



Developing Indigenous Resources India

JULY 2022



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CEO'S REPORT FOR JULY

DIR INDIA had an exciting and productive month for social causes.

Dr. SK Tyagi, Gastroenterologist and Hepatoloist, visited DIR INDIA. His main purpose of the visit was to evaluate the organization and see the basic functioning of the Education and Medical Program. It was an honor to have Dr.Tyagi with us. He appreciated the program and enjoyed his interaction with the school children.



Major Manoj Malhotra and Major Priya visited Developing Indigenous Resources India. Major Priya is the first woman officer, who was selected in the Army as an Officer when the Indian Government passed the bill of enrolling the women officer into Indian Army.



Open Eye Foundation donated CBSE books to the students living in Janta colony as parents cannot afford to buy them.



Mr. Sanjay Bhatia, an Ex-President of Rotary club visited DIR INDIA along with Ms.Shuchi. We are extremely grateful to Mr.Sanjay for donating the stationary worth Rupees Twenty Three thousand.

Ms.Shuchi is an active member in our Board of Trustees. She has furnished the DIR INDIA office and donated a Computer Lab for empowering the girls and boys of Janta Colony in computer skills. Our special thanks to Shuchi for her liberal donation



MEDICAL TRAINING

In India, July is wet and sultry, due to the onset of the monsoon across India. This season nurtures Vector borne and waterborne diseases like malaria, dengue, chikungunya, jaundice, typhoid, hepatitis and gastroenteritis.

In the slums, stagnant water in coolers, Drums and water cisterns, buckets, decorative fountains, broken water meters, animal drinking bowls, portable pools (not in use), potted plants , open or unsealed septic tanks are breeding grounds for mosquitoes.

Most of these diseases can be prevented. The Medical Team of DIR INDIA holds committee meetings to generate awareness and demonstrate preventive methods on water borne diseases.



NUTRITION TRAINING

Monsoon weather brings respite from the heat, but at the same time it invites a number of illnesses. Digestive issues are more common during the rainy season as metabolism becomes sluggish and one may face problems such as gas, acidity, bloating, nausea, vomiting, abdominal pain, cramping, constipation, gastritis, and gut sensitivity issues.

Drinking water from other sources apart from sealed bottles and water purifiers can make us suffer from diarrhea. Gastroenteritis or stomach bug or stomach flu, also known as inflammation (irritation) of your intestines is seen in this season. Spicy and dry foods must be avoided in monsoon, and that makes pakoras a part of it. This is because it is difficult to digest deep-fried foods and the digestive system is already at its low during the monsoons.

The dampness and dirt in green leafy vegetables make them more prone to getting contaminated; instead one can go for bitter melon, gourd, tori, eggplant.

Internal body heat makes the body's digestive system sluggish, consequently affecting immunity. Therefore, an essential monsoon diet tip is to avoid foods that aggravate body heat and indulge in light, calming foods.

Nutritional training included these agendas in academic and committee meetings for public awareness. The academics included class on the importance of macronutrients, glycemic load, glycemic index, hyperglycemia, diet in dehydration and fluid imbalance.



NUTRITIONAL DEMONSTRATION

- Nutritional demonstration on 19th July 2022
- Mixed Vegetable and Corn Chat
- Nutritional value per serving (100 gm) :
 - Calories - 180
 - Protein - 5 gm approx.



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>22</u> | <u>12</u> | <u>8</u> | <u>2</u> |

- The weight of 22 children sponsored in our NIPP Program has been recorded to keep up the child's progress report to Donors.
- 19 children are of Rag Pickers in Alambana project to whom we are giving breakfast and meals in the afternoon under the NIPP program
- Out of 22 children, 9 children gained weight in the month of July
- 3 children lost weight due to diarrhea and fever(Impact of monsoon weather)
- 11 children have the same weight due to chest congestion and fever



