

Developing Indigenous Resources - India

April 2023

"Poverty is not an accident. Like slavery and apartheid, it is man-made, and it can be overcome and eradicated by the actions of human beings."
- Nelson Mandela



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CEO'S Report for April

April marks the beginning of the new financial year, and during this time, SWAD School of DIR becomes bustling with a surge of new admissions. This year, we have successfully enrolled a total of 90 students. We extend our heartfelt compliments to all the teachers who have garnered popularity and fame for the school through their caring, nurturing, and playful nature. Remarkably, we have witnessed a few children who are reluctant to leave the school premises as they thoroughly enjoy their time here.

To further enhance the development of our students, we have introduced a new program focused on personality development. Each month, we assess every child in several key areas, including punctuality, obedience, proper attire, and academic performance. This evaluation process enables us to reward the students on a quarterly basis with unit tests as a means of acknowledging their progress.

Under the Ministry of Skill Development's Jan Shiksha Abhyas, the computer classes for the youth of Basti ran until April. The examinations, conducted by respective department



examiners upon completion of the course, have been concluded. We are currently awaiting the results.



We are delighted to have received a generous donation of 17 plants from Mr. Sood, an environmentalist dedicated to beautifying and greening our surroundings. Mr. Sood meticulously studied the soil quality and selected plants that are easy to maintain. He kindly visited DIR to assist and guide us during the planting of these saplings.



Lastly, we have some exciting news to share with the DIR community. Our esteemed President, Ms. Shashi Prabha Dwivedi, has been promoted to the position of Director General of Police in Punjab. This marks a historic moment for Punjab, as it is the first time a woman has achieved such a qualification. We extend our warmest congratulations to Ms. Dwivedi. On the day of her visit to the DIR office, the entire team welcomed her with a traditional Pooja ceremony, followed by prayers for her safety, security, and numerous future accomplishments in the months and years ahead.



Medical Training

In our Medical Training program, we cover various important topics to enhance our staff's knowledge and ability to assist the community. Here are some of the topics we recently covered:

Thyroid: After encountering a case of goiter in Janta Colony, we conducted a dedicated class on the thyroid gland during our Medical Training. We discussed hyperthyroidism and hypothyroidism, including their causes and treatment options. Our aim is to equip our staff with the necessary knowledge to provide assistance to individuals with these conditions.

Hypertension: Given the significant number of hypertension cases we have encountered in the field, it is crucial for our staff to understand the factors contributing to this condition. We emphasize the importance of recognizing the reasons behind hypertension and educate our staff on guiding individuals in the basti (community) about preventive measures and disease awareness.

During our **Committee Meeting**, we covered the following topics:

ORS: Oral Rehydration Solution (ORS) was discussed in detail. We provided advice on how individuals can prepare their own ORS, which is a vital solution for rehydration. Additionally, we focused on educating people about preventing dengue fever.

Thyroid: We dedicated a portion of the meeting to sharing information about the thyroid gland and its related issues. This discussion was prompted by a specific instance involving goiter, which emphasized the need for understanding thyroid conditions within the community.

COVID-19 and Influenza: Due to the increased number of COVID-19 and influenza cases in India, we prioritized educating our committee members on these topics. We highlighted the importance of taking antiviral measures and influenza precautions to prevent the spread of these illnesses.

Dengue: Our committee meeting also addressed the topic of dengue fever. We provided valuable information on how individuals can protect themselves from contracting dengue and emphasized the significance of raising awareness about this mosquito-borne disease.

Through these educational discussions and sharing of information, we strive to equip our staff and committee members with the necessary knowledge and tools to effectively address various health concerns within the community



Nutritional Training

In our academic class on nutrition, we focused on discussing dietary considerations for individuals experiencing the following conditions:

Hypertension: The class addressed the importance of diet in managing hypertension (high blood pressure). We emphasized the role of balanced sodium intake in preventing and managing this condition. Imbalances in salt consumption can lead to hypertension, and proper dietary management plays a significant role in its control.

Hyperthyroidism and Hypothyroidism: We also covered the impact of nutrition on individuals with hyperthyroidism and hypothyroidism. Iodine, an essential mineral, is necessary for the synthesis of thyroid hormone. Imbalances in iodine levels can cause these thyroid disorders. We highlighted the importance of maintaining an adequate iodine intake, which can be achieved through the consumption of iodized salt.

