



**Developing Indigenous Resources India**  
**FEBRUARY2022**



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# CEO'S REPORT FOR FEBRUARY

Developing Indigenous Resources India has always believed in empowering women with skills to stand on their own feet and resolve their issues and find solutions to a problem if any.

During COVID-19 Pandemic Era, DIR-India fed 80 to 90 needy families every day, freshly cooked meals which were enriched with high calories (Desi ghee and dry fruits) and high protein (boiled egg, milk, and soybean).

In addition, dry grocery stores are distributed to needy mothers every month which are sponsored by donors.

In 2022, life once again was restored without much fear of Covid.

Health Promoters of the medical team did door to door surveys and motivated the residents for immunization to ensure that every single individual is well protected with a booster shot which is given 9 months after the 2nd dose of Covishield vaccine.

The laborers started stepping out of the house for jobs and the earning capacity of most of the families became comfortable.

The new project **ALAMBANA** was launched in February 2022. In this project the main agenda was to change the life of Rag Pickers, especially girls for a better future. We identified 15 shacks of Rag pickers, addressed the mothers and children and motivated the mothers to send their children to SWAD School. Since the need of these families was more, we started a monthly grocery store distribution in this area on the condition that the children, especially girls will come daily for education to our school. It is heartening to see that the children sponsored by donors started coming regularly. These kids are given a bath on arrival, coconut oil massage is given and Ascabiol lotion is put on the body as scabies disease is common amongst them due to poor hygiene. The new set of clean clothes, donated by donors is given which gives them a smart look. These kids are also served breakfast and lunch in the DIR India Office.





Each day the growth and transformation of the Alambana children is visible which brings a ray of hope for a better tomorrow. These children have a lot of energy and a great potential to learn and grow their skills. It is a great pleasure to see the progress of these children day by day. They improved in discipline, mannerism, education and mode of conduct.



This year SWAD school publicity was through word of mouth. New admissions gained momentum and the total strength of the school is 79.

The school starts with morning prayers followed by Physical Training and sports activities which children enjoy. The sports build up the interpersonal relationship and leadership qualities. It also helps the child to be focused in life.



Online Hindi classes were introduced during the Covid-Era under the project Distance learning program to generate employment for teachers. We have eight students from USA and two from Europe and one from India based at Bangalore who is taking both Hindi and Mathematics online classes from our Teachers



The Women Empowerment Tailoring Program is well recognized in stitching skills. The women are making reusable sanitary napkins, scrunchies, pouches, Masks and handbags.

We have created an infrastructure for Computer classes for basti children but we are looking for sponsorship for children as they come from underprivileged communities with Monthly fees are Rs 500 per child per month.

Ms. Shuchi Thakur, one of our Trustees, volunteered to work in DIR for 7 days to see and understand the work culture of the organization. She interacted with the children, Teachers and the medical team. She was impressed by the discipline and standard of the functioning of the organization.





Mental health is a growing problem amongst the elite but equally problematic amongst the poor. DIR has taken the initiative to educate the medical team and its staff by holding regular classes and then holding a Mental Health awareness program through a committee meeting in different areas of Janta Colony and Safeda Colony. The response of Basti Families was excellent.



The martial art is mandatory in today's time as the crime rate is growing day by day. We are grateful to Shreya Mittal, who hails from Bangalore, who holds an online training program of Martial Art for Health Promoters twice a week. Thereafter Shreya took martial art classes for the Basti children as well. Our HP Sangeeta Rawat was the best in martial art skills and she was selected as an Instructor to coordinate and supervise the martial art classes for Basti children.

On 28th Feb 2022, CEO of Ma Foundation Ms Geeta Gopalkrishnan visited DIR. Ma Foundation collaborated with DIR in August 2020 during the Covid-19 Pandemic. This organization generated funds and financially helped DIR -INDIA to feed the underprivileged mothers and children. There was one to one interaction by Geeta with the Basti women. Mothers, sharing their personal experiences with emotions, thanking DIR for feeding them with cooked food and grocery stores every month. The audience, including visitors, could not hold back their tears as every woman had a story to share during the dark period of Covid.

DIR offers its special thanks to all donors who helped and donated liberally during Covid-19 Pandemic.



# MEDICAL TRAINING

This month Dr. Asha Katoch, CEO, took a class on the liver and its functions. In Janta Colony and Safeda colony about 16% - 20% men are alcoholic and drug addicts. We have lots of cases, especially men who are victims of Liver diseases. Education and awareness of the liver function was important to educate the men and women in committee meetings. In Fact even malnourished children have weak liver which hinders the growth of the child.

