



Developing Indigenous Resources India

AUGUST 2024



DEVELOPING INDIGENOUS RESOURCES INDIA

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<u>S.NO.</u>	<u>TITLE</u>
1.	CEO REPORT
2.	MEDICAL TRAINING
3.	NUTRITION TRAINING
4.	NUTRITIONAL DEMONSTRATION
5.	NUTRITION IMPROVEMENT PRIORITY PROGRAM
6.	STATISTICS OF CHILDREN UNDER THE NIPP PROGRAM
7.	DEATH DETAILS
8.	STATISTICS OF MEDICAL PROJECT
9.	STATISTICS OF THE RED ZONE CHILDREN
10	STATISTICS OF PREGNANT MOTHERS AND NEWBORN
11.	HOMOEOPATHIC CAMPS
12.	INCOME GENERATION PROGRAM
13.	EDUCATIONAL PROGRAMS
14.	DIR-INDIA AUGUST HIGHLIGHTS
15.	AGENDA POINTS
16	OUR TEAM AND CONTACT INFORMATION

CEO'S REPORT

The monsoons extended into August, and with heavy rains, the fieldwork was messy. During this period, threats of Malaria, Dengue, Diarrhea, Dehydration, Typhoid, and skin diseases like scabies, Boils, and eczema are common.



Our school children participated in a drawing competition hosted by Prof. Renu Thakur along with two Post Graduate students from Punjab University. Children received prizes in a different category. Professor Renu, a faculty from Punjab University donates groceries every month for our NIPP Program (Nutrition Improvement Priority Program). It is a Project in which we feed malnourished children and Pregnant Mothers belonging to the economically weaker section.

Mr Harshvardhan Jain has been closely associated with DIR since 2018. He generously contributes to the organization every year depending on the requirements of DIR.



In addition, Harsh and Meenakshi celebrate their Children's birthdays by feeding lavish food to all Basti children, Maids, and DIR staff.

DIR India is fortunate to be associated with good families who contribute in kind to fulfill the needs of the Organization.



MEDICAL TRAINING



In August, the monsoon weather is stretched by frequent showers and high humidity.

Our focus in the medical field was on

- waterborne diseases such as diarrhoea, dysentery, cholera, giardiasis, Hepatitis A, and typhoid.
- digestive disorders including Peptic ulcers, Celiac disease, Lactose intolerance and haemorrhoids.
- impact of overuse of NSAIDs (Non-steroidal anti-inflammatory Drugs) on the digestive tract.
- Role of smooth and skeletal muscles in the body.
- Malaria and Dengue

The attention was given to the diseases as mentioned above and digestive disorders. A case of hemorrhoids was identified in a young boy under five in Dhanas, emphasizing the need for awareness about dietary guidelines and health management. It is important to note that overuse of NSAIDs can contribute to the development of peptic ulcers, making it essential to educate residents in Janta Colony and Dhanas about these health issues.

NUTRITION TRAINING



In August, we enjoy abundant fresh fruits and vegetables, which are rich in antioxidants, vitamins, and minerals that contribute to overall health. In our nutrition training session, we covered the following topics:

- The importance of vitamins in our daily lives.
- The significance of different signs and labels printed on packed and tinned food.
- Manufacturing date and Expiry date.
- Vegetarian-packed food has green dots. Non-vegetarian packages have red dots.

In addition, committee meetings are held by each Health Promoter 4 times a month, both in Dhanas and Janta Colony. The topics covered are diseases that are mentioned in the medical program. The prevalence of typhoid, dengue, Malaria, Chikungunya, Pneumonia, Diarrhea and dysentery are common during this season.

Dietary recommendations to manage these conditions are:

- Take soft food because there is a loss of appetite during these conditions, food should be nutritionally balanced and easily digestible like *khichari*, *Dalia*, porridge, *dhal*, rice etc.
- Fruits and fruits juices, clear soups should also be included in the diet.
- The inclusion of ORS (Oral Rehydration Solution) and drinking water is also recommended to prevent dehydration.

