



Developing Indigenous Resources India

December 2021



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CEO'S REPORT FOR DECEMBER

December is a month full of celebrations beginning with the preparation for Merry Christmas followed by celebrations of New Years. It marks the fulfillment of another year in service thanks to our supporters all around the world.

On 6th and 7th December 2021, Shahved Katoch visited DIR-India. As the Chief Technical Officer of the organization, he helped the organization in repairing some of our laptops which had outrun their facility and also guided the senior staff with software skills while resolving their doubts on the functioning of the computers. The final touches and shortcomings of the DIR website were also discussed while his visit; as a result, our DIR India website www.dir.ngo is now fully operational and accessible to members.



On 8th December 2021, Mr. Ajit Singh celebrated his 60th birthday with SWAD School children and DIR-India fraternity. He donated to us a brand new printer along with a trolley full of sand from his farm which would be utilized for our children park. This is a maneuver undertaken so that young angels do not hurt themselves while playing on the swings and climbing ladders for physical activity. Mr. Ajit became quite emotional during his thanking speech, "**This is the most memorable birthday celebration I has ever enjoyed and watching the enthusiasm in these children is generating heart touching emotions of love and tranquility which is difficult to express in words**".



On 10th December 2021, books and blankets were distributed to needy families and children. On 14th December 2021, Prof. Santosh Sharma an ardent supporter of DIR India from Punjab University visited DIR India with her friend and donated blankets to the labor community of Janta Colony. The gesture was indeed welcomed due to the coming onset of winter which is predicted to be severe this year. The emotions were palpable as one could feel the appreciation conveyed by the poor mothers who cannot afford to buy them during these tiring times.

The DIR India website was finally launched by the team of Web Hoppers InfoTech Pvt. Ltd., Panchkula in its fully amended and updated form on 14th Dec 2021, by Mr. Siddarth Kaistha and his team. Mr. Sidharth had visited DIR India and was fascinated by the kind of work DIR-India was doing. The senior staff of DIR India provided all the inputs required by his team of web designers. You must visit this site as often as possible. <https://www.dir.ngo/>

We are extremely grateful to Mr.Siddarth Kaistha as the balance payment of the cost of DIR-INDIA website was paid by Mr. Sidharth to his company as it is running in partnership with four other members.

On 24 December 2021, Christmas was celebrated in a very special way by DIR India. Mrs. Maninder Singh and Dr. Shailja came to the organization with their children dressed as Santa Claus to celebrate the day with SWAD children and Team DIR. They brought a special Christmas cake and gifts for children. After almost 2 years of Coronavirus fear this was the first time the celebrations could take place which made the moment even more special. The SWAD children enjoyed the dance with music and Christmas carols. The entire DIR Team, children and guests were bubbling with thrills and energy, echoing the environments with songs to rejuvenate life.



MEDICAL TRAINING

In December this year, due to extreme cold weather, there were many cases of Chilblains seen in Janta Colony. Severity of suffering was observed more amongst the malnourished mothers and children.

Chilblains are the **painful inflammation of the skin on peripheral limbs due to constriction of small blood vessels leading to poor blood supply. It is generally seen on the skin of peripheral limbs i.e. toes and fingers.** This kind of suffering in the peripheral extremities occurs in response to repeated exposure to extreme cold. Chilblains are also known as Pernio, which cause inflammation in the form of red patches, leading to itching, swelling and blistering on your hands and feet. The skin usually clears up on its own within one to three weeks, although it may reoccur depending on the weather conditions.

A phenomenon more common to women, chilblains usually occur due to continuous exposure to colder climates and water. The lack of having heating elements such as geyser or at the cost of saving money over electricity people in the area often take to using fresh water as it is. If one's skin is exposed to cold, it's helpful to rewarm it gradually however; sudden rewarming of cold skin at times even worsens the existing chilblains.



NUTRITION TRAINING

The Dietitian, Mrs. Swati Dietitian took a class on Liver Disease caused by viruses, such as **hepatitis A**, hepatitis B, and hepatitis C. Diseases caused by drugs, poisons, or too much alcohol. Examples include fatty liver disease and cirrhosis. Liver cancer. Inherited diseases, such as hemochromatosis and Wilson disease. Liver disease is the **tenth most common cause of death in India** as per the World Health Organization. - The liver disease may affect every one in 5 Indians. - Liver Cirrhosis is the 14th leading cause of death in the world and could be the 12th leading cause of death in the world by 2020.

