



## Developing Indigenous Resources India

NOVEMBER 2022



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# **CEO'S REPORT OF NOVEMBER**

DIR INDIA's Website reached out to many well-known International personalities in Medical Fraternity, amongst them is Dr. Dilawari, a renowned Gastroenterologist and Hepatologist presently based in Glasgow in Scotland. Dr. Dilawari and his wife Rani Dilawari visited DIR India to see the functioning of the organization.

Rani Dilawari had very close interaction with The Swad school children and Alambana Kids. Rani's interest is more towards children from six years of age to 15 years of age as she understands that this is the age where a number of children of underprivileged communities go astray towards drug addiction.



On 21st November 2022, two field Coordinators, Banita and Meenakshi accompanied Dr. Dilawari and Rani to show DHANAS PROJECT to see the location and also to answer their queries related to any doubts which generated after the ground visit.

In mid-November, Manjula Sheno, Principal Pathways World School, Gurugram and Ashish Arora, Faculty Pathways World School Gurugram visited DIR INDIA to evaluate the standard of SWAD SCHOOL CHILDREN. After the visit we received an email from the institution that it is keen to collaborate with our education program by mid-February.

As the popularity of the DIR Institution is spreading through word of mouth, many visitors give a call to ask for location and pay a visit.

Amongst them are Mrs. Shail Ranyal and Sunita.





I extended the invitation to Mr. Mukul Chauhan and Mr. Chandel.

They honored my request; Mr Mukul Chauhan helped me and my team on soft skills as he is a soft skill developer. Mr. Mukul owns a software Company in Philadelphia, USA. Mr. Chandel is a professional Accountant. He checked our Tally entry and accounts keeping on a daily basis. He was happy with our account updates.

Neetu Singh, accountant, left the organization in mid-November without prior notice.

Mr. Chandel helped DIR INDIA in checking every minor detail in accounts before Neetu left the organization. Our Compliments and thanks to Mr. Mukul Chauhan and Mr. Chandel who came from New Delhi at short notice to help DIR INDIA.



## **MEDICAL TRAINING**

Colds, flus and other respiratory illnesses like Pneumonia are more common in colder months. People are indoors more often, allowing viruses to pass more easily from one person to another. And the cold, dry air may weaken resistance.

People get sick with changing seasons as the shift in temperature causes viruses to flourish which then spread diseases. During the winter season, diseases can appear suddenly and leave you feeling sluggish and lethargic. For example, you can get a sore throat which can later turn into a severe infection making it quite painful to swallow food or water. Moreover, due to the cold season, your body cools down and even simple illnesses are difficult to heal.

Academic classes focused on human cell. In biology, the smallest unit that can live on its own and that makes up all living organisms and the tissues of the body. A cell has three main parts: the cell membrane, the nucleus, and the cytoplasm.

The Medical Team of DIR INDIA holds committee meetings to generate awareness and demonstrate preventive methods on seasonal flu and other ailments.



# **NUTRITION TRAINING**

Winter can offer a nutritional challenge for most of us. Along with low temperatures and shorter days, one gets to feel less energized. In winter, our body craves for rich food which provides warmth along with nourishment. We need warming foods to satisfy this craving. Any vegetable that takes time to grow, and in which the edible part grows beneath the surface of the ground is usually warming and a good vegetable to eat in winter. Certain dry fruits (dates), nuts and oilseeds (sesame seeds) are also warming. It is also a time of the year when we may want to eat more spices than in the summer months.

All animal foods fall into the warming category, including lean dairy, meat, fish and poultry. Whole-grain cereals, proteins and healthy fats too provide much-needed energy to keep warm. The most warming vegetables that are good for your body are root vegetables like carrot, potato, onions, garlic, radish, yams, sweet potatoes, beets, turnips, etc., and hearty winter greens like spinach, fenugreek leaves, mustard leaves, radish, mint, etc.

Nutritional training included these agendas in academic and committee meetings for public awareness. The academics included class on the seasonal vegetables and their benefits, terminology of nutrition.



# NUTRITIONAL DEMONSTRATION

- Nutritional demonstration on 22nd November 2022
- Name of the Demonstration - Vegetable Platter
- Nutritional value per serving (150 gm.):
  - Energy - 80 Cal
  - Protein - 4 gm.