Public health doctors took a revision class on ovarian cysts and fibroids. Studies conducted by the health experts at AIIMS have revealed that one in every four women in India is suffering from Polycystic Ovary Syndrome (PCOS), the most common endocrine disorder in women of reproductive age. The data reveals that around 25 per cent of women in the country are suffering from PCOS which is higher than that of the USA and several European countries.

<https://www.asianage.com/delhi/1-4-indian-women-suffers-ovarian-cysts-aiims-664#:~:text=AIIMS.jpg->

[.Studies%20conducted%20by%20the%20health%20experts%20at%20AIIMS%20have%20revealed,in%20women%20of%20reproductive%20age.](https://www.asianage.com/delhi/1-4-indian-women-suffers-ovarian-cysts-aiims-664#:~:text=AIIMS.jpg-)



# **NUTRITION TRAINING**

This month Dietitian Swati took a revision class on Jaundice and its types while dietitian Dixita took a class on Functional foods like Holy Basil and its importance, use and dietary recommendations.

Functional foods are ingredients that offer health benefits that extend beyond their nutritional value. Some types contain supplements or other additional ingredients designed to improve health.

Some examples include foods fortified with vitamins, minerals, probiotics, or fiber. Nutrient-rich ingredients like fruits, vegetables, nuts, seeds, and grains are often considered functional foods as well.

<https://www.healthline.com/nutrition/functional-foods#examples>





# NUTRITIONAL DEMONSTRATION

- Date of the Nutritional demonstration: 15th Feb 2022
- Name of the dish: Sabudana cutlet
- Nutritional value per serving (Medium-size approx.):
  - Calories - 150
  - Protein - 2gm



# 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 85 (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

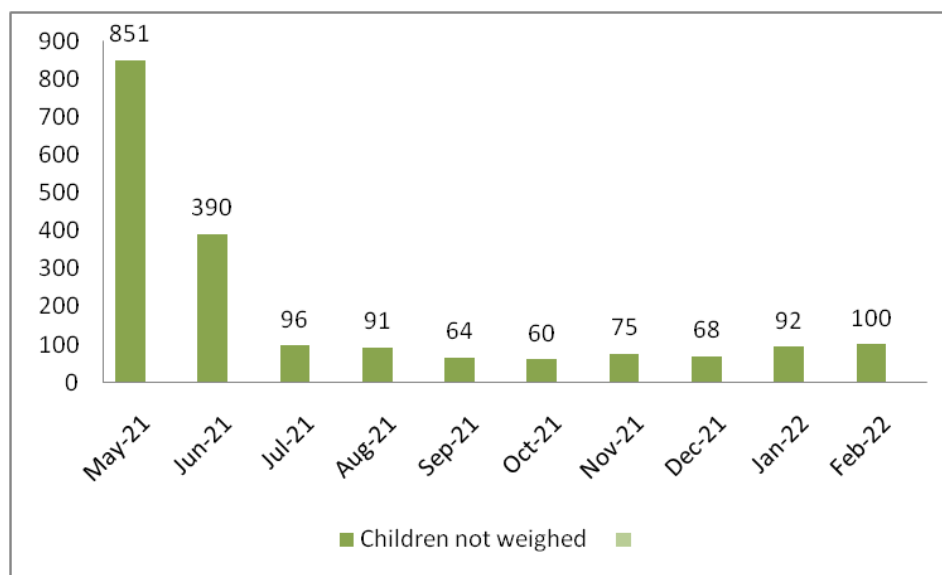
<u>TOTAL</u>	<u>RED ZONE</u>	<u>YELLOW ZONE</u>	<u>GREEN ZONE</u>
<u>26</u>	<u>20</u>	<u>6</u>	<u>0</u>

- The weight of 26 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors.
- Out of 26 children, 8 children gained weight in the month of February.
- 2 children have lost weight due to diarrhea and fever ( red zone = 2)
- 16 children have the same weight due to cold and fever ( red zone = 12, yellow zone = 4, green zone = 0)



# DEATH DETAILS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	HEALTH PROMOTER
RAM ASHRAY	70 YEARS	MALE	THROAT CANCER	VEENA
OM PRAKASH	80 YEARS	MALE	RESPIRATORY FAILURE	SUSHMA
ASHOK KUMAR	45 YEARS	MALE	CHRONIC LIVER FAILURE	SUNITA
BINDESHWARI	70 YEARS	FEMALE	NATURAL DEATH	SUNITA

