



**DEVELOPING INDIGENOUS RESOURCES
APRIL 2022**



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CEO'S REPORT FOR APRIL

In India, April is a beautiful month with spring at its peak, and flowers are in full bloom in all gardens. It is a busy month for DIR India as well with the beginning of the new financial year and rush of school admission.

The popularity of SWAD School has spread all around Nayagaon, and this year the strength of new admission is increasing day by day.

The Project Alambana is an education program for Rag Pickers and for the **Basti girls**, who belong to extremely poor families of Janta Colony and Safeda colony. Their Parents are laborers, who are working to make two ends meet and the girl child is left to take care of other siblings when she herself is a child of 10 years age.



DIR-INDIA has 31 children under project Alambana. We need donors to support this project. It is Rs 1000 per child per month. It is requested if more people sponsor this project we can shape up the future of these children for a better tomorrow.

The strength of Computer classes of DIR-INDIA has increased remarkably.

The publicity of the computer classes is through word of mouth. There are many girls, residents of Janta Colony who are keen to learn computers but due to financial constraints are unable to join any institution.

DIR-India is looking for donors who can fund this project to fulfill the dreams of these girls. It is only Rs 500 per student per month.

Homeopathic College of Chandigarh has collaborated with DIR-INDIA. Every Wednesday a team of three doctors come with pharmacy Van.

Regular OPD in which free consultation and free medication is given to the patients.



There was special recognition given to DIR-INDIA in Panjab University followed by Radio show and press release for devotion and sincerity with which the organization is working was highly appreciated.



MEDICAL TRAINING

This month's agenda topics under medical training included committee meetings on Homemade Oral Rehydration Solution and its importance in Diarrhea and Dehydration cases.

We have a large number of cases of Hypertension in all age groups in our Basti. The stress of academic classes was more on Hypertension and on Functions of Liver, to generate awareness of the diseases.

As per the Aadhar Statistics of the Punjab done in March 2021/2022, the total population in Punjab is **29,611,935 (29.61 Millions)**. As per the study done by the Public Health Department of Post Graduate Institute of Medical Education and Research, Chandigarh, the prevalence of hypertension in Punjab is 40.1%.

In this study in Punjab, only 48.3% patients were aware of their hypertensive medical condition.

<https://www.frontiersin.org/articles/10.3389/fpubh.2022.768471/full#:~:text=Punjab%20and%20Haryana.->

[,The%20prevalence%20of%20hypertension%20in%20Punjab%20was%2040.1%25%20while%20that,of%20the%20cases%20were%20controlled.](https://www.frontiersin.org/articles/10.3389/fpubh.2022.768471/full#:~:text=Punjab%20and%20Haryana.-,The%20prevalence%20of%20hypertension%20in%20Punjab%20was%2040.1%25%20while%20that,of%20the%20cases%20were%20controlled.)



NUTRITION TRAINING

Dehydration is extremely common during the summer seasons. This is why Dietitians suggest Fresh fluids and healthy diets including green vegetables, colorful fruits and herbs that help the body maintain its hydration levels and also protect the skin. This month's agenda topics under nutritional training were Carbohydrates and its types, Gut flora and various methods of cooking to preserve micronutrients.

During cooking, the natural forms of many foods are processed for human consumption. Many physical and chemical reactions occur during the processing or preparation of foods. The selection of the right cooking method to maximize the nutritional quality of your meal is the key to healthy eating.

In Committee meetings, these academic topics were taught amongst the masses in a layman's language. Water, sanitation, and hygiene (WASH) remain critically important to public health. Lack of access to safe water, proper sanitation, and inadequate hygiene practices have been linked with the increased risk of transmitting infectious diseases like cholera, typhoid, hepatitis A, and many other water-related diseases in slum areas. Thus Health promoters counseled the masses how to make ORS at home to counter diarrhea and dehydration from the body.



NUTRITIONAL DEMONSTRATION

- Date of the Nutritional demonstration: - 19th April 2022
- Name of the dish: mix veg. **SOOJI TOAST**
- Nutritional value per serving (Medium-size approx.):
 - Calories - 120
 - Protein - 2.5gm

Bread is covered with semolina and curd batter which is spiced with dry spices and finely chopped vegetables. The suji toast recipe calls for simple ingredients like onion, tomatoes and rava (Sooji or semolina or cream of wheat). Along with these ingredients, cream is also added. Sooji is an integral ingredient in Indian cuisine. This handy ingredient can be mixed with vegetables, curd and spices to make a healthy spread for the bread. We can use grated paneer, grated carrot or cheese to make the toast even tastier.



