



**Developing Indigenous Resources India**

**NOVEMBER 2021**



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## **CEO'S REPORT FOR NOVEMBER**

DIR-INDIA's main project is a medical program. The efforts of the Health Promoters and senior staff have always been to improve the health status of children under 5 years of age. Fortunately, there is a drop in the total number of red zone children. The credit goes to the medical team as they have worked hard in monitoring each child. In addition along with food, supplements were personally given to each child under direct supervision.

The financial support by new donors helped us in making the meals enriched with more butter and dry fruits thus improving the standard of food which children relished.

One senior staff and one Health Promoter are on rotational duty to supervise the cooking. Food is tasted by the CEO before the distribution starts. Personal monitoring of the program makes the entire system more efficient and result-oriented.

It is seen that the percentage of malnourished children has come down.

The floating population in the Janta colony is the main reason why children under 5 years of age are mostly malnourished, which adds up to the list of red zone children.

The women empowerment tailoring program is doing well. We offer our sincere thanks to Ms Geetanjali, CSR Head of Versatile Textile Mills who is considering helping and supporting DIR-INDIA's tailoring program. The tailoring team has made 1200 reusable sanitary napkins. On 2nd November 2021, a special function was organized in DIR-INDIA; sanitary pads (35 sets) were sold at a subsidized rate. The main agenda behind this is to promote reusable sanitary napkins and discourage the use of disposable napkins to avoid environmental pollution. These sanitary napkins are stitched by Basti girls under the guidance and expert advice of Versatile Industry to conform to very high-quality standards and supervised by our Tailoring team.

Diwali was celebrated in a traditional manner on 3 November. For the first time, the DIR building was decorated with its own lighting arrangements and a fresh set of 3 DIR banners visible from three directions were fixed. The celebrations were held on the ground floor of the building with SWAD kids and the entire DIR team.

Mental Health is another factor that plays a major role in the health of poor people. Mr. Aditya Varma and Dr Gurpreet Singh of Pushpanjali Trust of Mental health visited DIR on 10 & 18 November to conduct regular classes for the needy in Basti. Mr. Gurpreet conducted a class on Mental Health. This is helping the Health Promoters, how to deal with mental health issues. In Janta Colony, we have 18 patients who are suffering from mental illness. Gurpreet Singh accompanies the Health promoter to do field visits in Janta Colony to assess the mental state of people residing in the adopted area.

On 16th November 2021 Ms Pihoo Pathania joined DIR India on a volunteer basis to offer her services in the field of Media projection and editing.

Two senior army officers' wives Mrs. Jatinder Sandhu and Mrs. Rama Dhodi visited DIR on 17th November 2021. Mrs. Jatinder Sandhu was so impressed by the work of the organization that she adopted one child for the NIPP program, and promised to visit again.

On the 7th of every month, grocery items are distributed to the underprivileged families.

St Stephen School reopened and 8 children joined in November, our Tata Sumo vehicle is once again being used productively.

Swad school children are the life of DIR-INDIA. We have strength of 55 children in November and we are hopeful that the strength of school will increase as more parents are making inquiries about the school.



## MEDICAL TRAINING



In the medical program, the academic classes were taken by Dr Asha. The topic was on HORMONES for health promoters. The medical training is given in a simple and practical way supported by common examples to make them understand the concept.

Hormones are chemical messengers that are secreted directly into the blood, which carries them to organs and tissues of the body to exert their functions. Hormones regulate growth, sex drive, sexual development, reproduction, sexual function and metabolism. Medical classes are taken in a simple language so that during committee meetings this knowledge is driven to all mothers in the Basti.

## **NUTRITION TRAINING**

Dietitian Swati took a nutrition class on FATS. A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Subtopics like LDL (low-density lipoproteins), HDL (high-density lipoproteins), VLDL (very low-density lipoproteins), Saturated and unsaturated fats, Trans fats and how they are harmful to us, the importance of Monounsaturated Fatty Acids and Polyunsaturated Fatty Acids were covered under it.



# NUTRITION DEMONSTRATION



This month's nutrition demonstration was conducted on Children's special **DONUTS!!** Our team of health promoters in charge of this month's demonstration under the guidance of a Dietitian, made this recipe without the use of an oven but by deep-frying the dough in cooking oil and garnishing the product with chocolates and nuts. The main motive to make this dish without a microwave or oven was to guide basti women that anything can be made healthy and attractive in basic kitchen utensils too with the limited supply of food items present in the kitchen.

Date of the Nutritional demonstration:

Name of the dish: DONUTS

- Nutritional value per serving (Medium-size approx. 64gm):
- Calories - 269
- Protein - 6gm



## **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 83 (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 ill treated by their sons or daughter in laws. MA Foundation has sponsored this program for 50 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>33</u>	<u>19</u>	<u>13</u>	<u>1</u>

- The weight of 33 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors every month.
- Out of these children, 17 children gained weight in the month of November.
- 2 children have lost weight due to diarrhea and fever.
- 14 children have the same weight due to cold and fever.

