



Developing Indigenous Resources India

January 2024



# DEVELOPING INDIGENOUS RESOURCES INDIA

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Developing Indigenous Resources India is qualified for Tax exemption under Income Tax Act 1961 U/S 12AA. vide order no. AAATD9602KE20192, Dated 20.02.2022 and for U/S 80G vide order no. AAATD9602KF20224, Dated- 24.02.2022, certified from the office of the Commissioner of Income Tax-1, Sector 17A, Chandigarh.

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## CEO REPORT

DIR India's main project is on the Mother and child health program. This project has been running in Janta Colony and Safedha Colony for the last 17 years.

We replicated this project in Dhanas, adopting 5000 population residing in 17 blocks in 2019

Due to Covid - 19 Pandemic, we had to discontinue the Dhanas project.

Last year, in 2023 we did a fresh survey of the same 17 blocks in Dhanas to assess the total number of population currently residing in these blocks.

In November 2023 on the suggestion of Dr. Shalini, we decided to adopt 5000 more population in Dhanas to make a total of 10000 population in Dhanas.

As of date, we are serving a total of 20,000 population, 10,000 in Janta Colony and 10,000 in Dhanas

We are running the Dhanas Medical Project from Janta Colony as we have not found any suitable accommodation for our office.



All the donors who have visited the organization are generous. This time the cold wave was severe in the plains. Chandigarh was badly hit. The owners of Elante Mall donated Blankets to the underprivileged community.

Mr.Sanjay Bhatia donated sweaters and socks to all the school children, DIR India's entire staff and to few underprivileged families living in Janta colony Nayagaon.



Harshvardhan Jain donated steel Tiffin boxes to all school children. since Plastic tiffins are bad for your health.



Mr. Surjit Singh, a Pradhan of Janta Colony, now lives in Sydney, Australia. He has a special regard for DIR India. Every year he donates School uniform, woollen Sweaters and woollen caps to all SWAD School.



Our President, Ms Shashi Prabha sponsored a lavish Lunch for all our school children and to the entire DIR Team in honour of her daughter's wedding Kriti.



We are grateful to the staff of Elante Mall for donating Blankets to families of Janta Colony as the winter was severe this time.



# Dr. Anjana Kumari

## Dr Anjana has Joined DIR India as a Medical Professional. She has taken the workload of fieldwork and academic classes in medicine

My name is Anjana and I belong to Jalandhar (Punjab). My qualification is B.A.M.S. (Bachelors of Ayurvedic Medicine and Surgery). I have passed B.A.M.S from Smt. Urmila Devi Ayurvedic Medical College, Hoshiarpur, Punjab in 2015. After completing my graduation, I started working at Dogra Paramedical Institute Hoshiarpur as Medical Officer and tutor. After that I joined Kundan Kidney Care Centre Jalandhar in 2018 and continued to work there till 2023 as a general physician where I used to provide consultation and herbal treatment to the patients suffering from Chronic Kidney Disease including patients undergoing regular dialysis. In October 2023 I worked at ND Care Nirogam Private Limited where I gave consultation to the autistic children.



I joined DIR India as a Public Health Doctor on 11th December 2023.

I take medical classes under the guidance of Dr. Asha Ma'am as well as field visits where I monitor the fieldwork and counseling of mothers.

Outside of the organisation, I love travelling, watching movies and listening to music.



## MEDICAL TRAINING

### ▪ Topics Assigned

In the first month of the year, the medical training emphasis was once again based on COVID-19. The link below explains in detail of the COVID 19 victims in India. The news papers highlighted 15,000 fresh cases of COVID-19 between December 11th, 2024 to January 7th, 2024. The WHO report highlighted the prevalence of the JN.1 variant which required SARS COV2 caused mild to severe respiratory illness.



<https://www.businesstoday.in/coronavirus/story/india-faces-843-spike-in-covid-19-cases-and-682-rise-in-deaths-in-one-month-414699-2024-01-24?onetap=true>

The respiratory system was chosen for academics.

