



**Developing Indigenous Resources India**  
**OCTOBER 2024**



# DEVELOPING INDIGENOUS RESOURCES INDIA

---

PRESIDENT

SHASHI PRABHA DWIVEDI  
(I.P.S, DGP, PUNJAB)

TRUSTEES

Mr. SURINDER MOHAN  
SHARMA,  
Dr. MADHU KHULLAR  
Ms. SHUCHI THAKUR



CHIEF EXECUTIVE OFFICER

Dr. ASHA KATOCH  
(M.D)  
Mob. 9478866412  
E-mail : ceo@dir.ngo

**Developing Indigenous Resources India is qualified for Tax exemption under Income Tax Act 1961 U/S 12AA. vide order no. AAATD9602KE20192, Dated 20.02.2022 and for U/S 80G vides order no. AAATD9602KF20224, Dated- 24.02.2022, certified from the office of the Commissioner of Income Tax-1, Sector 17A, Chandigarh.**

**PAN number of DIR INDIA : AAATD9602K**

**TAN number of DIR INDIA : PTLD13324D**

---

**REGISTERED WITH THE MINISTRY OF CORPORATE AFFAIRS - CSR00023177**

**REGISTERED IN CHANDIGARH AS CHARITABLE TRUST NUMBER - 3541**

**#705C, ADARSH NAGAR, NAYAGAON, DISTT.- SAS NAGAR  
MOHALI, PUNJAB-160103**

Ph.- 0172-5034227 / 91-7740062966

Email - admin@dir.ngo

Website - www.dir.ngo

<b><u>S.NO.</u></b>	<b><u>TITLE</u></b>
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 SEPTEMBER HIGHLIGHTS
15.	AGENDA POINTS
16	OUR TEAM AND CONTACT INFORMATION

# CEO'S REPORT

In October, DIR had many activities.

A Swiss lady, Karin Salzmann, is a pre-nursery teacher at a play school in Flawil, Switzerland. She volunteered to work for the SWAD School of DIR India from 10th October 2024 to 12th November 2024.

The SWAD School of DIR India started in 2008 for the Slum children.

Karin was highly impressed with our school's standards and each child's confidence in their performance. She enjoyed herself but was astonished and surprised to see the level of education standard of our school children.



- We are grateful to Mr Surjit Singh ji, who donates woollens to all the children and to our maids every year well before the winter sets in.



- October is an important month for Hindus , the two most important festivals are celebrated with great pomp and show, Dushera and Deepavali.
- Two important visitors, Tanvi and Himanshu who celebrated pre diwali with our school children. They brought exciting diwali gifts for each child Diwali is a special festival and exciting moment for underprivileged children their parents cannot afford to buy.



# MEDICAL TRAINING

In October, the weather is comfortable and both academic and field work is enjoyable. Academically, the following topics were covered in class:

- The Digestive system starting from the mouth the amount of saliva produced per day which aids digestion and oral protection.
- The components of saliva which include water, enzymes and antimicrobial agents for digestion and mouth health.
- The shape and capacity of the stomach: the J-shaped stomach holds 1-1.5 litres of food, beginning the digestion process.
- The role of intrinsic factor, a protein needed for absorbing vitamin B12 in the small intestines, prevents anaemia.
- Irritable Bowel Disease is a chronic digestive tract inflammation causing pain, diarrhoea and weight loss.



In addition, community meetings were held to address the rise in dengue and typhoid cases, particularly in Janta Colony and Dhanas. Janta Colony survey reported rise in dengue cases. Unfortunately this time we had 3 cases of Typhoid and one case of Dengue amongst the staff of DIR India. To assess the medical knowledge of our medical team, a test was taken on these topics.



# NUTRITION TRAINING

In October nutrition training was conducted on the following topics:

## **\*\*Diet in IBS (Irritable Bowel Syndrome)\*\***

Irritable bowel syndrome (IBS) is a prevalent condition that impacts the stomach, intestines, and gastrointestinal tract. Common symptoms include cramping, abdominal pain, bloating, acidity, diarrhoea, and constipation, often presenting in various combinations. As a chronic condition, IBS requires ongoing management for effective symptom relief.