ACADEMIC PROGRESS REPORT OF FIELD STAFF

MEDICAL TOPPERS



DIMPLE BARUA
HEALTH PROMOTER



BANITA
FIELD SUPERVISOR

NUTRITION TOPPERS



VEENA RANI
FIELD COORDINATOR



SUSHMA BISHT
FIELD COORDINATOR



LATA GOSAIN
SENIOR HEALTH PROMOTER

❖ **PRACTICAL IMPLEMENTATION THROUGH COMMITTEE MEETINGS:**



NUTRITIONAL DEMONSTRATION

Name of the Recipe: Nutritious paratha

Paratha is a nutritious option when stuffed with vegetables, lentils and paneer (cottage cheese). It serves as a healthy, easily prepared breakfast and nutritious tiffin for school-going children. In a nutritional demonstration, a wholesome dough for paratha was made using wheat flour, chickpea flour and semolina. The filling for the paratha was prepared with corn, capsicum, carrot, onion, bottle gourd, coriander leaves, and spices.

Nutritional value per serving - 100g

Energy - 60 Kcal

Protein - 4.85 g



❖ ATTENDANCE REPORT OF CHILDREN UNDER THE NIPP PROGRAM ADOPTED BY DONORS

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
12	8	3	1

- The progress report of the sponsored children is sent to each donor every month on the health status of the adopted child.
- **A total of 13 children of the project Alambana (children of rag pickers) are sponsored. These children are also part of the NIPP program.**

DETAILED PROGRESS REPORT OF NIPP:

- Total attendance for AUGUST was 29 including Alambana children, Pregnant and lactating mothers.
- In this, 12 were children below 5 years of age, 2 were needy malnourished Lactating mothers, 2 were underprivileged and malnourished women of Janta Colony and 13 were children under the Alambana Project.

PROGRESS REPORT UNDER NIPP PROGRAM:

- 4 children gained weight.
- 5 children showed no change in weight and 3 children lost weight due to seasonal illnesses like cough and cold.