Dr. Anjana took classes on COVID 19, causative factors, signs and symptoms, mode of transmission, and preventive measures which includes getting wearing of mask, maintain 6 feet Distance, Frequent hand washing and vaccination.

Avoid going to Crowded places. CEO, Dr. Asha Katoch took a class on respiratory systems explained anatomy physiology and pathology of the lungs.

Moreover URTI is common amongst children in winters. In Committee meetings the preventive measures are given in simple language by field staff and senior staff.

## ➤ NUTRITION TRAINING

In the month of January the nutrition training was focused on the :

- Importance of phytonutrients in our daily life.
- Dietary management during Covid.
- Conservation of nutrients.

Phytonutrients or antioxidants are compounds produced by plants that provide health benefits to the body. Antioxidants reduce the risk of cancer, heart disease etc. A diet rich in protein and energy plays an important role in overcoming from Covid attack.



# NUTRITIONAL DEMONSTRATION

Nutritional Demonstration on 18th January 2024

Name of the Recipe - **Low-cost energy-rich Panjiri**

Panjiri is a very good snack used during winter and after delivery. It stimulates breast milk flow, boosts immunity, keeps the mother's body warm, and provides nutrients that help fight postpartum depression. The ingredients used for preparing *panjiri* were roasted wheat flour, peanuts, kishmish, sesame seeds, Jaggery powder and desi ghee. This *panjiri* is good in taste and flavor and low in cost.

Nutritional value per serving - 100g

Energy - 70 Kcal

Protein - 6.0g



## **ATTENDANCE REPORT 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>14</u>	<u>5</u>	<u>7</u>	<u>2</u>

- The progress report of the sponsored children is sent to each donor every month on the health status of the adopted child.
- **16 children of the project Alambana (children of rag pickers) are sponsored. They are also part of the NIPP program.**

### **DETAILED PROGRESS REPORT OF NIPP:**

- Total attendance for January was 34
- Of these, 14 were below 5 years of age, and 4 were malnourished needy women.

### **PROGRESS REPORT UNDER NIPP PROGRAM:**

- 6 children gained weight.
- 8 children showed no weight change due to seasonal illnesses like cough and cold.





## DEATH DETAILS IN JANTA COLONY

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Ujjawal	70	Male	Alcoholic	Sanjana
Sarita	55	Female	Asthma and Diabetes	Lata Chandel
Bishni Devi	82	Female	Natural Death	Sunita
Geeta	55	Female	Cardiac Arrest	Pooja
Siya pati	34	Female	Road Accident	Lata Chauhan



## STATISTICS OF MEDICAL PROJECT

	<u>JANTA COLONY</u> <u>SLUM</u>	<u>DHANAS VILLAGE</u>	<u>SINGHA DEVI</u> <u>SLUM</u>
Total Population	9614	4667	65
Total Males	4943	2529	30
Total Females	4671	2138	35
Total no. of children	598	300	08(<5 yrs.)
<u>Total Red zone</u> <u>children</u>	63	25	-
Red zone children Weighed	60	22	-
Children not weighed (gone to the village)	3	3	-

<u>Total Yellow zone children</u>	242	130	-
Yellow zone children weighed	221	118	-
Children not weighed (gone to the village)	21	12	-
<u>Total Green Zone children</u>	293	145	-
Green zone children Weighed	274	117	-
Children not weighed (gone to the village)	19	28	-

	<u>JANTA COLONY SLUM</u>	<u>DHANAS VILLAGE</u>
Total No. of children last month	992	300
Children permanently left	590	1
Total Deliveries	4	2
Children reached 5 years of age	14	5
New families moved in area on rent with children under five	206	4



