



Developing Indigenous Resources India

MARCH 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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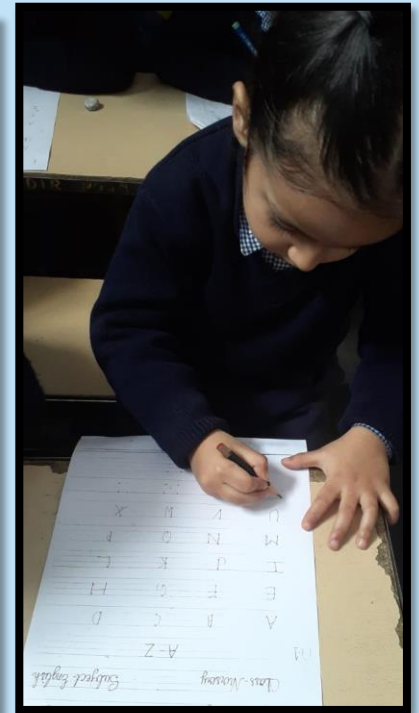
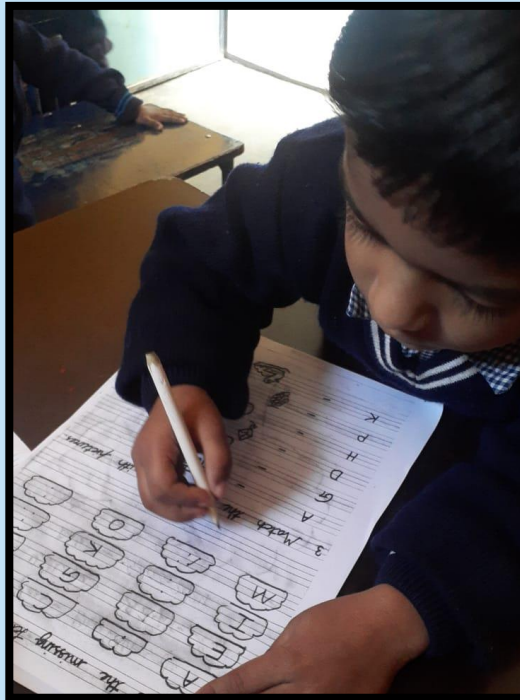
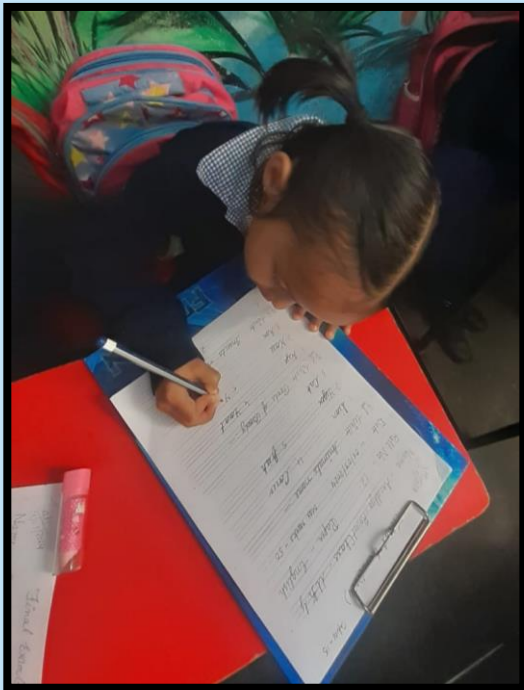
CEO'S REPORT FOR MARCH

In India the financial year ends on 31st March and the new financial year starts from 1st April, unlike the rest of the world which follows the Numa, Roman Republic Calendar from January to December.

In the Month of March all students in all schools take Board exams of 12th Standard. This 12th standard annual exam is important as students channelize their career and pursue their further education in that particular field.

In DIR , SWAD School kids take the final exam to qualify for the next class. UKG children qualify for admission and also hold the annual exam. The Upper Kindergarten children seek admission in Government or Private Schools in 1st Standard. DIR invites Parents for Parent Teachers meet.

Twice a year ,in the first terminal exam in September and in March, for annual exam results, DIR SWAD School rewards children of all classes with prizes who are outstanding in different categories like Academics/ Punctual/Discipline and Best Dressed.



Our Nutritionist Satya , during Lunch time, she inspects each child's Tiffins, to check if the lunch cooked by the mother is healthy as per the nutritional value or not. We do not allow packet foods. Tiffin with Nutritious and healthy food, the mother is rewarded with a prize on Parent Teachers meet.

This reward gave motivation to many mothers amongst the audience. Next day a large number of mothers cooked healthy food for their child in a tiffin. This practice of healthy tiffin improved the health of our children.

