



Developing Indigenous Resources India

JANUARY 2022



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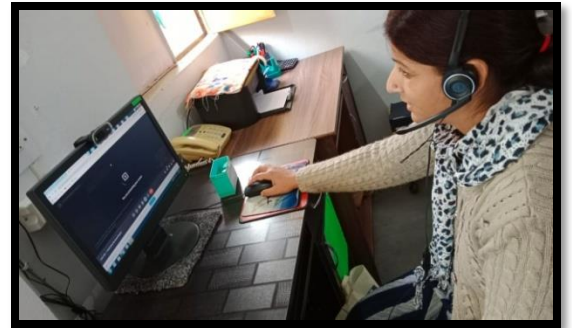
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CEO'S REPORT FOR JANUARY



January always brings this comfortingly fresh beginning every year, though the Covid virus was still alive and threatening in the subcontinent, we at Janta Colony and DIR-India were combating the tussle with excellent coordination through our dedicated staff and the residents of Janta Colony.

The routine activities of daily yoga, meditation, medical/nutrition classes including monthly tests; a feeding program under Nutrition Improvement Priority Programme, for needy mothers and children under five years of age, field visits by all health promoters and senior staff resumed from January 3, 2022. Monthly ration distribution to needy families sponsored by Ma foundation continued. Daily cooking by the maids under the direct supervision of



dietitians continued due to its popularity, feeding nearly 85 families every day.

Our educational institution, School With A Difference, also picked up on its regular classes and the strength kept increasing through the month to 56. Library class, smart classes, outdoor activities in the playground are proving to be a very effective learning medium for the students. Weekly distance learning programs too made a comeback and are making tremendous progress. We have nine students learning Hindi online from the vast regions of the USA, Europe and India. We were quick to resume our Evening Tuition classes as Basti children of eight as the academic year was close to an ending and students needed extra guidance with regards to their examinations. Computer classes for children also continued with the growing interest of more students to take up the soft skill taught by Miss Neetu.

The tailoring vertical is making appreciable progress on reusable sanitary towels, which are medically cleared by the Government Agency. Classes for keen learners have also been established for women looking to adopt a skill and resume work. Terrace gardening and daily composting from waste vegetable material is a good lesson to the basti



population for the Swachh Bharat venture.

On 4 January 2022, the Enactus organization of Panjab University organized a nutrition camp through its collaboration with DIR India on the playground next to our building. Enactus was represented by Dr. Seema, Dr. Ekta and Miss Ibadat, who is the National Coordinator of Enactus India. Dr. Ekta, a senior professor, interacted with all the families of Janta Colony for over an hour. For refreshment Poha and bananas were distributed to all participants.



On 13 January 2022, Lohri, the annual festival of Punjab was celebrated in the playground with great fervor; there were elaborate dances and singing sessions by DIR staff and SWAD children around the Lohri bonfire lit in the neighboring playground. Zomato India got in touch with us in advance and they distributed an excellent ration kit to 190 needy families of Janta Colony which added a boost to the festival.

We celebrated the 73rd Republic Day at DIR with the entire team of DIR and SWAD children on 25th January. A day marking the transition to a republic after years of oppression, we thought it was incredibly important to have the students of our institution know this historical date in some capacity. The event was marked with patriotic songs, the narration of the Republic day and its historical importance. The children were thrilled and enjoyed the event thoroughly.

MEDICAL TRAINING

This month the topics covered were homemade Oral Rehydration Salts and menstrual cycle.

The World Health Organization claims that diarrhea is one of the major causes of death of babies, who are below five years. Usually caused by poor sanitation and hygiene, diarrhea can affect older people also. A normal case of diarrhea lasts for 6-7 days and leaves the body without water and salts, resulting in severe dehydration. However, this can be prevented by giving extra fluids at home, of which the easiest and most effective remedy is ORS. An ORS is a mixture of electrolytes, sugar and water. The solution is taken by mouth to absorb water and electrolytes into the body and restore the electrolyte and fluid balance lost by excessive sweating, vomiting or diarrhea.



Menstrual cycle is the monthly series of changes a woman's body goes through in order to prepare for the possibility of future pregnancy. Each month, one of the two ovaries releases an egg via a process called ovulation. At the same time, hormonal changes prepare the uterus for pregnancy. If ovulation takes place and the egg isn't fertilized, the lining of the uterus sheds through the vagina. This is a menstrual period which lasts about 4 to 8 days varying per individual.

