



Developing Indigenous Resources India

**FEBRUARY 2021**



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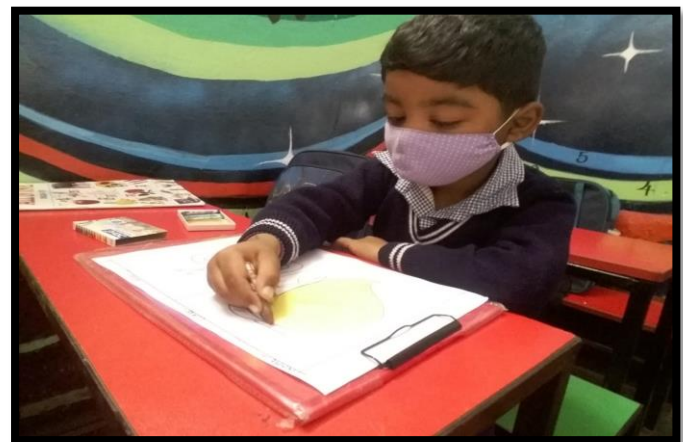
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## CEO'S REPORT FOR FEBRUARY



The most encouraging news of the month is that our SWAD School has reopened. Children are attending classes, generating positive energy to create a vibrant atmosphere after 10 months of closure since 20th March 2020 when lockdown was announced by the Punjab Government.

The attendance is going up day by day. To ensure physical health and safety of children and staff, DIR-India is observing all preventive measures of Covid-19 by wearing masks, maintaining social distance and frequent use of hand sanitizers.



Spirituality, Meditation, internal cleaning and distance healing is the power and strength of Indian culture which has been practiced in different forms by various organizations. Reiki is also one of the methods. Ms Sapna and Ms.Chetna from Vishwa Reiki Abhiyan organized this event in DIR-India on 20th February2021. It was a great experience of peace and tranquility by each and every member of the DIR fraternity.

Health Promoters desired to have Reiki classes more frequently. The most exciting experience was when some of the staff members were able to see their aura of positive energy around their respective body through a live demonstration. It was a class of blissful experience towards a path of realization.





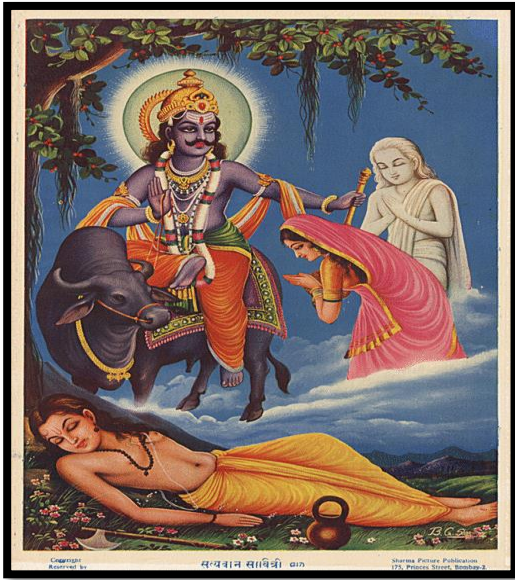
DIR-India's women empowerment tailoring program required up gradation with new automatic computerized sewing machines. Usha Sewing Machine Manufacturing Company organized two demo workshops in the DIR Tailoring room which was attended by the Health Promoters. We are grateful to Mr.Maninder Singh who sent his two trainers from Usha Sewing Machine Company, Mr.Rohit and Mr. Varun for the demonstration. Our team was trained in different types of stitches and sewing skills on Hi Tech Sewing Machines which the organization is expected to get on donation by well wishers of DIR-INDIA.



Professor and Coordinator head of Enactus team Dr.Seema Kapoor has assured to finance the two Stitching Industrial Machines.

•Our monthly grocery stores to adopted families continue twice a month. Our thanks to Ma Foundation for sponsoring the project

## Savitri



In Hindu Mythology, everyone is familiar with Goddess Savitri. The fearless and intelligent woman who fought with Yama, the God of Death, for the life of her husband, and came out victorious. She has since been held as the symbol for true love, dedication and utmost devotion towards her husband.

But in reality, the same husband might be pushing Savitri towards Yama.