The healthy tiffin competition became tougher to judge as realisation of healthy food spread amongst underprivileged communities. In committee meetings our Health Promoters guide the residents on seasonal vegetables which are low cost and nutritious to eat.



in the month of February, we did a survey of all patients living in Janta Colony and Safeda Colony suffering from Chronic diseases like Diabetes Mellitus, IHD, Hypertension, and Thyroid. In March we did a similar survey of the above mentioned Chronic diseases in Dhanas. The detailed information is Reflected on the excel sheet below. In committee meetings in a simple language.

HEALTH PROMOTERS OBSERVATION CHART 2024

NAME OF H.P	TOTAL CHILDREN (Under 5 years of age with each H.P)	SCHOOL GOING CHILDREN (<u>2.5years</u> of age and above)	CHILDREN NOT GOING TO SCHOOL (<u>below the age of 2.5 years</u>)	HYPERTENSION	DIABETES MELLITUS	THYROID	CASES WITH I.H.D
BANITA	47	24	23	4	8	6	3
DIMPLE	33	10	23	1	10	3	1
LATA GOSAIN	43	170	26	3	12	6	0
MEENAKSHI	44	20	24	10	20	5	1
LATA CHAUHAN	36	13	23	11	10	9	0
POOJA	40	18	22	10	13	8	3
LATA CHANDEL	36	15	21	9	13	6	0
SUSHMA	43	23	20	3	16	7	0
SUNITA	42	15	27	5	15	5	0
VEENA	52	20	32	6	17	3	2
SANJANA	45	21	24	8	15	3	1
MEENA	29	12	17	6	7	4	0
POONAM	16	6	10	11	15	8	3
TOTAL	506	214	292	87	171	73	14

MEDICAL TRAINING

March is the month of national health observances. In this month, the academics were based on blood and its components in order to understand the Complete Blood Count (CBC) report. Blood includes plasma and the formed elements containing red blood cells that carry gases, white blood cells which help in immune response and platelets responsible for blood clotting.

CBC is the part of routine examination as well as used to diagnose and monitor numerous diseases such as anemia, infection, leukemia etc. Anemia is one of the most frequent complications related to pregnancy. The cases of anemia during pregnancy are seen in Janta Colony. CBC is advised as an important test in antenatal checkup.

Many contagious and infectious diseases such as respiratory infections, tuberculosis, pneumonia, malaria, dengue require CBC tests to be done. Among these ailments, pneumonia in children under 5 years is common in Janta Colony. Overall, a complete blood count can show unusual increase or decrease in cell counts. Those changes might point to a medical condition that calls for more testing.



ACADEMIC PROGRESS REPORT OF FIELD STAFF

MEDICAL :



TOPPER

SUSHMA BISHT

FIELD COORDINATOR



SECOND

VEENA RANI

FIELD COORDINATOR



SECOND

LATA GOSAIN

SENIOR HEALTH PROMOTER



SECOND

SUNITA

SENIOR HEALTH PROMOTER

NUTRITION :



TOPPER
SUSHMA
FIELD COORDINATOR



TOPPER
BANITA
FIELD SUPERVISOR



TOPPER
VEENA RANI
FIELD COORDINATOR



SECOND
SUNITA
SENIOR HEALTH PROMOTER



SECOND
DIMPLE
HEALTH PROMOTER



SECOND
LATA CHAUHAN
HEALTH PROMOTER

NUTRITION TRAINING

In the last month's survey of Janta Colony, the total number of Diabetic cases were 110.

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. The most common is type 2 diabetes, usually in adults, which occurs when the body becomes resistant to insulin or doesn't make enough insulin.

A healthy, balanced diet is key for anyone with diabetes. Good nutrition not only controls glucose (blood sugar) levels, but also improves cholesterol and blood pressure—both of which can be high for people with diabetes. A nutritious diet plays a key role in helping individuals stay healthy throughout their lives.

<https://www.yalemedicine.org/news/managing-diabetes-diet-nutrition#:~:text=A%20healthy%2C%20balanced%20diet%20is,high%20for%20people%20with%20diabetes.>

In the March month nutrition training was conducted on the following topics

- Importance of vitamin A in our life
- Dietary management in diabetes
- Importance of conservation of nutrients.



PRACTICAL IMPLEMENTATION OF MEDICAL SUBJECT THROUGH COMMITTEE MEETINGS



NUTRITIONAL DEMONSTRATION

Nutritional Demonstration on 19.03.2024

Name of the Recipe -Low cost nutritious salad

Salad gives a feeling of fullness, provides vitamins and minerals and protects against many diseases. Intake of colourful vegetables rich in antioxidants helps to boost the immune system. High fiber not only reduces cardiac problems, diabetes mellitus, but it also protects from cancer, helps in reflux, ulcer etc. The ingredients used for the preparation of salad were sprouted green gram (steamed), finely chopped carrot, beetroot, onion, tomato and cucumber. Spices and honey were used to enhance the taste.