STATISTICS OF CHILDREN UNDER THE NIPP PROGRAM ADOPTED BY DONORS

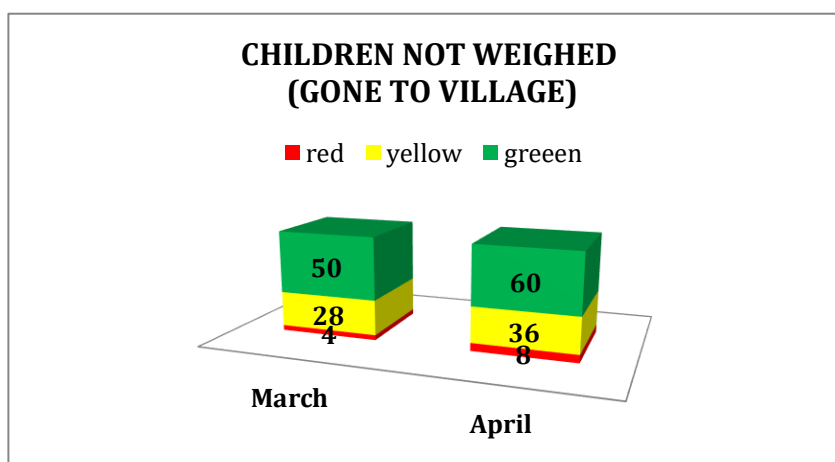
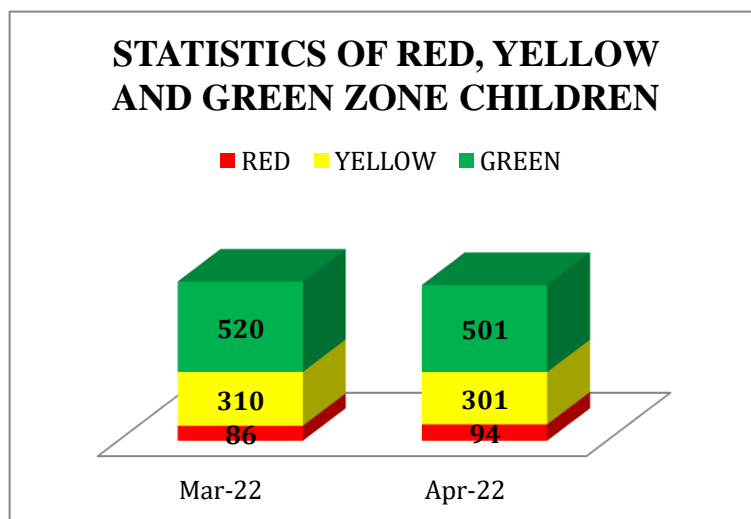
<u>TOTAL</u>	<u>RED ZONE</u>	<u>YELLOW ZONE</u>	<u>GREEN ZONE</u>
<u>26</u>	<u>12</u>	<u>13</u>	<u>1</u>

- 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, 6 children gained weight in this month.
- 4 children have lost weight due to diarrhea and fever
- 16 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>
AMAR SINGH	100 YEARS	MALE	NATURAL DEATH	DIMPLE
RAJKUMARI	64 YEARS	FEMALE	TUBERCULOSIS	MEENAKSHI
JAI PRAKASH	45 YEARS	MALE	TYPHOID	LATA CHANDEL



