

DEVELOPING INDIGENOUS RESOURCES INDIA

Annual Report: April 2020 - March 2021

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

— Ralph Waldo Emerson.



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CEO's REPORT OF COVID-19 PANDEMIC



Developing Indigenous Resources-INDIA anticipated the entry of the virus into India way before its onset in 2020. Knowing the origin country, China's close proximity to our homeland we were vigilant in our workings. The medical program of DIR-INDIA was enhanced on both fronts of academics, training and committee meetings from 21st January 2020 in the slums of Janta colony, Safeda Colony and our adopted village, Dhanas. Our staff covered a population of nearly 20,000 in an awareness campaign teaching them the safety precautions of the Covid-19 virus. The Health Promoters, who are the local residents of the slum as well as the rest of the population residing in the same area, were well educated about the virus and its prevention. We proudly confirm that during the trying times of the pandemic we witnessed not even a single case of Covid-19 due to this stringent screening process. The medical team made charts and posters on

Coronavirus and held Committee meetings in each and every area of the slum, including Dhanas, to generate awareness and prevention of the disease amongst the slum residents. As mentioned earlier we did not contact a single case of Covid-19 in our adopted area, all residents during the lockdown ensured that no trespassers entered their lane or gave into false information passed down by faulty resources.

The pace with which Coronavirus was spreading all over the world was like a wildfire. In India, the first case of



Coronavirus was reported on 31st January 2020 in Kerala, a student who came from Wuhan, China. The first case of Covid-19 reported in Chandigarh on 19th March 2020. The state of Punjab, where our office resides, announced lockdown on 20th March 2020 while the nationwide lockdown was announced on 24th March 2020 up till 3rd May 2020. The spread of virus in India too was pretty quick but, the number of cases reported in southern states of the country was the highest.



DIR-INDIA has been running the Medical program on mother care and child health since December 2005. Basic knowledge on health and hygiene, since its foundation has been known amongst most of the permanent residents as of today. Janta and Safeda Colony's slum residents are majority migrant laborers out of which 173 families used to earn their livelihood on a daily basis. Maximum pregnant mothers and malnourished children were caught out of this very area.

All the male members of Janta Colony and Safeda Colony lost their jobs during this pandemic period due to the initial no contact lockdown. The DIR-India office, however, did not shut down. Ours was the only organization which kept working in tricity throughout the dark period of 2020-2021. Our team risked their lives to serve the underprivileged community and ensured that not a single member of the family in a slum of 15,000 slept with a hungry stomach.



We are grateful to our President Ms. Shashi Prabha, IPS Additional DG Police, who gave police protection to our field staff as many miscreants from other areas often attacked the DIR office for procuring groceries.





During working hours besides the medical program we trained our staff in computers for data entry so that they all could create a soft copy of the growth charts they had been making. This did not only push for a quicker analysis, but this readily available data, that could potentially be accessed with the ease of the wireless network, could be used for research purposes by Public Health Doctors or PhD students in India or any other part of the World.

Our Health Promoters were given a special training course in Fashion designing and tailoring by the Fashion Designing department of Panjab University. This professional training on stitching helped the DIR staff in making masks, napkins, scrunchies, bags and many other products which were sold in exhibitions to raise funds for the tailoring department of DIR-India.

DIR-India created job opportunities for *Basti* women by introducing Rozgaar Hamara Vyapaar. Mr. Ravinder Jain and Rani Jain donated an Electric Masala grinding machine, weighing scale and sealing machine. The couple financially assisted DIR to start the project to generate employment for women of Janta Colony.

The schools were closed so DIR-INDIA started a Distance Learning Program where SWAD School Teachers were trained in online skills to take Hindi classes for children of Indian parents working in Europe and USA.

Developing Indigenous Resources India is extremely grateful to all the donors who financially helped the organization to feed the underprivileged community that not a single family under care of our organization slept with hungry stomachs.



OUR GENEROUS DONORS



MR. AJIT SINGH



MS. TANVI



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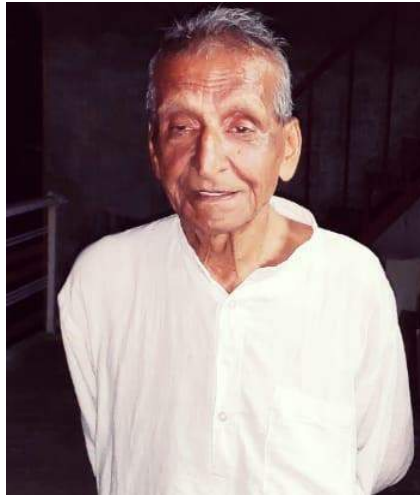
SURINDER MOHAN SHARMA



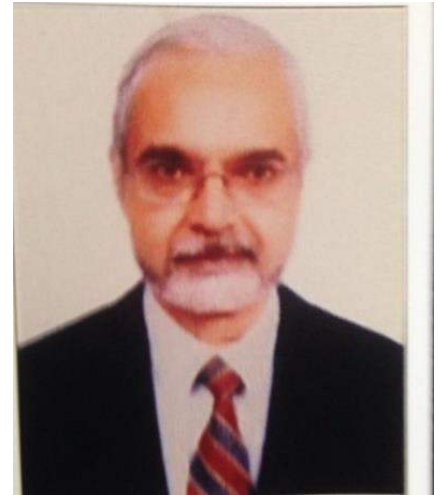
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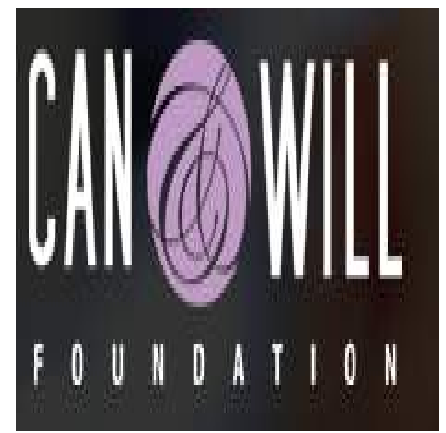
DR. ASHA KATOCH



ZOMATO FEEDING INDIA



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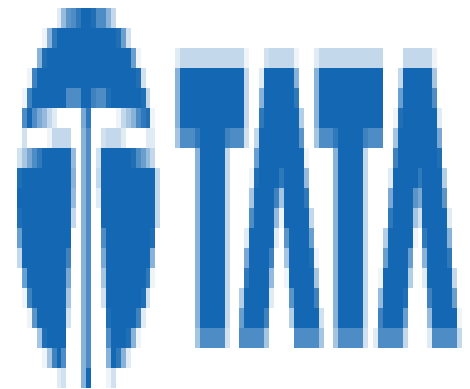
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GROCERY DISTRIBUTION KITS UNDER COVID RELIEF PROGRAMME

Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
1	30.03.2020	10	48	5KG RICE, 1 KG DAAL, 1 LTR REFINED OIL, 1 PACKET SALT, 1 PACKET HALDI, 1 PACKET RED CHILLI POWDER, 1 KG SUGAR, 1 PACKET TEA LEAVES, 2 CAKES OF BATHING SOAP
2	31.03.2020	30	130	5KG RICE, 1 KG DAAL, 1 LTR REFINED OIL, 1 PACKET HALDI (TURMERIC), 1 PACKET RED CHILLI POWDER, 1 KG SUGAR, 1 PACKET TEA LEAVES, 1 PACKET SOYA BEAN NUGGETS