For more information, click on the link below:

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/is-liver-disease-the-next-major-lifestyle-disease-of-india-after-diabetes-and-bp/articleshow/58122706.cms#:~:text=%2D%20Liver%20disease%20is%20the%20tenth,in%20the%20world%20by%202020.>

Mrs. Swati in detail educated out health promoters in spreading the news about the early onset of the diseases and its symptoms. Preventing such major diseases at an early stage could help families that later go through a rut of doctors and going into battle with their financial problems. Doing aerobics, having low fat, low sugar and low rice diet, consuming not more than 1400 calories a day and having a high fibre diet are some ways that can keep liver damage at bay were some of the key points stressed on as they are measures that can be taken on a personal level by each individual.



NUTRITIONAL DEMONSTRATION

Carrots are one of the many root vegetables that are available in abundance during winters - other root vegetables include turnip, beetroot and radish. It is made by placing grated carrots in a pot containing a specific amount of water, milk and sugar, cardamom and then cooking while stirring regularly. It is often served with a garnish of almonds and pistachios. The traditional dessert of *gajar ka halwa* is loved by everyone. This age old traditional recipe has remained in Punjabi cookbooks for many years however, it known to have come into play during the Mughal period.

The average amount of calories present in 150g of *gajar ka halwa* is about 170-175 calories. The main ingredients used include carrots, sugar, cardamom, milk and ghee. Carrots are a rich source of vitamin A, C and E that can offer health benefits to the body. It is crunchy, tasty, and highly nutritious. Carrots are a particularly good source of beta carotene, fiber; vitamin K1, potassium, and antioxidants. They also have a number of health benefits. They're a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health.

Name of the dish: *Gajar Ka Halwa*

- Nutritional value per serving (Medium-size approx. 150gm):
 - Calories - 180
 - Protein - 5gm



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 PREGNANTS	ACHEIVEMENTS
								UNDER SIX MONTHS	WORKING MOTHERS	IGNORANT MOTHERS	FLAOTING POPULATION	PERMANENT RESIDENTS		
		5334	1104	2762	2572	371	32	2	2	4	8	16	19	RED TO YELLOW = 9
	MEENAKSHI – FIELD COORDINATOR LATA, UMA – H.P	4955	1156	2648	2307	380	44	9	3	5	11	16	16	RED TO YELLOW = 11
	BANITA – FIELD COORDINATOR SANGEETA, SUNITA, DIMPLE – H.P	4289	1014	2118	2171	259	23	2	3	4	8	6	14	RED TO YELLOW = 3
	VEENA – FIELD COORDINATOR SUSHMA, MUSKAN, LATA – H.P													

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 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 ADOPTED BY DONORS

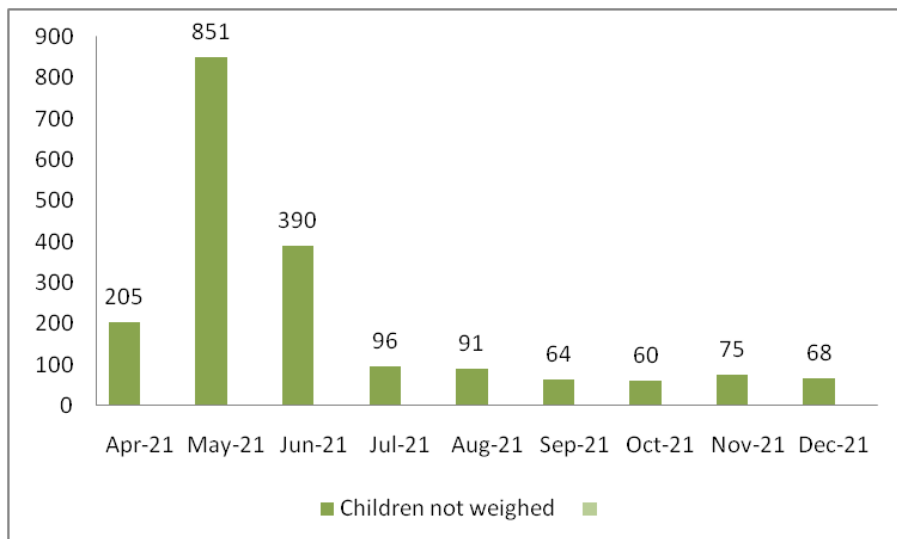
TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
33	18	11	4