Nutritional value per serving - 100g

Energy - 40 kcal

Protein - 7.2g



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>10</u>	<u>3</u>	<u>4</u>	<u>3</u>

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

DETAILED PROGRESS REPORT OF NIPP:

- Total attendance for the month of March was 12.
- In this, 10 children were below 5 years of age and 2 were needy Lactating mothers of Janta Colony.
- **PROGRESS REPORT UNDER NIPP PROGRAM:**
- 2 children gained weight.
- 6 children showed no change in weight and 2 children lost weight due to seasonal illness 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
Birmo Devi	105 years	Female	Natural death	Lata Chandel
Ram Saran	72 years	Male	Cardiac arrest	Lata Chandel
Deepak	45 years	Male	Cardiac arrest	Banita

DEATH DETAILS IN DHANAS

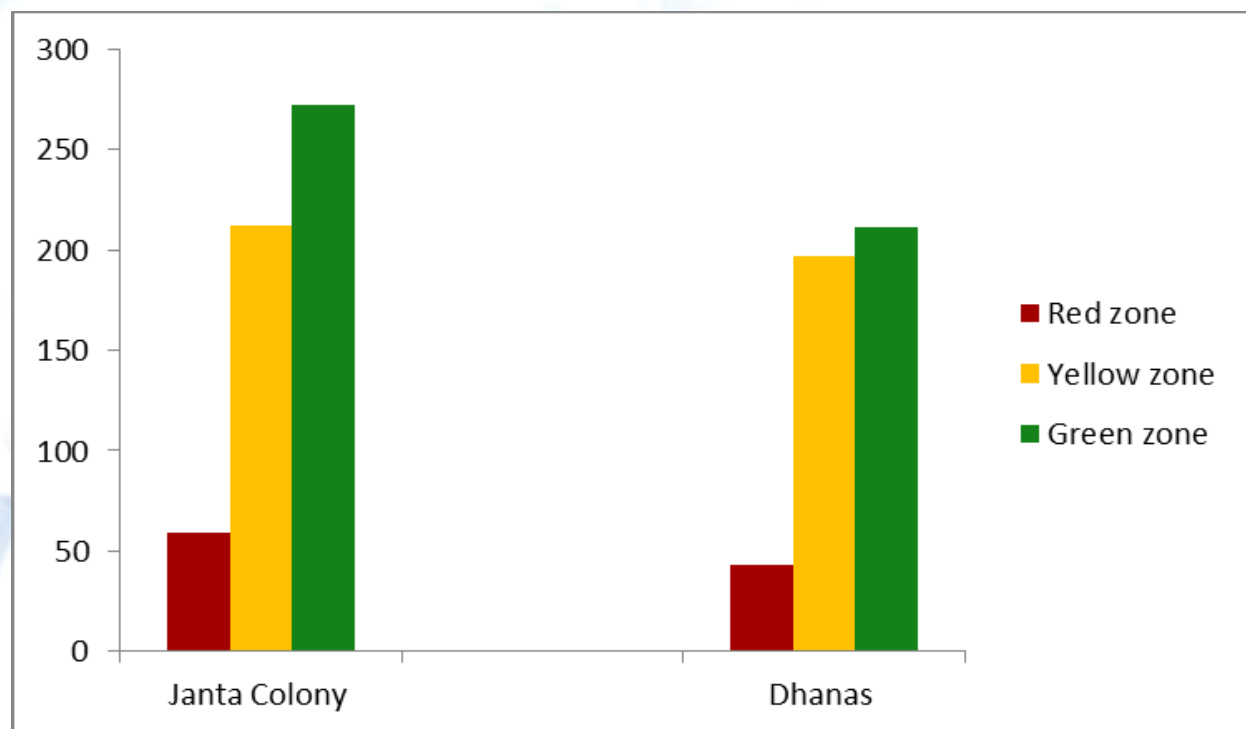
NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Sagar	20 years	Male	Road Accident	Lata Chandel