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
3	01.04.2020	20	86	5KG RICE, 1 KG DAAL, 1 LTR REFINED OIL, 1 PACKET SALT, 1 PACKET HALDI (TURMERIC), 1PACKET RED CHILLI POWDER, 1 KG SUGAR, 1 PACKET TEA LEAVES, 1 PACKET SOYA BEAN NUGGETS, 1 CAKE OF BATHING SOAP
4	03.04.2020	40	162	5KG ATTA, 5KG RICE, 1KG DAAL, 1KG SUGAR, 1 PACKET HALDI (TURMERIC), 1 PACKET RED CHILLI POWDER, 1 CAKE OF BATHING SOAP, 1 PACKET TEA LEAVES
5	05.04.2020	73	310	2KG ATTA, 1 KG RICE, 1KG DAAL, 1KG SUGAR, 1 PACKET SALT, 1 LITER MUSTARD OIL
6	10.04.2020	74	325	5KG RICE, 5KG AATA, 1KG SUGAR, 1 PACKET SALT, 1KG DAAL, 1 CAKE OF TIDE WASHING SOAP, 1 CAKE OF LIFEBOUY BATHING SOAP, 1 LTR REFINED OIL, 250GM MARVEL TEA
7	14.04.2020	35	145	5 KG ATTA, 5KG RICE, 1KG SUGAR, 1KG DAAL, 1/2 LTR OIL, 1 CAKE OF TIDE WASHING SOAP, 1CAKE OF GODREJ SOAP, 1 PACKET SOYA BEAN NUGGETS, 1 PACKET TEA LEAVES
8	15.04.2020	35	159	5 KG ATTA, 5KG RICE, 1KG SUGAR, 1KG DAAL, 1/2 LTR OIL, 1 CAKE OF TIDE WASHING SOAP, 1 CAKE OF BATHING GODREJ SOAP, 1 PACKET SOYA BEAN NUGGETS, 1 PACKET TEA LEAVES
9	16.04.2020	35	141	5 KG ATTA, 5KG RICE, 1KG SUGAR, 1KG DAAL, 1/2 KG OIL, 1 PACKET SOYA BEAN NUGGETS, 1 PACKET TEA LEAVES
10	17.04.2020	35	145	5 KG ATTA, 5KG RICE, 1KG SUGAR, 1KG DAAL, 1/2 KG OIL, 1 PACKET SOYA BEAN NUGGETS, 1 PACKET TEA LEAVES
11	18.04.2020	35	140	5 KG ATTA, 5KG RICE, 1KG SUGAR, 1KG DAAL, 1/2 KG OIL, 1 PACKET SOYA BEAN NUGGETS, 1 PACKET TEA LEAVES
12	21.04.2020	44	220	10KG ATTA AND 2KG DAAL OR 5KG RICE AND 2KG DAAL
13	22.04.2020	44	176	10KG ATTA AND 2KG DAAL OR 5KG RICE AND 2KG DAAL
14	23.04.2020	48	190	10KG ATTA AND 2KG DAAL OR 5KG RICE AND 2KG DAAL
15	24.04.2020	62	283	10KG ATTA AND 2KG DAAL OR 5KG RICE AND 2KG DAAL
16	25.04.2020	64	290	10KG ATTA AND 2KG DAAL OR 5KG RICE AND 2KG DAAL
17	30.04.2020	80	278	5KG ATTA, 3KG RICE, 1KG DAAL,1 PACKET OF SOYA BEAN NUGGETS, 1 CAKE OF LIFEBOUY BATHING SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
18	02.05.2020	107	401	5KG ATTA, 1KG RICE, 1KG DAAL, 1 PACKET OF SOYA BEAN NUGGETS
19	04.05.2020	108	352	5KG ATTA, 1KG RICE, 1KG DAAL, 1 PACKET OF SOYA BEAN NUGGETS



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	GroceryIngredients
20	19.06.2020	90	390	1 LTR MUSTARD OIL, 1 PACKET TURMERIC, 1 PACKET CHILLI POWDER, 1 PACKET SALT, 1 PACKET DHANIYA POWDER, 1 KG DAAL, 5 KG ATTA, 1 KG RICE.
21	19.06.2020	254	988	10 KG WHEAT FLOUR, 1KG SUGAR, 1 KG BLACK GRAM (BLACK CHANNA)



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	GroceryIngredients
22	15.07.2020	116	513	SUGAR 1KG, ATTA (WHEAT FLOUR) 5KG, CHANA DAAL 1 KG, RICE PARMAL 3KG, REFINED OIL 1 LTR, HALDI (TURMERIC) 100GM, MIRCH (RED CHILLI POWDER) 100GM, TEA LEAVES 250GM, 1 CAKE OF NIRMA BEAUTY SOAP
23	16.07.2020	13		SUGAR 1KG, ATTA (WHEAT FLOUR) 5KG, CHANA DAAL 1 KG, RICE PARMAL 3KG, REFINED OIL 1 LTR, HALDI (TURMERIC) 100GM, MIRCH (RED CHILLI POWDER) 100GM, TEA LEAVES 250GM, 1 CAKE OF NIRMA BEAUTY SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	GroceryIngredients
24	12.08.2020	120	120	CHANNA, 2 BHATURA, 1 BESAN LADU
25	7.08.2020	20	82	TEA 250GM, REFINED OIL 1 LTR, HALDI (TURMERIC) 100GM, MIRCH (RED CHILLI POWDER) 100GM, LIFEBOUY BOY 1 CAKE, SUGAR 2KG, RICE 5KG, WHEAT FLOUR 10KG
26	14.08.2022	100	434	WHEAT FLOUR 10KG, RICE 5KG, DAAL (LENTIL(1 KG, SUGAR 2KG, RED PEPPER POWDER 100GM, TURMERIC POWDER 100GM, REFINED OIL 1 LTR, TEA LEAVES 250GM, 1 LIFEBOUY SOAP CAKE, 1 KG SALT.
27	17.08.2022	65	287	WHEAT FLOUR 10KG, RICE 5KG, DAAL (LENTIL(1 KG, SUGAR 2KG, RED PEPPER POWDER 100GM, TURMERIC POWDER 100GM, REFINED OIL 1 LTR, TEA LEAVES 250GM, 1 LIFEBOUY SOAP CAKE, 1 KG SALT.



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
28	15.09.2020	85	260	TEA 250GM, REFINED OIL 1 LTR, HALDI (TURMERIC) 100GM, MIRCH (RED CHILLI POWDER) 100GM, LIFEBOUY BOY 1 CAKE, SUGAR 2KG, RICE 5KG, WHEAT FLOUR 10KG, TATA SALT 1KG, 1KG DAAL



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
29	18.10.2020	12	47	10KG ATTA, 5KG RICE, 1KG SALT, 1 LTR REFINED OIL, 2KG CHANNA DAL, 1KG SUGAR, 250GM CORIANDER SEED, 100GM HALDI, 250GM TEA LEAVE, 100GM CHILLI POWDER, 1 RIN, 1 LIFEBOUY SOAP
30	20.10.2020	21	98	10KG ATTA, 2KG CHANNA DAAL, 1KG SUGAR, RIN 2 PCS, 4 LIFEBOUY SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
31	01.11.2020	5	22	10KG ATTA, 5KG RICE, 1 KG SUGAR, 1 LTR REFINED OIL, 250GM SOYABEAN NUGGETS, 1KG KAALI MASRI DAAL, 1 RIN 1 LIFEBOUY, 100GM HALDI, CHILLI POWDER 100GM, SALT 1 KG, 100GM TE LEAVE
32	27.11.2020	10	48	10KG ATTA, 1KG KALI MASAR DAAL, 1KG SALT, 100GM CHILLI PWDER, 100GM TEA LEAVES,100GM HALDI POWDER, 1 RIN SOAP, AND 1 LIFEBOUY SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
33	03.12.2020	15	64	10KG ATTA, 5KG RICE, 1KG SUGAR, 100GM TEA LEAVES, 100GM CHILLI POWDER, 100GM HALDI, 250GM SOYABEAN BUGGETS, 1 LTR REFINED, 1 RIN SOAP, 1 LIFEBOUY SOAP
34	03.12.2020			10KG ATTA, 1KG KALI MASAR DAAL, 1KG SALT, 100GM CHILLI PWDER, 100GM TEA LEAVES,100GM HALDI POWDER, 1 RIN SOAP, AND 1 LIFEBOUY SOAP
35	30.12.2020	20	92	10KG ATTA, 5KG RICE, 1KG SUGAR, 100GM TEA LEAVES, 100GM CHILLI POWDER, 100GM HALDI, 250GM SOYABEAN BUGGETS, 1 LTR REFINED, 1 RIN SOAP, 1 LIFEBOUY SOAP
36	30.12.2020			10KG ATTA, 1KG KALI MASAR DAAL, 1KG SALT, 100GM CHILLI PWDER, 100GM TEA LEAVES,100GM HALDI POWDER, 1 RIN SOAP, AND 1 LIFEBOUY SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
37	12.01.2021	1	2	10KG ATTA, 5KG RICE, 1KG SUGAR, 100GM TEA LEAVES, 100GM CHILLI POWDER, 100GM HALDI, 250GM SOYABEAN BUGGETS, 1 LTR REFINED, 1 RIN SOAP, 1 LIFEBOUY SOAP
38	13.01.2021	25	116	10KG ATTA, 1KG RICE, 1 KG SUGAR, 1KG RICE, 1 RIN AND 1 LIFEBOUY SOAP
39	26.01.2021	10	36	10KG ATTA, 1KG RICE, 1KG SUGAR, DAAL 1KG, 1 RIN DETERGENT SOAP, 1 LIFEBOUY SOAP
40	31.01.2021	50	231	10KG ATTA, 5KG RICE, 1KG SUGAR, 1 LTR REFINED, 1KG SALT, 100GM HALDI, 100GM CHILLI POWDER, 100GM TEA LEAVES, 1KG DAAL, 4 UNIT OF LIFEBOUY, 2 PEPSODENT AND 2 RIN SOAP