## 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>21</u>    | <u>9</u>        | <u>10</u>          | <u>2</u>          |

- 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 21 children, 9 children gained weight in the month of November
- 2 children lost weight due to diarrhea and fever
- 10 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 |
|----------------------|-------------------------|--------|-----------------------------|-----------------|
| LALTU                | 60Y                     | MALE   | CHRONIC LIVER DISEASE       | MEENAKSHI       |
| RAM PRATAP           | 60Y                     | MALE   | CHRONIC RESPIRATORY DISEASE | SUNITA          |
| PRINCE               | 23Y                     | MALE   | ROAD ACCIDENT               | BANITA          |



## STATISTICS OF MEDICAL PROJECT

|   |       |
|---|-------|
| Total Number of Population                    | 14739 |
| Total Males                                   | 7610  |
| Total Females                                 | 7129  |
| Total no. of children                         | 984   |
| <u>Total Red zone children</u>                | 116   |
| Red zone children Weighed                     | 110   |
| Children not weighed<br>(gone to the village) | 6     |
| <u>Total Yellow zone children</u>             | 356   |
| Yellow zone children weighed                  | 325   |
| Children not weighed<br>(gone to the village) | 31    |
| <u>Total Green Zone children</u>              | 512   |
| Green zone children Weighed                   | 472   |
| Children not weighed<br>(gone to the village) | 40    |

Total number of children last month = 984

Children permanently left Janta colony slum = 13

Deliveries =12

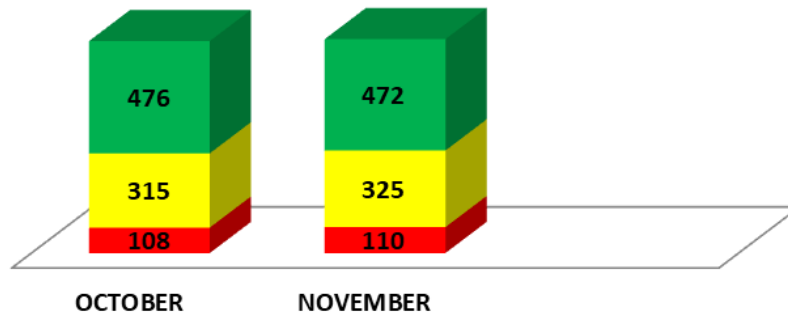
Children reached 5 years of age (out of NIPP program of DIR) = 23

New families moved into Janta Colony on rent with children under five = 24

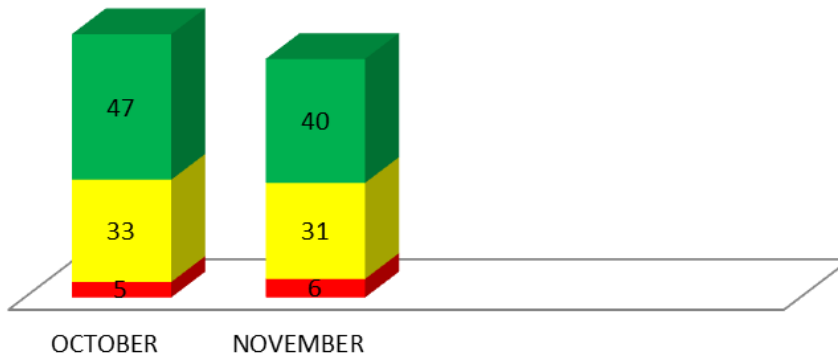
Total number of children this month = 984