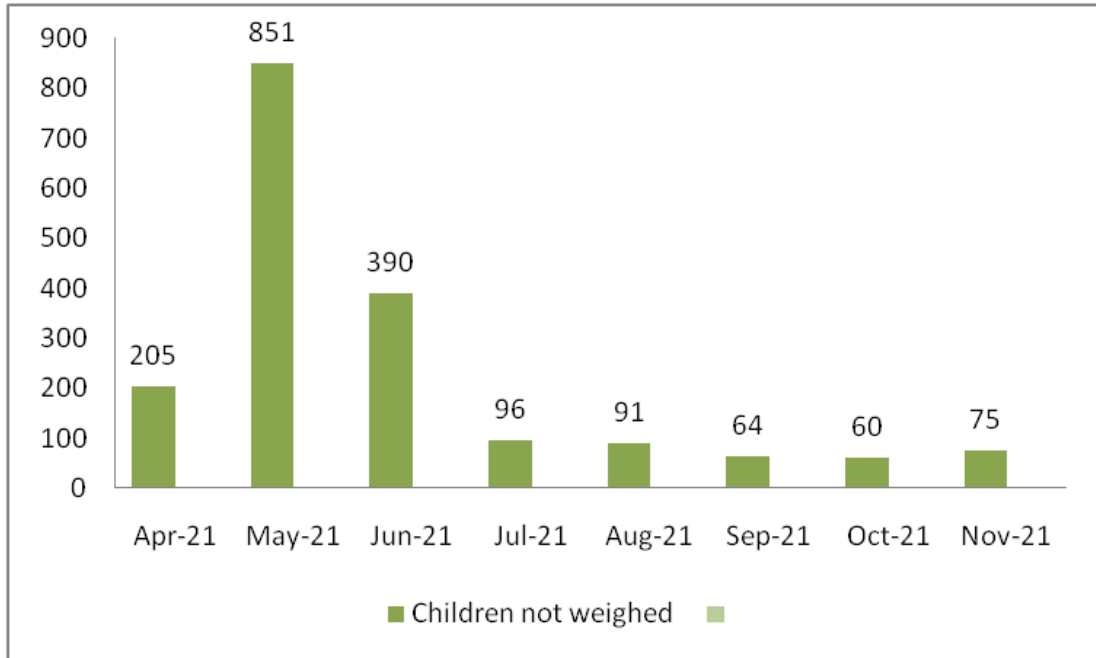


# **DEATH DETAILS**

<b>NAME OF THE DECEASED</b>	<b>AGE OF DECEASED (YEARS)</b>	<b>GENDER</b>	<b>CAUSE OF DEATH</b>	<b>HEALTH PROMOTER</b>
UDAY	7	MALE	CHRONIC KIDNEY DISEASE	MUSKAN
MATA DEVI	90	FEMALE	NATURAL DEATH	SUNITA
SUSHIL	60	MALE	HEART ATTACK	SUNITA
RAJESH	27	MALE	MURDER	MEENAKSHI
JASHPAL	22	MALE	ROAD ACCIDENT	BANITA
MADAN LAL	65	MALE	PARALYSIS	BANITA
MAHANT	50	MALE	HEART ATTACK	LATA
VANSH	14	MALE	MYSTERIOUS DEATH	VEENA

## **STATISTICS OF MEDICAL PROJECT**

Total Number of Population	14629
Total Males	7548
Total Females	7081
Total no. of children	1017
<u>Total Red zone children</u>	92
Red zone children Weighed	87
Currently gone to the village	5
<u>Total Yellow zone children</u>	362
Yellow zone children weighed	341
Currently gone to the village	21
<u>Total Green Zone children</u>	563
Green zone children Weighed	514
Currently gone to the village	49