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
41	14.02.2021	4	18	10KG ATTA, 3KG RICE, 1KG SUGAR, 1KG SALT, 1LTR REFINED OIL, 100GM HALDI, 100GM CHILLI POWDER, 1KG DAAL, 2 UNITS OF RIN, 4 UNITS OF LIFEBOUY
42	23.02.2021	8	31	10KG ATTA, 3KG RICE, 1KG SUGAR, 100GM TEA LEAVES, 1KG SALT, 1LTR REFINED OIL, 100GM HALDI, 100GM CHILLI POWDER, 1KG DAAL, 2 UNITS OF RIN, 4 UNITS OF LIFEBOUY



Sr.No.	Goods Distributed on Dated	No. of Families	Population Covered	Grocery Ingredients
43	08.03.2021	5	17	10KG ATTA, 3KG RICE, 1KG SUGAR, 100GM TEA LEAVES, 1KG SALT, 1LTR REFINED OIL, 100GM HALDI, 100GM CHILLI POWDER, 1KG DAAL, 2 UNITS OF RIN, 4 UNITS OF LIFEBOUY
44	13.03.2021	10	39	10KG ATTA, 1KG RICE, 100GM SOYABEAN NUGGETS, 1KG DAAL, 2 LIFEBOUY, 1 UNIT OF PEPSODENT
45	16.03.2021	10	44	1 KG DAAL, 2 LIFEBOUY (34GM), 10KG ATTA, 100GM SOYA NUGGET, 1 RIN 185GM, 1 PEPSODENT 23GM, 1 RIN 185GM
46	23.03.2021	30	138	10KG ATTA, 1KG RICE, 100GM SOYABEAN, 1 KG DAAL, 1 RIN (185G), 1 PEPSODENT (23GM), 2 LIFEBOUY (34GM)
47	31.03.2021	5	20	10KG ATTA, 3KG RICE, 1KG SUGAR, 1 KG SALT, 100GM ZEERA, DAAL 1KG, CHILLI POWDER 100GM, TEA LEAVES 100GM, SOYABEAN 100GM, RIN 2 (185G), PEPSODENT 2 (23GM), LIFEBOUY 4 (34GM), REFINED 1 LTR



In the session of 2020-2021, besides grocery distribution we also distributed toiletries like Pepsodent for dental hygiene along with Rin Soap and Lifebuoy Hand wash Soap to maintain good hand and body hygiene.

Sr.No.	Item Name	Quantity Distributed
1	RIN SOAP	4500 Units
2	LIFEBUOY SOAP	7500 Units
3	PEPSODENT PASTE	3000 Units



ACADEMICS:

MEDICAL CLASSES:

WHO declared the Coronavirus to be a global pandemic on 30th January 2020. On that very day, the first case of Coronavirus was reported in India - a student from Kerala who had come from China. To make the population aware of the COVID-19 was the need of the hour. DIR-India started classes on Coronavirus for Health Promoters. Frequent committee meetings were held, both in Janta Colony and Dhanas, to educate the Basti people and make them aware of the deadly virus which had already taken so many lives in Wuhan, China. As well as making the community aware of the spread of COVID-19 to other countries across the globe, and killing people in millions. These corrective steps were taken to sensitize the community.

Health Promoters made charts and posters on the COVID-19 Pandemic, to give a photographic image of the disease, which made a deeper impact on the Basti crowd. Emphasis was laid on the prevention of the disease by educating them on the importance of repeatedly hand washing, covering the mouth and nose by wearing masks in public places and maintaining a social distance of minimum six. As we know, COVID-19 can live on steel and plastic surfaces for up to 72 hours and in the air for half an hour to three hours. The main cause of the spread of the virus is through direct contact with infected people.

Medical topics covered by Public health doctors during COVID-19 Pandemic were:

- Coronavirus: Mode of transmission, signs and symptoms, prevention
- Malaria
- Dengue
- Crimean Congo Hemorrhagic Fever
- Fetal development in each trimester of pregnancy
- Ectopic pregnancy
- Scabies
- Preeclampsia
- Cancer and its types like; lung cancer, oral cancer, breast cancer along with video presentation of self-examination to generate awareness
- Cervical cancer
- Menstrual cycle and menopause
- Dental caries
- Viral hepatitis
- Typhoid and
- Anemia

The DIR-India team had started the routine work of weighing children under five years of age to check on their health status in the month of June. The weight recording of each child was done in the office by calling the families at different times. Senior staff and HP's had followed the standard guidelines of all safety precautions of Covid-19. Unfortunately, the first case of Covid-19 was reported from Janta Colony, Nayagaon on 12th June 2020. Both husband and wife were positive, followed by two more positive cases on 14th June 2020. The cases in Janta Colony had forced us to stop this weight recording of kids until Nayagaon was declared a safe zone.



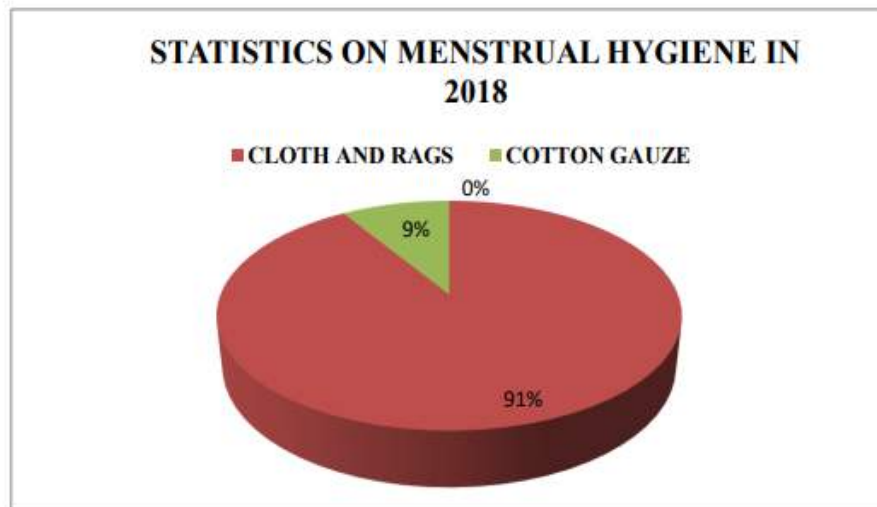
EVALUATION & STUDY ON MENSTRUALHYGIENE OF JANTA

COLONY:

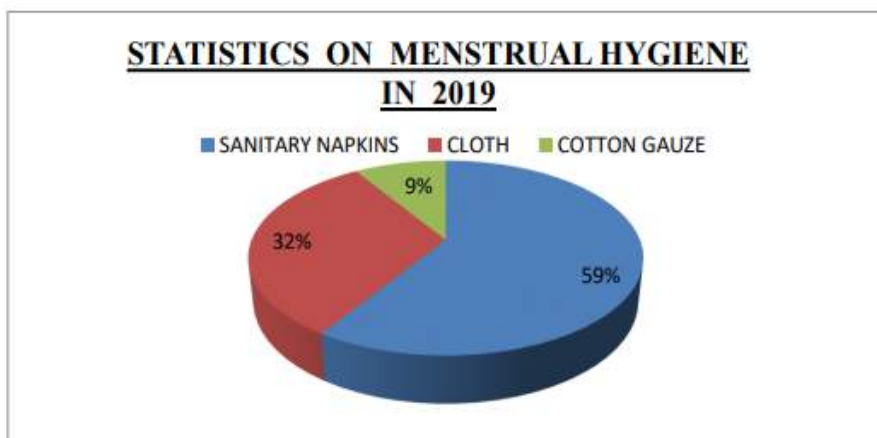
- In November 2017, after Dr. Asha Katoch took over as CEO of DIR-India, a lot of female patients came up with a history of vaginal infections.
- Poor menstrual hygiene was a common cause of infection. This motivated the medical team of DIR-India to do a study on personal hygiene; vaginal infection was found to be the common cause and this motivated the DIR-I team to find a solution to this agony. Health Promoters did a door to door survey on the personal hygiene of each woman in their respective area of Janta Colony, including menstrual hygiene.
- DIR-India's medical team started an aggressive campaign and awareness program for young girls and women, educating them on different ways to maintain personal hygiene. There is a graph display of statistics of February 2018 as a reference where the majority of women were using rags and cloth. .
- Detailed Evaluation of Menstrual Hygiene was once again done after DIR-India started sale of sanitary napkins at a nominal rate in 2019 and this survey was again done in July 2020.
- Graph display of statistics, will explain the awareness and growth of female gender, residing in Janta Colony. Women today in this Basti have risen from sheer ignorance since 2006. Vaginal infection is not a common issue today. Majority of the ladies are aware of common ailments and learnt the skill of prevention of common diseases.
- We are thankful and grateful to Mr.Harshvardhan Jain who has been donating Sanitary Napkins worth Rs 65,000/- (Rupees Sixty Five thousand only) to DIR-India every year since February2019. Mr. Harshvardhan has an equal role to play to achieve this mission of DIR-India, in bringing this growth, as most of the women who are using these napkins are relieved of this pain and agony of infection. Menstrual Hygiene is another success of the Medical program of DIR-India today.
- Graphic Display of statistics since 2018, 2019 and 2020 are displayed to appreciate the medical growth and awareness of Women residing in our project area.



GRAPH NO 1:



GRAPH NO 2:



GRAPH NO 3:

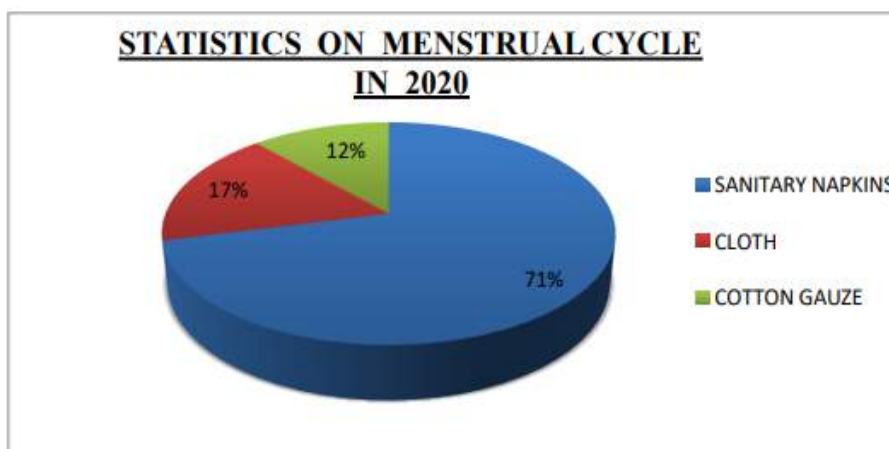


TABLE NO 1: STATISTICS ON MENSTRUAL HYGIENE IN 2018

CLOTH AND RAGS	91%
COTTON GAUZE	9%

TABLE NO 2: STATISTICS ON MENSTRUAL HYGIENE IN 2019

SANITARY NAPKINS	2003	59%
CLOTH	1081	32%
COTTON GAUZE	302	9%

TABLE NO 3: STATISTICS ON MENSTRUAL HYGIENE IN 2020

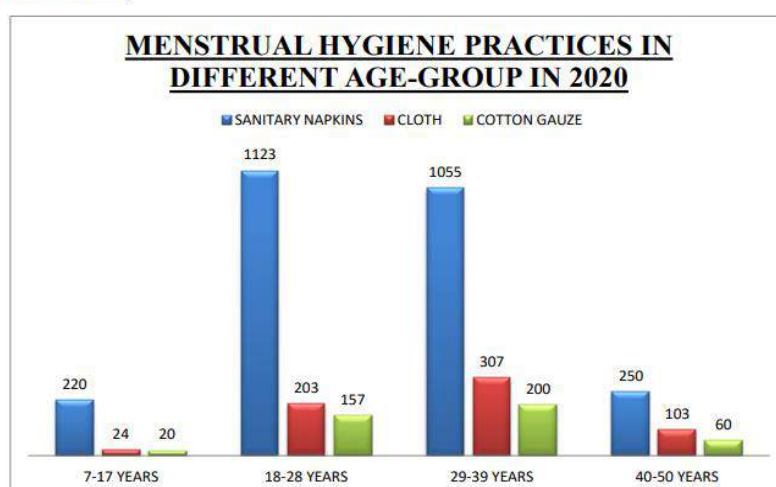
SANITARY NAPKINS	2648	71%
CLOTH	637	17%
COTTON GAUZE	437	12%

TABLE NO 4: MENSTRUAL HYGIENE PRACTICES

IN DIFFERENT AGE-GROUP IN 2020

AGE	SANITARY NAPKINS		CLOTH		COTTON GAUZE	
	TOTAL NO.	PERCENTAGE	TOTAL NO.	PERCENTAGE	TOTAL NO.	PERCENTAGE
7-17 YEARS	220	83%	24	9%	20	8%
	1123	76%	203	14%	157	10%
18-28 YEARS	1055	67%	307	20%	200	13%
29-39 YEARS	250	61%	103	25%	60	14%

GRAPH NO 4:



Miss Saloni Jain, Assistant Professor from DAV College, Chandigarh came to seek help for her research paper on a study of Micronutrient deficiency amongst adolescent girls living in the slum. She interviewed 65 girls within the age groups of 17 years to 19 years. Their hemoglobin levels were checked by Laboratory Technicians to assess the health and nutrient status of each participant



NUTRITION CLASSES:

Our past history with global pandemics strongly suggests that nutritional status has important implications on population health even decades after the crisis is curbed. Nutrition plays a very important role when it comes to building our body's immunity which played an important role in the fight against the Covid-19 pandemic. The prevalence of malnutrition was 42% in patients hospitalized with COVID-19.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8223988/#B31-nutrients-13-01752>

Malnutrition was detected in 67% of COVID-19 infected patients admitted into the intensive care unit (ICU).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8223988/#B31-nutrients-13-01752>

Academic classes in nutrition covered the below mentioned topics which were crucially important:

- Malnutrition
- Vitamins - Fat and Water soluble
- COVID-19 Pandemic: diet to improve immunity.
- Immunity boosting diet
- Cholesterol
- Trans fats
- Thyroid disease and diet for healthy thyroid
- Peptic Ulcer



SOCIOLOGY CLASSES:

Rohan from Sociology department joined DIR India in the month of October during COVID19 era.