DEATH DETAILS

| NAME OF THE DECEASED | AGE OF DECEASED (YEARS) | GENDER | CAUSE OF DEATH | HEALTH PROMOTER |
|-----------------------------|--------------------------------|---------------|-----------------------|------------------------|
| SAROJ | 55Y | FEMALE | KIDNEY FAILURE | SUNITA |
| KIRAN | 50Y | FEMALE | BREAST CANCER | SUNITA |

STATISTICS OF RED ZONE CHILDREN

| Age (Months) | # Children | %Age |
|--|-------------------|-------------|
| 0-12 | 13 | 1.3 |
| 13-24 | 14 | 1.4 |
| 25-36 | 24 | 2.4 |
| 37-48 | 24 | 2.4 |
| 49-60 | 29 | 2.9 |
| Total children | 987 | |
| Red zone children (weighed) | 104 | 10.5% |
| Children not weighed (gone to the village) | 4 | 0.4% |

STATISTICS OF MEDICAL PROJECT

| | |
|---|-------|
| Total Number of Population | 14773 |
| Total Males | 7614 |
| Total Females | 7159 |
| Total no. of children | 987 |
| <u>Total Red zone children</u> | 108 |
| Red zone children Weighed | 104 |
| Children not weighed (gone to the village) | 4 |
| <u>Total Yellow zone children</u> | 382 |
| Yellow zone children weighed | 359 |
| Children not weighed (gone to the village) | 23 |
| <u>Total Green Zone children</u> | 497 |
| Green zone children Weighed | 454 |
| Children not weighed (gone to the village) | 43 |

Total number of children last month = 1000

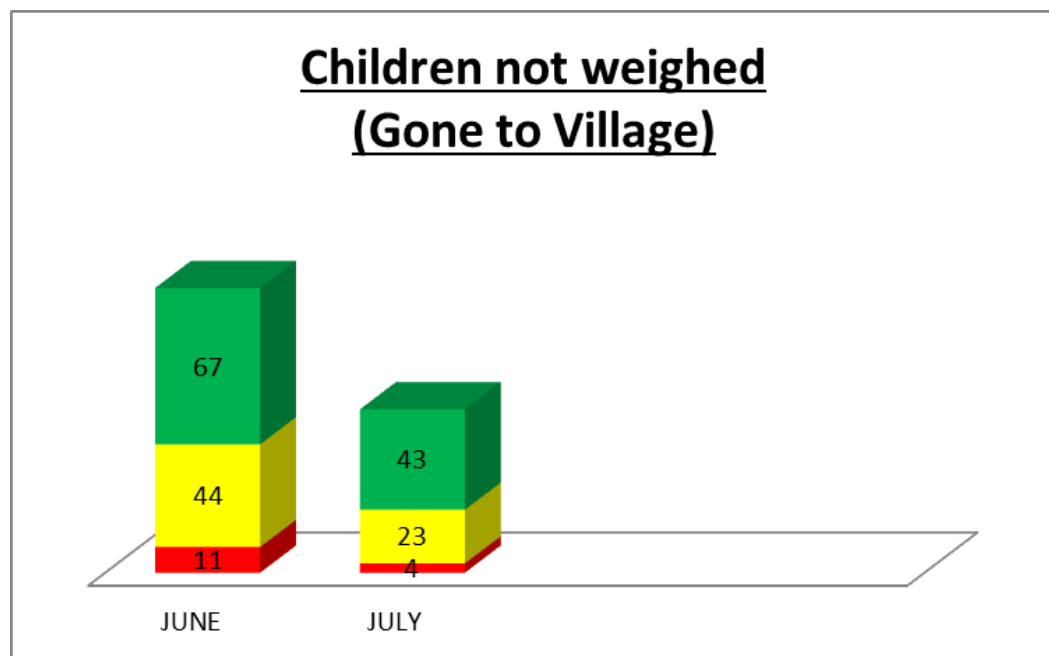
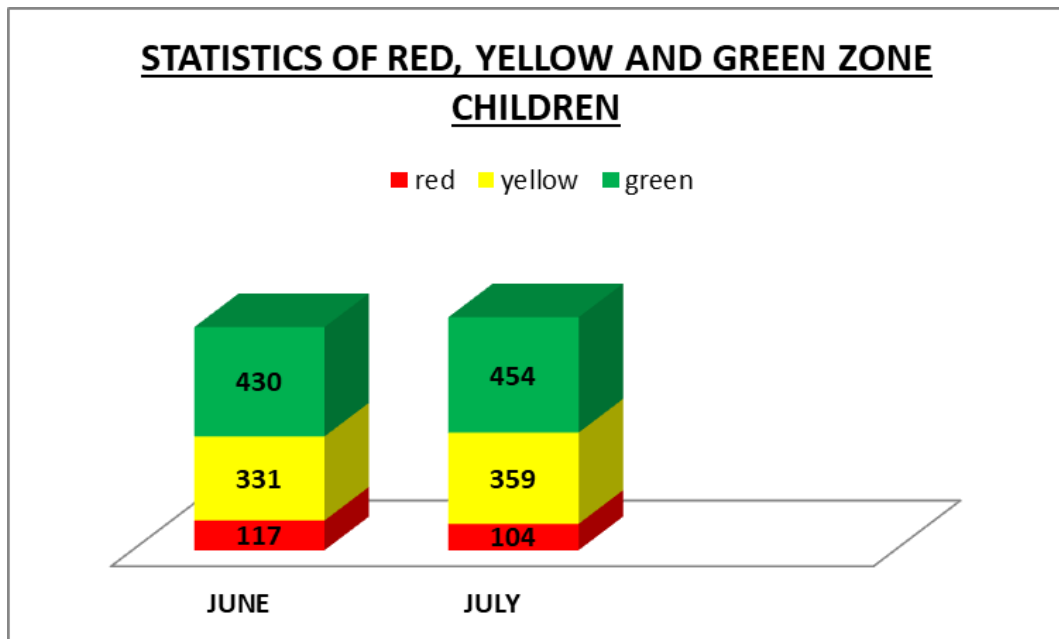
Children permanently left Janta colony slum = 31

