



Developing Indigenous Resources India

JULY 2021



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CEO'S REPORT FOR JULY

In July the Covid situation improved in Janta Colony as people became conscious of immunization. DIR-India took a bold step to start the field work of the medical program and also reopened the SWAD School to nurture the children of Basti.

Since it was a door to door survey after 16 months the data collection was 100%. Lots of new families were identified who had moved into the rental accommodation as rents are low in this area.

Our senior staff and Health Promoters resumed the field visits after 15 months. 39 new pregnant mothers were added into the previous list and the count of children under 5 also increased.



The agenda of Developing Indigenous Resources India is to empower the underprivileged community and not generate beggars by distributing free goods and donations.

The senior staff was given additional responsibility during field visits to assess the socio economic status after Covid and to identify the needy families for both programs, the feeding program under NIPP and Ma Ka Aahar (sponsored by Ma Foundation) and also to prepare monthly dry grocery stores distribution.



In the daily feeding program, Dietitians plan a menu which is rich in proteins, iron, and all nutrients with high calories to build up the health and weight of mothers and children. This food is cooked under direct supervision and is distributed in steel Tiffin carriers. The senior staff monitors the distribution to maintain the count of the number of families fed in a day and also checks the health status of the families.



Pep Turf, an adventure sports company owned by Colonel Manoj Malhotra collaborated with DIR-INDIA during the tough times of COVID-19 Pandemic. On 21st June 2020 “THE INTERNATIONAL YOGA DAY” Colonel Manoj, owner of Pep Turf generated funds for DIR-INDIA.

On 1st JULY 2021 Col.Manoj celebrated his birthday with DIR-INDIA, this was his first visit. He was impressed the way DIR-INDIA is functioning. He rewarded each Health Promoter, Teacher and Maids with a cash award for their dedication and devotion towards the underprivileged community especially during the Pandemic.

UIFT department of Panjab University gave professional training to the tailoring team of DIR-INDIA for two months in April and May. In July Dr.Anu Gupta, a professor of UIFT organized a webinar with Health Promoters and the tailoring team in which the Professors from different parts of the country participated to interact with the DIR Team. Professor Anu Gupta appreciated the DIR team for their discipline, sincerity and devotion towards learning and improving their tailoring skills. All the products made by DIR-INDIA were displayed in the exhibition of Panjab University building. Their creative work was highly appreciated. The funds raised by sale of these products will be given to DIR-INDIA once goods are completely sold.

Director of Food Bank, Angela and her team visited DIR-INDIA. She appreciated the work and donated 100 packages of grocery stores to needy families of Janta Colony.

Health kart donated 120 packages of supplements and cereals for children, pregnant mothers and lactating mothers.

Professor Dr.Santosh Sharma visited the DIR-INDIA office. She planted Sandalwood and Neem Tree in our garden. She distributed Candy and biscuits to all the children in the school.



STORY OF THE MONTH

Story of Poonam

Poonam, a 19 year old girl from Bihar, fell in love with Suman lal Sharma, a bachelor living in a rented room opposite her Parents house in Janta Colony, Nayagaon, District SAS Nagar, Punjab.

Restrictions by her family and in desperation they both eloped and got married in 2012. Suman lal Sharma had a contract job in the car parking area of PGI Hospital in Chandigarh. They both lived in a rented room in Dadu Majra, away from the known societies of their parents.

Within two months of marriage Poonam realized that life became a challenge. It was no more a bed of roses which she had dreamt. Suman Lal Sharma, who was now her husband, was a drug addict and an alcoholic; he had a meager salary which was burnt off in drugs and drinks. The couple could not cope with the monthly expenses of the household including the room rent.

Poonam became pregnant, and she delivered a baby boy in Government Hospital in Sector 16 Chandigarh. After discharge from hospital they had no place to go. They lived on the streets of Chandigarh. Outside the PGI Hospital, the social workers from different organizations serve free cooked food daily to everybody. The couple survived on this food for some time.