## **\*\*The Importance of Breastfeeding\*\***

Breastfeeding is essential for the health and development of infants, providing them with vital nutrients and immune support.

## **\*\*Preparing Weaning Foods at Home\*\***

Preparing weaning foods at home is crucial to ensure that infants receive nutritious and suitable options as they transition from breastfeeding to solid foods.





# **ACADEMIC PROGRESS REPORT OF FIELD STAFF**

## **● MEDICAL TOPPERS :**



**BANITA**  
**FIELD SUPERVISOR**



**VEENA RANI**  
**FIELD COORDINATOR**

## **● NUTRITION TOPPERS :**



**SUSHMA BISHT**  
**FIELD COORDINATOR**



**LATA GOSAIN**  
**SENIOR HEALTH PROMOTER**

# PRACTICAL IMPLEMENTATION THROUGH COMMITTEE MEETINGS:



# NUTRITIONAL DEMONSTRATION

## **Name of the Recipe: Paushtik pulao**

Pulao, commonly called namkeen chawal at Janta Colony is mostly prepared by using rice, turmeric and salt almost in every household and served as a lunch or dinner. To make it healthy and nutritious in our nutritional demonstration, pulao was prepared by using rice, carrot, beans, capsicum, peas and spices. This pulao is a good source of nutrients and fibre. It is a good choice of tiffin for school-going children.



Nutritional value per serving - 100g

Energy - 50 Kcal

Protein - 5g



## **❖ THE FEEDING PROGRAM UNDER DIFFERENT CATEGORIES**

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
12	9	2	1

- The progress report of the sponsored children is sent to each donor every month on the health status of the adopted child.

### **❖ ATTENDANCE REPORT OF CHILDREN UNDER THE ALAMBANA PROJECT**

TOTAL	ABOVE 5 YEARS	UNDER 5 YEARS	GREEN ZONE (UNDER 5 YEARS)	YELLOW ZONE (UNDER 5 YEARS)	RED ZONE (UNDER 5 YEARS)
16	7	9	1	2	6

- A Total of 16 children of the project Alambana (children of rag pickers) are sponsored. These children are also part of the NIPP program.

### **❖ ATTENDANCE REPORT OF THE PREGNANT AND LACTATING MOTHERS**

TOTAL WOMEN	NEEDY WOMEN	PREGNANT AND LACTATING WOMEN
4	2	2

### **DETAILED PROGRESS REPORT OF NIPP:**

- Total attendance for September 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 AND ALAMBANA PROJECT:**

