



Developing Indigenous Resources India

SEPTEMBER 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.	HIGHLIGHTS OF SWAD SCHOOL
12.	DIR-INDIA SEPTEMBER HIGHLIGHTS
13.	AGENDA POINTS
14.	OUR TEAM AND CONTACT INFORMATION



CEO'S REPORT

DIR-India has been working on malnourished children since it was founded in 2006. Our feeding program which is called the Nutrition Improvement Priority Programme (NIPP) was started in 2015 by Dr. Maya, daughter of Dr. Frederick Shaw, the founding father of DIR-India.

This month DIR as a part of its health program, started a research study on the Red Zone Children (as mentioned earlier in our monthly reports, DIR-India follows a growth chart designed by World Health Organization for Indian children). Students in the Red Zone category are those who weigh less than their designated weight as per the growth chart designed by World Health Organisation for Indian children. As of September 2021, we have 25 children in the NIPP program who were categorized to be in this Zone and belong to families with lower socioeconomic status. This research study will be done for three months and is being financed by DIR-California on the decision of Dr. Shalini Sahai, the Chairman of the Board.



In 2018, one of the visitor's had donated Calcium and Iron syrup to DIR-India. As a part of the feeding program, we fed 5ml both syrups to the children on an alternative basis, as per the guidance of a pediatrician. As a result, the health every child in the feeding program improved dramatically. However, due to financial constraints we weren't able to sustain this. With the assistance of, we have now begun this additional programme once again which shall continue till the end of the year.

DIR-India's medical program was started with the aim of bringing down the Infant Mortality Rate along with the maternity mortality rate in the urban slums. Thus, once a week, I take classes for pregnant women in our lecture hall, in which we educate them about the importance of consuming healthy foods and guide them on the habits they must imbibe during this period of pregnancy. Most importantly we try to inculcate the practice of going for regular checkups to the hospital so as to check and monitor the health status of mother in question and her child. Our encouragement is especially towards the mother-in-laws to attend these classes since they play an important role in the family for the welfare of the pregnant daughter-in-laws.



Grocery distribution takes place on every 7th of the month. Dr. Shailja sponsored this distribution to ten families on her father-in-law's and husband's birthday which were in the month of September.



Dr Ritu Pradhan, HOD of Nutrition Department in Home Science College, Chandigarh and Saloni Jain visited DIR office. They took classes on hygiene for girls here at Janta Colony to ensure that they as young women are protected against diseases.

On 16th September, Mr. Jatinder Sehgal, Marketing Manager of Versatile Textile Industry visited the DIR office to check the quality of stitching and finishing of reusable sanitary napkins. To provide a better finish Mr. Sehgal brought a special fabric that not only has more absorbing power but also gives a finer look to the product. Mr. Sehgal was given two sanitary napkins for Lab Testing, which was located at Baddi, Himachal Pradesh. The napkins came approved by the authorized government which checked for its quality.

We are grateful to Mrs. Geetanjali, CSR Head of Versatile Textile Mills, who visited the DIR-India office. She was highly contended by the standard of our school children and on this joy distributed biscuits and candies to all the kids. Mrs. Geetanjali liked all the projects at DIR-India, especially the Tailoring project which has been upgraded by her Industry which kindly donated us a hi-tech fully automatic Industrial Machine.

On 24th September 2021, Mr. Gurpreet Singh, from Pushpanjali Trust had offered to conduct a series of classes on Mental Health for our HPs. We greatly look forward to this interaction as these classes will be of incredible assistance to our HPs who deal with residents having numerous issues regarding mental health.



MEDICAL TRAINING

This month Dr. Asha Katoch took classes on water-borne diseases. With the onset of the rains the prevalence of water contamination becomes quite common in the region, [causing more than 6% of our country's population lacking access to safe water](#). The poor drainage and sewage systems exasperated by the fact that about 15% of the population still practice open defecation, leads to an influx of major diseases such as cholera, dysentery and typhoid during this time of the year. Additionally, it's known that our bodies' intestinal and digestive systems usually tend to become weak during this period making people highly susceptible to all kinds of infections; symptoms of which many may be ignored for common cold or fever causing some serious ramifications.



Despite its crucial importance for public health, water still remains a scarce resource, especially in the urban slums. As a result, water used for drinking, domestic use, food production or recreational purposes gets disrupted, leading to the residents compromising its usage. Thus, our aim for this month was to navigate people towards better management of water to ensure that such crisis does not take place, while also informing them about the common symptoms that may arise in case of some water-borne diseases, along their prevention.