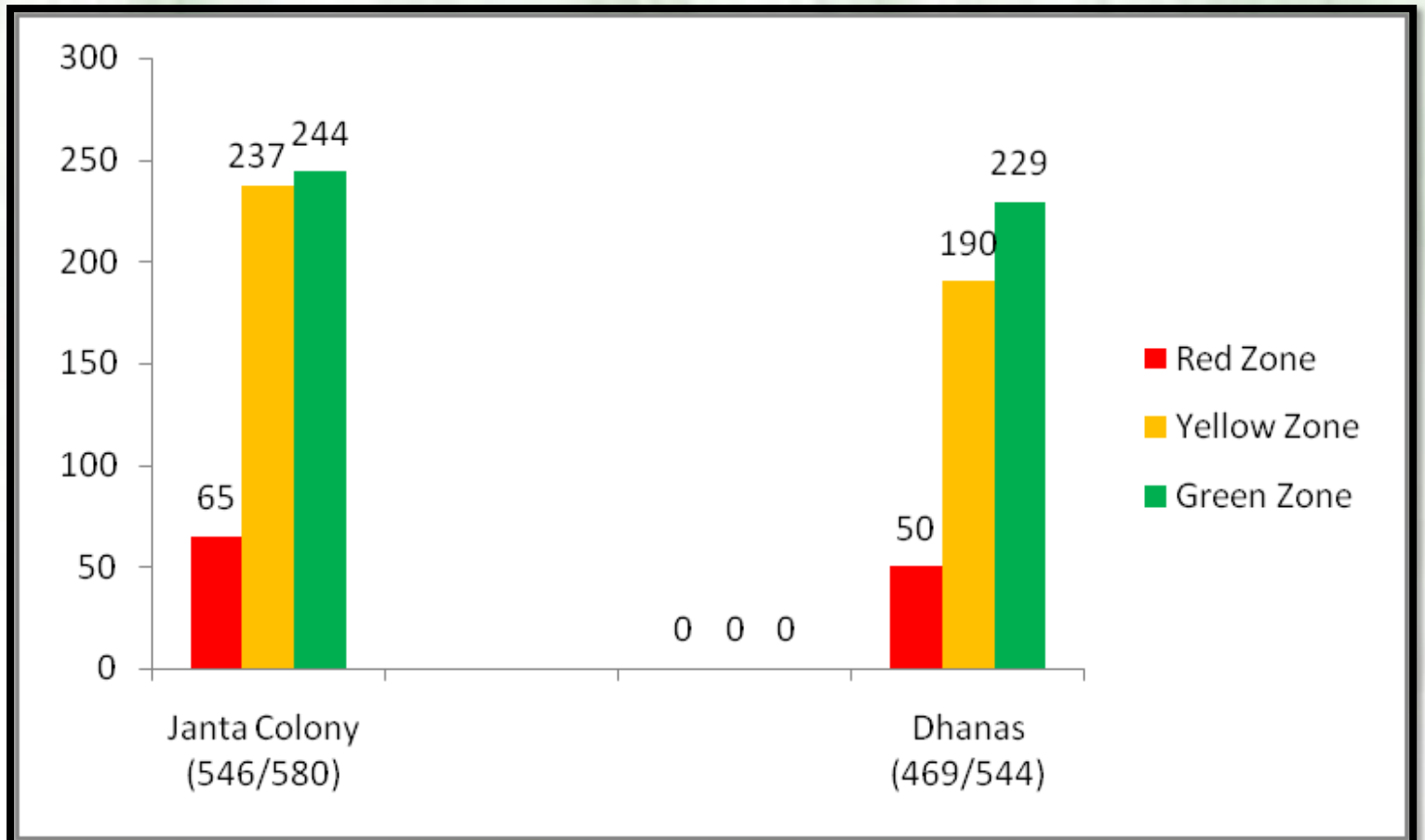


STATISTICS OF MEDICAL PROJECT

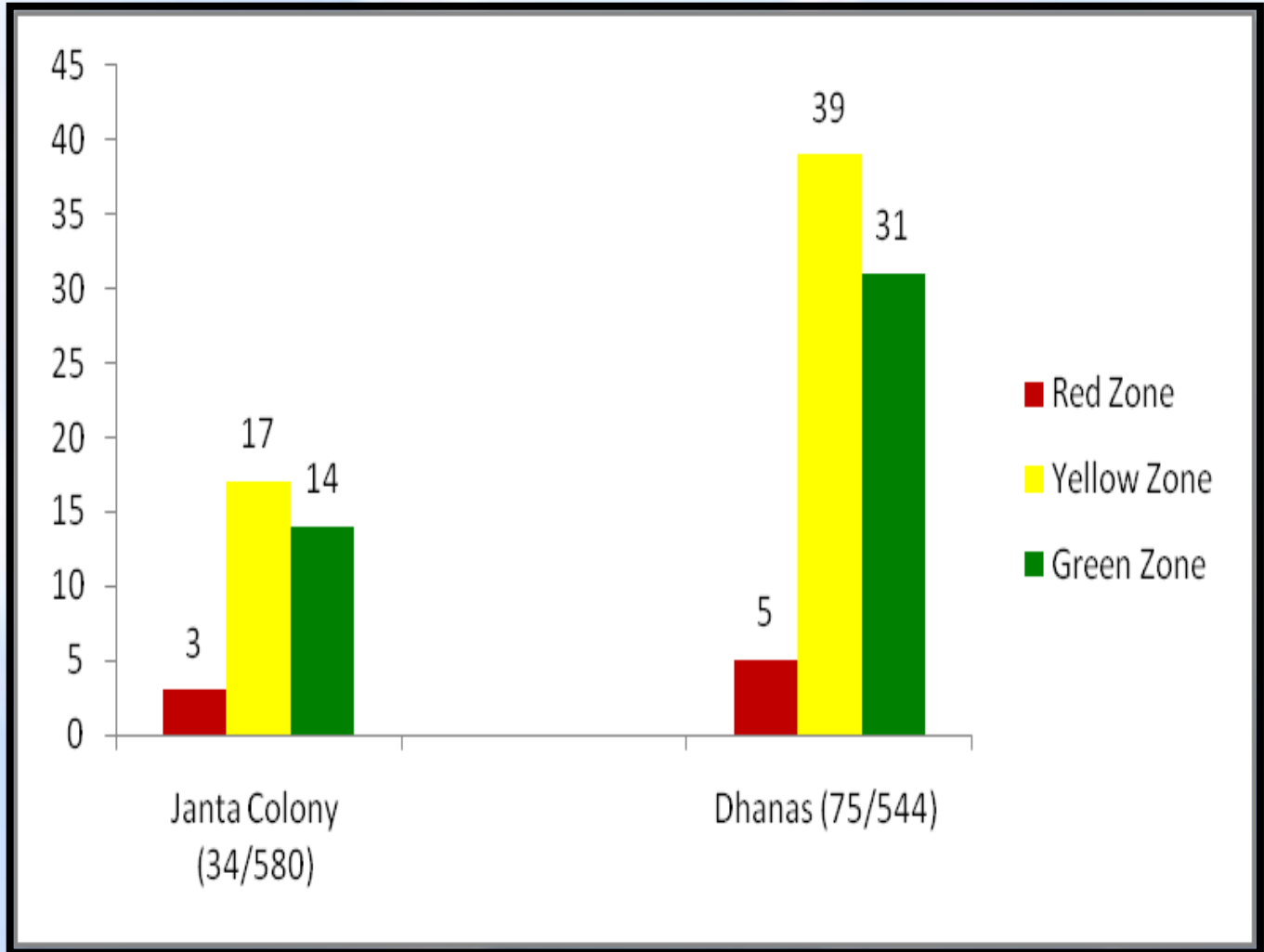
	<u>JANTA COLONY</u> <u>SLUM</u>	<u>DHANAS VILLAGE</u>
Total Population	9467	9690
Total Males	4861	5269
Total Females	4606	4421
Total no. of children	580	544
<u>Total Red zone children</u>	68	55
Red zone children Weighed	65	50
Children not weighed (gone to the village)	3	5
<u>Total Yellow zone children</u>	254	229
Yellow zone children weighed	237	190
Children not weighed (gone to the village)	17	39
<u>Total Green Zone children</u>	258	260
Green zone children Weighed	244	229
Children not weighed (gone to the village)	14	31