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



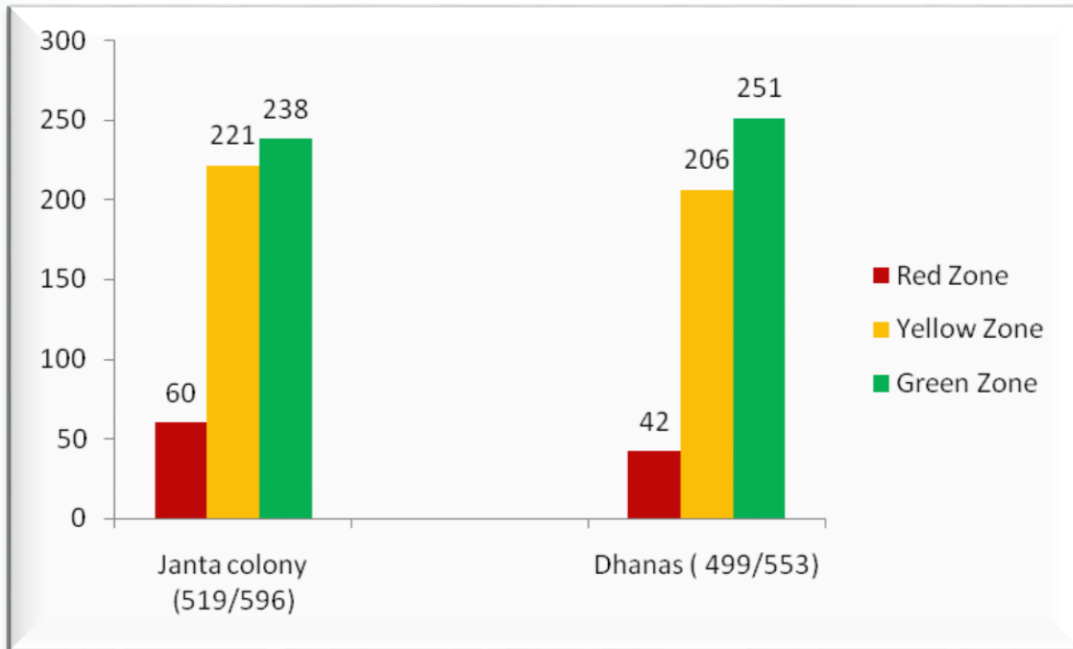
# STATISTICS OF MEDICAL PROJECT

	<b><u>JANTA COLONY</u></b> <b><u>SLUM</u></b>	<b><u>DHANAS VILLAGE</u></b>
Total Population	9465	9702
Total Males	4862	5276
Total Females	4603	4426
Total no. of children	569	553
<u>Total Red zone children</u>	64	48
Red zone children Weighed	60	42
Children not weighed (gone to the village)	4	6
<u>Total Yellow zone children</u>	243	231
Yellow zone children weighed	221	206
Children not weighed (gone to the village)	22	25
<u>Total Green Zone children</u>	262	274
Green zone children Weighed	238	251
Children not weighed (gone to the village)	24	23

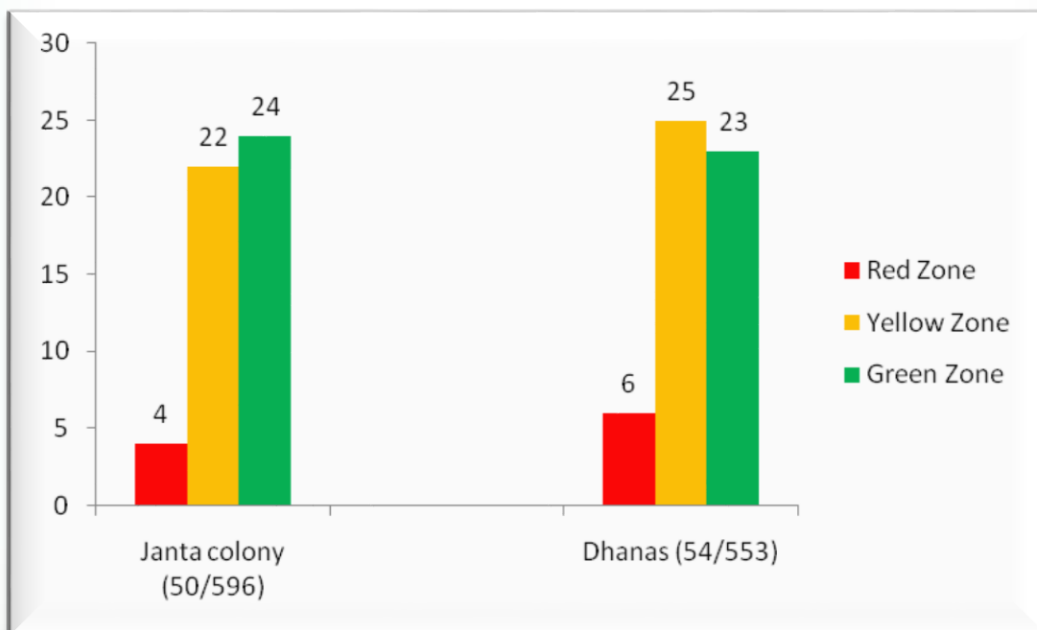
	<b><u>JANTA COLONY SLUM</u></b>	<b><u>DHANAS VILLAGE</u></b>
Total No. of children last month	568	553
Children permanently left	3	8
Total Deliveries	8	1
Children reached 5 years of age	13	5
New families moved into the area on rent with children under five	9	12