Total number of children last month = 1010

Children permanently left Janta colony slum = 18

Deliveries = 13

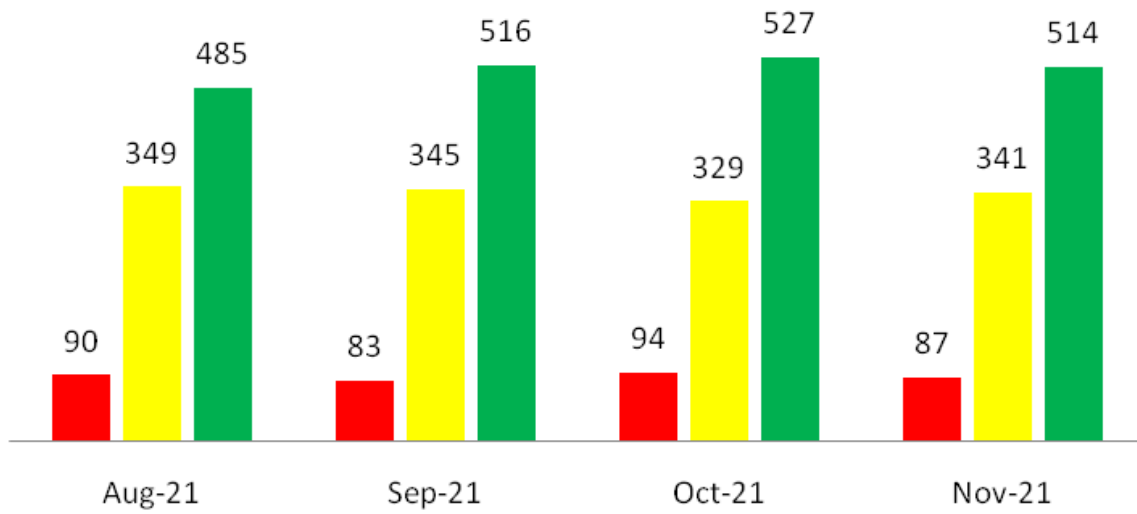
Children reached 5 years of age (out of DIR medical program) = 17