**STATISTICS OF RED, YELLOW AND GREEN ZONE CHILDREN**

■ red ■ yellow ■ green



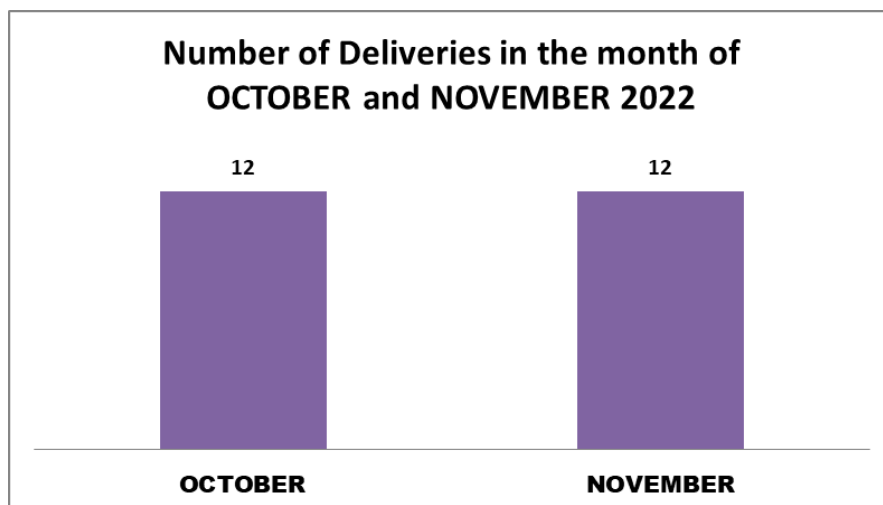
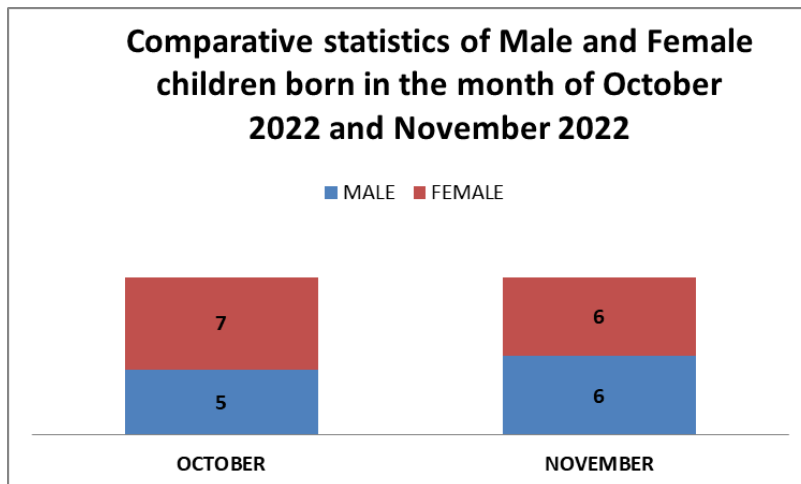
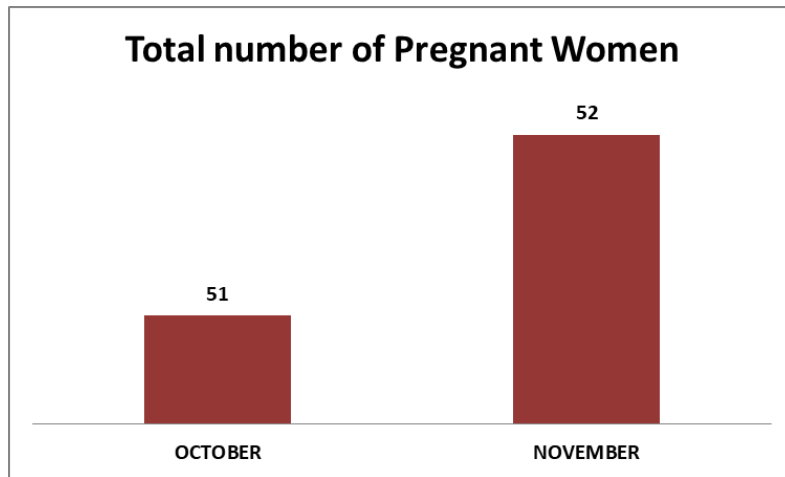
**Children not weighed (Gone to Village)**



## **STATISTICS OF RED ZONE CHILDREN**

| <b>Age (Months)</b>                           | <b>Children</b> | <b>%Age</b> |
|---|-----------------|-------------|
| 0-12  | 21              | 2.1         |
| 13-24   | 12              | 1.2         |
| 25-36   | 19              | 1.9         |
| 37-48   | 28              | 2.9         |
| 49-60   | 30              | 3.0         |
| Total children                                | 984             |             |
| Red zone children<br>(weighed)                | 110             | 11.1%       |
| Children not weighed<br>(gone to the village) | 6               | 0.6%        |





## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

|  |  |
|--|--|
| <u>Number of women pregnant last month</u> | <u>51</u>  |
| <u>Number of deliveries</u>                | <u>12</u>  |
| <u>Births</u>                              | <u>Male: 6; Female: 6</u>  |
| <u>Mothers who left Janta Colony</u>       | <u>0</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>13</u>  |
| <u>Trimester</u>                           | 1 <sup>st</sup> trimester: 2<br>2 <sup>nd</sup> trimester: 17<br>3 <sup>rd</sup> trimester: 33 |
| <u>Number of women pregnant this month</u> | <u>52</u>  |

# INCOME GENERATION PROGRAM

❖ Our Tailoring team of HPs stitched:

- bag = 12
- scrunchies = 75
- pouches = 32

❖ Items sold:

- Kitchen napkin = 6
- Masks = 11
- Scrunchies = 43
- Bag = 6
- Pouch = 14
- Coaster = 4
- Hair bands = 2
- Bib = 1
- Wall hangings = 1
- Pads = 24





## • CHILD ACTIVIST PROGRAM:

This month 30 students participated in the Child Activist Programme (CAP) where a team of health promoters taught them about the importance of Dengue, chikungunya, balanced diet, and fever. Different games and activities were also included in the programme like Football, Kho-Kho, Basketball and Badminton.