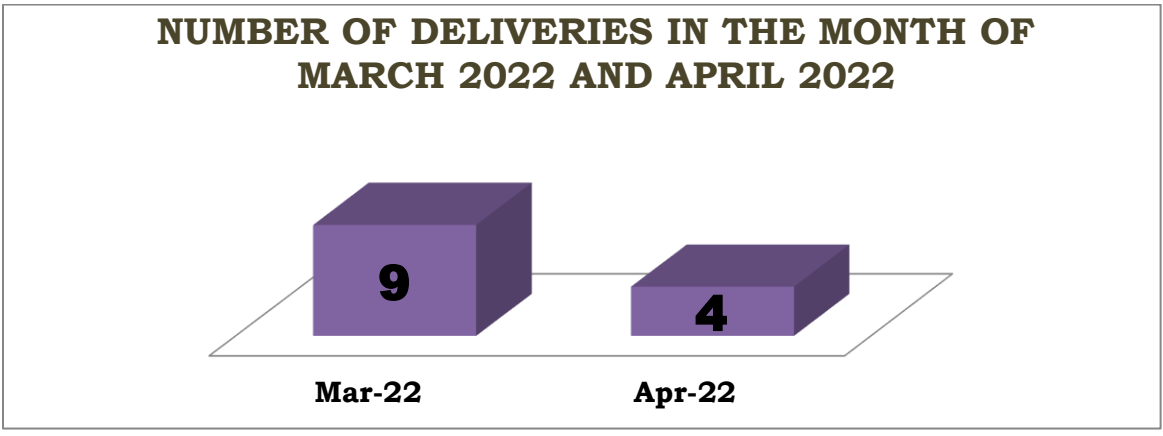
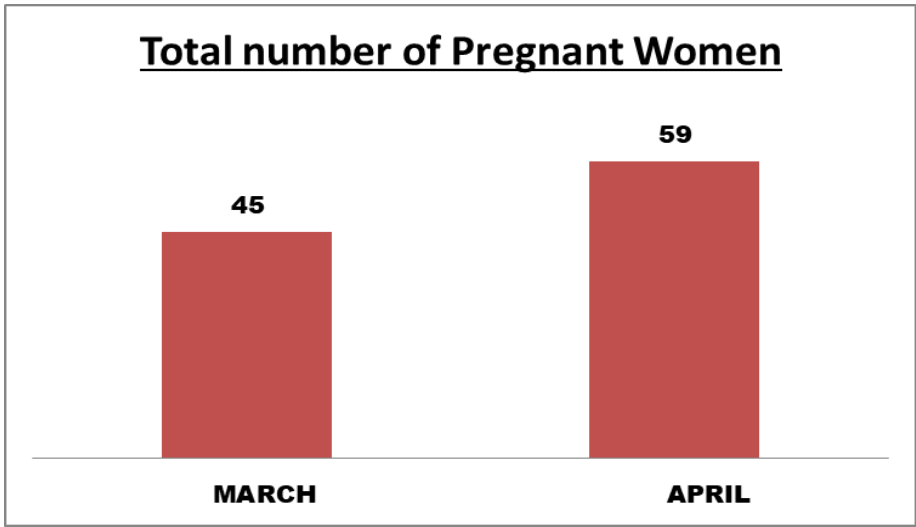
STATISTICS OF MEDICAL PROJECT

Total Number of Population	14746
Total Males	7599
Total Females	7147
Total no. of children	1000
<u>Total Red zone children</u>	102
Red zone children Weighed	94
Currently not weighed (gone to village)	8
<u>Total Yellow zone children</u>	337
Yellow zone children weighed	301
Currently not weighed (gone to village)	36
<u>Total Green Zone children</u>	561
Green zone children Weighed	501
Currently not weighed (gone to village)	60
New Household (male + female)	4 (8+7)

- Total number of children last month = 998
- Children permanently left Janta colony slum = 19
- Deliveries = 4
- Children reached 5 years of age (out of DIR medical program) = 15
- New children migrated to the Janta colony = 32
- Total number of children this month = 1000