Our other area of training conducted by Dr. Katoch for the month was on antenatal care (ANC). ANC, also known as prenatal care, is a preventive measure essential for protecting the health of woman and their unborn child. The Health Promoters were guided on how to physically examine a pregnant lady and check for anemia during pregnancy. Usually having mild anemia is known to be quite common for women during pregnancy as the body may be unable to produce enough red blood cells for both the baby and the mother, however, severe anemia due to lack of iron or vitamin B12 can cause the carrying mother some serious complications such as preterm deliveries.

Alongside the basic awareness regarding the importance of folic acid and regular checkups and ultrasound were communicated. A man-made form of Vitamin B, Folic Acid found in fortified cereals are known for their significant role in the production of red blood cells and helping the baby's neural tube develop into their brain and spinal cord, making it an essential supplement for women to take in the initial stages when the baby is developing. Not following the same could lead to some serious ramifications of *spina bifida* and *anencephaly*.



NUTRITION TRAINING

This month dietitian Swati took classes on liver disease and its nutritional management. With the age of liver diseases coming down to 30 and 40 in India, it is the need of the hour to know about this major lifestyle disease that has begun to take the stage along with diabetes and blood pressure.

The most common Liver Cirrhosis usually develops due to excess consumption of alcohol. In fact in India, the average age when people start drinking has come down to a shocking age of 16, leading to a massive shift in recent graphs. The additional changes in eating habits of eating refined sugars and foods with high fat content has made this disease a very frequent phenomenon.

Accounting for approximately two million deaths per year worldwide, one million due to complications of cirrhosis and the other million due to viral hepatitis and hepatocellular carcinoma, liver diseases have been on the rise since the beginning of the decade. According to the 2018 statistics published by WHO, three percent of total deaths in India are due to liver disease and hypertension which will soon enough be another epidemic.

Health promoters were educated on how to diagnose certain signs and symptoms of hypertension and liver disease in their respected area. The liver is known for its regenerative nature and its ability to repair itself which is primarily the cause why often its symptoms of damage go unnoticed in initial stages. Guiding the health promoters, who work in real time on the field, on how must they counsel and motivate the families to ensure regular hospital checkups would have a dramatic effect on managing this illness.



NUTRITIONAL DEMONSTRATION

Our Dietitian took nutritional demonstrations on '*fruit-channa chaat*'. A high protein and fiber rich dish, '*fruit-channa chaat*' is made out of chickpeas, chopped apples, pomegranate, oranges and garnished with fox nuts, better known as *makhanas*, and lemon juice.

This delicious snack is rich in proteins, calcium, scorbutic acid, iron and fiber, some of the key nutrients needed for children growing up.

- Date of the Nutritional demonstration: 16th September 2021
- Name of the dish: **FRUIT-CHANA CHAAT**
- Nutritional value per serving:
 - Calories - 250 kcal
 - Protein - 6g



STATISTIC FROM THE TEAM

NAME & DESIGNATION	FIELD COORDINATOR & 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		
SWATI (CLINICAL DIETITIAN)	MEENAKSHI - FIELD COORDINATOR LATA, UMA - H.P	5319	1104	2735	2627	370	29	2	1	3	10	13	17	RED TO YELLOW = 16
	BANITA - FIELD COORDINATOR SANGEETA, SUNITA, DIMPLE - H.P	4923	1154	2627	2296	374	39	7	2	4	12	14	16	RED TO YELLOW = 11
	VEENA - FIELD COORDINATOR SUSHMA, MUSKAN, LATA - H.P	4288	1015	2117	2171	264	22	3	3	4	4	8	14	RED TO YELLOW = 4

NUTRITION IMPROVEMENT PRIORITY PROGRAMME AND MA KA AHAR PROGRAMMME

Our initiative MA KA AHAR PROGRAMME, sponsored by the MA foundation, focuses on feeding all women who are malnourished and needy in our adopted area of JantaColony. Currently, this programme is established for feeding 50 mothers for one year.

Nutrition Improvement Priority Programme (NIPP), our programme based on feeding malnourished pregnant women along with lactating women and children under the age of five, continues to run thanks to our gracious donors. This month we had a total strength of 87 individuals (children and mothers included).

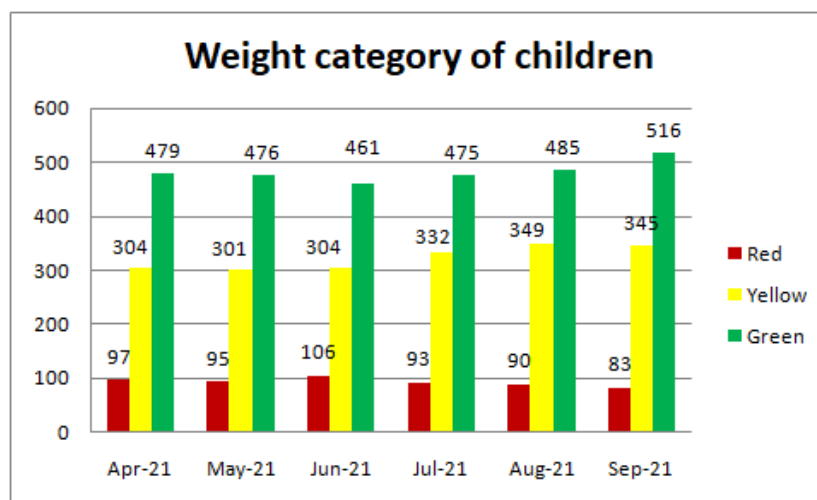
STATISTICS OF CHILDREN UNDER THE NIPP PROGRAM ADOPTED BY DONORS

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
22	15	6	1

- The weight of all the 22 children, sponsored in our NIPP Program, has been recorded to keep up with the children's progress.
- Out of these children, 10 children gained weight in the month of September.
- One child lost weight as he caught diarrhea and fever for four days. His treatment was conducted at the Government Hospital in Sector 16.
- 11 children have maintained the same weight in comparison to their weight in the last month, causes of which were primarily due to having a poor appetite caused by cough and cold, fever and diarrhea.

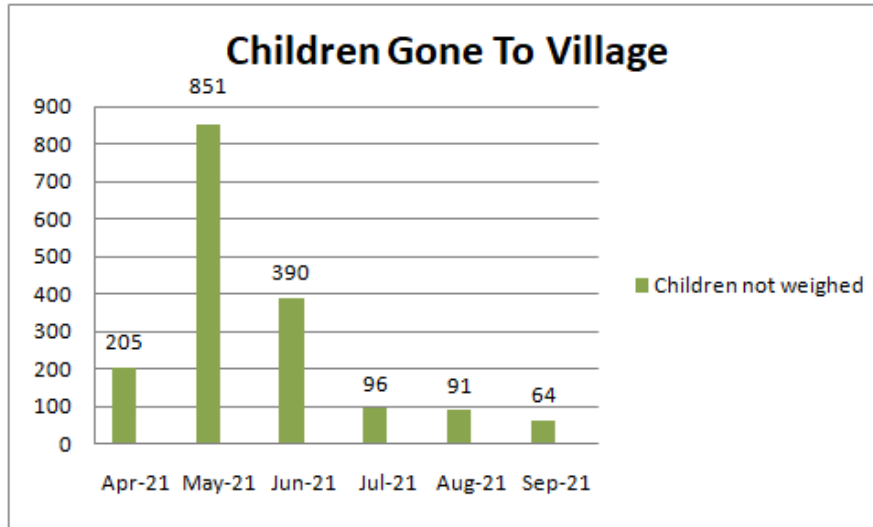
DEATH DETAILS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	HEALTH PROMOTER
RAM LAL	57	MALE	DUE TO CHRONIC DIABETES	DIMPLE
BABITA	35	FEMALE	KIDNEY FAILURE	SUNITA
SHISH RAM	50	MALE	HEART ATTACK	SUNITA
ABHAY	25	MALE	ROAD ACCIDENT	MEENAKSHI
HARI LAL	64	MALE	OESOPHAGEAL CANCER	MEENAKSHI



STATISTICS OF MEDICAL PROJECT

Total Number of Population	14530
Total Males	7499
Total Females	7031
Total no. of children	1008
Total Red zone children	90
Red zone children Weighed	83
Currently gone to the village	7
Total Yellow zone children	366
Yellow zone children weighed	345
Currently gone to the village	21
Total Green Zone children	552
Green zone children Weighed	516
Currently gone to the village	36