**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 the category of Red, Yellow and Green Zone**





# STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	7	1.2	9	1.7
13-24	8	1.4	9	1.7
25-35	11	2.0	8	1.4
36-48	15	2.6	8	1.4
49-60	19	3.3	8	1.4
Total Red Zone children	64	11.2	48	8.6
Red zone children (weighed)	60	10.5	42	7.6
Children not weighed (gone to the village)	4	0.7	6	1.0



## 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	48	5	4	1	0	2	2	2	0	0	0
Dimple	54	6	6	0	1	0	5	1	0	1	0
Lata Gosain	57	7	7	0	2	2	3	1	1	1	0
Meenakshi	49	4	4	0	1	1	2	0	0	3	0
Kajal	56	9	8	1	4	1	3	0	0	5	0
Pooja	47	6	6	0	0	1	4	0	0	3	1
Lata Chandel	43	4	4	0	3	1	0	1	0	0	2
Sushma	39	4	4	0	1	0	3	0	1	1	0
Sunita	47	2	2	0	1	0	1	0	1	0	0
Veena	45	3	3	0	2	1	0	0	0	1	0
Sanjana	45	7	5	2	2	0	3	0	0	2	0
Meena	39	7	7	0	3	0	2	0	1	1	1

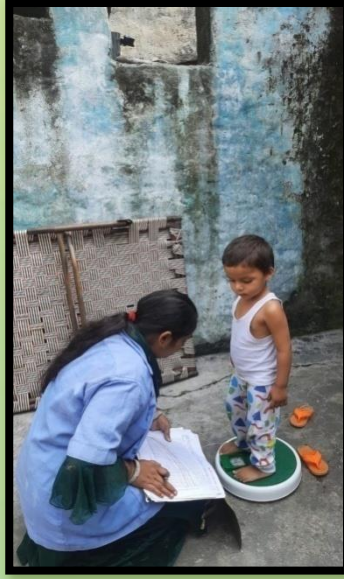
## DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS

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	50	6	5	1	1	3	0	0	0	0	0
Dimple	44	3	2	1	0	0	2	0	0	0	1
Lata Gosain	46	2	2	0	0	2	0	0	0	0	0
Meenakshi	41	3	3	0	2	0	1	0	0	0	1
Kajal	45	6	5	1	4	0	1	0	0	0	0
Pooja	40	3	3	0	0	0	3	0	0	0	0
Lata Chandel	54	4	4	0	4	0	0	0	0	0	1
Sushma	54	5	5	0	2	0	3	1	0	1	0
Sunita	44	4	4	0	2	0	2	0	1	0	1
Veena	54	4	4	0	0	3	1	0	0	0	0
Sanjana	47	4	3	1	0	0	2	0	0	0	1
Meena	34	4	2	2	1	0	1	0	0	0	0