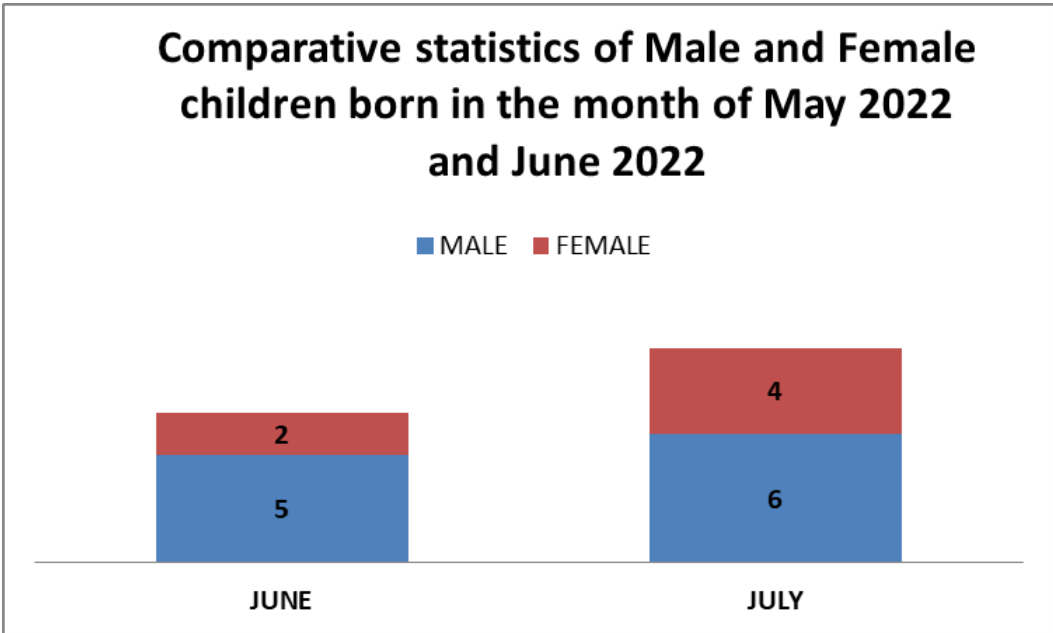
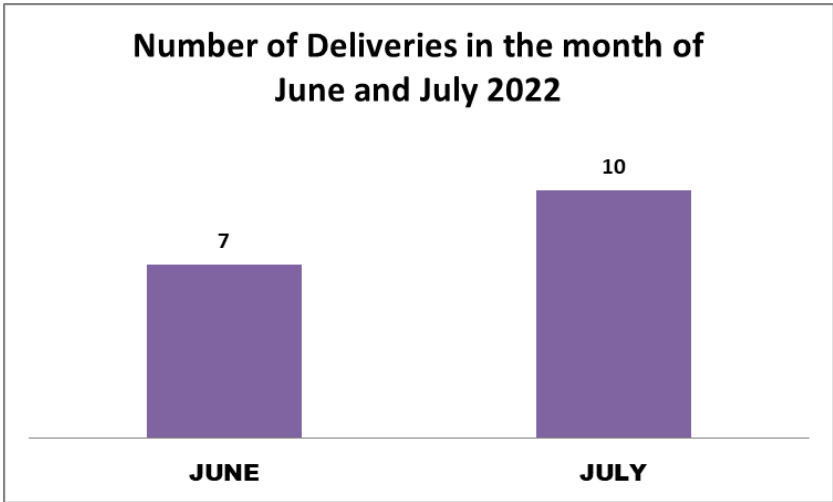
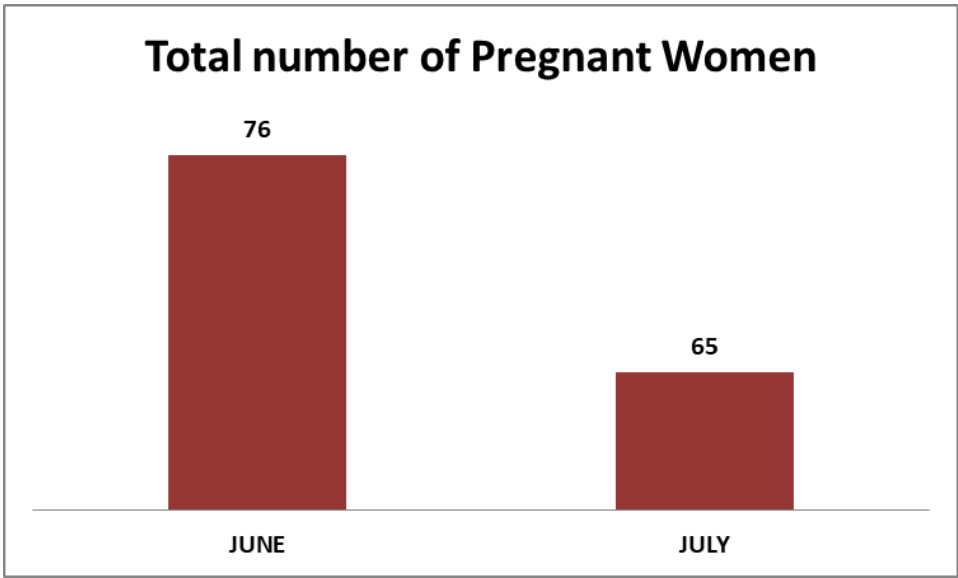
Deliveries =10