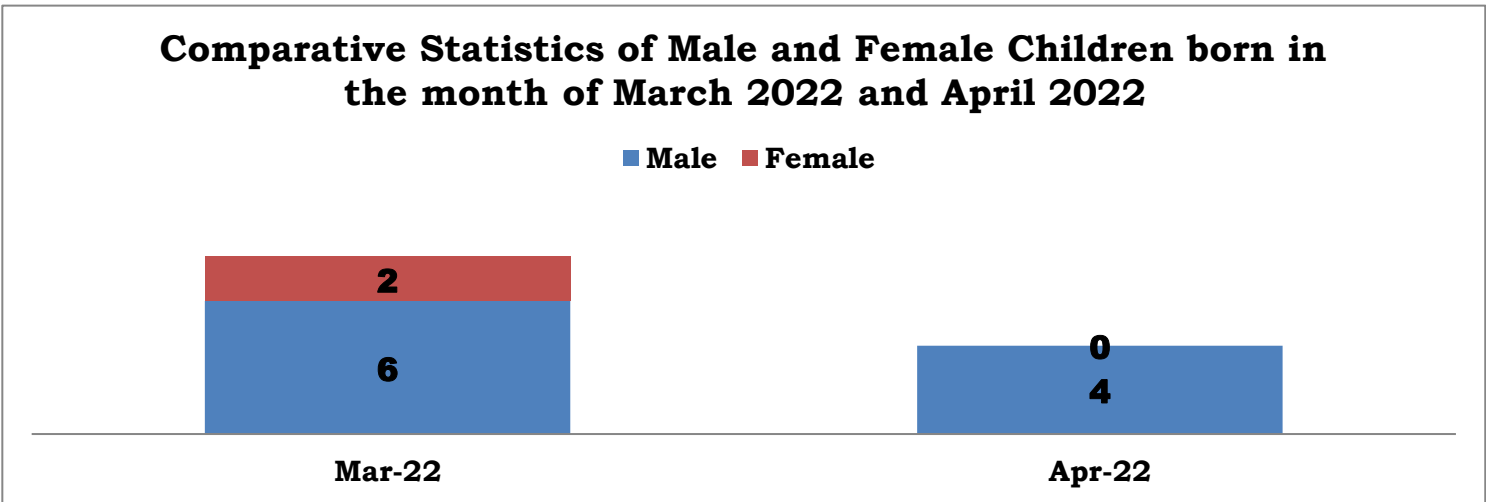
STATISTICS OF RED ZONE CHILDREN

<u>AGE (MONTHS)</u>	<u># CHILDREN</u>	<u>%AGE</u>
0-12	14	1.4
13-24	15	1.5
25-36	18	1.8
37-48	22	2.2
49-60	25	2.5
Total children	1000	
Red zone children weighed	94	9.4%
Children not weighed (gone to village)	8	0.8%



Comparative Statistics of Male and Female Children born In the month of March 2022 and April 2022

Month	Male	Female
Mar-22	6	2
Apr-22	4	0



STATISTICS OF PREGNANT MOTHERS AND NEWBORN

<u>Number of women pregnant last month</u>	45
<u>Number of deliveries</u>	4
<u>Births</u>	Male: 4; Female: 0
<u>Mothers who left Janta Colony</u>	1
<u>Infant death</u>	0
<u>Miscarriages</u>	1
<u>Abortions</u>	0
<u>Newly Pregnant</u>	20
<u>Trimester</u>	1 st trimester: 5 2 nd trimester: 38 3 rd trimester: 16
<u>Number of women pregnant this month</u>	59

INCOME GENERATION PROGRAM

Tailoring team of HPs stitched:

- Masks sale : 3
- cloth pads stitched : 16
- scrunchies made : 2
- hand bags made : 2



CHILD ACTIVIST PROGRAM

This month, a team of health promoters took CAP on various topics like ORS, Diarrhea, self-hygiene and Dehydration.

Children of age group 8 to 15 participated in different activities like how to prepare Oral Rehydration Solution (ORS) at home, six important steps of hand hygiene and hand wash.

Health promoters educated these children on various issues regarding water scarcity, how and why water is an important component of life, what causes dehydration and different ways of hydrating the body in summers.

They also participated in various games like Football, Musical chair, message passing game and puzzles.



HOMEOPATHIC CAMP

This month the Homeopathic team resumed camps after Covid 19 pandemic lockdown.

They held 2 camps in the month of April 2022.

Team of 3 doctors and paramedical staff from Homeopathy Medical College and hospital, sector 26, Chandigarh monitored:

The ailments reported were:

- Arthritis
- Amnoria
- Skin ailments
- Ovarian cysts
- Gastric issues etc.



SCHOOL WITH A DIFFERENCE REPORT:

- This month, students of SWAD participated in Paper Activities and coloring different shapes.
- Dr. Madhu Khullar resumed the storytelling classes every Tuesday for SWAD School. At the end of the story kids are rewarded with one Banana each.



DIR-INDIA HIGHLIGHTS:

- Distribution of grocery stores amongst underprivileged families of daily wagers.



- Homeopathy Medical college and hospital, sector 26, Chandigarh holds medical camps every Wednesday for the underprivileged community of Janta colony, Nayagaon. Free consultation and free medication is given to the entire patient.



- Mr. Raghubir Singh from Chandigarh University visited the organization



- On 25th April field coordinator Banita and SHP Sangeeta visited Panjab University to speak on Menstrual Hygiene in a Press conference organized by Enactus.
- Field coordinator Mrs. Banita got first prize and won 1000 rupees cash prize.



- On 29th April, DIR India's CEO, Dr. Asha Katoch was invited in Panjab University, by Professor Seema Kapoor, head of Enactus and by CSR Head of Versatile textiles group Mrs. Geetanjali, to speak on menstrual health and hygiene.
- DIR India in collaboration with Enactus of Panjab University and Versatile textiles is working on **PROJECT AMODINI**



AGENDA POINTS FOR THE MONTH OF MAY:

- Close Supervision and monitoring by each HP and senior staff of respective teams on Red Zone children for study and analysis to improve the health of the child by each team and bring a change.
- Promotion of Education Project Alambana.
- Identifying underweight and underprivileged mothers and children to add in our NIPP Feeding Program to make the child healthy and to help the pregnant mother deliver a healthy baby.
- Survey of people for starting of new vertical - MAA KI ROTI sponsored by Wadhvani Foundation.

OUR TEAM



CONTACT INFORMATION

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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/ 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
YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg
GIVE INDIA	https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india