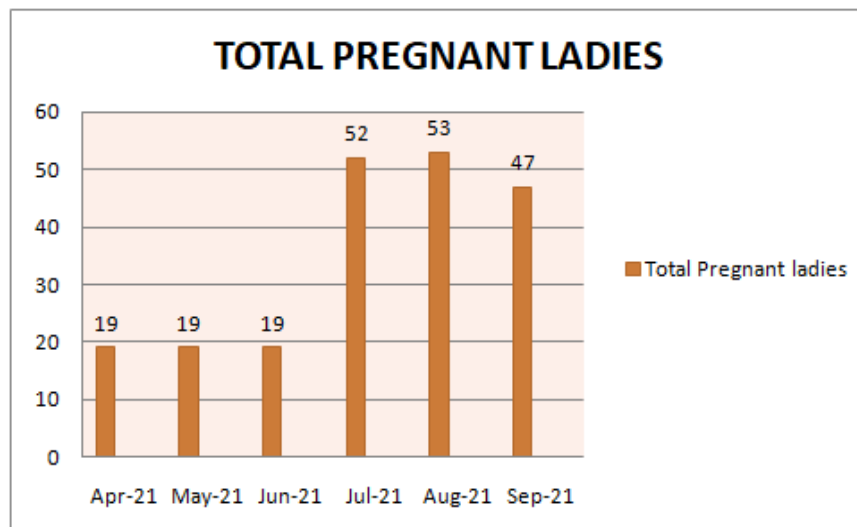


- Total number of children last month = 1015
- Children permanently left Janta colony slum = 44
- Deliveries = 18
- Children reached 5 years of age (out of DIR medical program) = 18
- New children migrated to the Janta colony = 37
- Total number of children this month = 1008

H.P'S NAME	TOTAL CHILDR EN	RED ZON E	WEIGHE D	GONE TO VILLAG E	WEIGH T GAIN	WEIGH T LOSS	SAME WEIGH T	RIGID FAMILIE S	WORKIN G MOTHER S	FLOATING POPULATIO N	UNDER 6 MONTH
BANITA	101	19	19	0	7	3	5	2	1	2	5
DIMPLE	95	8	8	0	4	0	2	1	0	4	2
LATA	89	8	8	0	1	4	3	0	1	5	1
MEENAKSHI	106	9	6	3	1	1	4	1	0	1	1
MUSKAN	68	7	7	0	1	4	2	2	1	1	0
SANGEETA	70	7	5	2	3	2	0	1	1	4	0
APARNA	54	7	7	0	2	2	3	1	0	3	0
SUSHMA	99	9	8	1	4	1	2	1	1	3	2
SUNITA	108	5	4	1	2	0	2	0	0	2	0
VEENA	97	6	6	0	1	2	2	1	1	0	1
UMA	121	5	5	0	3	1	1	1	0	1	0

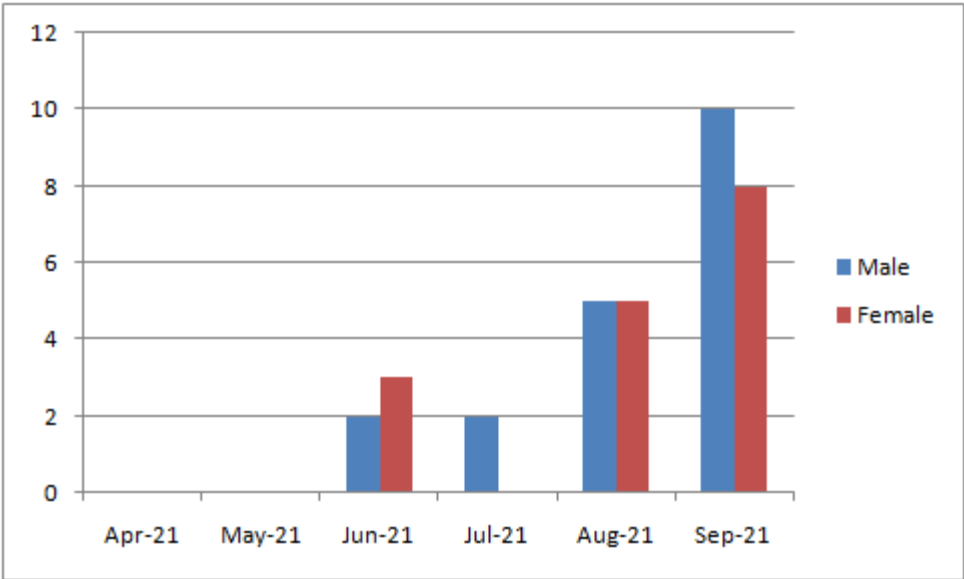
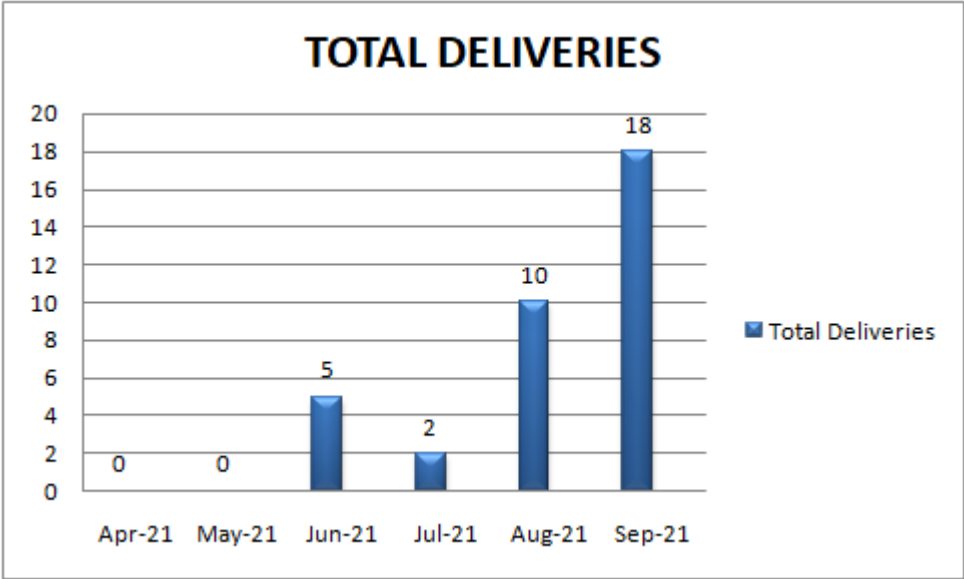
STATISTICS OF RED ZONE CHILDREN