- The weight of 33 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors.
- Out of these 33 children, 19 children gained weight in the month of November.
- 2 children have lost weight due to diarrhea and fever
- 12 children have the same weight due to cold and fever



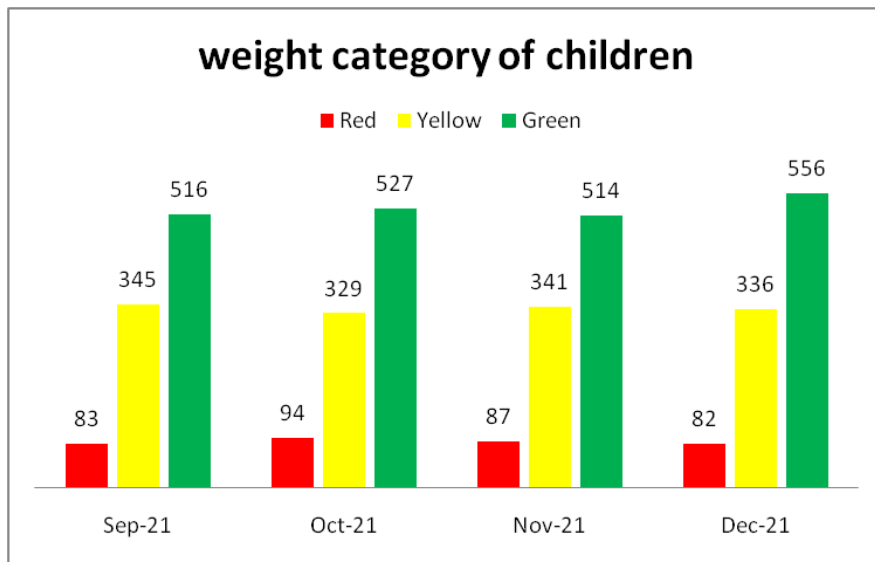
DEATH DETAILS

<u>NAME OF THE DECEASED</u>	<u>AGE OF DECEASED (YEARS)</u>	<u>GENDER</u>	<u>CAUSE OF DEATH</u>	<u>HEALTH PROMOTER</u>
MUNNI	65 years	Male	Natural Death	Veena
RAJINDER	52 years	Male	Paralysis	Dimple
SUNIL	40 years	Male	Chronic Liver Disease	Sushma
PRIYANKA	13 years	Female	Blood Cancer	Banita
PANCHAM	80 years	Male	Diabetes	Banita
RAVI	35 years	Male	Heart Attack	Lata
RUBY	16 years	Female	Fell From Roof	Meenakshi
GEETA	45 years	Female	Multiple Organ Failure	Meenakshi



STATISTICS OF MEDICAL PROJECT

Total Number of Population	14749
Total Males	7596
Total Females	7153
Total no. of children	1042
<u>Total Red zone children</u>	91
Red zone children Weighed	82
Currently gone to the village	9
<u>Total Yellow zone children</u>	357
Yellow zone children weighed	336
Currently gone to the village	21
<u>Total Green Zone children</u>	594
Green zone children Weighed	556
Currently gone to the village	38
New Household (male + female +children under 5 years of age)	18 (31 + 45 + 13)