	JANTA COLONY SLUM	DHANAS VILLAGE
Total No. of children last month	588	540
Children permanently left	62	22
Total Deliveries	0	3
Children reached 5 years of age	11	6
New families moved into the area on rent with children under five	65	29

The total number of children weighed in Janta Colony and Dhanas in the category of Red, Yellow and Green Zone



Total number of children not weighed in Janta Colony and Dhanas in different categories



STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	8	1.4	7	1.3
13-24	8	1.4	10	1.8
25-35	16	2.7	11	2.0
36-48	15	2.6	12	2.2
49-60	18	3.1	10	1.8
Total Red Zone children	68	11.7	55	10
Red zone children (weighed)	65	11.2	50	9.1
Children not weighed (gone to the village)	3	0.5	5	0.9

DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P's Name	Total Children	Red Zone	Weighed	Gone To Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Month
Banita	53	7	7	0	3	0	2	1	0	2	1
Dimple	53	8	7	1	2	2	3	1	0	2	0
Lata Gosain	53	5	5	0	1	1	1	0	0	3	0
Meenakshi	54	6	6	0	4	0	0	0	1	2	1
Kajal	56	9	8	1	5	2	1	0	0	6	0
Pooja	48	7	7	0	3	0	2	0	0	3	0
Lata Chandel	43	5	5	0	2	0	3	1	0	0	1
Sushma	41	3	3	0	1	1	1	0	0	2	0
Sunita	47	2	2	0	1	0	0	0	1	0	0
Veena	45	3	3	0	1	1	1	0	0	2	0
Sanjana	46	7	6	1	1	1	1	0	0	3	1
Meena	41	6	6	0	6	0	0	0	1	2	0
TOTAL	580	68	65	3	30	8	15	3	3	27	4

DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS

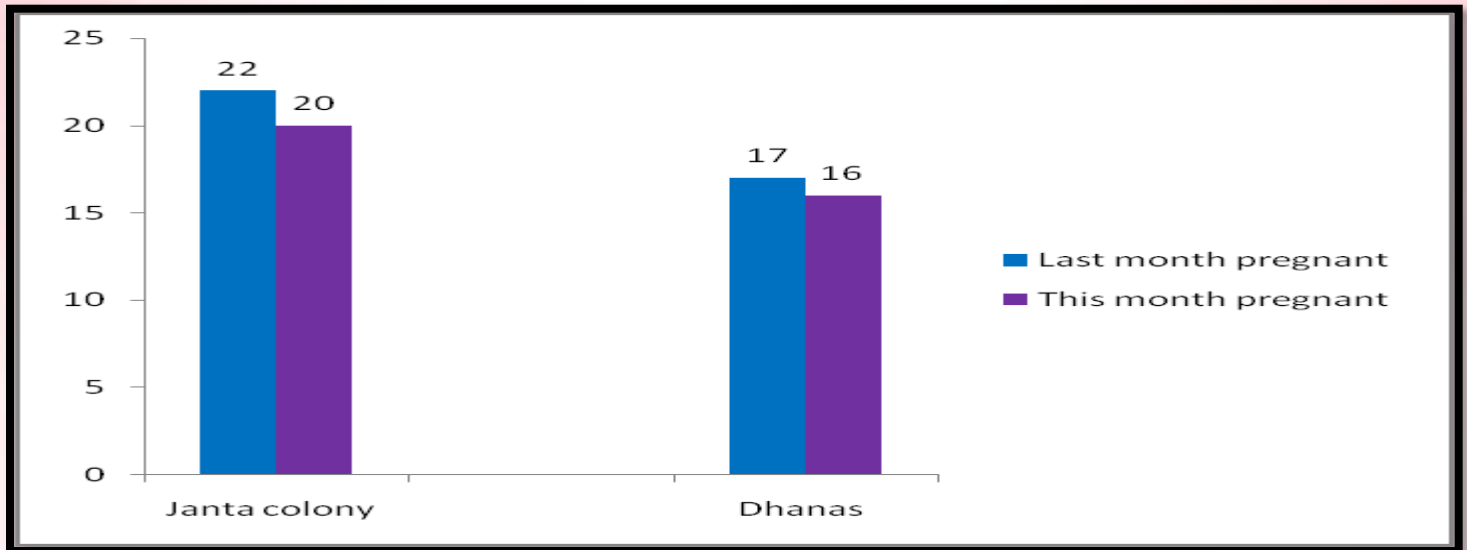
H.P's Name	Total Children	Red Zone	Weighed	Gone To Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Month
Banita	46	5	4	1	0	1	3	0	0	0	0
Dimple	46	3	2	1	0	0	0	0	0	0	1
Lata Gosain	46	6	6	1	0	6	0	0	0	1	1
Meenakshi	39	3	3	0	1	0	2	0	0	0	0
Kajal	43	6	6	0	4	2	0	0	0	0	0
Pooja	41	3	3	0	0	0	3	0	0	0	0
Lata Chandel	53	4	4	0	2	1	0	0	0	0	0
Sushma	50	3	3	0	0	0	2	1	0	0	0
Sunita	48	4	4	0	1	1	2	0	0	0	0
Veena	50	5	5	0	4	0	1	0	0	0	0
Sanjana	47	8	7	1	2	3	2	0	0	0	1
Meena	35	5	3	1	0	0	3	0	0	0	0
TOTAL	544	55	50	5	14	14	18	1	0	1	3