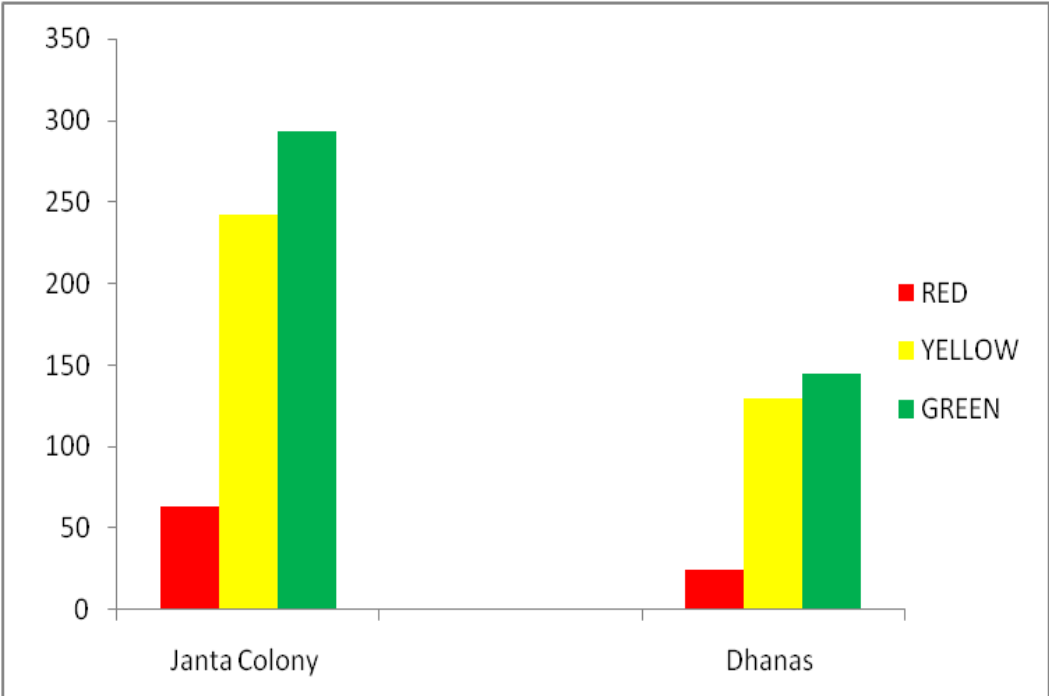


**STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY  
AND DHANAS**

	<b>Janta Colony</b>		<b>Dhanas</b>	
<b>Age (Months)</b>	<b>Children</b>	<b>%Age</b>	<b>Children</b>	<b>%Age</b>
0-12	17	2.8	5	1.6
13-24	9	1.5	5	1.7
25-35	6	1.0	1	0.3
36-48	13	2.2	6	2.0
49-60	15	2.5	5	1.7
Total Red Zone children	63	10.5%	25	8.3%
Red zone children (weighed)	60	10%	22	7.3%
Children not weighed (gone to the village)	3	0.5%	3	1%