The idea behind the latter topic was the onset of menstrual periods in teenagers as they begin proceeding towards returning to school after their winter vacations. It is absolutely crucial those not only are the young women advised correctly but also provide their parents the right guidance towards treating the matter with care and comfort.

NUTRITION TRAINING

This month Dietitian Swati took a class on Gut micro biota, while Dietitian Dixita took a class on functional foods and their types.

Micro biome is the collective noun for bacteria, viruses and fungi. Gut micro biomes are the micro biome, including bacteria and archaea that live in the digestive tracts of vertebrates including humans, and of insects. The gut micro biota provides essential capacities for the fermentation of non-digestible substrates like dietary fibers and endogenous intestinal mucus. Buttermilk and yogurt are some of the readily available products found in the subcontinent that help enable the multiplication of such good bacteria that enables our metabolism in turn improving our overall wellbeing.

Functional foods are ingredients that offer health benefits that extend beyond their nutritional value. Some examples include foods fortified with vitamins, minerals, herbs or fiber. Nutrient-rich ingredients like fruits, vegetables, nuts, seeds, and grains are often considered functional foods as well. Functional foods provide important nutrients that can help protect against disease, thereby, preventing nutrient deficiencies and ensuring development. Most items are not refined and are usually found in their natural state, for instance sugar isn't considered a functional food however, its source jaggery is known as one. These molecules help neutralize harmful compounds known as free radicals, helping prevent cell damage and certain chronic conditions, including heart disease, cancer, and diabetes.



NUTRITIONAL DEMONSTRATION

- Date of the Nutritional demonstration: 18th January 2022
- Name of the dish: Pulse Ladoo (multigrain ladoo)
- Nutritional value per serving (Medium-size approx.):
 - Calories - 240
 - Protein - 4 gm



This month Dietitian Dixita took a nutritional demonstration class on **PULSE LADOO**. Simple, delicious and nutritious sweetened balls made up of multi-grains and seeds. These make a great snack for those who need calories and micronutrients in an affordable price range. All the ingredients are present in the kitchen itself to make this ladoo. It consists of roasted legumes like green moong, beans like lobia, black and white chana, cardamom, fennel seeds, jaggery for sweetener, tulsi and curry leaves, dry roasted spices in minimal amounts. All these ingredients are easily available in any Indian household and make a very delicious healthy ladoo. Made with mixed millet flour, Multigrain Laddoo is an ideal snack to replenish your body with essential nutrients. This simple dessert recipe is extremely rich in vitamins and will keep you full for a longer duration.

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. NIPP is based on feeding malnourished pregnant, lactating women and children under 5 years of age.

- This month we had a total strength of 78 (children and mothers included)
- 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

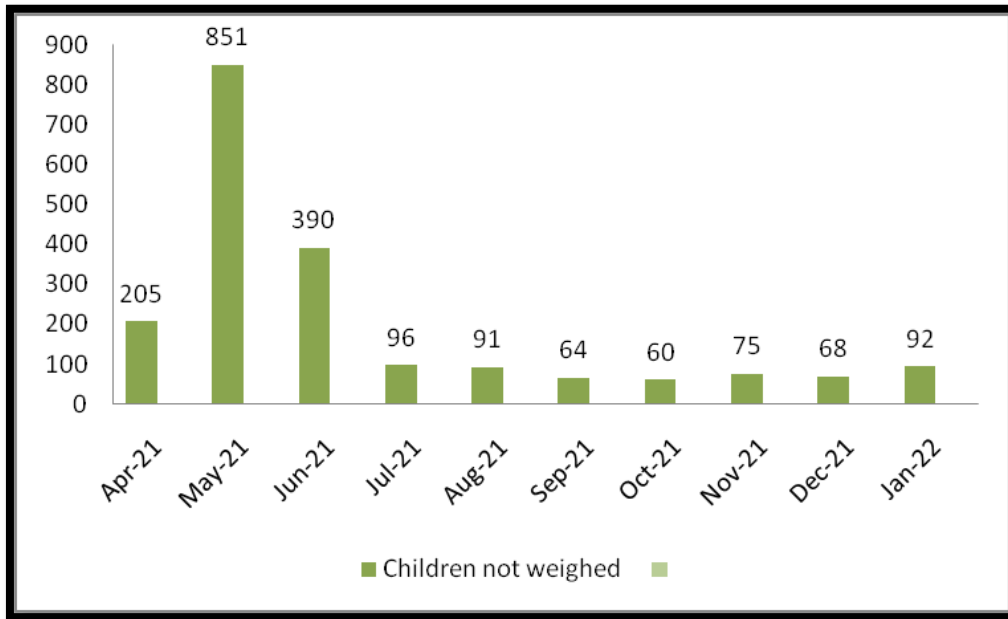
<u>TOTAL</u>	<u>RED ZONE</u>	<u>YELLOW ZONE</u>	<u>GREEN ZONE</u>
<u>35</u>	<u>16</u>	<u>15</u>	<u>4</u>