Moreover, these health issues, including hypertension, hyperthyroidism, and hypothyroidism, have been observed among women in Janta Colony slum during our field visits. Recognizing the prevalence of these conditions, we conducted academic classes and committee meetings to ensure comprehensive coverage of these topics.



The aim of these discussions and educational sessions is to provide valuable knowledge and practical strategies for managing these health concerns through proper nutrition. By addressing the dietary aspect of these conditions, we aim to empower individuals to make informed choices and improve their overall well-being, especially during pregnancy when these issues are commonly encountered.



Nutritional Demonstration

On April 18th, 2023, a nutritional demonstration took place with a focus on preparing a delicious and nutritious snack called "*Ragi ke laddoo*" (Ragi ladoos). Ragi, also known as finger millet, is a highly nutritious grain that is abundant in essential nutrients such as carbohydrates, fiber, fats, proteins, vitamins, and minerals.

Given that this year is being celebrated as the Millets year, the demonstration aimed to showcase the nutritional benefits of ragi. The ragi ke laddoo was prepared using ragi flour, ghee (clarified butter), jaggery, peanuts, almonds, and raisins. This combination of ingredients ensured a wholesome and flavorful product.

The nutritional value per serving of approximately 50 grams is as follows:

Energy: 157 calories

Protein: 2 grams



These ragi ladoos provide a significant amount of energy and protein, making them an excellent choice for a healthy snack option. The inclusion of ragi flour, which is rich in essential nutrients, adds to

the overall nutritional value of the laddoos.

The demonstration aimed to educate participants about the health benefits of ragi and showcase how it can be incorporated into delicious and nutritious recipes like *ragi ke laddoo*. By promoting the consumption of ragi and highlighting its nutritional value, the event aimed to encourage individuals to adopt healthier eating habits and explore the versatility of millets in their diets.

Statistics of Children Under the NIPP Program Adopted by Donors

The progress report of the sponsored children's weight and health is sent to each donor on a monthly basis. By sharing such information regularly, it allows donors to track the impact of their support and make informed decisions regarding further assistance or intervention as necessary. The NIPP (Nutrition Intervention and Prevention Program) includes 21 children from the Alambana Project, who are children of rag pickers.

Here is a detailed progress report for the NIPP program:

1. **Total Attendance:** In April, a total of 47 individuals participated in the program.
 - a. 21 children were from the Alambana Project, which focuses on the children of rag pickers.
 - b. 19 children were underprivileged and malnourished children below 5 years of age.
 - c. 3 were lactating women.
 - d. 1 was a pregnant woman.
 - e. 3 were needy women.
2. **Weight Changes:** Out of the 19 underprivileged and malnourished children below 5 years of age:
 - a. 7 children gained weight, indicating positive progress in their nutritional status.
 - b. 3 children lost weight, which can be attributed to illness affecting their appetite and overall health.
 - c. 9 children showed no change in weight, potentially due to cough and cold symptoms affecting their appetite temporarily.





This progress report provides an overview of the attendance and weight changes observed in the NIPP program for the month of April. It highlights the positive outcomes of weight gain, acknowledges the challenges faced by children who lost weight due to illness, and recognizes the impact of temporary factors like cough and cold on weight stability.

Table 1.1: Number of adopted children under the NIPP Program

Red Zone	Yellow Zone	Green Zone	Total
08	10	1	19

Death Details

Table 2.1: Survey of the recently deceased

NAME OF THE DECEASED	AGE OF DECEASED (Yrs.)	GENDER	CAUSE OF DEATH	HEALTH PROMOTER
Ramsukh	75 yrs	Male	COPD	Sangeeta
Surender	44 yrs	Male	Unknown cause	Banita
Parivan	70 yrs	Male	COPD	Sanjana
Madhu	40 yrs	Female	Unknown cause	Sanjana