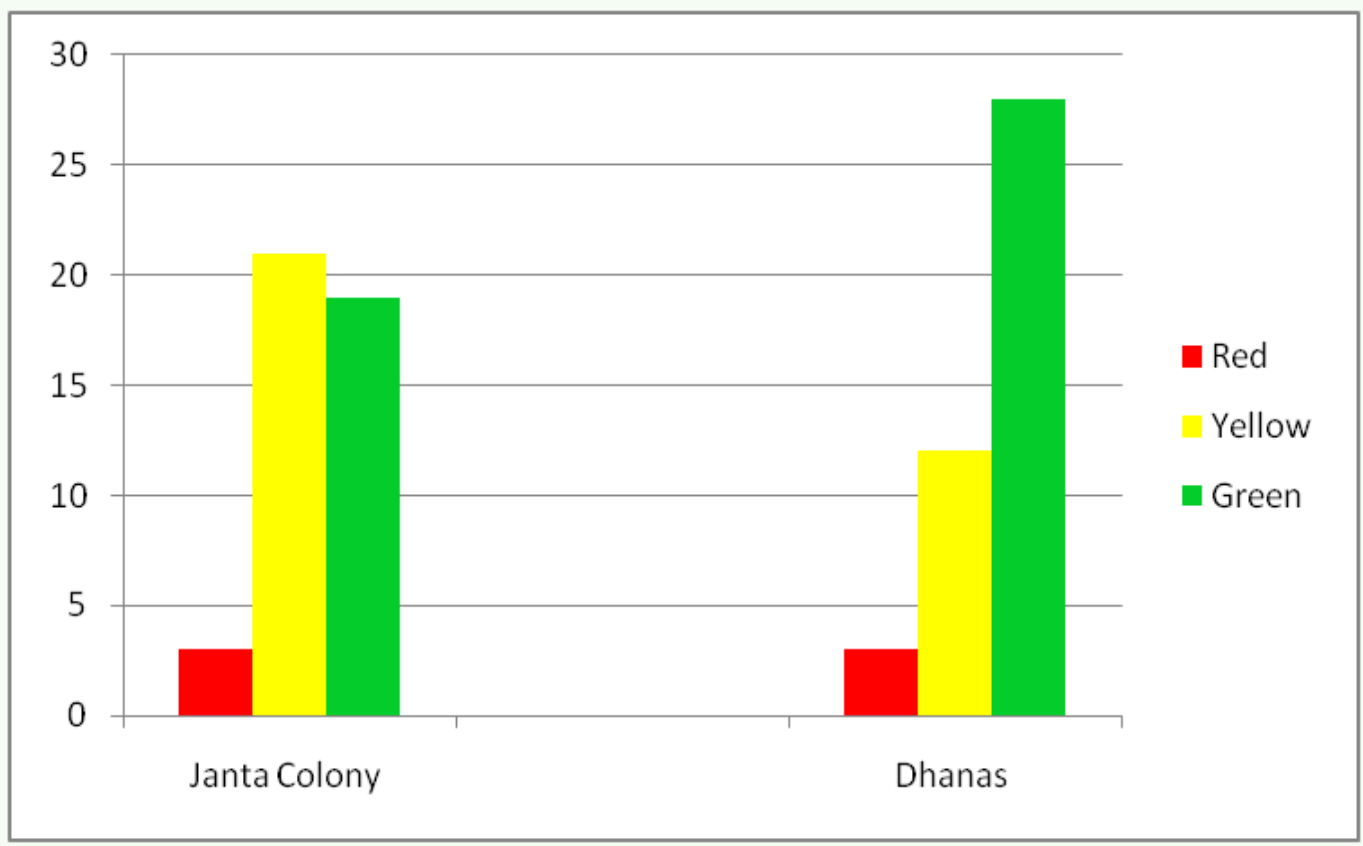


**Fig: Statistics of Red, Yellow and Green zone weighed children of Janta Colony and Dhanas**





**STATISTICS OF CHILDREN FALLING IN RED, YELLOW AND GREEN LIVING IN JANTA ,SAFEDA AND DHANAS WHO WERE NOT WEIGHED(GONE TO VILLAGE)**