- The weight of 35 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors.
- Out of 35 children, 20 children gained weight in the month of January.
- 2 children have lost weight due to diarrhea and fever (red zone = 1, yellow zone = 1)
- 13 children have the same weight due to cold and fever (red zone = 8, yellow zone = 5, green zone = 0)



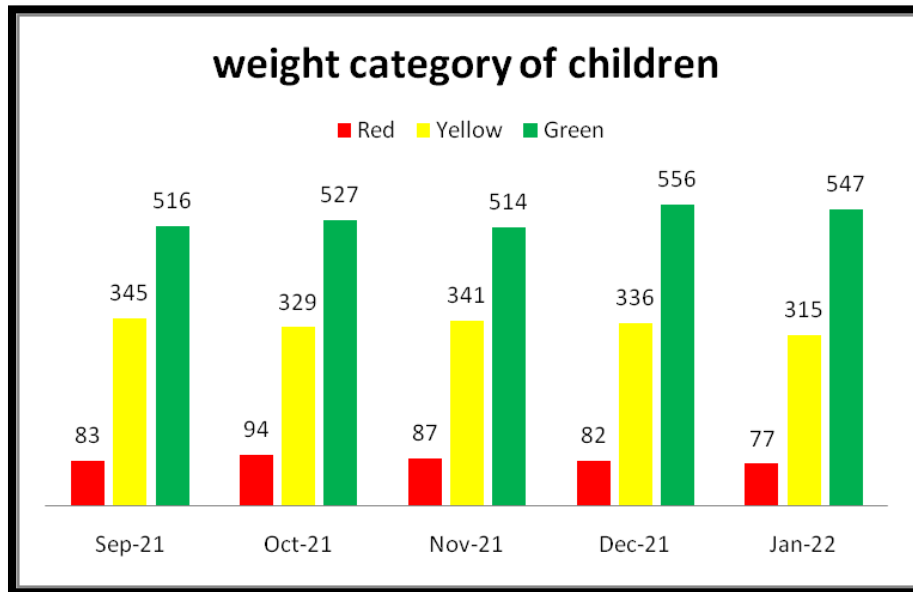
DEATH DETAILS

<u>NAME OF THE DECEASED</u>	<u>AGE OF DECEASED (YEARS)</u>	<u>GENDER</u>	<u>CAUSE OF DEATH</u>	<u>HEALTH PROMOTER</u>
ROSHNI	85 YEARS	FEMALE	STOMACH CANCER	VEENA
PAPAN	26 YEARS	MALE	BRAIN STROKE	SUNITA
JANAK DULARI	63 YEARS	FEMALE	CHRONIC KIDNEY FAILURE	SUSHMA
SURESH	48 YEARS	MALE	HEART ATTACK	BANITA



STATISTICS OF MEDICAL PROJECT

Total Number of Population	14728
Total Males	7584
Total Females	7144
Total no. of children	1031
<u>Total Red zone children</u>	87
Red zone children Weighed	77
Currently gone to the village	10
<u>Total Yellow zone children</u>	340
Yellow zone children weighed	315
Currently gone to the village	25
<u>Total Green Zone children</u>	604
Green zone children Weighed	547
Currently gone to the village	57
New Household (male + female +children under 5 years of age)	7 (24 + 24 + 11)