Age (in months)	Children	Percentage
0-12	20	2.0
13-24	13	1.3
25-36	10	1.0
37-48	18	1.8
49-60	22	2.1
Total children in area	1008	
Red zone children	83	8.2
Red zone children gone to the village	7	0.7



STATISTICS OF PREGNANT MOTHERS AND NEWBORN

Number of women pregnant last month	53
Number of deliveries	18
Births	Male: 10 Female: 8
Mothers who left Janta Colony	03
Infant death	Nil
Miscarriages	Nil
Abortions	Nil
Newly Pregnant	15
Trimester	1 st trimester: 03 2 nd trimester: 18 3 rd trimester: 26
Number of women pregnant this month	47



INCOME GENERATION PROGRAM

Initiated this year in 2021, DIR India has begun its Women Empowerment Tailoring Programme wherein, the curated quality handmade goods to generate revenue. The products made are sold at nominal rates to the women of the *basti* region, thereby, also aiding their ease of procuring goods without travelling a great distance.

In September, our Tailoring team of Health Promoters stitched:

- Cloth Sanitary Pads = 250
- Potlis = 100



SEPTEMBER EVENTS OF SCHOOL WITH A DIFFERENCE (SWAD)

- Our staff arranged the Smart class as per the classes



- One of our senior staff member, Rohan took drawing classes for all SWAD classes.



- We had four new enrolments and now have a total strength of students is 44 students at our school.



- From 20th to 24th September 2021, our school's first terminals were conducted.



- Mrs. Gagan Bhatia visited the school and distributed the chocolates.



- Professor Anu Gupta, from Panjab University, also visited the school and distributed biscuits among the students.



DIR-INDIA SEPTEMBER HIGHLIGHTS

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



- Iron and Calcium supplementation started this month for 25 Red zone children in the feeding program. This is three month initiative taken on the advice of Doctor



- On 2nd September 2021, Dr. Asha took class of pregnant women on Primary Gravida.



- Grocery stores' distribution towards 10 families was sponsored by Dr. Shailja.



- On 13th September 2021, Prof. Anu Gupta, from the Fashion Designing department of Panjab University, visited the organization and distributed tailoring certificates among health promoters who took training of new skills in tailoring and stitching from the department for 3 months.



- Dr. Ritu Pradhan from Home Science College along with Dietitian, Saloni Jain, came for a visit to the organization.



- On 16th September 2021, Mr. Jatinder Sehgal, from Versatile Company, paid a visit to the organization for the inspection of handmade, washable, reusable cotton pads made by the tailoring team of DIR India.



- On 24th September 2021, Dr. Seema Kapoor, head of Enactus, Panjab University along with Mrs. Geetanjali, head of Versatile group; paid a visit to the organization. Mrs. Geetanjali also adopted one red zone child from our feeding program.



AGENDA POINTS FOR THE MONTH OF OCTOBER:

- RESUMING TUITION CLASSES
- RESUMING COMPUTER CLASSES
- RESUMING COMMUNITY MEETINGS
- MARTIAL ARTS CLASS STARTING FROM OCTOBER
- COUNSELLING SESSION OF PREGNANT WOMEN BY Dr ASHA MAAM

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/IFSC CODE	SBIN0018249
MICR CODE	160002091
INSTAMOJO LINK:	instamojo.com/@dir

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YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg
GIVE INDIA	https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india