Living on the streets with a little child became difficult, Suman Lal Sharma met his Parents at Maulijagan, who reconciled and they welcomed the couple with the grandchild to live with them.



Suman Lal's drug addiction and alcoholism became worse with time. This led to domestic violence and mental trauma for Poonam. Suman Lal's mother was a fine lady and she was fond of Poonam. Due to chronic illness, mother-in-law died and life became worse to survive in Mauli Jagran. Poonam has two children, elder one is a boy named Samarth, who is 8 years old and younger one is a daughter named Shivani who is 7 years old.

Due to financial constraints and a traumatic environment, Poonam moved with her two children into her parent's house in Janta Colony. Poonam picked up a job as a domestic servant in three homes and earned a meager salary to support the entire family. Suman Lal Sharma pleaded to his father-in-law and started living with them in one room. Suman Lal's addiction was the main cause of his unpleasant behavior.

Three years back , Suman Lal became aggressive, violent and raised a hand on his father-in-law,(Poonam's Parents).Suman Lal was pushed by the father-in-law out of their house and till today no one knows about his existence, whether he is living or dead. Poonam is a single mother looking after her parents and two children. Poonam's father is a Mason, he works independently. During Covid-19 Pandemic the father had no work and he is old, thus has limitations at work.

DIR-I identified this family during Covid-19 Pandemic period, as they had no means of earning. This family has been supported regularly with monthly grocery stores by our organization. Now we have included this family in the list of grocery stores that is sponsored by the Ma Foundation for a period of six months.



MEDICAL TRAINING



In July, the medical class of health promoters was on polycystic ovary syndrome (PCOS). Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in women during their reproductive years. PCOS is the leading cause of female infertility. Women with PCOS often experience other conditions that can affect their short- and long-term physical and mental health. Decreased quality of life from mood disturbances, weight gain, acne vulgaris, and alopecia has all been documented.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3108690/#:~:text=Research%20has%20shown%20that%20patients,above%200.90%2C%20indicating%20excellent%20reliability.>

In academics, the topics covered in this month are Urinary Tract Infections, Tuberculosis, Malaria, Respiratory system, Diabetes Mellitus, Worm infestation and Polycystic Ovary Syndrome. On last Thursday of the month Medical test was taken, all Health Promoters performed well.



NUTRITION TRAINING

This month Dietitian Pratiksha and Swati took classes on Irritable bowel syndrome, diet FODMAP related to it and Carbohydrates respectively.

Health promoters were educated on the use of Polyol like sorbitol which is mainly a naturally occurring polyol; used as a **sugar substitute to provide sweetness in candies, chewing gum** and Mannitol which is generally recognized as **safe (GRAS) used as a food additive**, and is incorporated into numerous categories of food products and medications. It increases blood glucose to a lesser extent than sucrose, so it's most commonly used as a sweetener.



The Dietitians took nutritional demonstrations on 'Healthy-chat Cone', which is a high protein and high calorie dish made using soya-nuggets, besan, potato, fox nuts and some vegetables.

The recipe was rich in protein, carbohydrates, fiber and some micronutrients as well such as niacin, magnesium and phosphorus.

- Date of the Nutritional demonstration: 20th July, 2021
- Name of the dish: HEALTHY CHAAT CONE
- Nutritional value per serving:
- Calories - 209 kcal
- Protein - 8g



NUTRITION IMPROVEMENT PRIORITY **AND MA KA AHAR PROGRAM**

- MA KA AHAR sponsored by the MA foundation and the NIPP program funded by Donors are running together.
- We have a total strength of 85 to 90 children and mothers.
- NIPP is based on feeding malnourished pregnant, lactating women and children under 5 years of age.
- MA KA AAHAR focuses on feeding all women who are malnourished and needy. MA Foundation has sponsored this program for 50 hungry mothers for one year.

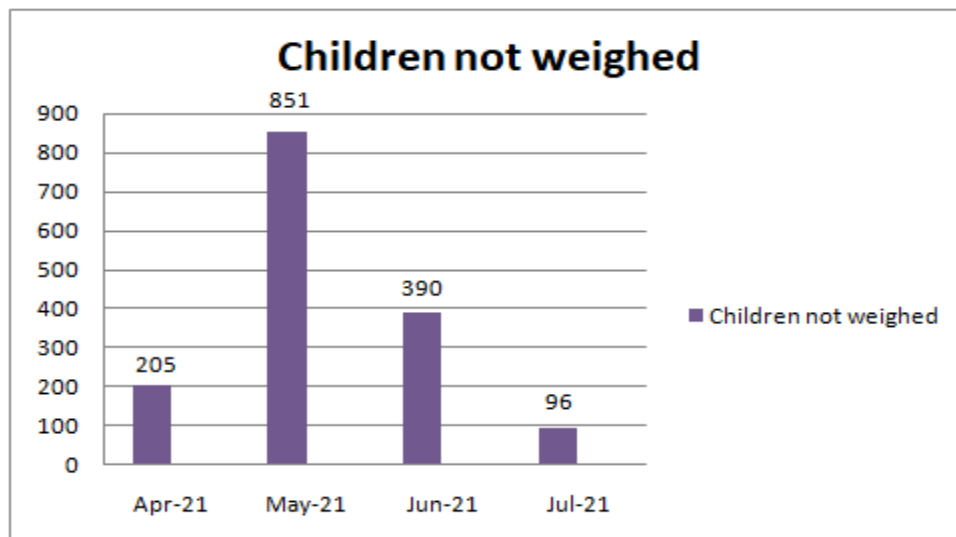
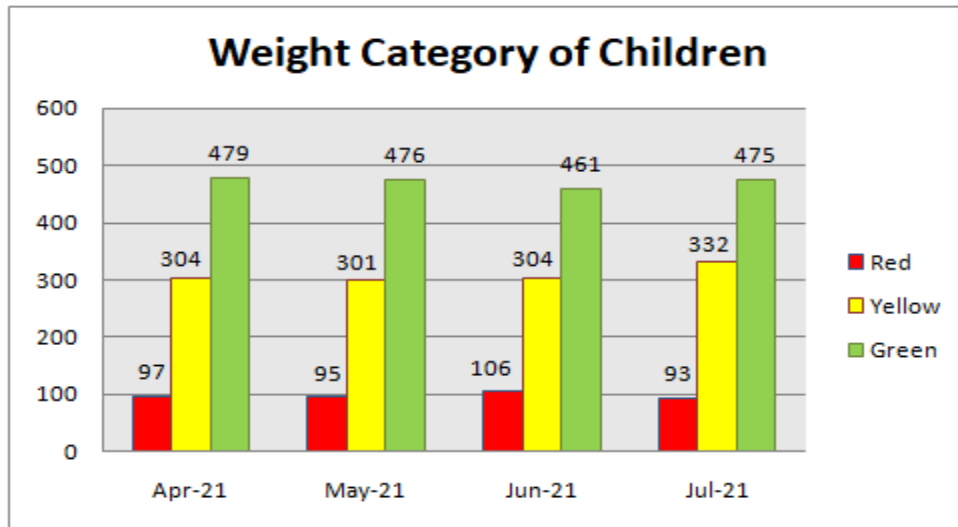
STATISTICS OF CHILDREN UNDER THE NIPP **PROGRAM**

<u>TOTAL</u>	<u>RED ZONE</u>	<u>YELLOW ZONE</u>	<u>GREEN ZONE</u>
<u>21</u>	<u>13</u>	<u>6</u>	<u>2</u>

- In this month, the weighing of children resumed.
- The weight of 21 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors.
- Out of 21 children, 14 children gained weight in the month of July.
- 02 children have lost weight.
- 03 children have the same weight in comparison to their weight in the last month.
- 02 new children were introduced to the NIPP as a replacement for 2 old children as they have gone to the village.

STATISTICS OF MEDICAL PROJECT

Total Number of Population	14731
Total Males	7650
Total Females	7081
Total no. of children	996
<u>Total Red zone children</u>	105
Red zone children Weighed	93
Currently gone to the village	12
<u>Total Yellow zone children</u>	364
Yellow zone children weighed	332
Currently gone to the village	32
<u>Total Green Zone children</u>	527
Green zone children Weighed	475
Currently gone to the village	52



*Field work stopped in the months of April, June and July 2021 due to Covid-19 containment zone in Nayagaon.

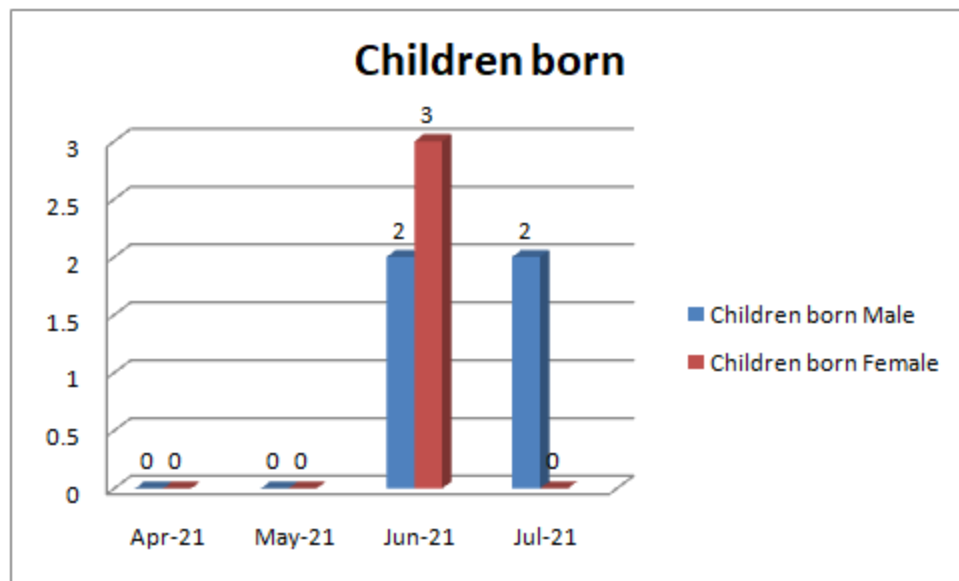
- Total number of children last month = 871
- Children permanently left Janta colony slum = 53
- Deliveries = 02
- Children reached 5 years of age (out of DIR medical program) = 10

New children migrated to the Janta colony = 186

Total number of children this month = 996

DEATH DETAILS

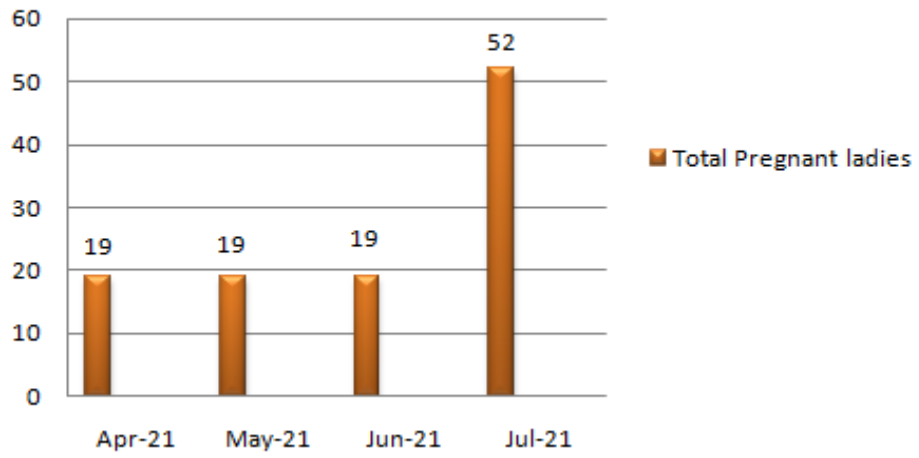
NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	HEALTH PROMOTER
KIRAN	55Y	FEMALE	CARDIAC ARREST	SUNITA