He took classes on sociology, impact of sociology on urban slums and the topics included:

- caste system
- dowry system
- child marriage
- education of rights and awareness as per Indian laws

The rapid urbanization in conjugation with industrialization has resulted in the slums. These slums give rise to many problems in the urban areas. The major problems of slums in India are as follows:-

- **Shortage of space**
- **Prone to natural and man-made hazards:** As in slums, houses are crammed in a little space; they are often prone to dangerous hazards like floods, water logging, fire etc.
Health hazards: The poor living condition in slums affects the health of people mentally and physically. Water contamination cause disease like blood dysentery, diarrhea, malaria, typhoid, jaundice etc.
- **Social problems:** Socially, slums remain isolated from the rest of the urban society and exhibit pathological social symptoms like drug abuse, alcoholism, crime, vandalism and other deviant behavior. The lack of integration of slum inhabitants into urban life reflects both, the lack of ability and culture barriers.



NUTRITIONAL DEMONSTRATIONS:

Every third Tuesday of the month, DIR India's Dietitians conduct a demonstration class for Health promoters and the Slum community on Low-cost High-Calorie High Protein Diet.

DIR Nutritionists demonstrate to the HPs a recipe for a nutritious meal that can be made with ingredients available in the basti, which costs no more than 2 rupees (US 5 cents) per serving. In turn, HPs give cooking classes in their assigned zones to teach the mothers. The program is very popular and parents recognize the link to healthier growth on their children's weight charts.

This year consisted of following recipes:

- **MAY**: Coconut laddu
- **JUNE**: Poha Cutlet
- **JULY**: Stuffed and steamed suji balls
- **AUGUST**: Steamed and fried rice cutlets (Chawal ka farah)
- **SEPTEMBER**: Instant suji tawa pizza
- **OCTOBER**: Colorful instant rava idlis
- **NOVEMBER**: Nutri-Case
- **DECEMBER**: Peanut Chikki
- **JANUARY**: Deep fried Indian style pancakes
- **FEBRUARY**: Vegetables stuffed khandvi



COMPUTER AND DATA ENTRY CLASSES:

On 4th May 2020, the government ended the lockdown in the country. With hesitation and fear in mind, some of the government offices and a few private offices took the bold step of starting their work schedules. DIR-India's office was one of them. Nayagaon was a hotspot for Covid19, as there were active cases reported in this area, but the senior staff managed to seek entry into Janta Colony for social reasons. It was challenging and high risk for all of us, but welfare responsibilities gave courage to deal with these issues at this hour of crisis. The computer classes had become more active, along with academics and tailoring programs. DIR-India started basic training in computers for our Health Promoters. It was challenging for some and depressing for a few as many of the HP's did not know how to hold a mouse and simultaneously type on the keyboard. Today, it is heartening to see our HP's with a big smile on their faces, as they have learnt the skill of updating the weight records of each child on their Growth Charts. As of date, all records of children under five years of age, pregnant mothers and NIPP kids are maintained in their respective folders. Data entry operator took regular computer classes and monitored the work of each HP. This data is stored on USB drives and also uploaded into our Google drive by senior staff at the end of the day.



INCOME GENERATION PROGRAM:

The tailoring program had become more active during COVID-19 pandemic era. Reusable masks were made and sold at affordable prices. The aim of the mask making was to help the community, generate revenue and give employment to Basti women. Three new Singer sewing machines were purchased to engage more women. These sewing machines were financed by Mrs.Rani Jain. We are grateful to Rani Jain for her generosity at this hour of need. Mrs. Rani Jain donated three new sewing machines, two hand machines and one foot-operated machine. This upgraded the Tailoring Section of DIR-India, along with the new carpet for women to be comfortable while stitching. The carpet was donated by Mr. Sood.

The prime agenda of DIR-India is to generate revenue and to give employment to Basti women during this tough period of unemployment. DIR-I started making Reusable and Washable Masks with different shapes, styles and sizes as per Government specification.

Some of the items which were made during COVID PANDEMIC included:

- washable & reusable 3-PLY cotton masks
- 2-PLY cotton masks
- Cotton straps masks
- wine bags
- tiffin carrier bags
- laptop bags
- keyboard & computer monitor covers
- wall hangings
- aprons



- Our team produced a variety of masks which served as an income generating asset, a way to empower women and be able to get independent financially for some extent which will add to the future earnings and also to contribute our efforts in order to combat this merciless pandemic.
- Institute of Fashion Technology And Vocational Development of Panjab University collaborated with DIR-India for a professional advance training program in tailoring. This was called “Project TIGR2ESS” which was funded by Cambridge University via Panjab University Administration. It lasted for a 6 months training program for Basti women. This helped in improving the tailoring skills to make DIR-India more competent in stitching and designing.

- 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 DIRINDIA.
- On 8th March 2021, International Women Day was celebrated in the DIR-INDIA office. Enactus student body along with Enactus Head Prof. Seema Kapoor and Prof.Anu Gupta and Manager from Usha International Sewing Machine graced the occasion by inaugurating the two Hi-Tech Usha Machine donated by Versatile Textile Ltd. Our special thanks to Prof.Seema Kapoor and Enactus Team for upgrading our tailoring program.
- Prof. Anu Gupta and Annee from the Fashion and Textile designing Department of Panjab University gave an advanced training program in designing and tailoring for our Health Promoters and Santosh Kumari, our Tailoring teacher to promote and improve the stitching and designing skills of DIR Team. Our team was awarded with certificates on compilation of 6 month course.These classes have enhanced the professional competency in creative and innovative art amongst the DIR-INDIA team.



EVENTS AND NEW PROJECTS INTRODUCED IN COVID ERA:

- From 30th March 2020, DIR India worked actively in providing groceries to all those under-privileged communities of Adarsh Nagar, most of who were daily wagers and had lost their jobs, their very sole source of earning making their survival uncertain due to the calamities' condition of scarcity.

MAY EVENTS:

- On 4th May 2020, the government ended the lockdown in the country. Nayagaon was a hotspot for Covid-19, as there were active cases reported in this area, however, the senior staff managed to seek entry into Janta Colony for social reasons. Our tailoring program, in fact had become more active than its pre-lockdown state due to the growing need for masks. This along with academics and computer classes soon resumed. Reusable masks were stitched by our ladies and sold at affordable prices. This program of mask creation continued to help the community, generate revenue and give employment to *basti* women. Thus, seeing the influx, three new Singer sewing machines were purchased to engage more women into the given programme. These sewing machines were financed by Rani Jain, for which we applaud her generosity, as she became such an anchor at the hour of need. This upgraded the Tailoring Section of DIR-India. Along with this, Mr. Sood was incredibly swift in helping us procure a new carpet for women to undertake the task more comfortably.
- The prime agenda of DIR-India was to generate revenue and to give employment to Basti women during that tough period of unemployment. DIR-India started making Reusable and Washable Masks with different shapes, styles and sizes as per Government specification.



JUNE EVENTS:

- On 30th June 2020, DIR-India vacated the sector 11 office of Chandigarh and the entire administrative wing was reorganized in the Basti building. We are grateful to Mr. Ajit Singh and Mr. Lalit Jain who helped us in constructing a big store room on the rooftop of the Basti building to accommodate the surplus furniture and allied items. Developing Indigenous Resources India now has one office, where all four projects are controlled and run under one roof. This has enhanced our efficiency.
- On 21st June 2020, the “**THE INTERNATIONAL YOGA DAY**”, **PEP TURF** owned by Maj. Manoj Malhotra, his son Aryaman and a few other companies joined hands to raise funds for DIR-India, which were donated directly to DIR’s instamojo account. We are extremely grateful to Maj. Manoj and Aryaman who are the main architects behind this noble cause of “**Defeat hunger**”.
- In the second week of June, the medical team started weighing the children in our SWAD school classrooms, with proper social distancing, and taking all precautions against the virus.
- 90 packages of groceries were donated by the Can & Will Foundation, which assisted DIR-I to take care of malnourished children and families of the Basti.
- In addition to the above ration distribution, through personal liaison with the Divisional Commissioner and Administrative wing of the Punjab Government, grocery packages were provided to 254 families of Janta Colony, which included our Health Promoters, teachers, and two maids.