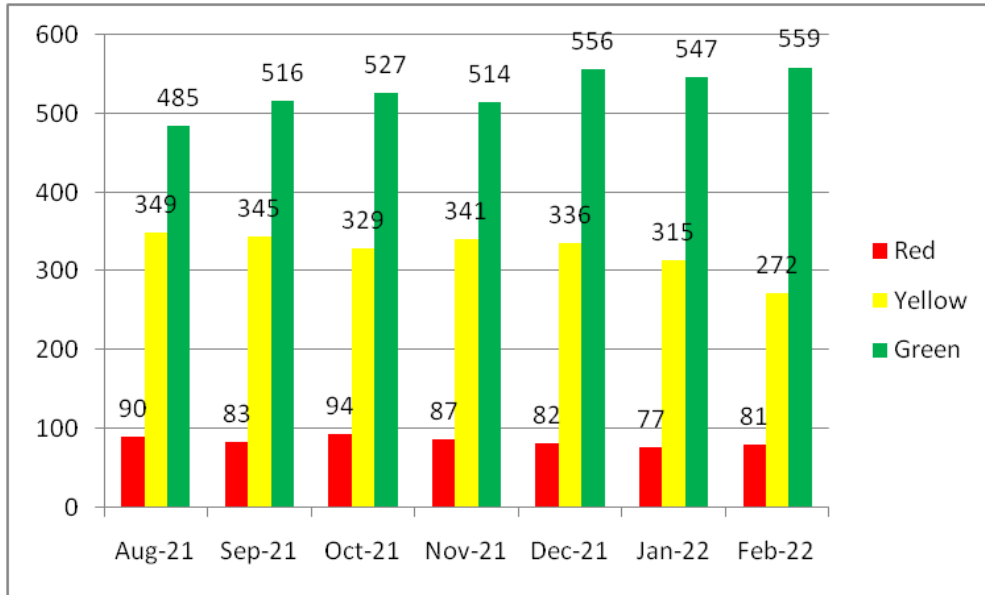


- Children Gone to village = 100



## **STATISTICS OF MEDICAL PROJECT**

Total Number of Population	14703
Total Males	7578
Total Females	7125
Total no. of children	1012
<u>Total Red zone children</u>	90
Red zone children Weighed	81
Currently gone to the village	09
<u>Total Yellow zone children</u>	305
Yellow zone children weighed	272
Currently gone to the village	33
<u>Total Green Zone children</u>	617
Green zone children Weighed	559
Currently gone to the village	58
New Household ( male + female +children under 5 years of age )	7 ( 22 + 21 + 2 )



Total number of children last month = 1031

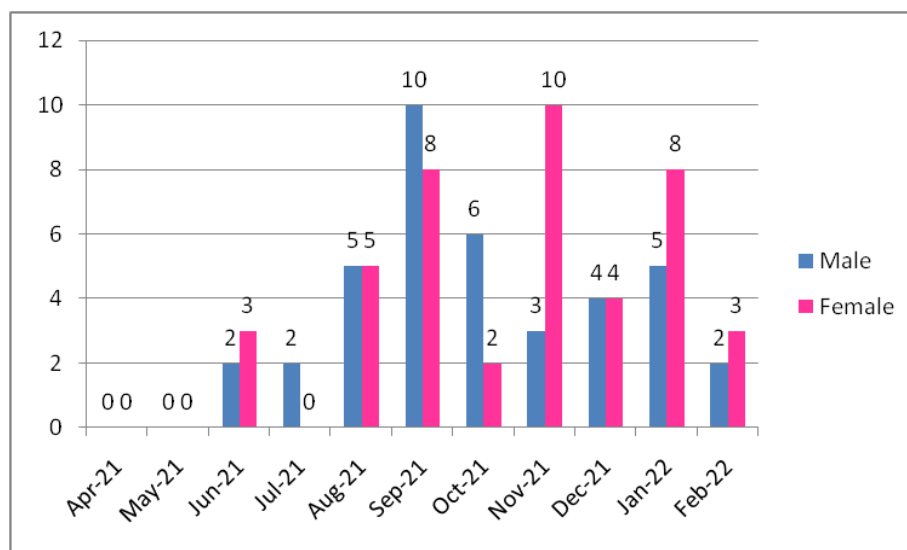
Children permanently left Janta colony slum = 26