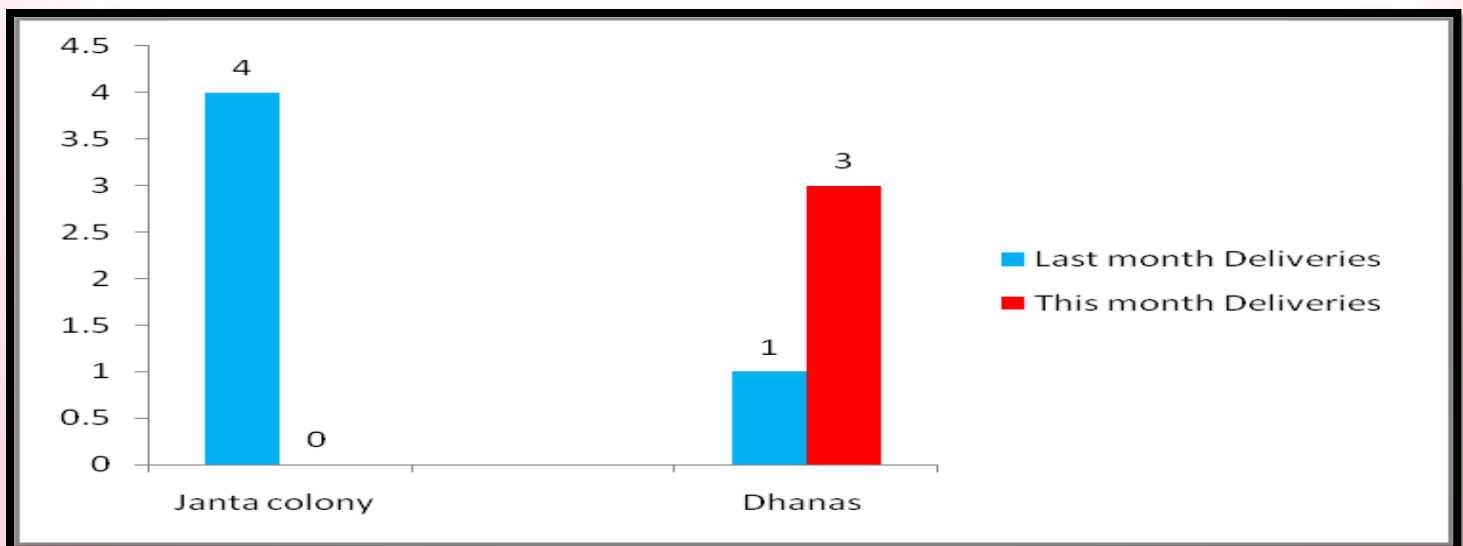
❖ STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	<u>JANTA COLONY</u>	<u>DHANAS VILLAGE</u>
Number of women pregnant last month	22	17
Number of deliveries	0	3
Births	Male:0 Female:0	Male:2 Female:1
Mothers who left the Colony	5	1
Infant death	0	0
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	3	1
Trimester	1 st trimester:0 2 nd trimester: 6 3 rd trimester: 14	1 st trimester: 0 2 nd trimester: 7 3 rd trimester: 9
Number of Pregnant women this month	20	16

❖ Total number of Pregnant women in Janta Colony and Dhanas



❖ Total number of Deliveries in Janta Colony and Dhanas





❖ DEATH DETAILS IN JANTA COLONY

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Sarla Devi	60	Female	Diabetes Mellitus leading to multiple organ failure	Sunita

❖ DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Ram Kumar	55	Male	Alcoholism	Kajal

TAILORING PROGRAM:

This month's topics covered by tailoring teacher Jaspreet are as follows:

- - Completion of embroidery files
- - Drafting of baby shorts and bloomers
- - Designing and pasting samples
- - Panties drafting



COMPUTER TRAINING PROGRAM :



This month, Teacher Raj Rani covered the following topics:

- How to create a growth chart table for each student individually.
- Assigned a task to students to create Word documents using different tools of Microsoft Word.
- Conducted a class test on Excel IF and VLOOKUP formulas on the whiteboard.
- Conducted a practical class test of Microsoft Excel using IF and VLOOKUP formulas.

She also takes computer classes for Health Promoters.

