

Development Association for Integrated Activity (DAIA)  
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**Founder: Mr. Gell Joseph 1945 - 2015**

DAIA Newsletter February 2016

Dear Friends and well wishers of DAIA,

Greetings from DAIA! We thank and praise God for His abundant grace and guidance that helped us to carry out this work. God has continued to use DAIA for helping patients and their families who were affected by HIV/AIDS. This month we have a special write up on spirulina.

### Visitors from outside



Mr. Albert and Mrs. Merline Albert visited the Herbal Garden



Pr. Johny and family - Rajesthan



Mrs. Dorothy, Social worker, Kirubainagar, Tuticorin.

### Regular ongoing activities carried out during January 2016

During January 2016, 9 PLHAs were counselled. A Medical camp was conducted on 9<sup>th</sup> January 2016 and 24 patients were treated.

Life Skill Programmes were organized in the following places. The students found the programme very interesting.

Date	Place	Topic	No. Of Students
12.01.2016	Child labour school	Transparency	11
20.01.2016	Tuition Centre	Transparency	12
24.01.2016	Anna Nagar Church	Transparency	24
28.01.2016	Caldwell College	Self Esteem	67

The TVET Programme has been a very valuable vocational training programme. Livelihood training programme through TVET has helped so many PLHAs stand on their own feet.

## **TVET programme- Success story** (Technical , Vocational, Education and Training)

Name of the beneficiary : Mr. C. Rahul      Ag:19      Sex : M  
HIV / AIDS status : Positive  
Educational qualification : ITI  
Marital status : Un married  
Address : Sudalai Madan Kovil Street,  
Kayathar.

Mr. C. Rahul is the only son of Mr. Chinnadurai and Mrs. Kalammal. Mrs. Kalammal passed away in 2002 due to HIV/AIDS. Rahul was then left under the care of his uncle. He studied up to 10<sup>th</sup> std. Then he joined in the TVET Bethel programme at the Industrial Training Institute at Kovilpatti. Now he is undergoing training in a workshop and getting Rs.2000/- as his salary. He is thankful to the Bethel TVET programme.



## **Herbal Medicines**

### **Spirulina: Health Benefit**

[Dr Sheldon Deal's Basic Applied Kinesiology Workshop](#)



**Spirulina** is a blue green algae and is one of nature's richest source of vitamins, iron, protein, carbohydrates, micronutrients and beta carotene. Because of the nutrients it contains, the consequent benefits of spirulina to our body are not surprising. However, spirulina does not only promote overall health and nutrition, the health benefits of spirulina extend to many other areas.

Spirulina is largely used as an

- Antioxidant,
- Anti-viral agent,
- Weight loss aid - as the most vitamin rich appetite suppressant
- Lipid and cholesterol lowering. Spirulina is said to contain gamma-linoleic acid (GLA), which is found uniquely in mother's milk. This essential fatty acid is vital to promoting heart health in general.
- Spirulina has the ability to reduce the fasting blood sugar levels in the body after 6 to 8 weeks of intake in type 2 diabetes mellitus
- Spirulina can help in diabetes control. Diabetics may be able to defer eating timings and sustain over long periods without any discomfort
- Spirulina is actually one of the non-meat products which contain the highest protein content.
- Spirulina has all the essential nutrients and amino acids, without the unnecessary carbohydrates or fats.
- Spirulina has long been established to have cancer fighting ingredients.
- Spirulina helps boost the immune system against infections.
- Spirulina has been seen to reverse the signs of aging.
- **Spirulina** provides a **glowing skin**
- Spirulina improves hemoglobin level in blood
- Spirulina **fight fatigue** and stress
- Spirulina keeps you active and energetic
- **Spirulina** helps in lowering blood pressure and correcting **water imbalance**
- Spirulina helps to relieve CFS (Chronic Fatigue Syndrome)
- Spirulina can help bring body fat back to a healthy level.
- If you are tired or mentally drained, taking spirulina can make a big difference, quickly. Unlike caffeine, it is helping your body by providing nutrients etc., not just acting like a drug to drain your adrenals.
- Spirulina is special because of SYNERGY. Synergy is where 1 + 1 = 3 or 4 or even 5 or more.

Please do not forget our needs for the medical camps. Your personal help or introducing to someone will help us to carry on DAIA's work. We seek your prayerful and continued support.

Bank Name	A/c name	A/c No. S/B	IFSC code
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