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 4 Doctors and Paramedical staff from Homeopathic Medical College and Hospital of sector 26, Chandigarh held 4 camps.

The team monitored:

- Total patients = 32
- Male = 3
- Female = 26
- Children = 3
  
- Ailments =
  - allergy
  - rheumatism
  - gastroenteritis
  - amenorrhea
  - hypothyroidism
  - gastritis



## EDUCATIONAL PROGRAMS:

### ● SWAD SCHOOL

- Total strength this month was 91.
- This month SWAD School children participated in thumb painting and coloring activities on different cartoon characters like Dora, Benjo, Spider man etc.
- On 14th November, the occasion of Children's Day Fruit juice, Choco pie and biscuits were distributed amongst the children.
- On 19th November, Dr. Shailja ma'am's daughter Sejal celebrated her birthday along with school children by cutting cake, distributing gifts of crayon colors, Oreo biscuit and coloring books. Students presented her with handmade birthday card and paper flower.
- On 3rd November, Dr. Asha Katoch distributed woolen sweaters amongst the children.



|             | BEST DRESSED  | PUNCTUAL   | BEST BEHAVIOUR   | ACADEMIC GROWTH   |
|-------------|---|--|--|---|
| PRE-NURSERY | <b>SOURAV</b><br>    | <b>JITISHA</b><br>    | <b>ASHISH</b><br>    | <b>PARI</b><br>        |
| NURSERY     | <b>AKSHITA</b><br>   | <b>DHRUV</b><br>      | <b>GREESHA</b><br>   | <b>PRANAV</b><br>      |
| L.K.G       | <b>SWASTIK</b><br>  | <b>SNEHA</b><br>     | <b>KAVNEET</b><br>  | <b>SRISHTI</b><br>    |
| U.K.G       | <b>ALINA</b><br>   | <b>SIDDHANT</b><br> | <b>ANANYA</b><br>  | <b>JANVI</b><br>     |
| ALAMBANA    | <b>SANDEEP</b><br> | <b>LAKSHMI</b><br>  | <b>SUBHASH</b><br> | <b>BHUPINDER</b><br> |

## • 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 November, the total strength of basti students for tuition classes was 8.



- **COMPUTER CLASSES:**

This month, Ministry of skill development Jan Shikshan Sansthan collaborated with DIR India and started computer course classes for basti girls and boys, for 5 months with 2 batches of 20 students each.



## DIR INDIA HIGHLIGHTS OF THE MONTH

- On 3rd Nov. Dr. Jang Dilawari and his wife Rani ma'am visited the organization. They interacted with SWAD school children and medical team.



- On 11th Nov. Shail Ranyal and Sunita Ranyal visited the organization.



- On 16th Nov. Manjula Shenoj and Ashish Arora from Pathways world school, Gurugram visited the organization.



- On 17th Nov. Mr. Mukul Chauhan and M S Chandel visited the organization





- On 19th Nov. Dr. Shailja along with her daughter visited the organization to celebrate her daughter's birthday.



- On 20th Nov. Social Substance organized an exhibition for DIR India's tailoring team in Panjab University.



- On 21st Nov. Dr. Jang dilawari along with his wife and Mr. H S Malhotra visited the organization



- On 29th Nov. feeding program was sponsored by Mrs. Wadhwa for Alambana children and NIPP children.



## AGENDA POINTS FOR THE MONTH OF DECEMBER:

- 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**

|                             |  |
|-----------------------------|--|
| <b>IN FAVOR OF</b>          | DEVELOPING INDIGENOUS RESOURCES INDIA                      |
| <b>BANK</b>                 | STATE BANK OF INDIA  |
| <b>BRANCH</b>               | SECTOR-9, MADHYA MARG,<br>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="http://instamojo.com/@dir">instamojo.com/@dir</a> |

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| YOUTUBE    | <a href="https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg">https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg</a>   |
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