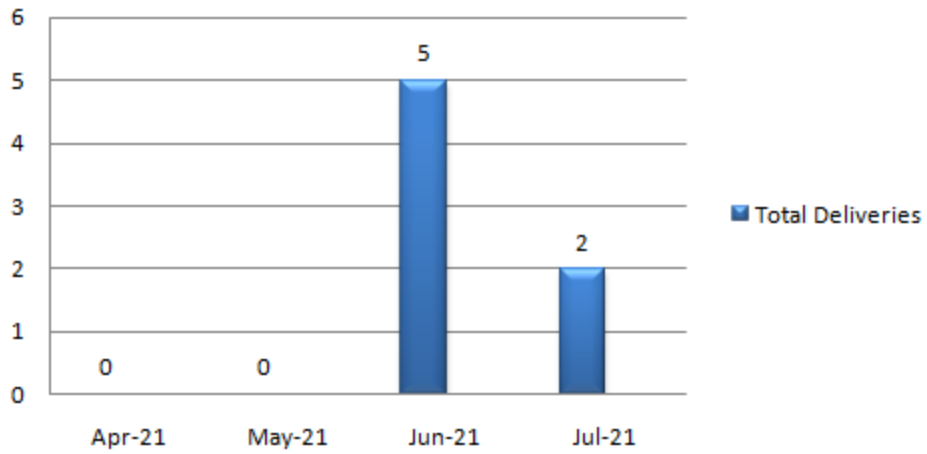
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

<u>Number of women pregnant last month</u>	<u>19</u>
<u>Number of deliveries</u>	<u>02</u>
<u>Births</u>	<u>Male: 02; Female: 00</u>
<u>Mothers who left Janta Colony</u>	01
<u>Infant death</u>	<u>Nil</u>
<u>Miscarriages</u>	<u>Nil</u>
<u>Abortions</u>	<u>Nil</u>
<u>Newly Pregnant</u>	36
<u>Trimester</u>	1 st trimester: 02 2 nd trimester: 16 3 rd trimester: 34
<u>Number of women pregnant this month</u>	<u>52</u>

Total Pregnant Ladies



Total Deliveries



INCOME GENERATION PROGRAM

- Our Tailoring team of HPs stitched:
- laptop bag = 6
- pouches = 7
- cloth sanitary pads = 130



DIR-INDIA JULY HIGHLIGHTS

- Distribution of grocery stores amongst underprivileged families on 7th, 11th and 19th July to 76 needy families.



● Col. Malhotra celebrated his birthday with DIR-INDIA, this was his first visit. He was impressed with the way DIR-INDIA is functioning. He rewarded each Health Promoter, Teacher and Maids with a cash award for their dedication and devotion towards the underprivileged community especially during the Pandemic.



● In July Dr. Anu Gupta, a professor of UIFT organized a webinar with Health Promoters and the tailoring team in which the Professors from different parts of the country participated to interact with the DIR Team.



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- Director of Food Bank, Angela and her team visited DIR-INDIA. She appreciated the work and donated 100 packages of grocery stores to needy families of Janta Colony.



- Handicraft skills displayed by the DIR India team from reusable material under the guidance of UIFT, Panjab University Chandigarh.



- Professor Dr.Santosh Sharma visited the DIR-INDIA office. She planted Sandalwood and Neem Tree in our garden. She distributed Candy and biscuits to all the children in the school.



AGENDA POINTS FOR THE MONTH OF AUGUST:

- Resuming Data entry of soft copies record of growth charts.
- Hiring a new health promoter and maid.
- Resuming school admissions.
- To make Dhanas Project functional.
- Resuming tuition classes and computer classes.
- To make the tailoring program fully functional.

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
RTGS/NEFT/I FSC CODE	SBIN0018249
MICR CODE	160002091
INSTAMOJO LINK:	instamojo.com/@dir

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TWITTER	twitter.com/@dirdotngo
YOU TUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg
GIVE INDIA	https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india