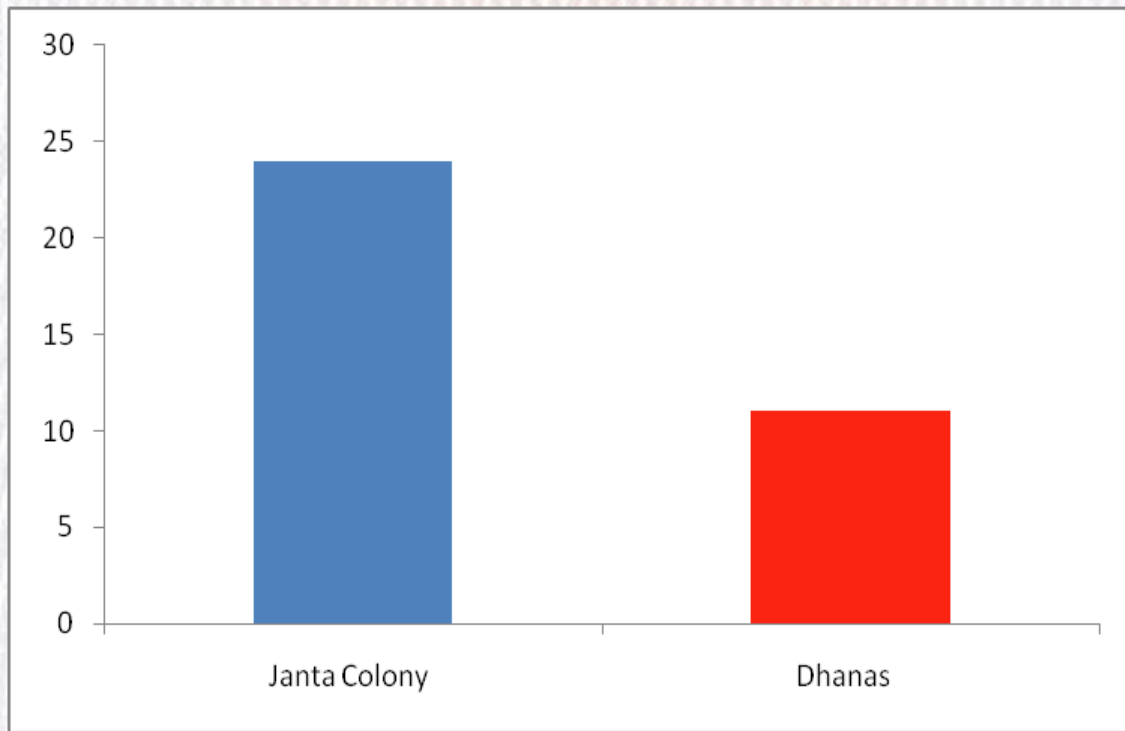
## DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS

H.P'S NAME	TOTAL CHILDREN	RED ZONE	WEIGHTED	GONE TO VILLAGE	WEIGHT GAIN	WEIGHT LOSS	SAME WEIGHT	RIGID FAMILIES	WORKING MOTHERS	FLOATING POPULATION	UNDER 6 MONTH
BANITA	34	2	2	0	0	0	2	0	0	0	0
DIMPLE	29	5	4	1	3	0	1	0	1	0	2
LATA	32	1	1	0	1	0	0	0	0	0	1
MEENAKSHI	27	3	3	0	3	0	0	1	0	0	0
LATA CHAUHAN	22	2	2	0	1	0	1	0	0	0	0
POOJA	21	2	2	0	0	1	1	0	0	0	0
LATA CHANDEL	24	2	2	0	0	0	2	0	0	0	0
SUSHMA	33	2	2	0	0	1	1	1	0	0	0
SUNITA	30	2	2	0	1	0	1	0	0	0	0
VEENA	28	2	0	2	0	0	0	0	0	0	0
SANJANA	20	2	2	1	1	0	1	0	0	0	0

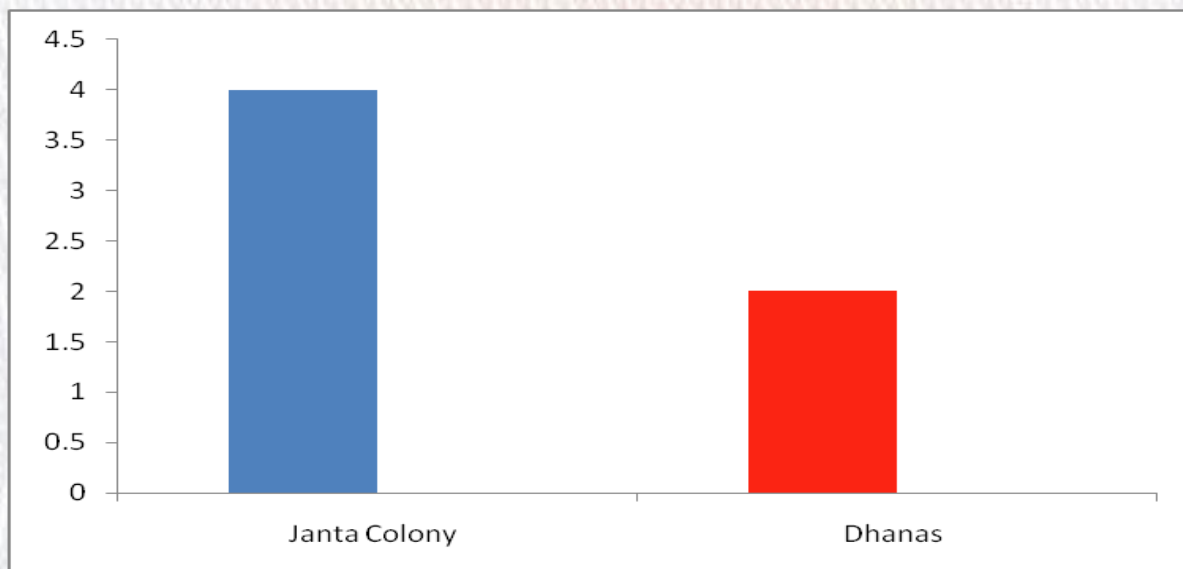
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	<u>JANTA COLONY</u>	<u>DHANAS VILLAGE</u>
Number of women pregnant last month	37	12
Number of deliveries	4	2
Births	Male:1 Female:3	Male-2 Female-0
Mothers who left Colony	17	0
Infant death	0	0
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	8	1
Trimester	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 11 3 <sup>rd</sup> trimester: 13	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 2 3 <sup>rd</sup> trimester: 9
Number of Pregnant women this month	24	11