Savitri and Ramesh were tied in holy matrimony before they understood what it meant. Child marriage although illegal in India, is still practiced and is the sad reality for many children. Savitri lived with her parents till she reached puberty, and then was shipped off with Ramesh

in the year 2000. During the time of “Gauna”, Ramesh was 17 years of age, whereas Savitri was an estimated 13, since her real age is unknown. To make a life for themselves, the young couple moved to Nayagaon, Chandigarh and has lived there ever since. A small, unhygienic room was all they could afford. They now share the same room with their children.

In 2009, Savitri gave birth to a baby girl, after almost 9 years of marriage. But the obsession for a male heir led her down a dark path from which she may never recover. Over the course of 11 years, Savitri has given birth to 6 children, risking her own life at times. Her latest pregnancy posed a huge threat to her well being as her body was exhausted and was not given any time to heal or repair itself. Even though her body was weak, she braved the storm and gave birth to yet another girl. Her eldest daughter is 11 years old, while the youngest is 8 months old. All of her children are underweight and unhealthy.

After so many years, it seemed as if all their sacrifices were finally rewarded. Savitri gave birth to a baby boy. Unfortunately, the happiness didn't last. In a cruel twist of fate, the baby passed away a few weeks after his birth.

Ramesh used to work as a shop helper before the pandemic. He earned a measly Rs. 8000, which he could barely stretch to feed his family of 8. He lost his job when the pandemic hit. Unable to feed his family, Ramesh was desperate to make things work.

During this time, DIR-India took the initiative to provide for their family. We have been sending them groceries, filled with nutritious food every month; to make sure the children don't go to bed hungry. DIR-India has been looking after the children and is also making sure that Savitri gets the medical attention she needs.





## MEDICAL TRAINING



Dental caries is a major Public Health problem more common amongst slum community. Among children and adolescents, dental caries is 4 to 5 times more common than asthma. There are 2 leading types of dental diseases: tooth decay (dental caries or cavities) and gum disease (periodontal disease). Tooth decay is by far the more prevalent of the 2, causing a greater, needless loss in the quality of life.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6373711/>

Medical classes of the health workers on the topics of dental decay, digestive system and respiratory system were taken by Dr. Sakshi Sharma. Monthly tests on the same topics were taken on the last Thursday of February.





# NUTRITION TRAINING

- In the month of February, Dietitian Swati took nutrition classes on Topic PEPTIC ULCER.

Peptic ulcer is common among adults in modern society. From clinical experience and retrospective hospital based surveys, it has been suspected that peptic ulcer is widely prevalent in India, more common among the population of South India than North India. For more information, please click on the given link:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1434311/#:~:text=The%20point%20prevalence%20of%20peptic,the%205th%20decade%20of%20life.>

- On 16th February, Demonstration was conducted on Gujarati Dish KHANDVI. **Khandvi is a High Protein snack made with a mixture of gram flour and buttermilk.** Buttermilk is a thin solution of yogurt and water. What we look for in a khandvi are thin layers and this is achieved by getting the right consistency when cooking the batter. Khandvi is a gluten-free healthy snack. The recipe can also be veganized using vegan yogurt. To get the sourness, just add a bit of lemon juice in the batter.