Total number of children last month = 1042

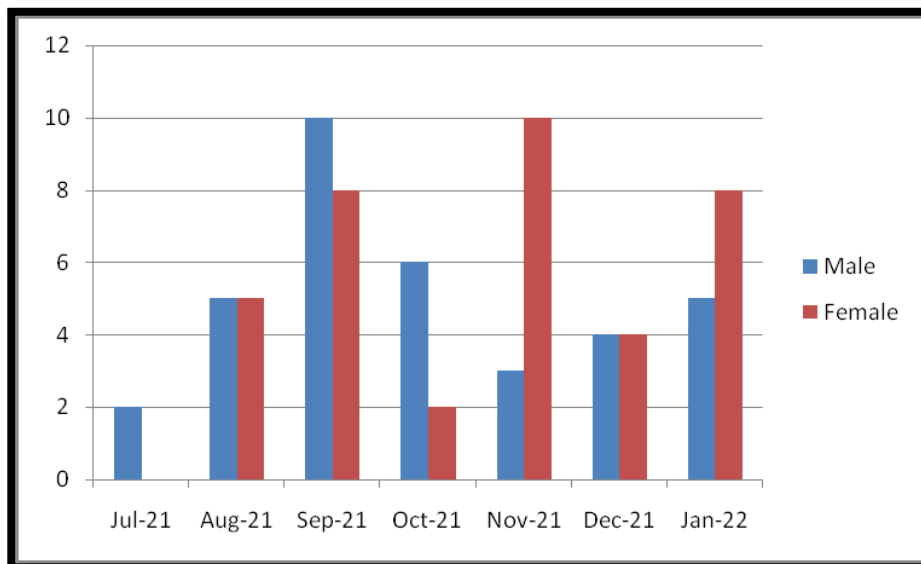
Children permanently left Janta colony slum = 21

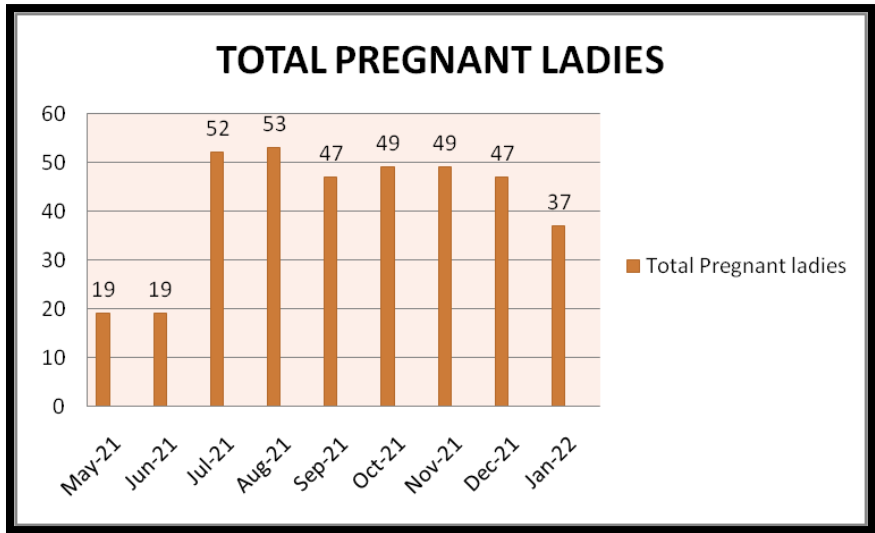
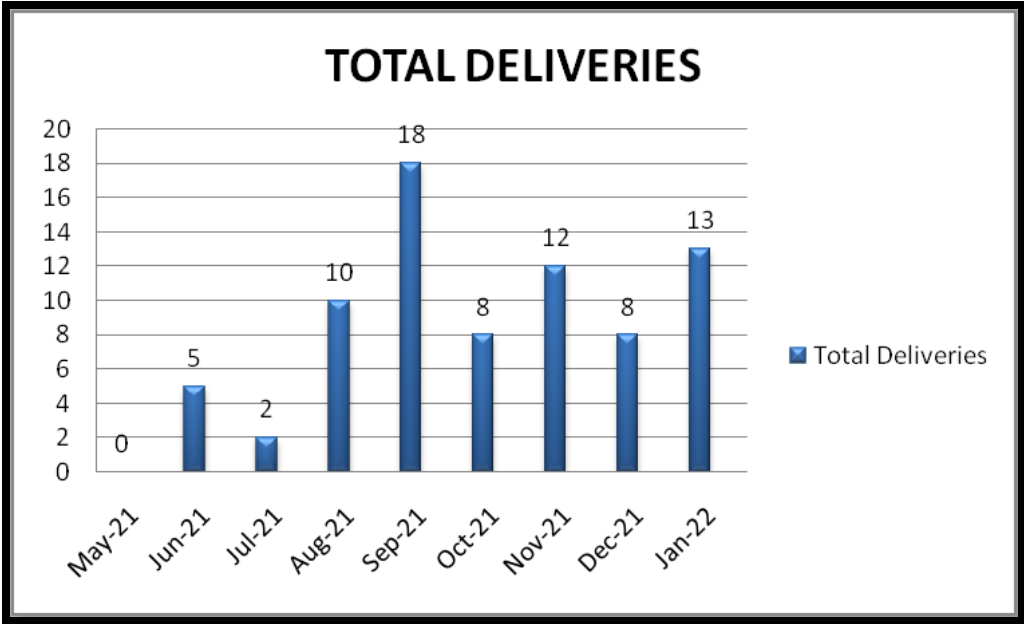
Deliveries = 13