Total number of children last month = 1017

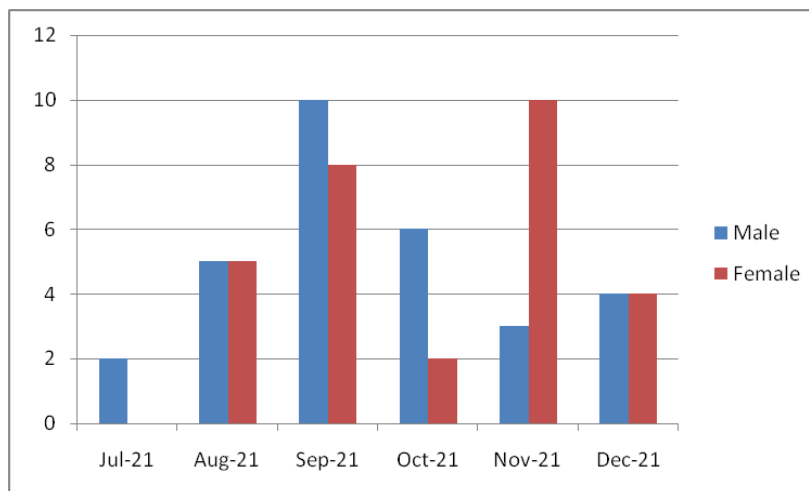
Children permanently left Janta colony slum = 22

Deliveries = 8

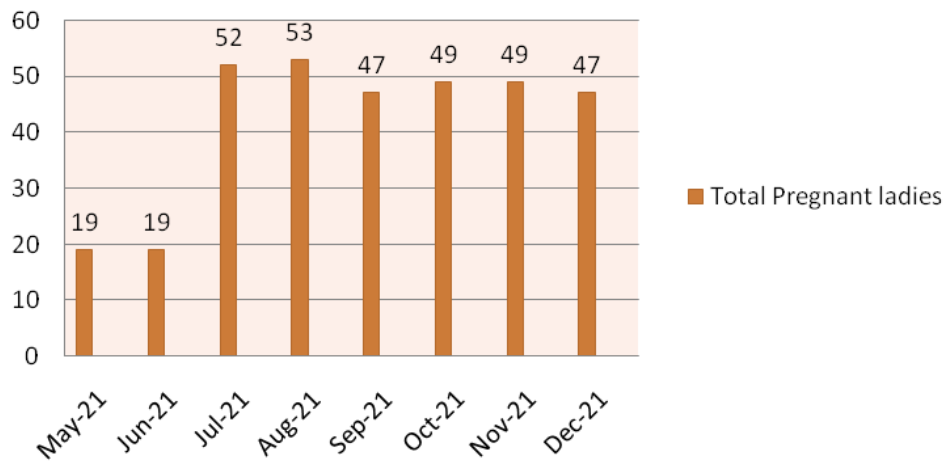
Children reached 5 years of age (out of DIR medical program) = 8

New children migrated to the Janta colony = 47

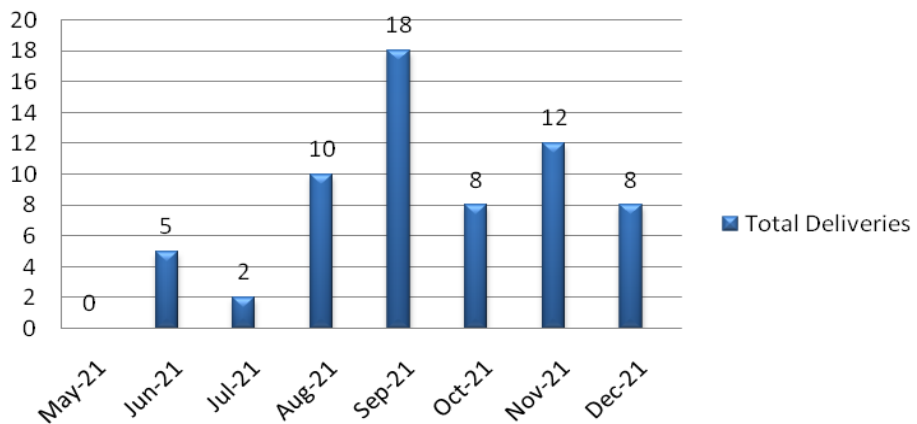
Total number of children this month = 1042



TOTAL PREGNANT LADIES



TOTAL DELIVERIES



STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	19	1.8
13-24	12	1.2
25-36	8	0.8
37-48	22	2.1
49-60	21	2.0
Total children in area	1042	
Red zone children	82	7.9%
Red zone children gone to the village	9	0.8%