## Statistics of total number of pregnant women in Janta Colony and Dhanas



## Statistics of total number of Deliveries in Janta Colony and Dhanas



## EDUCATIONAL PROGRAMS:

### SWAD SCHOOL:

- This month, the total strength of the students was 87.
- In Activities, children learned paper crafts, they made paper flowers and they made flowers and Indian flags on the occasion of Republic Day.







CLASS		PUNCTUAL	BEST STUDENT	DISCIPLINE
PRE-NUR ERY	<b>RITIK</b> 	<b>DAKSH</b> 	<b>HARSHIT</b> 	<b>SHIVA</b> 
NURSERY	<b>HARSHITA</b> 	<b>SAURAB</b> 	<b>MISHTI</b> 	<b>HIMANK</b> 
L.K.G	<b>SHIVANGI</b> 	<b>RIDHYANSHI</b> 	<b>RAUNAK</b> 	<b>KHUSHAL</b> 
U.K.G	<b>ISHANI</b> 	<b>ARADHYA RAWAT</b> 	<b>SWASTIK</b> 	<b>CHAHAT</b> 
ALAMBANA	<b>VIRAJ</b> 	<b>RUHI</b> 	<b>RISHI</b> 	<b>PRIYANSHI</b> 

## **HOMOEOPATHIC CAMP:**

Homeopathy camp organized by Homoeopathic Medical College and Hospital of Sector 26, Chandigarh. The Team of 2 Doctors and Paramedical staff comes twice a month to serve the community with free consultation and free medication.



## **TUITION CLASSES:**

Tuition classes are held from 3 PM to 5 PM every day for Basti children who are studying in Public Schools in Chandigarh. DIR ensures every child is given extra coaching to cope up with the standard of education of the Public Schools in which they are studying. The frequent Tests are taken to ensure the child understands and performs outstandingly well in their respective class.

## **DIR INDIA HIGHLIGHTS OF THE MONTH**

- Mr.Surjit Singh Donates School Uniform , woollen Sweaters , woollen Caps , Blankets and Socks were distributed amongst needy children and women of Basti.



**Dhanas survey continued for this month to increase the area and number of beneficiaries.**





**Lohri celebration in DIR office with school children and the entire DIR India's team.**



**Mr. Harsh Jain donated 95 steel tiffins for students of SWAD School.**



Reusable sanitary pads were distributed amongst underprivileged women of basti in DIR India premises.

This program was sponsored by Enactus and Versatile textiles in cooperation with DIR India.



# **OUR TEAM**



## CONTACT INFORMATION

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<u>Phone No.</u>	<u>0172-5034227</u>
<u>Mobile No.</u>	<u>+91-9478866412</u>

### **DIR INDIA BANK DETAILS**

<b>IN FAVOUR 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 /IFSC 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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***THANK YOU***