NAME OF DISH - **VEGETABLES STUFFED KHANDVI**

NUTRITIONAL VALUE (PER SERVING) - **156 CALORIES, PROTEIN = 6 GM**



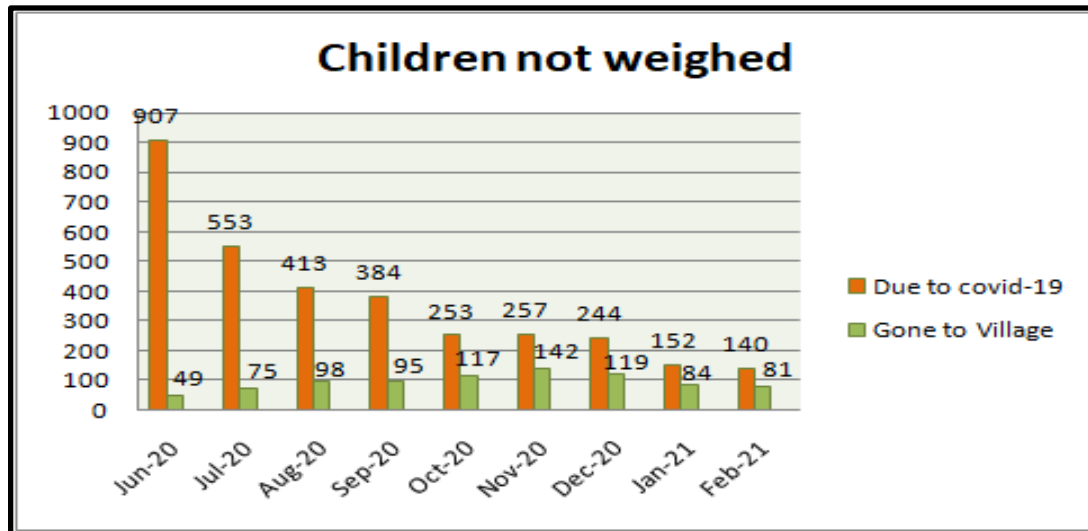
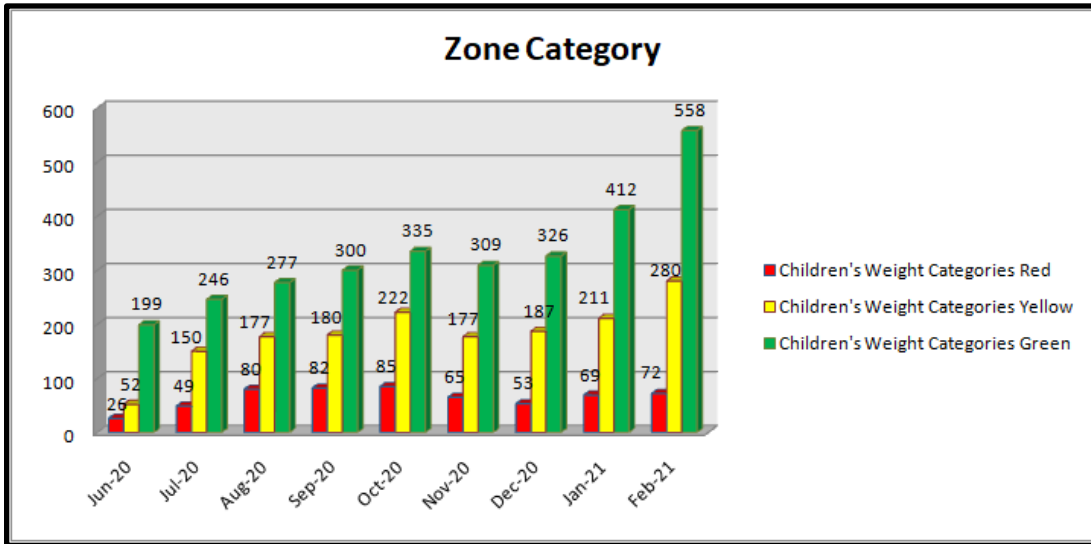
## STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	11	1.2%
13-24	5	0.5%
25-36	15	1.6%
37-48	14	1.5%
49-60	14	1.5%
Total children in the area	910	100%
Total Red zone children	72	7.9%
Red zone children gone to the village	3	0.3%
Not weighed due to COVID19 Pandemic	10	1.1%
Red Zone Children weighed	59	6.5%

- We would like to draw your attention here that we saw pronounced growth in the red zone category children. This month 19 children progressed from **RED ZONE** to **YELLOW ZONE** (gained weight by 1 to 2 kg).