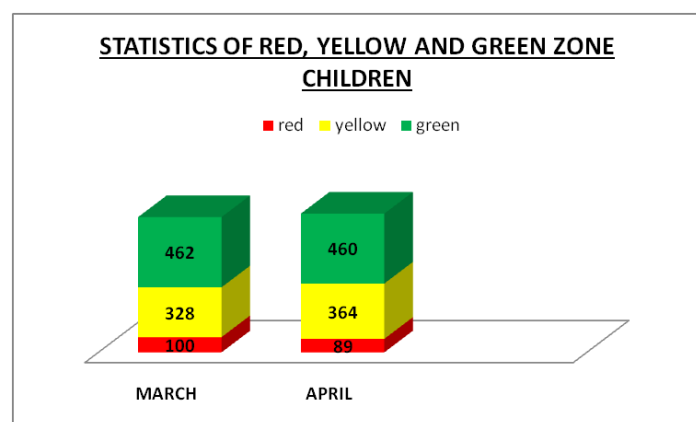
Statistics of Medical Project

Table 3.1: Survey of demographics as per the zones

	JANTA COLONY SLUM	DHANAS VILLAGE	SINGHA DEVI SLUM
Total Number of Population	14814	4631	51
Total Males	7639	2514	24
Total Females	7175	2117	27
Total no. of children	988	331	5
<u>Total Red zone children</u>	97	-	-
Red zone children Weighed	89	-	-
Children not weighed (gone to the village)	08	-	-
<u>Total Yellow zone children</u>	388	-	-
Yellow zone children weighed	364	-	-
Children not weighed (gone to the village)	24	-	-
<u>Total Green Zone children</u>	503	-	-
Green zone children Weighed	460	-	-
Children not weighed (gone to the village)	43	-	-

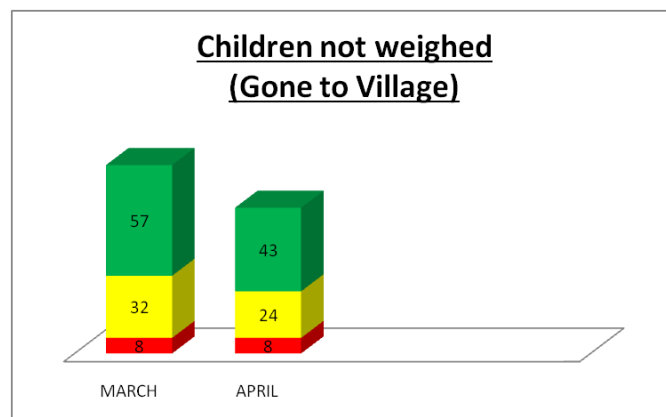
Table 3.2: Survey of Janta Colony development

Description	Janta Colony Slum
Total number of children last month	987
Children permanently left Janta Colony slum	51
Deliveries in Janta Colony slum	4
Children reached 5 years of age in Janta Colony slum	20
New families moved into Janta Colony slum with children <5	68
Total number of children in Janta Colony slum this month	988