JULY EVENTS:

- DIR-India was granted permission to have 8KV triple phase power supply.
- We are extremely thankful to Colonel Suraj Prakash for financing the purchase of three new computers with latest technology and double tubular battery inverter of Luminous company (as power back up) to make our office work smooth and without any hindrance.
- Col.Suraj Prakash did the virtual inauguration of Suraj Admin Office this month as he was in Austin, USA that day.
- Colonel LJS Gill, who makes frequent visits to our office, realized the need of making DIR-India's dedicated team more comfortable. He donated three Air Conditioners with stabilizers to DIR-India. We admire his devotion towards the cause that he personally under his own supervision got the three AC's fitted fully functional which made the atmosphere cool and comfortable in hot, wet and sticky climate.
- CCTV of six cameras had been installed for DIR-India's safety and security of the electronics and property. This helps the CEO in a complete picture of all the functioning and movement within the premises of the organization.
- DIR-India signed an MOU with the Ma Foundation run by Geeta Gopalkrishanan. The Ma foundation will be helping DIR-I with funds to feed 200 needy families with grocery items for two months.
- Medical team of DIR-India did study on the Menstrual Hygiene of Basti women in July.
- The Enactus Team of Panjab University donated masks for Basti families. They had been helping and assisting DIR-I by donating 100 masks for the safety and security of our health promoters when they were weighing children and distributing ration kits in the field or interacting with the people of Basti.



AUGUST EVENTS:

- Tata Consumer Products Limited donated 250 KG Masoor Dal (Lentils) and 250 KG TATA Salt.
- Enactus Team also donated 100 face shields and 61 face masks made in the Garment Factory for protection and safety of the DIR-India Team.
- Our special thanks to Mr. Harshvardhan and Meenakshi Jain for feeding 130 children and families with duly packed cooked meals. Distribution was done on 13th August 2020 at DIR-India Office premises by observing all COVID-19 Pandemic safety measures.
- Connect Telecommunication Services had laid a fiber-optic cable network supply in Nayagaon. DIR-INDIA was one of the first customers who have been given broadband service with good internet speed. Working in the Basti office has become smooth and convenient.
- OORJAA donated 100 packets of milk and 288 Kinder Joy chocolates for children of Janta Colony on 20 August.
- DIR India joined hands with **Social Substance along with Indian Creative Unity** to spread the awareness about the ongoing COVID-19 Pandemic through the Masterpiece of Art Abstract Painting. The painting was made by using waste material like old newspapers on August 7. The theme of the painting was '**Spreading Awareness about COVID-19**'. DIR staff carried the information to thousands of people of Nayagaon over the period via online and offline mode of information dissemination.



SEPTEMBER EVENTS:

- Ma Foundation sponsored grocery of two needy families for 6 months. They had financially assisted Suman and Gyatri to feed healthy meals to their malnourished toddlers
- Hindustan Unilevers supplied DIR-India with: 1500 units of Lifebuoy Soap (Bathing Soap) and 1500 Units of 'Rin' Soap (Detergent).
- 13 Children of Kindergarten from SWAD School got admission in Government Model School Chandigarh.
- The garbage dump in the adjoining plot of our Main office in the basti had been converted into a beautiful garden. We are grateful to Mr. Sood who donated flower pots and a variety of plants. Mr. Sood is our Horticulture advisor who is frequently consulted on the type of plantation to be done which requires minimum maintenance but adds beauty and keeps the environment healthy.



OCTOBER EVENTS:

- Can & Will Foundation donated 950 packs of Milk and Glucose biscuits. We are indebted to all donors for their endowment which benefited all kids and pregnant women who come to DIR-India for their health checkup were given those packets of happiness as parting gifts.
- Swachh Bharat Abhiyan is the nationwide drive. DIR-India and Oorjaa organization doled out steel dustbin to 145 families of Janta Colony. It was a motivation incentive to change the outlook of the residents of the basti and guide them to keep the environment clean and healthy for the good living standard.
- Dr. Madhu Khullar financed the cost of books for all four students who got admission in St. Stephens School this year.
- Mr. Ravinder Jain and Mrs. Rani Jain, a business family, visited DIR-India's Basti office. They both were galvanized by the functioning of the organization. They donated money for feeding 130 children of Basti on 29th October. A grand feast was cooked by a professional Cook along with assistance offered by the entire team of DIR-India. The food was delicious as it was cooked with great devotion by the dedicated volunteers.



NOVEMBER EVENTS:

- Ms. Saloni Jain, Assistant Professor from DAV College, Chandigarh came to seek help for her research paper on a study of “**Micronutrient deficiency amongst adolescent girls**” living in the slum. She interviewed 65 girls in the age group of 17 years to 19 years. Hemoglobin levels were checked by Laboratory Technicians to assess the health and nutrient status of each participant.



DECEMBER EVENTS:

- Ms. Santosh Sharma, Ex-Professor retired Panjab University and Ms. Shashi Nanda Ex- Professor retired from MCM Girls College Chandigarh visited the organization and appreciated the medical program. They gifted the underprivileged children who had come for weighing with soft blankets.
- Institute of Fashion Technology And Vocational Development of Panjab University collaborated with DIR-India for a professional advance training program in tailoring. This was called “**Project TIGR2ESS**” which was funded by Cambridge University via Panjab University Administration. It was a 6 months training program for Basti women. This helped in improving the tailoring skills to make DIR-India more competent in stitching and designing.



JANUARY EVENTS AND NEW PROJECTS:

- On 4th January 2021, DIR-INDIA launched a new program “**ROZGAR HAMARA VYAPAAR**” for underprivileged women of Janta Colony, Nayagaon, Punjab. The Masala Grinding Machine locally made in Chandigarh was delivered by the company to DIR-India. Our sincere thanks to Mr. Ravinder Jain for funding the complete equipment including the weighing machine and packing machine. It is a self-sustaining project as spices are used in every Indian home in daily cooking. Our prime aim has always been to make the organization financially stable and generate employment for underprivileged women of the Basti.
- The second project launched by DIR-India in 2021 was “**DISTANCE LEARNING PROGRAM**”. Our SWAD School teachers, Manjeet and Lata started online Hindi classes for Indian children living abroad. That month we had four students from California and Spain.



FEBRUARY EVENTS:

- The most encouraging news of the month was that our SWAD School reopened. Children started 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.



- Ms Sapna and Ms.Chetna from Vishwa Reiki Abhiyan organized an event in DIR-India on 20th February. They also donated stationery items for students of SWAD School. It was a great experience of peace and tranquility by each and every member of the DIR fraternity.
- 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.



MARCH EVENTS:

- Mohit Vasudev from Swami Vivekananda Center of Panjab University conducted a **YOGA** training program for 5 days from 9 AM to 10 AM in the premises of DIR-India. Yoga is a tool for physical and mental health. Our sincere thanks to Prof. Renu Thakur and Mohit Vasudev for this workshop.
- On 8th March 2021, International Women Day was celebrated in the DIR-INDIA office. Enactus Student body along with Prof. Seema Kapoor and Prof. Anu Gupta and Manager from Usha International Sewing Machine graced the occasion by inaugurating the two Hi-Tech Usha Machine donated by Versatile Textile Ltd.