# **STATISTICS OF MEDICAL PROJECT**

Total Number of Population	14456
Total Males	7493
Total Females	6963
Total no. of children	910
<u>Total Red zone children</u>	72
Red zone children Weighed	59
Currently gone to the village	3
Not weighed due to COVID19 Pandemic	10
<u>Total Yellow zone children</u>	280
Yellow zone children weighed	214
Currently gone to the village	19
Not weighed due to COVID19 Pandemic	47
<u>Total Green Zone children</u>	558
Green zone children Weighed	416
Currently gone to the village	59
Not weighed due to COVID19 Pandemic	83



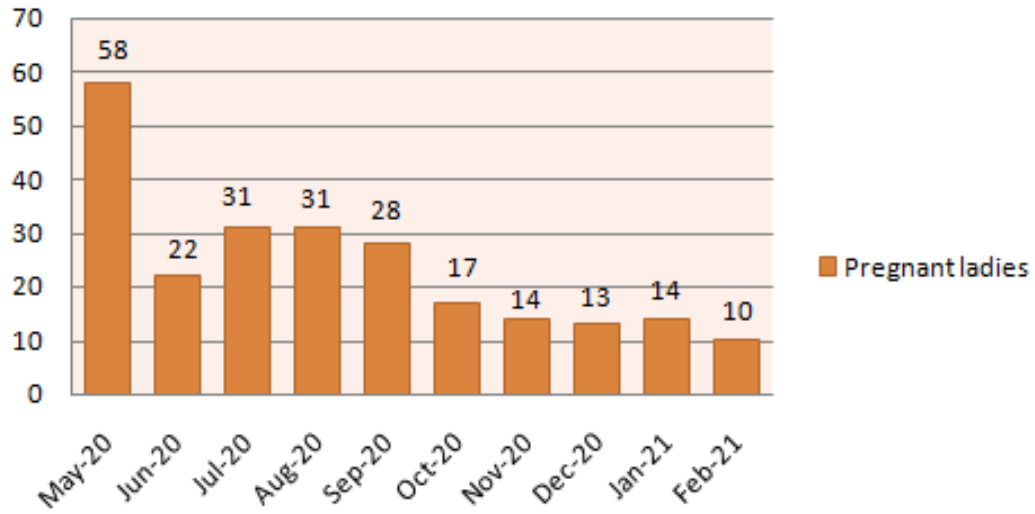
- Total number of children last month = 928
- Children permanently left Janta colony slum = 16
- Children reached 5 years of age (out of DIR medical program) = 21
- Newborn = 3
- 16 new kids under 5 in DIR medical program (migrant population)
- Total number of children this month = 910



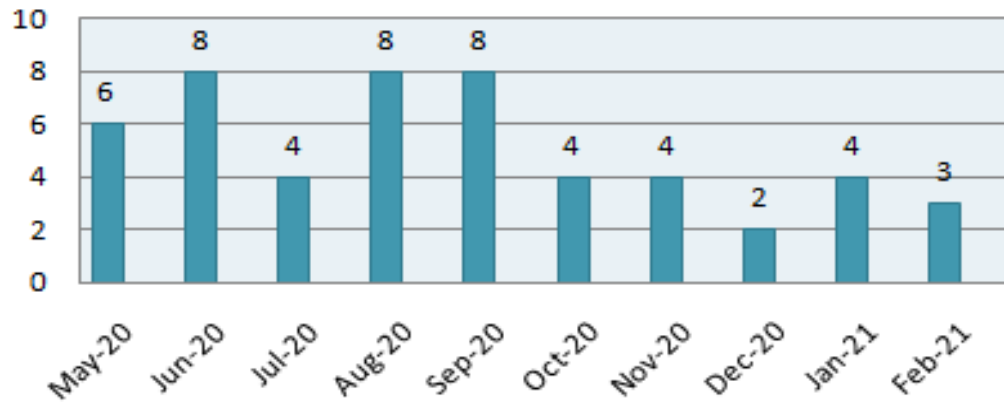
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