RED ZONE DETAILS

H.P'S NAME	TO TA L CH IL DR EN	RED ZONE	WEIGHE D	GON E TO VILL AGE	WEI GHT GAIN	WEI GHT LOSS	SAM E WEI GHT	RIGI D FAMI LIES	WORKING MOTHERS	FLOATING POPULATIO N	UNDER 6 MONTH
BANIT A	108	12	10	2	6	0	4	2	0	2	2
DIMPL E	108	9	8	1	5	0	2	1	0	2	3
LATA	88	8	8	0	1	2	5	0	2	6	0
MEENA KSHI	114	12	10	2	5	2	3	1	0	3	0
MUSKA N	76	8	7	1	2	0	4	2	1	1	0
SANGE ETA	70	9	9	0	3	0	3	2	0	3	3
LATA 2	62	6	5	1	3	0	1	1	0	4	0
SUSHM A	100	5	5	0	3	0	2	1	0	2	0
SUNITA	99	5	5	0	3	0	2	0	0	2	0
VEENA	98	10	8	2	3	1	3	2	2	1	1
UMA	119	7	7	0	3	1	2	1	0	0	4

STATISTICS OF PREGNANT MOTHERS AND NEWBORN

Number of women pregnant last month	49
Number of deliveries	8 (One case with twin delivery)
Births	Male: 4; Female: 4
Mothers who left Janta Colony	1
Infant death	Nil
Miscarriages	Nil
Abortions	Nil
Newly Pregnant	7
Trimester	1 st trimester: 3 2 nd trimester: 19 3 rd trimester: 25
Number of women pregnant this month	47

INCOME GENERATION PROGRAM

Our Tailoring team of Health Promoters stitched:

- Pouch = 3
- New Masks stitched = 80
- Hairbands stitched = 4
- Scrunchies made = 54
- Sale of masks = 74
- Sale of bags = 1
- Sale of pouches = 3
- Sale of scrunchies = 33



CHILD ACTIVIST PROGRAM

- This month a team of health promoters took an activity class of 30 basti children from age group 12 to 15, on Environment care, Covid 19 preventive measures and Health Hygiene.



- They participated in different outdoor games like Football, Badminton and basketball the aim of the CAP program is to generate awareness amongst children around their surroundings, fitness and immunity buildup through games and activities, build-up of leadership and team spirit qualities



DECEMBER EVENTS OF SCHOOL WITH A DIFFERENCE

- SWAD School celebrated Mr. Ajit Singh sir's birthday on 11th December, along with DIR India's medical staff members



- SWAD conducted second terminals from 13th to 17th December
- Oorjaa donated stationery for SWAD school
- On 24th December, the SWAD team along with DIR India medical staff celebrated Christmas.



DIR-INDIA DECEMBER HIGHLIGHTS

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



- On 6th December, Shahved sir visited the organization, donated shoes and clothes amongst the needy and spent time with SWAD school children and medical team.



- On 8th December, Mr. Ajit Singh sir visited the organization and donated one trolley of sand and one printer and on 11th December, DIR India celebrated his birthday



- On 10th December, books were donated to St. Stephen's student Himanshu, from basti who is also alumni of SWAD school
- On 14th December, Prof Santosh distributed blankets amongst needy basti women



- DIR India's website www.dir.ngo was launched on 14th December

- On 24th December, DIR India celebrated Christmas along with Mrs. Maninder and Dr. Shailja



AGENDA POINTS FOR THE MONTH OF JANUARY:

- Special Supervision of two red-zone children by each team
- Identifying more underprivileged families to provide grocery stores
- Identifying and adding more underweight and underprivileged mothers and children to our NIPP Feeding Program
- Capturing new shots of NIPP children with for adoption by donors along with their stories

OUR TEAM



CONTACT INFORMATION

DIR-India CENTRE:	<u>705-C Adarsh Nagar, Nayagaon, SAS Nagar, Mohali</u>
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Phone No.	<u>0172-5034227</u>
Mobile No.	<u>+91-9478866412</u>

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

Please follow us on our Social Media Accounts

INSTAGRAM	https://www.instagram.com/DIR
FACEBOOK	https://www.facebook.com/dir
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