Children reached 5 years of age (out of NIPP program of DIR) = 10

New families moved into Janta Colony on rent with children under five = 18

Total number of children this month = 987





STATISTICS OF PREGNANT MOTHERS AND NEWBORN

| | |
|--|--|
| <u>Number of women pregnant last month</u> | <u>76</u> |
| <u>Number of deliveries</u> | <u>10</u> |
| <u>Births</u> | <u>Male: 6; Female: 4</u> |
| <u>Mothers who left Janta Colony</u> | <u>9</u> |
| <u>Infant death</u> | <u>0</u> |
| <u>Miscarriages</u> | <u>0</u> |
| <u>Abortions</u> | <u>0</u> |
| <u>Newly Pregnant</u> | <u>8</u> |
| <u>Trimester</u> | <u>1st trimester: 2 2nd trimester: 26 3rd trimester: 37</u> |
| <u>Number of women pregnant this month</u> | <u>65</u> |

INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- cloth pads = 187
- **ITEMS SOLD:**
- pads = 4
- scrunchies = 1
- masks = 2
- small pouch = 1
- bag = 1



CHILD ACTIVIST PROGRAM

This month 20 students participated in the Child Activist Programme (CAP) where a team of health promoters taught them about the importance of Personal Hygiene, Hand Washing and Fever.

Hand hygiene included 6 steps of hand wash and personal hygiene.

Different games and activities were also included in the programme like musical chair, kabaddi, kho-kho and Rubik cube puzzle.

Aim of the CAP is to generate leadership qualities, build team spirit and friendship amongst the children.

Education through games and activities helps in physical and mental development. It also helps in making them interested in generating awareness in their neighborhood.



HOMEOPATHIC CAMP:

This month Homeopathy team of 2 Doctors and Paramedical staff from Homeopathic Medical College and Hospital of sector 26, Chandigarh held 3 camps.

The team monitored:

48 patients from Basti out of which,

- 04 were male and
- 44 were female and
- 03 were children

The ailments reported were:

- Vertigo
- Amnoria
- Skin ailments
- Rheumatism
- Renal stone
- Gastritis
- Anorexia
- ASOM



EDUCATIONAL PROGRAMS:

● SWAD SCHOOL

- ★ Total strength this month was 76 including new admissions.
- ★ This month, SWAD school teachers held the activities of fruits and vegetables coloring



● TUITION CLASSES:



Evening Tuition classes are held every day for Basti children as students need extra guidance with regards to their examinations. The standard of teaching is excellent, as each child gets individual attention. The tuition fee is nominal and we are looking for donors who can help the underprivileged girls. Monthly fees for computer classes are Rs 400 only.

In the month of July, total strength of basti students for tuition classes was 6.

● COMPUTER CLASSES:

The standard of teaching and training is excellent, as each child gets individual attention. We have a list of Basti girls who are keen to learn computer skills but due to financial constraints, keeps them restricted to grow in life. Monthly fees for computer classes are Rs 500 only.

The fee is nominal and we are looking for donors who can help the underprivileged girls for this training program so that the job opportunity for them becomes easy in shopping stores in and around Chandigarh. In the month of July, the total strength of basti students was 9.



DIR INDIA HIGHLIGHTS OF THE MONTH

- In the first week of July, Major Manoj Malhotra along with his Wife visited the organization



- On 6th July, Open Eyes Foundation donated books to SWAD school students.



- On 11th July, Dr SK Tyagi visited the organization:



- Ex President of Rotary Club Mr. Sanjay Bhatia visited the organization on 13th July



- USA board member Dr. Shalini Sahai visited the organization on 15th July



- Mr. Amit Bakshi from NIRAMAI Health Analytix visited the organization. Their company has developed a novel software-based medical device to detect breast cancer at a much earlier stage than traditional methods or self-examination. They collaborated with DIR India to start free Breast screening camps for basti in women



- On 18th July, Breast screening camp was organized for 12 days



- On 26th July, DIR India started surveying of Dhanas Project



AGENDA POINTS FOR THE MONTH OF AUGUST :

- Special Supervision of two red-zone children by each HP.
- Identifying more underprivileged families to provide grocery stores
- Identifying and adding more underweight and underprivileged mothers and children to our NIPP Feeding Program
- Identifying children under five who are financially weak to include them in our nipp program.

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/I FSC CODE | SBIN0018249 |
| MICR CODE | 160002091 |
| INSTAMOJO LINK: | instamojo.com/@dir |

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