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**Founder: Mr. Gell Joseph1945 - 2015**

### DAIA Newsletter June 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 are affected by HIV/AIDS. We share with you what we did in May 2016.

#### Visitors



Mr. Manoj – Staff from City Union Bank visited the Herbal garden, waste water, solid waste management and vermin casting project

#### Mother's Day Celebration



On 10<sup>th</sup> May 2016, at 11 a.m, we had Mother's Day Celebrations at Tamira Muthukkal Institute, Polpettai. It was organized by Sterlite and 75 women participated. Mr. Jesudoss (Bell NGO) welcomed the participants and the programme was conducted by Miss. Priya of Sterlite Corporate Social Responsibility. Dr. Anita (Sterlite Medical Unit) delivered a talk on child health care. Mrs. Jaya Gell (DAIA) gave a speech on celebration and honouring the mothers in the family. She also talked about the importance of herbal plants for healthy life and invited the audience to visit the herbal garden in the DAIA. Mrs. Prema (DAIA staff) shared her views on the status of women in the community. One of the participant delightfully shared that her son presented a ring to her on this mother's day. The programme concluded after tea.



31<sup>st</sup> May 2016 evening, gifts were distributed to Maravan Madam Tuition centre children to encourage them. The kids were very happy.

A review meeting for the Tuition Centre teachers was held on 31.05.2016. Mr. Francis gave a talk on integrity. Because of summer vacation they did not have many activities during the month of May.

### **Regular ongoing activities carried out during May 2016**

During May 2016, 30 PLHAs were counselled. A Medical camp was conducted on 14<sup>th</sup> May 2016 and 44 patients were treated.

## **Rosella (Tamil-Pulicha keerai, Telugu- Gongura)**



Rosella is a plant of a type of hibiscus family. It is an attractive annual shrub growing to 1.5 m high with large, lobed leaves and attractive yellow hibiscus (shoe flower) like flowers. They are easy to grow with few pest problems, hardy and productive. The fruit is ready to pick about 3 weeks after flowering. The following are the health benefits believed to be available from the use of rosella

### **Health benefits**

- Boosts Immunity
- Lowers blood pressure
- Normalizes the sugar blood
- Regulates uric acid
- Lowers cholesterol
- Heals coughs
- Smoothens the skin and reduces wrinkles.
- Reduces overweight
- Protects from infections
- Provides Omega 3
- Regulates metabolism.
- Prevents Osteoporosis
- Prevents cancer
- Treats mouth sores

### **Preparing Rosella tea**

Take three to four rosella flower buds and obtain Rosella flower sheath, clean and wash them

Rosella is made from the calyces—the red casings or pods that enclose the seeds.

### **Ingredients**

- 2 cups of dried roselle calyces, washed and with seeds removed
- 2 liters of water
- Juice from one-half of a lemon or lime
- 3/4 cup of sugar or honey to taste

### **Directions:**

1. Combine the calyces and water in a large pot and bring to a full boil. Remove from stove and keep it covered for 30 minutes. The color should be a deep red-purple.
2. Strain off the liquid through a sieve and throw away the rosella calyces.
3. Stir in lemon juice and sugar.
4. Serve hot or cold.

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