NIPP CHILD SPONSORSHIP PROGRAM:

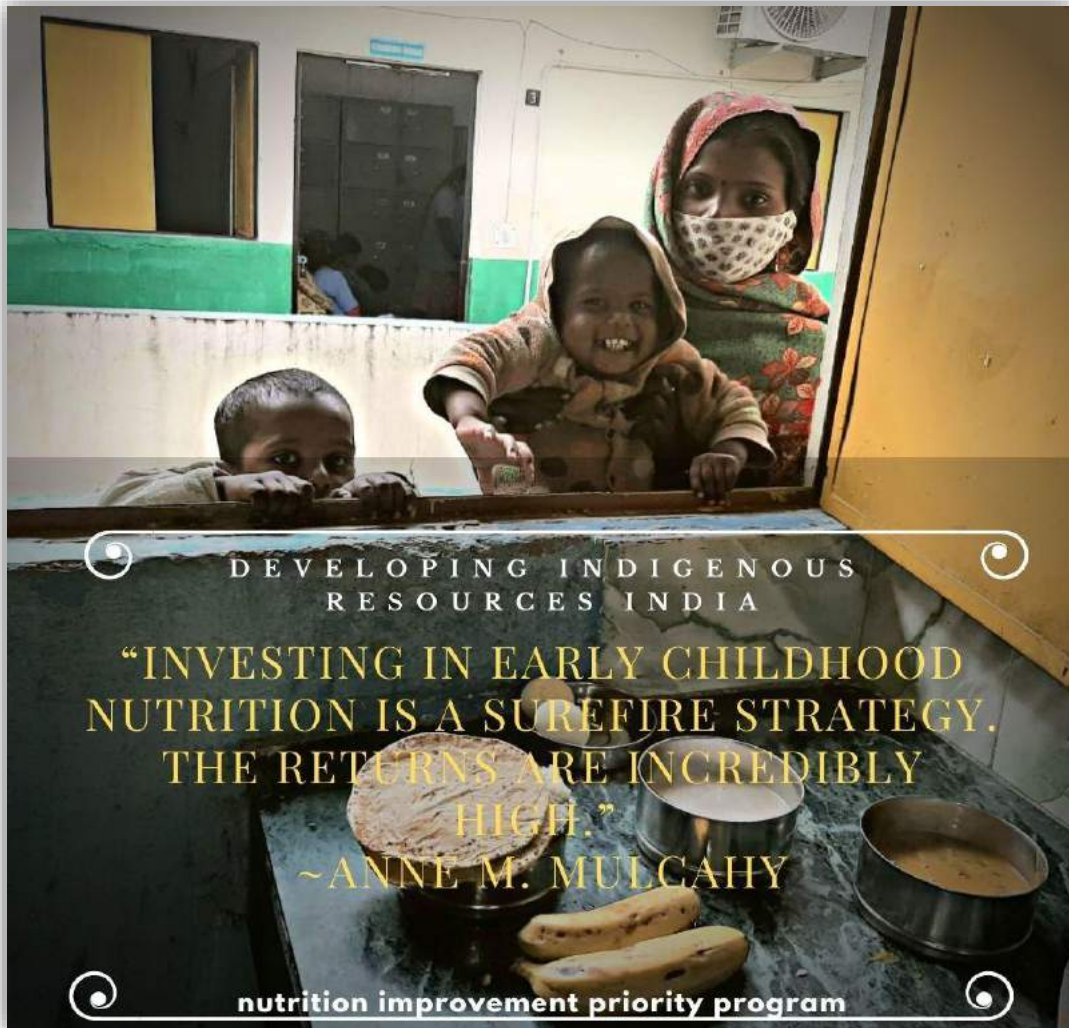
You can sponsor a Red-Zone child through our NIPP program so they can get the nutrients they need to grow up happy and healthy. We currently have the funds to feed just 55 out of the 100 Red-Zone children in the Janta Colony.

Cost of Sponsorship: 1000 rupees per month per child.

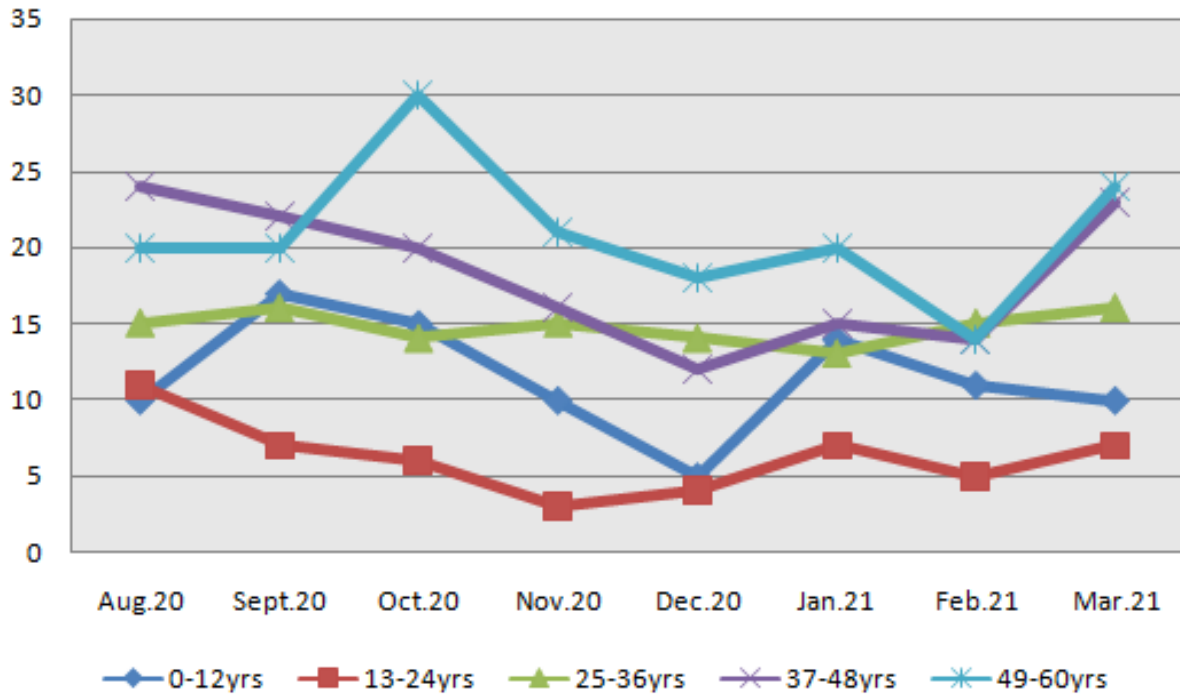
Sponsorship includes:-

- **Daily feeding of your sponsorship child at DIR office**
- **Personalized monthly health reports**
- **Family consultations**
- **Weekly low-cost, high calorie and protein recipes for your child's family**

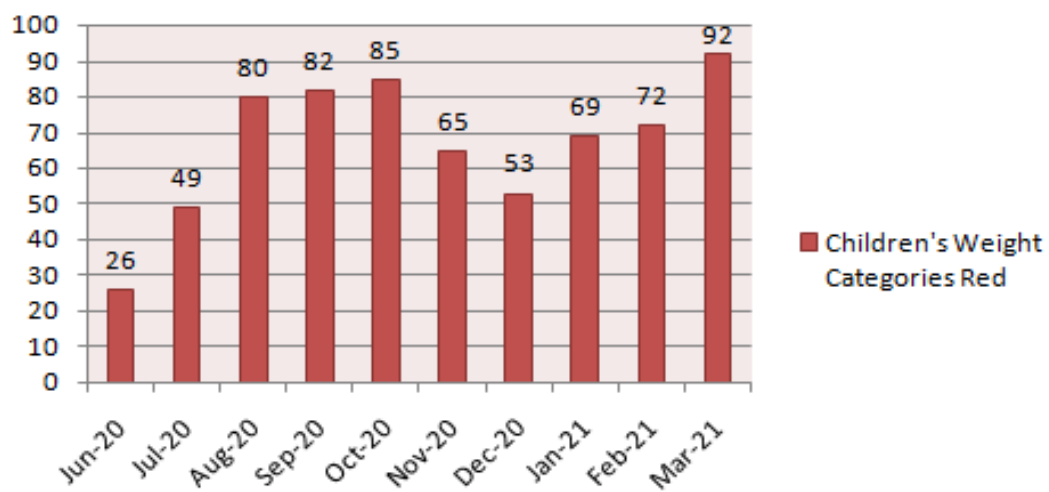
**For just a small monthly payment
You can drastically change a child's future and get them up to a
healthy weight.**



