum, contain iron. Its juice, given regularly will help anaemic children to become healthy. These were some of the things they learnt.

FILM SHOWS

Film shows and easy-to-remember visual aids like the National Flag were used to give them instructions by Mrs. Viji Srinivasan, Community Organiser, who recently attended a course in community development at the Institute of Education, University of London. They were told that the red colour in the National Flag denoted the need to include carrot in the diet, white represented cereals and green pulses.

Mrs. Srinivasan said the women, who had no formal education show-

ed great eagerness to know facts. The importance of inoculation and vaccination were explained to them.

REFRESHER COURSE

"These women will come to the Welfare Centre again in September for a refresher course. We will then judge how far they have succeeded in helping others," said Mrs. Srinivasan who is happy at the good response she has received.

"Similar classes for industrial workers and their wives, who are much better off than these women, will benefit them a lot. They will learn how to prepare a balanced diet at no extra cost and how to bring up their children. We hope managements of industrial undertakings will come forward to arrange classes for their employees" she added.