Graph 1.1: Number of children as per the zones

Graph 1.2: Unweighted Children



Statistics of Red Zone Children in Janta Colony

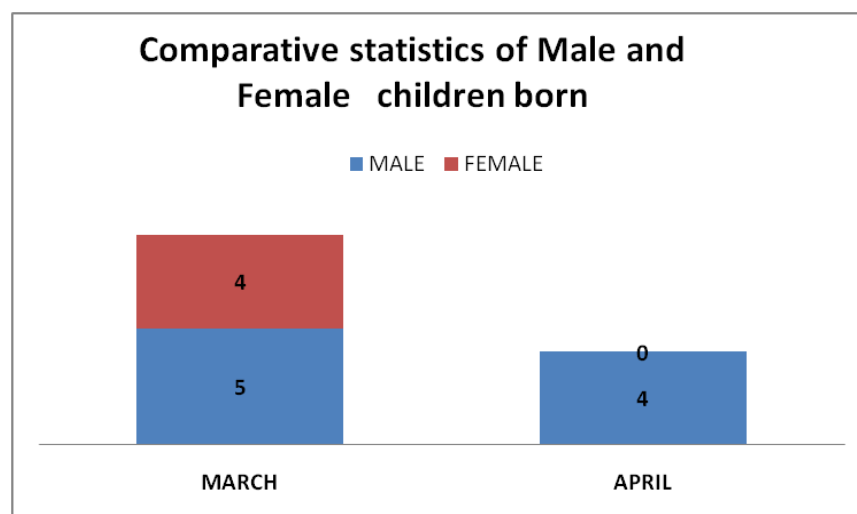
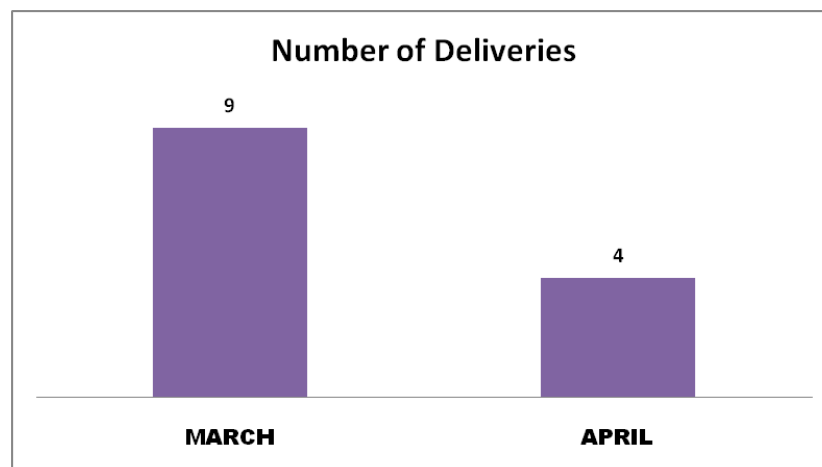
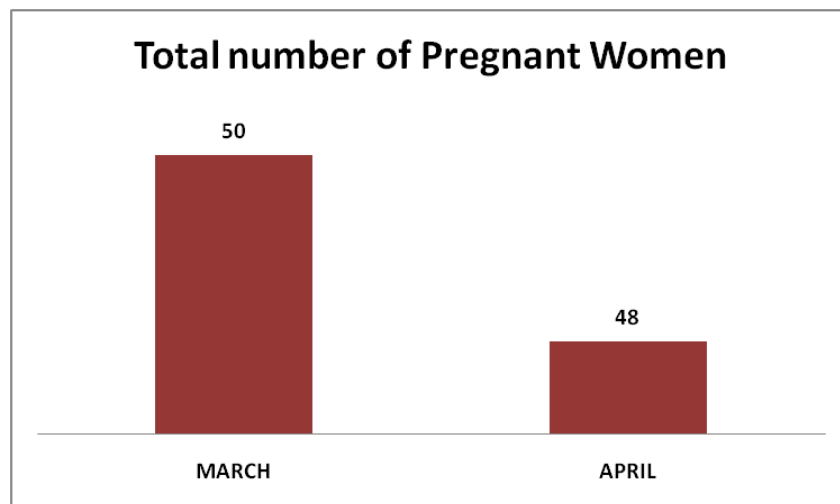
Age (Months)	Children	%Age
0-12	15	1.5
13-24	10	1.0
25-36	18	1.8
37-48	22	2.2
49-60	24	2.5
Total children	97	9.8%
Red zone children (weighed)	89	9.0%
Children not weighed (gone to the village)	8	0.8 %



Detailed Statistics of Red Zone Children

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 MONTH
BANITA	89	14	14	0	5	3	5	4	0	3	2
MANSI	92	7	5	2	0	0	3	0	0	4	1
LATA	79	4	3	1	2	0	1	0	1	2	1
MEENAKSHI	97	7	5	2	2	0	3	2	0	1	0
LATA CHAUHAN	90	10	9	1	3	0	6	1	1	4	2
SANGEETA	81	12	12	0	5	3	3	0	1	5	1
LATA CHANDEL	97	12	10	2	0	6	4	0	4	2	0
SUSHMA	97	6	6	0	4	1	1	1	0	1	2
SUNITA	90	7	7	0	1	0	5	0	1	3	0
VEENA	97	10	10	0	3	0	7	1	1	4	1
SANJANA	79	8	8	0	5	2	0	0	2	2	2

Graphical Representation of Pregnancy data



Statistics of Pregnant Mothers and Newborn

	JANTA COLONY	DHANAS VILLAGE	SINGHA DEVI SLUM
Number of women pregnant last month	50	-	-
Number of deliveries	4	-	-
Births	Male: 4 Female: 0	-	-
Mothers who left Colony	5	-	-
Infant death	0	-	-
Miscarriages	0	-	-
Abortions	0	-	-
Newly Pregnant	7	-	-
Trimester	1 st trimester: 2 2 nd trimester: 25 3 rd trimester: 21	-	-
Number of Pregnant women this month	48	48	5

Homoeopathic Camp

Homeopathic Medical College and Hospital of Sector 26, Chandigarh, organized a Homeopathy camp aimed at providing healthcare services to the community. The camp operates twice a month and offers free consultations and medications to the attendees. The team consists of two doctors and paramedical staff dedicated to serving the community.