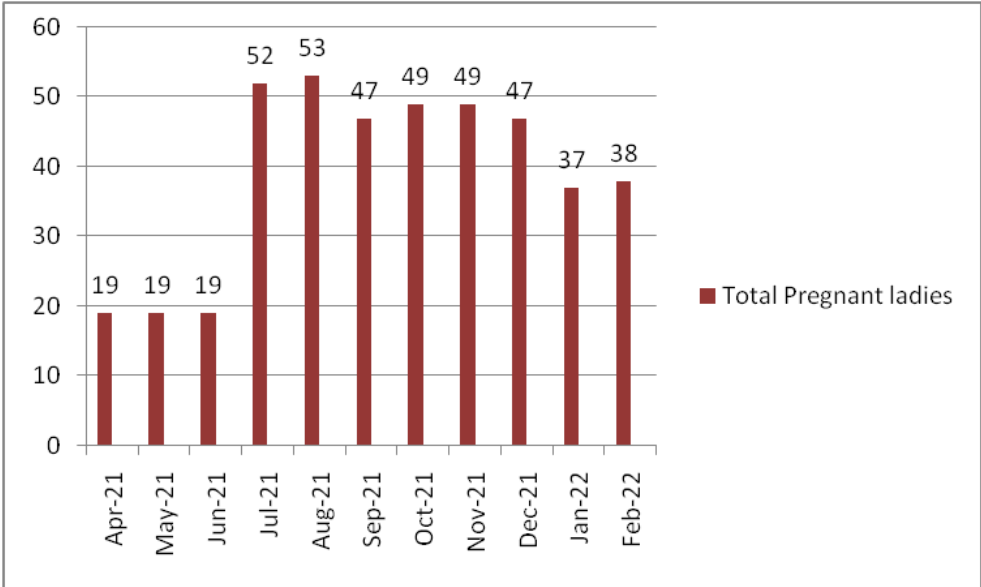
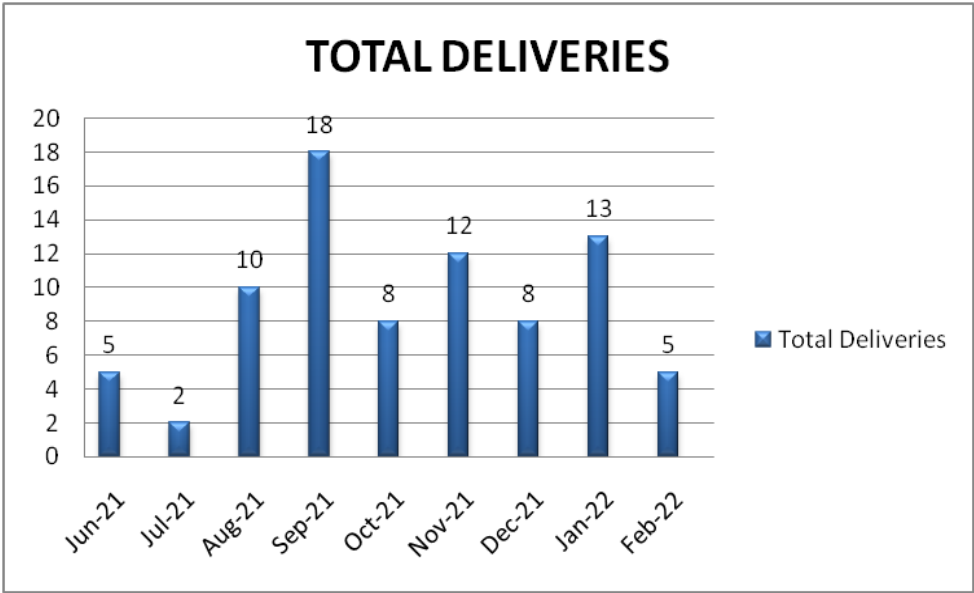
Deliveries = 5

Children reached 5 years of age (out of DIR medical program) = 16

New children migrated to the Janta colony = 18

Total number of children this month = 1012









	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	5620	1141	2901	2719	390	27	1	1	2	13	10	15	RED TO YELLOW = 9
	BANITA – FIELD COORDINATOR SANGEETA, SUNITA, DIMPLE – H.P	5175	1179	2740	2435	358	41	9	5	5	10	12	13	RED TO YELLOW = 7
	VEENA – FIELD COORDINATOR SUSHMA, MUSKAN, LATA – H.P	3908	975	1937	1971	264	22	4	2	3	6	7	10	RED TO YELLOW = 3