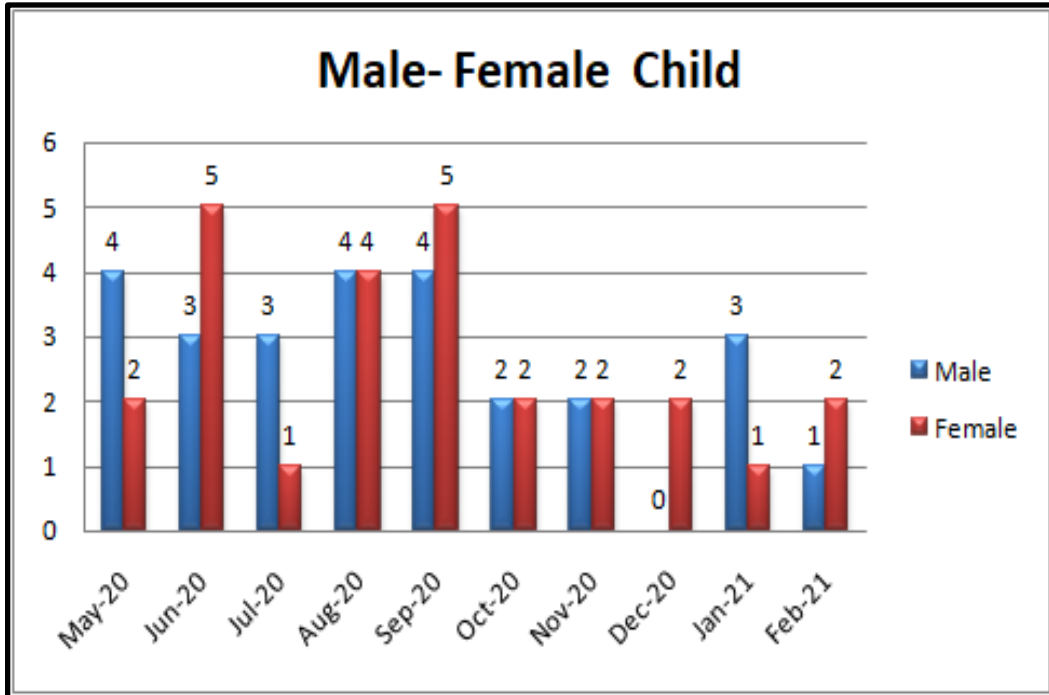
<u>Number of women pregnant last month</u>	<u>14</u>
<u>Number of deliveries</u>	<u>03</u>
<u>Births</u>	<u>Male: 01; Female: 02</u>
<u>Mothers who left Janta Colony</u>	<u>2</u>
<u>Infant death</u>	<u>0</u>
<u>Miscarriages</u>	<u>0</u>
<u>Abortions</u>	<u>0</u>
<u>Newly Pregnant</u>	<u>1</u>
<u>Trimester</u>	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 07 3 <sup>rd</sup> trimester: 03
<u>Number of women pregnant this month</u>	<u>10</u>

## Pregnant ladies



## Number of Deliveries





## DEATH DETAILS

HEALTH PROMOTER	AGE OF DECEASED (YEARS)	GENDE R	CAUSE OF DEATH
SUNITA	30	MALE	SUICIDE

# INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- Masks =65



- Visit by Usha Sewing machine people on 16th and 24th February giving a demo on fully automatic sewing machines





# DIR-INDIA JANUARY HIGHLIGHTS

- SWAD School reopened and new admissions started this month.



- Distributed ration stores amongst 12 needy families on 14th and 23rd February.



- On 20th February - Vishwa Reiki Abhiyaan and stationary distribution amongst SWAD children by Miss. Sapna and Miss. Chetna.



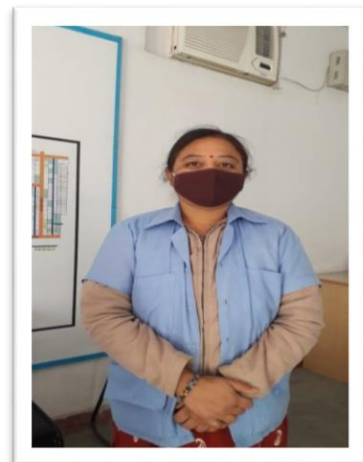


# ACADEMIC PERFORMANCE OF DIR-INDIA

## Medical Test



## Nutrition Test



## OUR TEAM



## CONTACT INFORMATION

DIR-India  
CENTRE:

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## DIR INDIA BANK DETAILS

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

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

INSTAGRAM	<a href="https://www.instagram.com/DIR">https://www.instagram.com/DIR</a>
FACEBOOK	<a href="https://www.facebook.com/dir">https://www.facebook.com/dir</a>
TWITTER	<a href="https://twitter.com/dirdotngo">twitter.com/@dirdotngo</a>
YOUTUBE	<a href="https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg">https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg</a>
GIVE INDIA	<a href="https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india">https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india</a>