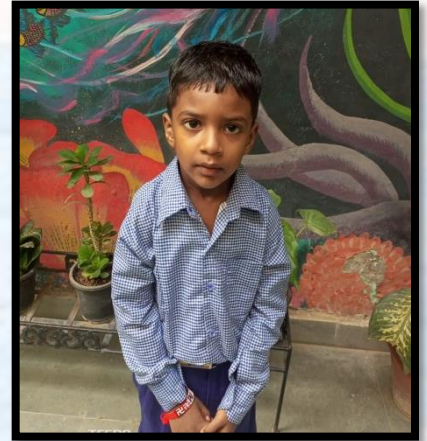


EDUCATION PROGRAM:

SWAD SCHOOL PROGRESS REPORT:

- **Pre Nursery class:-**

Riyansh is a student in the pre-nursery class who joined in July. Initially, he was quiet and did not interact or play with other children, often crying over minor issues. However, thanks to the dedicated efforts of his teacher, his behaviour has significantly improved. He now actively engages with all the children and is cheerful and friendly with everyone.



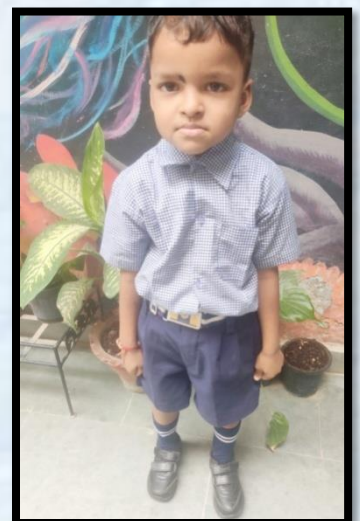
- **Nursery class -**

Shiva, a nursery student, initially struggled with challenges in his writing skills and was hesitant to recite poems during the morning assembly. His shyness and difficulties were noticeable, affecting his participation and confidence. However, with persistent support and guidance from his class teacher, Shiva's performance has transformed significantly. He now recites his poems with full confidence and also does his homework regularly.



- **L.K.G class -**

Saurab is a student in the L.KG class. Initially, he struggled with writing letters and numbers upside down and couldn't write properly. However, thanks to the consistent efforts of his teacher, there has been a significant improvement in his learning and writing abilities.



- **U.K.G class -**

Priyanshu, a new student in the UKG class, initially struggled with recognizing alphabets, numbers, and letters. However, thanks to the dedicated efforts of his class teacher, Saroj, and the special worksheet created for practice, Priyanshu has shown significant improvement. He now confidently writes in Hindi and English alphabets, and his handwriting has noticeably improved.



- **Project Alambana -**

Ansh is a student in the Alambana class. When Ansh joined the school, he had irregular attendance and would often cry in class. However, after his teacher began motivating him, he has made remarkable progress. He is now more attentive to his studies and writes well.



ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- Students of SWAD school participated in various activities like colouring of vegetables and Rakhi making for Rakshabandhan celebrations.














- Students participated in fancy dress for Krishan Janamashtmi celebrations.



- The DIR India team celebrated Independence Day with the SWAD school children, featuring performances of various patriotic songs and recitations of patriotic rhymes by students.



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	AYANSH 	PARAMVEER 	JESSICA 	AGAMPREET 
NURSERY	AARAV 	DAKSH 	DIVYANSHU 	KUNAL 
L.K.G	NITYA 	AARAV 	HIMANSHI 	ANSH 
U.K.G	VANSH 	AKSHAT 	KUNAL 	RAUNAK 
ALAMBANA	SWEETY 	RUHI 	PRIYANSHI 	AROHI 

DIR INDIA HIGHLIGHTS OF THE MONTH

Professor Renu Thakur, accompanied by two students, visited the organisation and engaged with the SWAD school children. They organized various activities for the children and presented the winners with colouring books, colours, and biscuits.



- The team at DIR India enthusiastically celebrated the Teej festival with vibrant colours. The staff and students of tailoring and computer classes showcased cultural and folk songs.



- Furthermore, DIR India organized a feast consisting of **Halwa, Kasuri Methi Poori, Chana Paneer, and Raita** for the SWAD school children, feeding program children, and the entire staff. This generous feast was sponsored by **Mr. Harsh Jain and Mrs. Meenakshi Jain** in honour of their twin **Krishay and Kriday's** birthday celebration.



OUR TEAM



CONTACT INFORMATION

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DIR INDIA BANK DETAILS	
IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
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