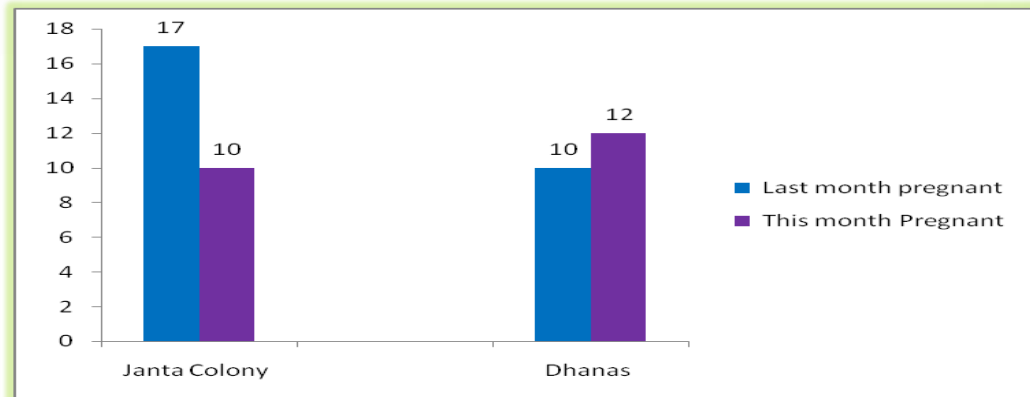


## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

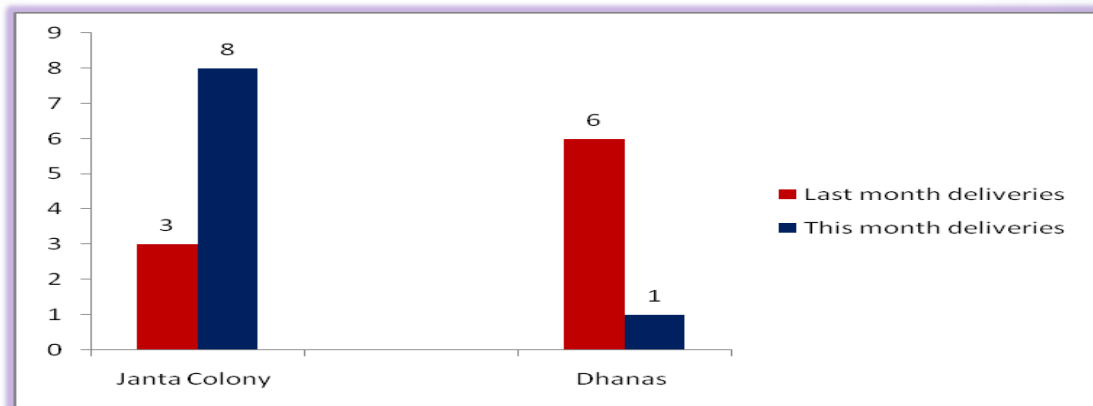
	<b>JANTA COLONY</b>	<b>DHANAS VILLAGE</b>
Number of women pregnant last month	17	10
Number of deliveries	8	1
Births	Male:5 Female:3	Male:1 Female:0
Mothers who left the Colony	0	0
Infant death	0	0
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	1	2
Trimester	1 <sup>st</sup> trimester:0 2 <sup>nd</sup> trimester: 3 3 <sup>rd</sup> trimester: 7	1 <sup>st</sup> trimester:0 2 <sup>nd</sup> trimester: 2 3 <sup>rd</sup> trimester: 10
Number of Pregnant women this month	10	12



## 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
Vijay Kumar	45 years old	Male	Chronic Alcoholism	Lata Gosain
Harikesh	47 years old	Male	Chronic Alcoholism	Banita
Ram Nihar	73 years old	Male	Natural death	Banita
Pramod	40 years old	Male	Dengue	Dimple
Sunita	42 years old	Female	Acute Kidney Failure	Veena
Ranjeet	54 years old	Male	Cardiac arrest	Pooja

# TAILORING PROGRAM:

Throughout October, tailoring teacher Jaspreet Kaur guided her students in the following areas:

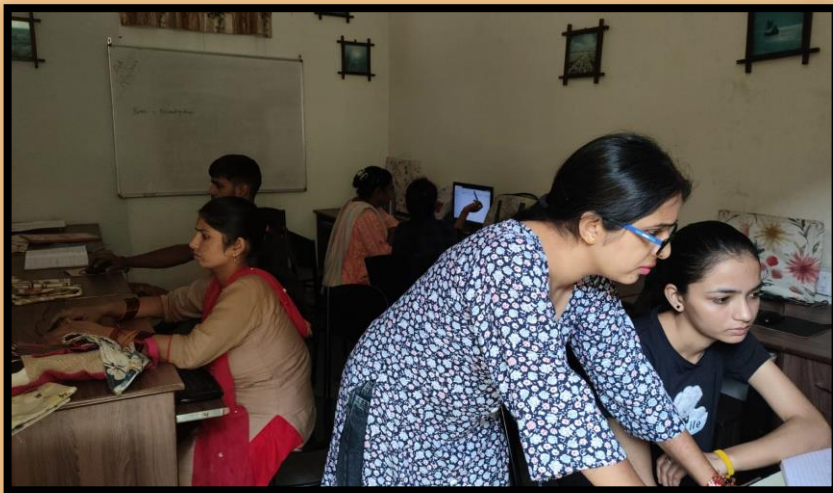
- During the first week, students were taught cutting and stitching simple plazo techniques.
- In the second week, the focus shifted to stitching male pyjamas.
- The third week was dedicated to training on how to stitch pant plazo.
- Finally, in the last week, assessments were conducted on all the topics covered.



# COMPUTER TRAINING PROGRAM:

This month's syllabus, as presented by the computer teacher Raj Rani, included the following topics:

- Students were instructed in the use of Canva software.
- They learned to design festival greeting cards using Canva.
- New students received training on designing admission forms and creating tables and resumes with Microsoft Word tools.
- A test was conducted on topics such as URLs, web browsers, and creating scenery in MS Paint.



# EDUCATION PROGRAM:

## SWAD SCHOOL PROGRESS REPORT:

- **Pre Nursery class** - Garima is a talkative Pre-Nursery student who was initially challenged by sitting properly in class and completing her written work. She struggled with standing during the morning assembly and hesitated to recite poems. Reluctant to share her belongings, she also avoided group play. With consistent encouragement and support from her teacher, Garima made significant progress in her school activities.



- **Nursery class** - Kunal is a nursery student who is recognized as a special child in his class. At first, he found it challenging to participate in school activities and struggled with writing. To motivate him, his class teacher introduced engaging and playful activities. This initiative gradually encouraged Kunal to take part in sports and other extracurricular pursuits. Over time, he not only became more active in school events but also demonstrated remarkable improvement in his running speed during sports sessions. Furthermore, his writing skills have developed significantly.



- **L.K.G class**- Shivay is a student in L.K.G. Initially, he did not attend school regularly, which affected his learning progress. His class teacher noticed this and took the time to explain the importance of attending school every day to learn and grow. After understanding this, Shivay began attending school regularly and completing his homework on time. As a result, he has become a bright and hardworking student.





- **U.K.G class** - Akshat is a playful and mischievous student in the U.K.G class. In the past, he often caused trouble and encouraged his classmates to join in his antics. He also avoided reciting poems during the morning assembly and in class. However, his written work was consistently impressive. Thanks to the efforts of his class teacher, Akshat's attitude toward learning has greatly improved. He now confidently participates in the morning assembly and recites poems in class.



- **Project Alambana** - Vicky is a student in the Alambana class. When he first joined, he was quite shy and did not attend school regularly. However, his class teacher spoke with his mother and encouraged her to ensure that Vicky came to school consistently. The school offers numerous co-curricular activities that help students learn more engagingly and effectively. Inspired by the teacher's advice, Vicky's mother now makes sure he attends school every day. Since then, Vicky has gained confidence and is fully involved in both his studies and extracurricular activities.