**STATISTICS OF RED ZONE CHILDREN**

<b>AGE (MONTHS)</b>	<b># CHILDREN</b>	<b>%AGE</b>
0-12	16	1.6
13-24	12	1.2
25-36	15	1.5
37-48	23	2.2
49-60	15	1.5
Total children in area	1012	
Red zone children	81	8.0%
Red zone children gone to the village	9	0.9%



# STATISTICS OF PREGNANT MOTHERS AND NEWBORN

<u>Number of women pregnant last month</u>	<u>37</u>
<u>Number of deliveries</u>	<u>5</u>
<u>Births</u>	<u>Male: 2; Female: 3</u>
<u>Mothers who left Janta Colony</u>	<u>2</u>
<u>Infant death</u>	<u>Nil</u>
<u>Miscarriages</u>	<u>1</u>
<u>Abortions</u>	<u>Nil</u>
<u>Newly Pregnant</u>	<u>4</u>
<u>Trimester</u>	1 <sup>st</sup> trimester: 5 2 <sup>nd</sup> trimester: 14 3 <sup>rd</sup> trimester: 19
<u>Number of women pregnant this month</u>	<u>38</u>

# INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- Pouch made= 5
- Sale of masks = 5
- Bags made = 7
- Reusable pads made = 40
- Potlis made = 16
- coat covers stitched = 2
- suits stitched = 2



# CHILD ACTIVIST PROGRAM

- This month, Miss Shreya took a martial Arts class on Zoom for two groups of boys and girls from basti.
- Consistent training not only conditions the mind and body to have strength and stamina to fight back in a violent situation but also helps the body fight disease, stay flexible, strong and active as people age. Martial arts **provide stress relief and ways to release pent up energy**.
- Having the ability to defend yourself **increases your self-esteem and boosts your confidence**. Benefits like these only add to the reason to learn self-defense. Of course, there are more significant benefits than just higher self-esteem. Self-defense training teaches various methods to defend yourself and others.
- Martial arts teach self-defense and much more. There are so many benefits that children can pick up from martial arts, that it definitely becomes something you should consider for your child. Children go through many stages of development, so it is best that you make sure your child is exposed to the correct principles of self-defense.





# FEBRUARY MONTH SCHOOL WITH A DIFFERENCE REPORT:

- In the month of February, the school had a total strength of 56 students.



- DIR India started a new project Alambana in the month of February where we are taking care of grocery stores of rag pickers' families along with free education and feeding program for their children.



- Colorful paper activities like Ladybug drawings and hand paintings were conducted on Saturdays.

# DIR-INDIA FEBRUARY HIGHLIGHTS

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



- Indian Board member Ms. Suchi Thakur visited the organization on 1st February 2022.

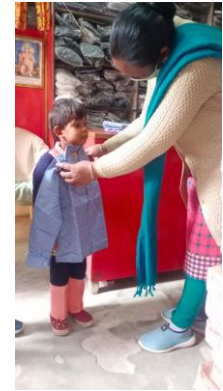


- Oorjaa organization visited DIR India on 3rd February and distributed kinder joy chocolates amongst children of SWAD School.
- Community meeting on mental health by Gurpreet for basti people from Pushpanjali trust.





- DIR India SWAD team purchased books and shoes for needy school children.



- On 28th February, CEO of Ma foundation visited the organization and inaugurated MAA KI ROTI program, a new vertical of DIR India in collaboration with MA foundation.



# **AGENDA POINTS FOR THE MONTH OF**

## **MARCH:**

- Close monitoring of red zone children with special attention on children who are in high priority zone as their weight is more than 4kg underweight.
- Eliminating the names of the family from the list of grocery store distributions who have joined back to their work place.
- Looking for Donors for adoption of malnourished children, pregnant and lactating mothers who can be added in our feeding program to improve their health
- Special Supervision of two red-zone children by each team
- Identifying more underprivileged families to provide grocery stores
- Looking for Donors to donate following items :
  - Collar mic
  - Music system
  - DSLR camera for capturing best shots
  - Laptop
  - Invertor and batteries

## OUR TEAM



## CONTACT INFORMATION

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## 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>
YOUTUBE	<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>