Statistics of Red Zone Children

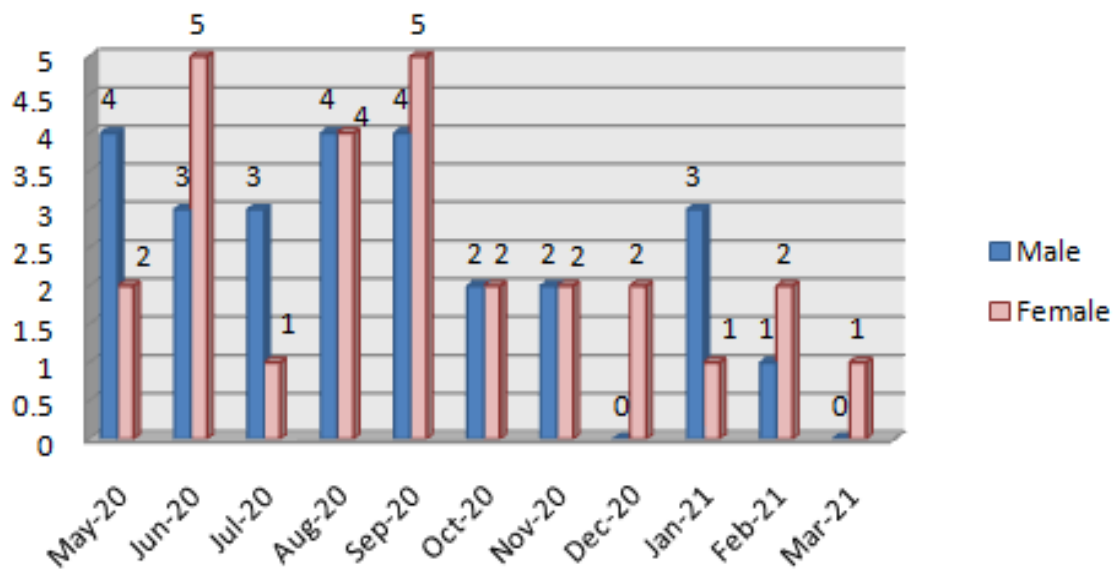


Total Number of Red Zone Children

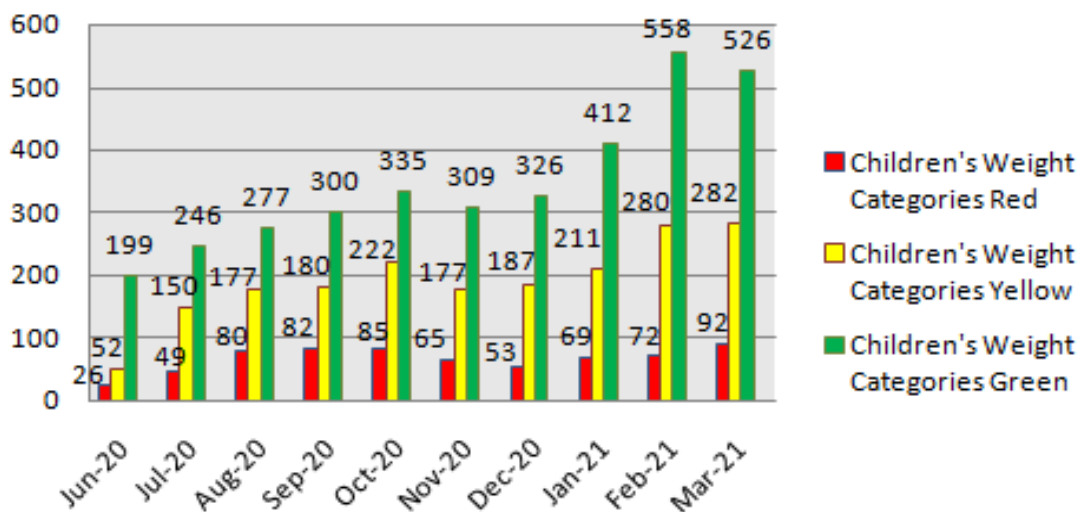


Statistics of Newborns

Male, Female Child



Children's Weight Category



DETAILED INFORMATION OF MEDICAL PROJECT:

MONTH	TOTAL POPULATION	MALE	FEMALE	TOTAL KIDS	DELIVERIES (MALE/FEMALE)	PREGNANT
APRIL	LOCKDOWN					
MAY	14439	7482	6957	1139	6 (4/2)	58
JUNE	14467	7495	6972	1134	8 (3/5)	22
JULY	14424	7471	6953	1073	4(3/1)	31
AUGUST	14418	7470	6948	1045	8(4/4)	28
SEPTEMBER	14428	7473	6955	1041	8(4/5 - TWINS)	19
OCTOBER	14433	7474	6959	1012	4(2/2)	17
NOVEMBER	14433	7475	6958	950	4(2/2)	14
DECEMBER	14422	7469	6953	929	2(0/2)	13
JANUARY	14439	7482	6957	928	4(3/1)	14
FEBRUARY	14456	7493	6963	910	3(1/2)	13
MARCH	14462	7496	6966	900	1(0/1)	10

DEATH DETAILS

Month	Health Promoter	Age	Gender	Cause of death
July-20	Sunita	70yrs	Male	Heart attack
July-20	Sunita	28yrs	Male	Chronic illness
Aug- 20	Muskaan	70yrs	Female	Natural death
Aug- 20	Sunita	70yrs	Male	Natural death
Aug- 20	Meenakshi	25yrs	Male	Suicide
Sept.20	Muskaan	22yrs	Female	Death due to high fever
Sept.20	Muskaan	53yrs	Female	Cardiac arrest
Oct.20	Sunita	54yrs	Female	Brain hemorrhage
Oct.20	Meenakshi	62yrs	Male	Cardiac arrest
Nov.20	Sunita	65yrs	Female	Cardiac arrest
Nov.20	Sunita	60yrs	Female	Cardiac arrest
Dec.20	Banita	82yrs	Female	Natural death
Dec.20	Sushma	70yrs	Male	Cardiac arrest
Dec.20	Uma	50yrs	Female	Chronic asthma
Dec.20	Veena	40yrs	Male	Paralytic Stroke
Dec. 20	Sangeeta	45yrs	Male	Liver Cirrhosis
Jan. 21	Banita	54yrs	Female	Stomach Cancer
Jan. 21	Sanjeev	70yrs	Female	Cardiac arrest
Jan. 21	Dimple	70yrs	Female	Cardiac arrest
Jan. 21	Lata	1day	Female	Fetal distress
Feb.21	Sunita	30yrs	Male	Suicide
Mar 21	Dimple	45yrs	Male	Multiple organ failure

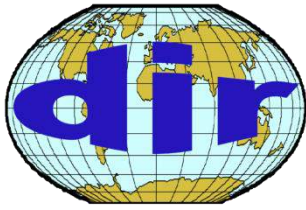
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DIR INDIA TEAM



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We are a registered charitable trust under 12A and 80G and run solely by the donations of kind people like you who have seen the dramatic results of our organization and want to contribute to our trusted organization. We are 100% transparent with our finances and you will receive a tax deductible receipt for your generous contribution.

OUR BANK DETAILS

IN FAVOUROF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9,MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
RTGS/NEFT/IFSCCODE	SBIN0018249
MICR CODE	160002091

FCRA ACCOUNT DETAILS FOR FOREIGN FUNDS ONLY

IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
ACCOUNT NO.	40127210462
ACCOUNT TYPE	FCRA CURRENT ACCOUNT
BRANCH CODE	00691
IFSC CODE	SBIN0000691
SWIFT CODE	SBININBB104
BRANCH ADDRESS	11, SANSAD MARG, NEW DELHI-110001

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APPENDIX:

Map of Project Area: Janta Colony & Adarsh Nagar