New children migrated to the Janta colony = 29

Total number of children this month = 1017

## weight category of children

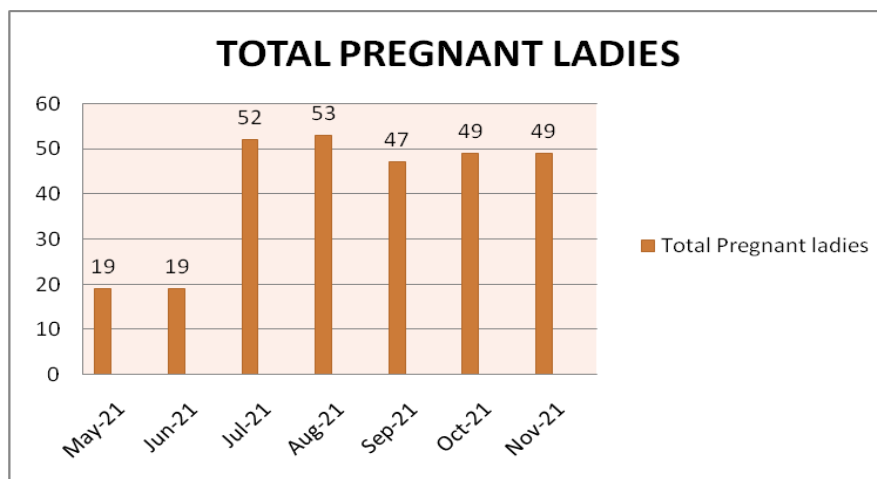
■ Red ■ Yellow ■ Green

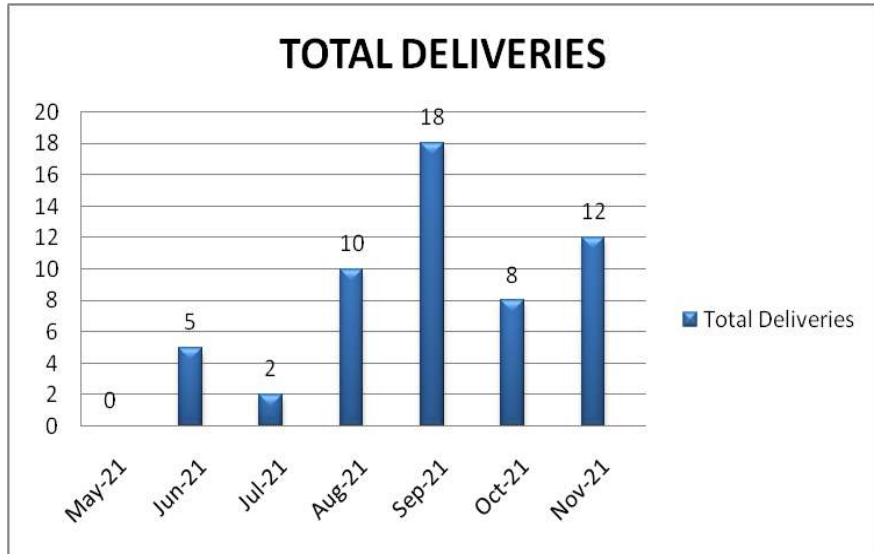




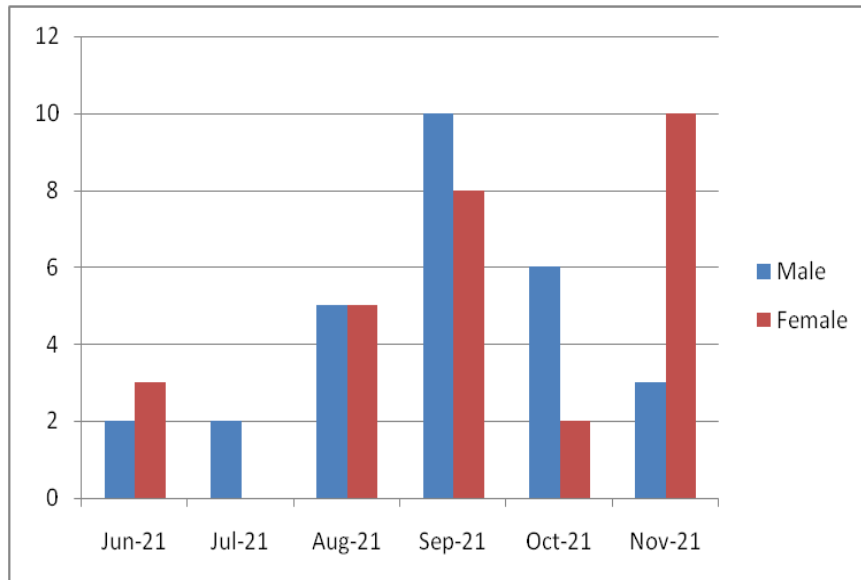
## STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	19	1.8
13-24	14	1.4
25-36	13	1.3
37-48	24	2.3
49-60	17	1.7
Total children in area	1017	
Red zone children	87	8.5%
Red zone children gone to the village	5	0.5%





- one case of twin delivery



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		
	MEENAKSHI – FIELD COORDINATOR LATA, UMA – H.P	53 66	11 08	27 76	2 5 9 0	37 7	33	4	2	4	11	12	18	RED TO YELLOW = 9
	BANITA – FIELD COORDINATOR SANGEETA, SUNITA, DIMPLE – H.P	49 67	11 56	26 53	23 14	37 9	36	7	0	3	12	14	19	RED TO YELLOW = 11
	VEENA – FIELD COORDINATOR SUSHMA, MUSKAN, LATA – H.P	42 96	10 14	21 19	21 77	26 1	23	3	3	5	4	8	12	RED TO YELLOW = 3



# STATISTICS OF PREGNANT MOTHERS AND NEWBORN

<u>Number of women pregnant last month</u>	<u>49</u>
<u>Number of deliveries</u>	<u>13 (One case with twin delivery)</u>
<u>Births</u>	<u>Male: 3; Female: 10</u>
<u>Mothers who left Janta Colony</u>	<u>Nil</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>12</u>
<u>Trimester</u>	<u>1<sup>st</sup> trimester: 2 2<sup>nd</sup> trimester: 21 3<sup>rd</sup> trimester: 26</u>
<u>Number of women pregnant this month</u>	<u>49</u>

# INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- cloth sanitary pads stitched = 30
- Pouch = 4
- New Masks stitched = 93
- Sale of masks = 42



# SCHOOL WITH A DIFFERENCE EVENTS

- This month students of SWAD School participated in Diya making activities with colored papers for Diwali celebration.



- DIR India and SWAD team along with students celebrated Diwali



# DIR-INDIA NOVEMBER HIGHLIGHTS

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



- On 2nd November 2021, Enactus, a student body from Panjab University along with DIR India distributed Reusable Sanitary napkins to Basti women after it was certified by the government laboratory on the safety of the pads which could be reused without causing any vaginal infection.



- On 16th November Miss Pihu visited the organization and participated in editing monthly newsletters and articles



- On 3rd November, the medical team along with school staff celebrated Diwali and Diwali bonus was distributed amongst the staff by Dr Asha maam



- On 17th November Mrs. Rama Dhodi and Mrs. Jatinder Sandhu visited the DIR-INDIA office to see the medical and feeding programs and to interact with Swad school children. Both the visitors were impressed by the discipline and confidence of the children.

Mrs. Jatinder adopted one malnourished child under the red zone category in which the weight of the child is more than 3 kg underweight than the desired weight.



- On 18th November Mr. Aditya Vikram and Mr. Gurpreet from Pushpanjali trust (the NGO which is working on mental health awareness) paid a visit to the organization.



# **AGENDA POINTS FOR THE MONTH OF**

## **DECEMBER:**

- Close monitoring of the red-zone children by each team.
- Identifying the underprivileged families to ensure that the sponsored grocery stores are given to the needy families.



## OUR TEAM



## CONTACT INFORMATION

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## DIR INDIA BANK DETAILS

<b>IN FAVOR 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>
YOU TUBE	<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>