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	<b>RAUNAK</b> 	<b>JESSICA</b> 	<b>ANVI</b> 	<b>AYANSH</b> 
NURSERY	<b>SATNAM</b> 	<b>SHIVA</b> 	<b>KARTIK</b> 	<b>VIRAT</b> 
L.K.G	<b>KIAAN</b> 	<b>HARSHIT</b> 	<b>MISHTI</b> 	<b>VANSHIKA</b> 
U.K.G	<b>KUNAL</b> 	<b>RAUNAK</b> 	<b>VANIYA</b> 	<b>VANSH</b> 
ALAMBANA	<b>RUHI</b> 	<b>VIRAJ</b> 	<b>AROHI</b> 	<b>MEHAK</b> 

## ACTIVITIES OF SWAD SCHOOL AND HIGHLIGHTS FOR THIS MONTH:

- This month, the students of SWAD School celebrated the Dussehra festival alongside the medical staff from DIR India by burning an effigy of Ravana. On this special day, bananas were distributed to the students, and everyone enjoyed the celebration. During the event, Karin, a Kindergarten teacher who had travelled from Switzerland to visit SWAD School, distributed candies and fruit drinks to both the students and staff. She received a warm welcome from everyone.



- Mr. Surjit Singh, along with his wife, Mr. N.P. Singh, and Mr. Balwant Gill, visited the organization to conduct a distribution of sweaters and laddoos. The initiative aimed to provide warmth and comfort to the students, as well as to express appreciation for the contributions of the maids. This act of generosity fostered a sense of community and goodwill among all participants.





- Mrs. Tanvi and her husband, Mr. Himanshu, contributed to the SWAD school by organizing a Diwali-themed colouring competition. This initiative encouraged students to express their creativity and engaged them in a fun activity. To recognize their efforts, they provided delightful goodies, including pencils, erasers, sharpeners, and laddoos, motivating the students further. They also shared samosas and laddoos with the staff, fostering a sense of community and appreciation within the school. This event not only enhanced the Diwali celebrations but also strengthened relationships among students and teachers.





- Diwali, the festival of lights, was celebrated with joyful prayers to Goddess Lakshmi, God Ganesha, and the honoured figures of Shri Rama, Goddess Sita, and Lakshman. Teachers created colourful Rangoli designs, brightening the space for the event. Sweet ladoos, which were shared with children and staff, bringing everyone together in celebration.



- DIR India Tailoring section held Exhibition of tailoring items were held in Rajeev Vihar , Chandigarh





# OUR TEAM



## CONTACT INFORMATION

<b><u>DIR-India CENTER:</u></b>	<b><u>705-C Adarsh Nagar, Nayagaon, SAS Nagar, Mohali</u></b>
<b><u>EMAIL:</u></b>	<b><u>admin@dir.ngo, ceo@dir.ngo</u></b>
<b><u>Phone No.</u></b>	<b><u>0172-5034227</u></b>
<b><u>Mobile No.</u></b>	<b><u>+91-9478866412</u></b>

<b>DIR INDIA BANK DETAILS</b>	
<b>IN FAVOUR OF</b>	<b>DEVELOPING INDIGENOUS RESOURCES INDIA</b>
<b>BANK</b>	<b>STATE BANK OF INDIA</b>
<b>BRANCH</b>	<b>SECTOR-9, MADHYA MARG, CHANDIGARH-160009</b>
<b>ACCOUNT NO.</b>	<b>37375923235</b>
<b>RTGS/NEFT/IFSC CODE</b>	<b>SBIN0018249</b>
<b>MICR CODE</b>	<b>160002091</b>
<b>INSTAMOJO LINK:</b>	<b><a href="https://www.instagram.com/dir">instamojo.com/@dir</a></b>

❖ **Please follow us on our Social Media Accounts**

<b>INSTAGRAM</b>	<b><a href="https://www.instagram.com/DIR">https://www.instagram.com/DIR</a></b>
<b>FACEBOOK</b>	<b><a href="https://www.facebook.com/dir">https://www.facebook.com/dir</a></b>
<b>TWITTER</b>	<b><a href="https://twitter.com/dirdotngo">twitter.com/@dirdotngo</a></b>
<b>YOUTUBE</b>	<b><a href="https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg">https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg</a></b>
<b>WEBSITE</b>	<b><a href="http://www.dir.ngo">www.dir.ngo</a></b>