The camp follows the principles of homeopathy, a holistic approach to healing that focuses on individualized treatment. Homeopathy is known for its gentle and natural remedies, aiming to stimulate the body's self-healing abilities.

By organizing this camp, the Homeopathic Medical College and Hospital aims to promote community health and provide access to healthcare services to individuals who may not have the means to afford medical consultations and medications. This initiative reflects the institution's commitment to serving the community and promoting the benefits of homeopathic treatment.



Educational Programs

SWAD SCHOOL:

- The school had a total student strength of 85 students this month.
- The school organized educational activities, including coloring different shapes and pictures.

These activities aimed to develop the students' creativity, fine motor skills, and cognitive abilities.

The SWAD School is dedicated to providing quality education to its students and creating a nurturing environment for their overall development. By organizing educational programs like coloring activities, the school aims to engage students in a fun and interactive manner while fostering their learning and artistic skills.





Class	Best Dressed	Punctual	Best Student	Discipline
Pre-Nursery	NOHSIKA 	RITIK 	HARSHIT 	DIVYANSHU 
L.K.G	UDAY 	MANVI 	JITISHA 	LUCKY 
U.K.G	VANIYA 	ROUNAK 	KUNAL 	RIDHIYANSHI 
Alambana	SAANVI 	ARADHYA 	SOMYA 	SHANVI 

TUITION CLASSES:

Tuition classes are an essential educational initiative organized by DIR India to support the academic progress of Basti children studying in public schools in Chandigarh. Here are the details of the tuition classes:

Schedule: Tuition classes are conducted every day from **3 PM to 5 PM**.

Purpose: The primary objective of these classes is to provide additional coaching to the children, enabling them to keep up with the standard of education in public schools.

Individual Attention: DIR ensures that every child receives personalized attention and guidance to help them excel in their respective classes.

Assessment: Regular tests and assessments are conducted to evaluate the understanding and performance of the students. This approach ensures that each child comprehends the subjects well and achieves outstanding results.

These tuition classes play a vital role in bridging the educational gap and empowering Basti children to thrive academically. By providing extra coaching and conducting assessments, DIR aims to equip these students with the necessary skills and knowledge to succeed in their public school education.



COMPUTER CLASSES:

Under the collaboration between Jan Shiksha Sansthan and DIR India, computer courses are being offered to underprivileged communities. The program is designed to empower women, girls, and boys with computer skills. Here are the details of the computer classes:

Batches and Timings: There are currently two batches running, each consisting of 20 students. The *morning* batch runs from **10 AM to 1 PM**, and the *evening* batch runs from **2 PM to 5 PM**.



Course Duration: The computer course spans five months, which ended this month.

Course Content: The program covers both theory and practical aspects of computer education, equipping students with essential computer skills.

Examination: To assess the knowledge and proficiency of the students, a theory and practical examination was conducted on 4th April.

DIR - India April Highlights

Mr. Sood, a generous donor, contributed to the enhancement of DIR India's garden and playground by donating 17 plants. In addition to his donation, he also provided valuable tips on maintaining the health and well-being of the plants, especially during the summer season. His guidance will ensure that the plants thrive and contribute to creating a vibrant and refreshing environment at DIR India.



Jan Shiksha Sansthan conducted computer theory and practical examinations for the students. This examination allowed the students to demonstrate their understanding and application of computer knowledge gained during the course. The examination serves as an important evaluation to assess the students' proficiency in computer skills and provides a valuable opportunity for them to showcase their abilities.



Board member Shashi Prabha Dwivedi visited DIR India and joined the staff for lunch. This visit holds special significance as she has been recently promoted from Assistant Director General of Police (ADGP) to Director General of Police (DGP) in Punjab. This promotion marks a significant achievement and an inspirational milestone for women in the field of law enforcement. The entire DIR India community welcomed her warmly, expressing their congratulations and extending prayers for her continued success, safety, and many more accomplishments in the future.



Our Team



Contact Information

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Mobile No.	+91-9478866412

DIR Bank Details & Social Media

IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
RTGS/NEFT/IFSC CODE	SBIN0018249
MICR CODE	160002091
INSTAMOJO LINK:	instamojo.com/@dir

Please follow us on our Social Media Accounts

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FACEBOOK	https://www.facebook.com/dir
TWITTER	twitter.com/@dirdotngo
YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg