



Developing Indigenous Resources India

OCTOBER 2021



# CONTENTS

<u>S.NO.</u>	<u>TITLE</u>
1.	CEO REPORT
2.	STORY OF THE MONTH
3.	MEDICAL TRAINING
4.	NUTRITION TRAINING
5.	NUTRITION IMPROVEMENT PRIORITY PROGRAM
6.	STATISTICS OF CHILDREN UNDER THE IPP PROGRAM
7.	STATISTICS OF MEDICAL PROJECT
8.	STATISTICS OF PREGNANT MOTHERS AND NEWBORN
9.	DEATH DETAILS
10.	INCOME GENERATION PROGRAM
11.	SWAD SHOOL
12.	DIR-INDIA OCTOBER HIGHLIGHTS
13.	AGENDA POINTS
14.	OUR TEAM AND CONTACT INFORMATION

# CEO'S REPORT FOR OCTOBER

In India, 60% to 70% of the population is in Urban Slums and Villages. Thus, it becomes important for all of us to concentrate on these areas to promote both health and education programs.

Along with the Covid-19 Pandemic, the sudden spread of Dengue has become alarming as a lot of new cases of Dengue were reported in Tricity leading to death. The Medical Team started committee meetings on Dengue by educating the Basti people and also demonstrating them the preventive measures.

In Academics, DIR-INDIA started the tuition classes, introduced Computer classes and resumed the Child Activist Program (CAP) for Basti children. Through CAP, activity awareness and prevention of diseases are taught in easy fashion to enable children to exercise their voices and increase their general awareness on ethics and morals. These activities are often followed by games to continue the extra-circulars. This program is popular amongst children and teachers alike who get to interact with one another beyond the four-walls of the classrooms.

In addition, I started weekly classes on pregnancy for Pregnant Mothers, educating them on fetal development from the time of conception till delivery. Guiding them on the importance of nutrients and healthy food. It was heartening to see three mother-in-laws attending the class amongst the audience, who were strong of the opinion that such classes to all women alike would be advantageous.



Our compliments to Shreya Mittal from Bangalore who organized weekly Martial Art classes for the staff members of DIR-INDIA, to promote the development of the skill of self-defense. These classes were thoroughly enjoyed by the Health Promoters and the Teachers as this was something they had not experienced before and found incredibly helpful.

We are grateful to Aryaman and his cousins who hosted a lunch for the Basti women and children. The food was personally distributed by the visitors on 1st October.

SWAD School is gaining popularity. Each month there are 4-6 new admissions. This year the school's training program has been changed. The school begins with a morning assembly followed by games, each game builds up their team spirit and leadership qualities. With this new schedule, it was seen that children are enjoying school and new students adapted to new environments very easily without resistance or hesitation.





## MEDICAL TRAINING

In the month of October the medical training was more focused on the topic of Dengue besides a class on Human Cell structure, Pneumonia and Pregnancy.

The UT has so far recorded 776 dengue cases, of which 692 surfaced in October.

In Punjab, Mohali district, 30 deaths were reported due to Dengue; this is the highest toll. As per past records of Mohali district, Punjab in 2018 eight people had died. While in 2019 and 2020, only one death was confirmed in Mohali District.

[In Panchkula's, the dengue cases tally stands at 540.](#)



## NUTRITION TRAINING

This month, the dietitian took a class on the importance on Fats and Nutritional management of Liver disease.

Protein-calorie malnutrition is a transversal condition to all stages of chronic liver disease. Early recognition of micronutrient deficiencies is essential because the use of nutritional supplements reduces the risk of complications.

The diet of patients with chronic liver disease is based on a standard diet with additional supplements as necessary. Restrictions may be harmful and should be individualized. Treatment management should aim to maintain an adequate protein and caloric intake and to correct nutrient deficiencies. Multiple factors contribute to malnutrition in CLD, including anorexia, inefficient digestion/absorption, iatrogenic measures or impaired metabolism. For more info:



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5580118/>

# NUTRITIONAL DEMONSTRATION



Date of the Nutritional demonstration:

- Name of the dish: Moong daal sprouts and Besan chilla
- Nutritional value per serving:
- Calories - 138 calories
- Protein - 8gm

*Moong dal chilla*, also called *pudla* or *puda* is a healthy and delicious *Moong lentil recipe* that can be made for breakfast or snacks (gluten-free, can be made vegan). *Moong dal chilla* is an *Indian savory pancake* made with soaked *Moong dal* and a few more ingredients that add flavor to the same.

To make *Moong dal chilla*, *Moong dal* (split and husked yellow lentil) *batter is prepared*; it is then cooked on a griddle just like making a pancake and stuffed with delicious and mildly spiced crumbled paneer (cottage cheese) filling, onions, tomatoes etc. Unlike a *dosa*, the batter to make *chilla* is *not fermented*.

*Moong dal chilla* has many health benefits. It is very rich in protein, has a low glycemic index, rich in fiber and these properties help to regulate blood sugar for diabetics.

## STATISTICS OF THE TEAM

NAME AND DESIGNATION	FIELD COORDINATOR AND TEAM	STATISTICS OF THE TEAM												
		TOTAL POPULATION	TOTAL HOUSEHOLDS	MALE	FEMALE	TOTAL KIDS	TOTAL RED ZONE	RED ZONE BREAK UP					TOTAL PREGNANT	ACHEIVEMENTS
								UNDER SIX MONTHS	WORKING MOTHERS	IGNORANT MOTHERS	FLAOTING POPULATION	PERMANENT RESIDENTS		
	MEENAKSHI – FIELD COORDINATOR LATA, UMA – H.P	5334	1104	2762	2572	371	32	2	2	4	8	16	19	RED TO YELLOW = 9
	BANITA – FIELD COORDINATOR SANGEETA, SUNITA, DIMPLE – H.P	4955	1156	2648	2307	380	44	9	3	5	11	16	16	RED TO YELLOW = 11
	VEENA – FIELD COORDINATOR SUSHMA, MUSKAN, LATA – H.P	4289	1014	2118	2171	259	23	2	3	4	8	6	14	RED TO YELLOW = 3

## 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.
- This month we had a total strength of 79 (children and mothers included)
- NIPP is based on feeding malnourished pregnant, lactating women and children less than 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 ADOPTED BY DONORS

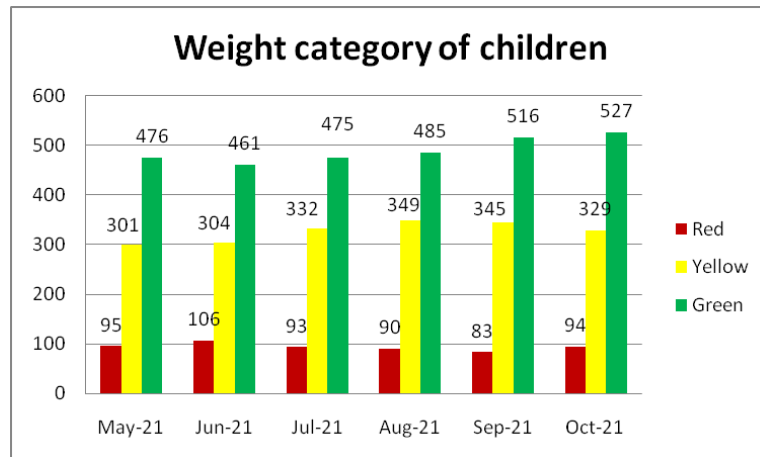
TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
22	15	5	2

- The weight of 22 children sponsored in our NIPP Program has been recorded to keep the children's progress report UpToDate with Donors.
- Out of these children, 11 children gained weight in the month of October.
- 2 children have lost weight due to diarrhea and fever
- 9 children have the same weight ( 5 new children, 4 due to diarrhea and fever)



### DEATH DETAILS

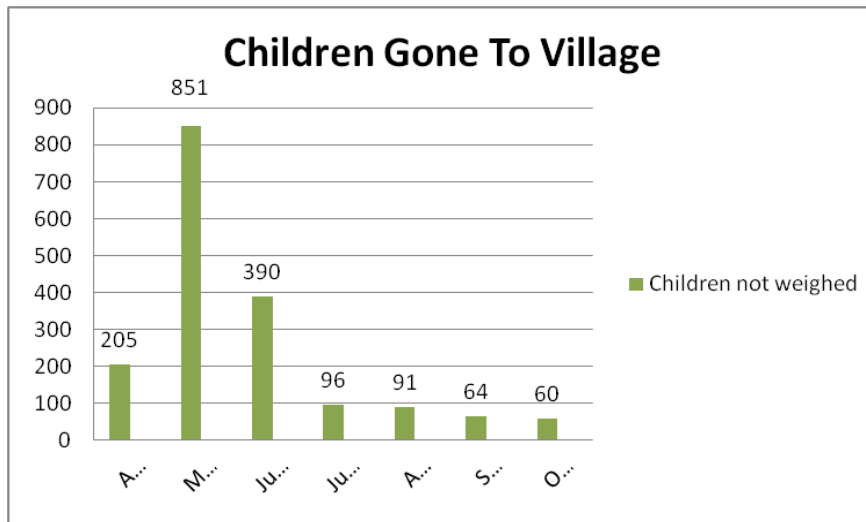
NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	HEALTH PROMOTER
BHAGCHAND	85	MALE	NATURAL DEATH	UMA
SUSHILA	65	FEMALE	LUNG CANCER	UMA
AMRIK SINGH	85	MALE	NATURAL DEATH	SUSHMA
SURESH DEVI	55	FEMALE	CARDIAC ARREST	BANITA



## STATISTICS OF MEDICAL PROJECT

Total Number of Population	14578
Total Males	7510
Total Females	7068
Total no. of children	1010
<u>Total Red zone children</u>	99
Red zone children Weighed	94
Currently gone to the village	5
<u>Total Yellow zone children</u>	350
Yellow zone children weighed	329
Currently gone to the village	21
<u>Total Green Zone children</u>	561
Green zone children Weighed	527
Currently gone to the village	34





Total number of children last month = 1008

Children permanently left Janta colony slum = 23

Deliveries = 8

Children reached 5 years of age (out of DIR medical program) = 21

New children migrated to the Janta colony = 38

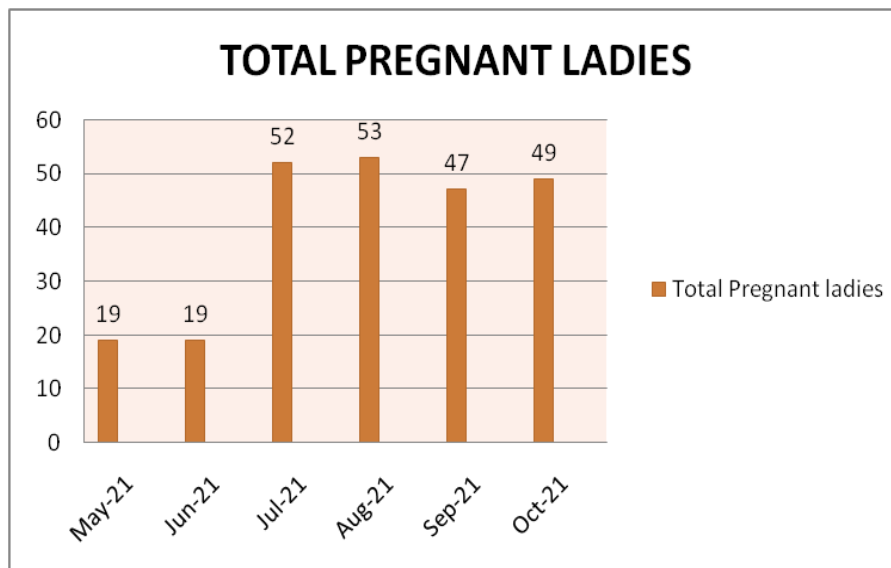
Total number of children this month = 1010

### STATISTICS OF RED ZONE CHILDREN

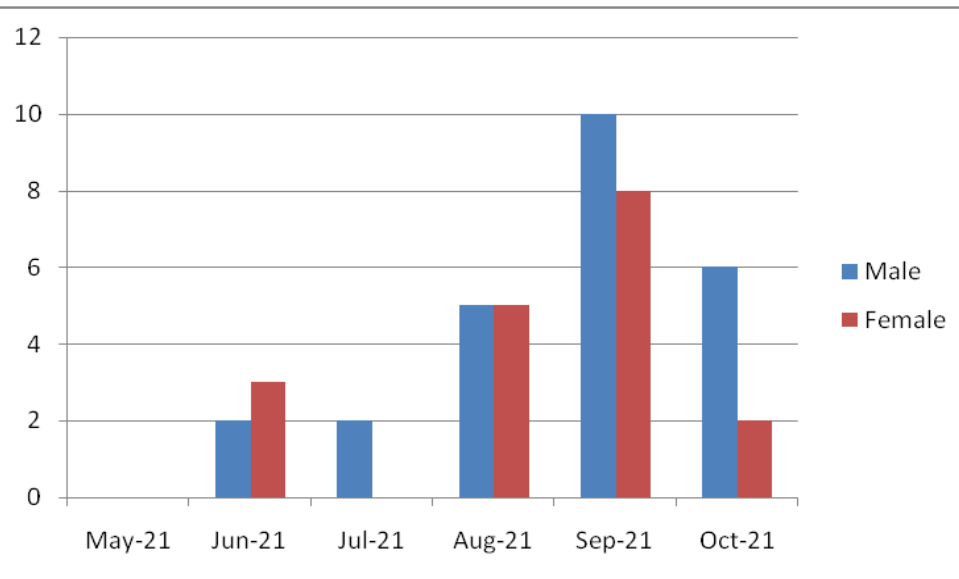
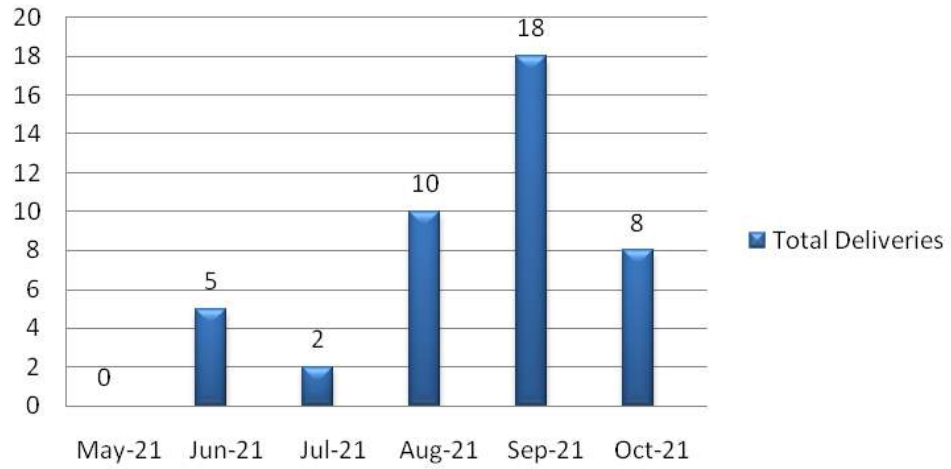
Age (Months)	# Children	%
0-12	18	1.7
13-24	13	1.3
25-36	19	1.9
37-48	22	2.2
49-60	22	2.2
Total children in area	1010	
Red zone children	94	9.3%
Red zone children gone to the village	5	0.5%

## RED ZONE DETAILS

H.P'S NAME	TO TA L C H I L D R E N	RED Z O N E	W E I G H T G A I N	G O N E T O V I L L A G E	W E I G H T G A I N	W E I G H T L O S S	S A M E W E I G H T	R I G I D F A M I L I E S	W O R K I N G M O T H E R S	F L O A T I N G P O P U L A T I O N	U N D E R 6 M O N T H
BANITA	108	17	16	1	10	0	4	2	2	2	5
DIMPLE	102	11	11	0	3	2	2	0	0	4	3
LATA	86	11	11	0	1	7	3	1	2	4	2
MEENAKSHI	109	10	8	2	0	2	2	1	0	2	0
MUSKANA	71	7	7	0	2	1	3	3	2	1	0
SANGETA	67	10	10	0	1	5	3	3	1	1	1
LATA 2	56	7	7	0	1	5	1	1	0	2	0
SUSHMA	97	7	5	2	2	0	3	0	0	4	1
SUNITA	103	6	6	0	0	3	3	0	0	4	0
VEENA	91	9	9	0	2	5	1	1	1	3	1
UMA	120	4	4	0	1	2	1	1	0	0	0



## TOTAL DELIVERIES



# STATISTICS OF PREGNANT MOTHERS AND NEWBORN

Number of women pregnant last month	47
Number of deliveries	08
Births	Male: 06 Female: 02
Mothers who left Janta Colony	Nil
Infant death	Nil
Miscarriages	Nil
Abortions	Nil
Newly Pregnant	10
Trimester	1 <sup>st</sup> trimester: 2 2 <sup>nd</sup> trimester: 19 3 <sup>rd</sup> trimester: 28
Number of women pregnant this month	49

# INCOME GENERATION PROGRAM

Our Tailoring team of Health Promoters stitched:

- cloth sanitary pads stitched = 30
- Pouch = 4
- New Masks stitched = 93
- Sale of masks = 42





# OCTOBER EVENTS OF SCHOOL WITH A DIFFERENCE

- On 8<sup>th</sup> October, school conducted Parents Teacher Meet and students were rewarded for standing first, second and third to boost their morale and motivate other students to work hard. All the students were given Pencils as a reward for excelling in overall performance.



- We have begun Morning assembly in play ground with Physical Training and 30 minutes exercise to boost their immunity and strength



- Our library classes for students have also begin this month which includes colourful picture books, drawing and reading books as per the children's interest.



- This month we had six new enrolments and the total strength of students in our school is now 50.





- Two of our student; Pari and Kartik, who are children of our cook Manisha in DIR India's feeding program are from a very low income group and have been adopted by Dr. Sarabjit Kaur for their education.



- Previously Col. IPS Brar had sponsored the education of Mehak and Rudraksh who are also from very low income group category and need the support for education.



# DIR-INDIA OCTOBER HIGHLIGHTS

- Distribution of grocery stores amongst 44 underprivileged families sponsored by MA Foundation.





- Iron and Calcium supplementation continued for 25 Red zone children in a feeding program for this month in comparison with red zone children from basti.



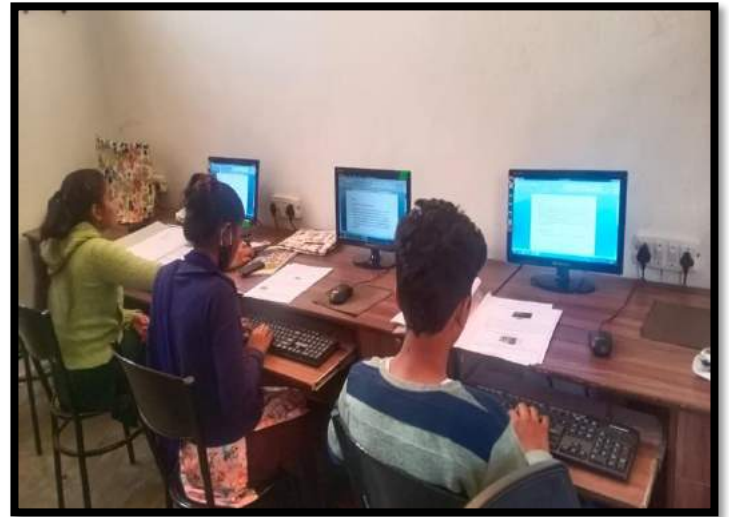
- Meal distribution on 1st October sponsored by Mr. Aryaman Malhotra on his birthday.



- On 4th October, Webinar was conducted by Yakult to make SWAD students and staff aware of good bacteria and hygiene practices like hand washing



- On 11th October, DIR India resumed computer coaching classes at minimal rates for basti children.



- On 12th October, Web designers Mr.Siddarth and Diksha paid a visit to DIR India.



- On 14th October, Mr.Avatar and Mr.Thakur paid a visit to our organization and participated in the Dussehra festival. They distributed sweaters to all the teachers, health promoters and maids.





- DIR India resumed Committee Meetings from this month onwards. The first meeting was held on DENGUE as the cases of dengue were rising in the Tricity since last month.



- On 27th October, Dr Asha ma'am took a pregnancy session class for basti women.



- The beginning of Martial Art session every Wednesday and Thursday of the week for security training and protection purpose. this class is being conducted by Shreya Mittal



- On 21st October, DIR India donated books to the Open Eye Foundation for social cause





# AGENDA POINTS FOR THE MONTH OF NOVEMBER:

- Iron and Calcium supplementation for Red Zone children in the NIPP feeding program with a controlled group of the same number from basti who are not in the NIPP program.
- Special Supervision of two red-zone children by each team
- Counseling sessions of rigid and working mothers whose children are in nipp program, by Dr Asha maam
- Identifying and adding more needy families to our Feeding Program and grocery stores distribution
- capturing new shots of nipp children for adoption by donors along with their stories
- planting seasonal plants like tomatoes, garlic, coriander in the roof garden





## OUR TEAM



## **CONTACT INFORMATION**

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+91-9478866412

## 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/I FSC CODE</b>	SBIN0018249
<b>MICR CODE</b>	160002091
<b>INSTAMOJO LINK:</b>	<a href="https://instamojo.com/@dir">instamojo.com/@dir</a>

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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>
YOU TUBE	<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>