Children reached 5 years of age (out of DIR medical program) = 14

New children migrated to the Janta colony = 11

Total number of children this month = 1031





Red Zone Details

H.P'S NAME	TOTAL CHILDREN	RED ZONE	WEIGHED	GONE TO VILLAGE	WEIGHT GAIN	WEIGHT LOSS	SAME WEIGHT	RIGID FAMILIES	WORKING MOTHERS	FLOATING POPULATION	UNDER 6 MONTHS
BANITA	108	10	8	2	3	1	3	2	0	2	2
DIMPLE	105	12	10	2	4	4	1	0	0	6	2
LATA	85	6	5	1	1	1	3	2	0	4	0
MEENA KSHI	113	12	11	1	6	2	2	1	0	4	1
MUSKANN	76	6	4	2	0	1	3	2	0	2	0
SANGETA	68	8	8	0	1	2	3	3	0	0	4
LATA 2	63	7	7	0	5	1	0	1	0	3	2
SUSHMA	101	3	3	0	2	0	1	0	1	0	0
SUNITA	97	7	7	0	1	3	3	0	0	2	0
VEENA	100	10	8	2	3	2	1	1	2	2	0
UMA	115	6	6	0	5	0	1	0	0	6	0

STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	19	1.8
13-24	12	1.1
25-36	13	1.3
37-48	18	1.7
49-60	15	1.5
Total children in area	1031	
Red zone children	77	7.4%
Red zone children gone to the village	10	1.0%

STATISTICS OF PREGNANT MOTHERS AND NEWBORN

<u>Number of women pregnant last month</u>	<u>47</u>
<u>Number of deliveries</u>	<u>13</u>
<u>Births</u>	<u>Male: 5; Female: 8</u>
<u>Mothers who left Janta Colony</u>	<u>1</u>
<u>Infant death</u>	<u>Nil</u>
<u>Miscarriages</u>	<u>Nil</u>
<u>Abortions</u>	<u>Nil</u>
<u>Newly Pregnant</u>	<u>4</u>
<u>Trimester</u>	1 st trimester: 1 2 nd trimester: 15 3 rd trimester: 21
<u>Number of women pregnant this month</u>	<u>37</u>

INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- Pouch made= 4
- New Masks stitched = 4
- Sale of masks = 25
- Bags made = 10
- Reusable pads made = 40
- Scrunches sale = 16



CHILD ACTIVIST PROGRAM

- This month, a team of health promoters took an activity class of 18 basti children from age group 12 to 15, on homemade ORS, decomposing of kitchen waste, and personal 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.



JANUARY MONTH SCHOOL WITH A DIFFERENCE REPORT:

- On 11th January, SWAD school conducted Parents Teachers meeting



- On 13th January, the SWAD team along with the medical team celebrated Lohri



- On 25th January, students of SWAD school celebrated Republic day



DIR-INDIA JANUARY HIGHLIGHTS

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



- On 4th January, the Enactus team visited the organization and addressed the basti women on Nutrition and Health. Professor and Dietitian from Panjab University Dr. Ekta Bajaj and Prof. Seema Kapoor, head of Enactus. They distributed Poha and bananas amongst the basti women, addressed them on kitchen based nutritional tips which are easily available and affordable.



- DIR India and SWAD team celebrated Lohri on 13th January



- Grocery stores distribution sponsored by Zomato Feeding India, amongst 190 needy families from Janta colony slum took place on 13th January within DIR India premises.



- On 25th January, the DIR India team celebrated Republic day



AGENDA POINTS FOR THE MONTH OF FEBRUARY:

- Special Supervision of two red-zone children by each team
- Identifying more underprivileged families to provide grocery stores
- Identifying and attaching 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



* TEAM DIR INDIA WITH ENACTUS TEAM FROM PANJAB UNIVERSITY AND JANTA COLONY BASTI WOMEN

CONTACT INFORMATION

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+91-9478866412

DIR INDIA BANK DETAILS

IN FAVOR 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

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INSTAGRAM	https://www.instagram.com/DIR
FACEBOOK	https://www.facebook.com/dir
TWITTER	twitter.com/@dirdotngo
YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg
GIVE INDIA	https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india