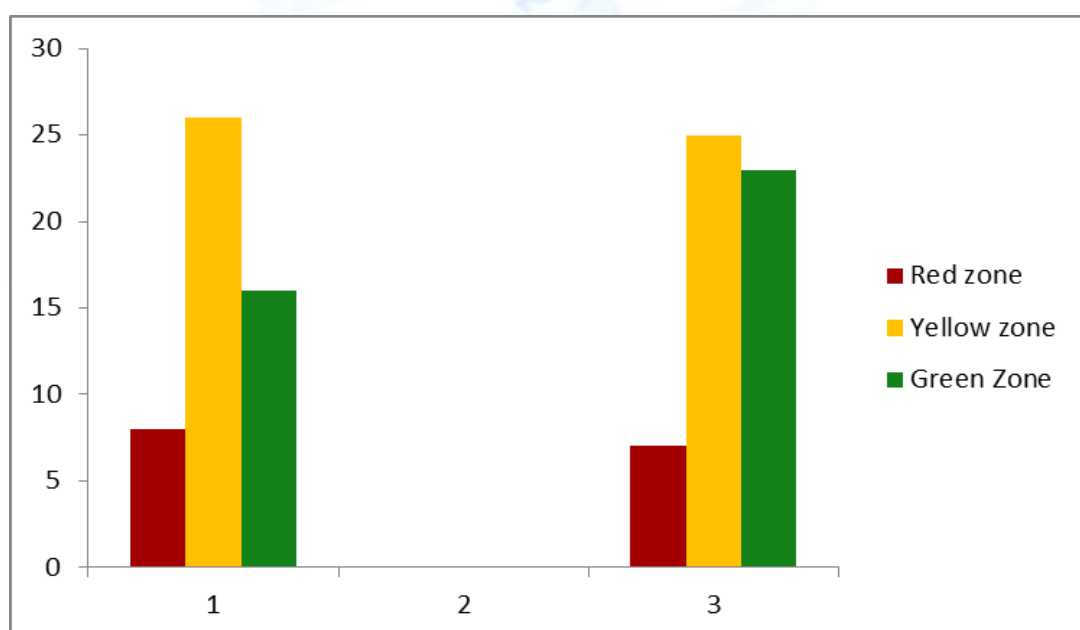
STATISTICS OF MEDICAL PROJECT

	<u>JANTA COLONY SLUM</u>	<u>DHANAS VILLAGE</u>
Total Population	9524	9675
Total Males	4893	5260
Total Females	4631	4415
Total no. of children	593	506
<u>Total Red zone children</u>	67	50
Red zone children Weighed	59	43
Children not weighed (gone to the village)	8	7
<u>Total Yellow zone children</u>	238	222
Yellow zone children weighed	212	197
Children not weighed (gone to the village)	26	25
<u>Total Green Zone children</u>	288	234
Green zone children Weighed	272	211
Children not weighed (gone to the village)	16	23

Total number of children weighed in Janta Colony and Dhanas in the category of Red, Yellow and Green Zone

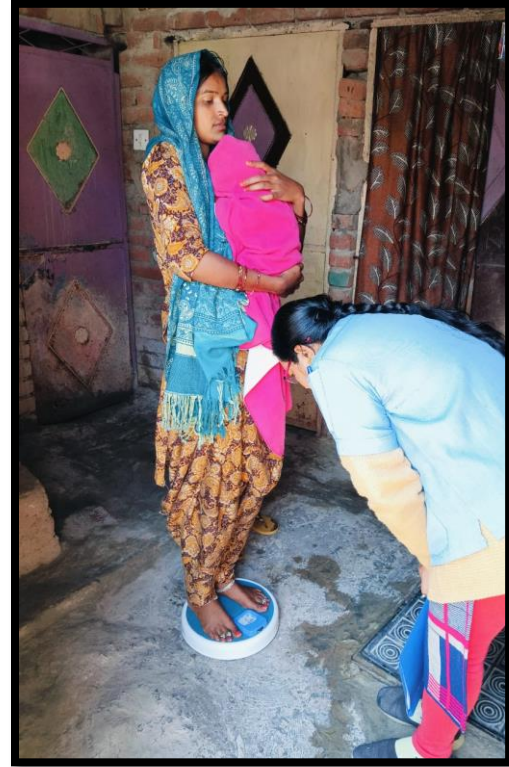


Total Number of the children not weighed, both in Janta Colony and Dhanas Falling in the category of Red, Yellow and Green



	<u>IANTA COLONY SLUM</u>	<u>DHANAS VILLAGE</u>
Total No. of children last month	587	294
Children permanently left	8	5
Total Deliveries	7	4
Children reached 5 years of age	7	9
New families moved in area on rent with children under five	14	222





STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	11	1.9	14	2.7
13-24	7	1.2	6	1.1
25-35	9	1.5	5	1.0
36-48	15	2.5	10	2.0
49-60	17	2.9	8	1.6
Total Red Zone children	67	11.3	50	9.8
Red zone children (weighed)	59	10	43	8.4
Children not weighed (gone to the village)	8	1.3	7	1.4

DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P'S NAME	TOTAL CHILDR EN	RED ZONE	WEIGH HED	GONE TO VILLA GE	WEIGH T GAIN	WEIG HT LOSS	SAME WEIGH T	RIGID FAMILIE S	WORKIN G MOTHER S	FLOATING POPULATION	UNDER 6 MONTH
BANITA	51	10	8	2	3	1	4	2	0	4	0
DIMPLE	50	4	3	1	1	1	1	0	0	0	0
LATA	42	5	5	0	4	0	1	0	0	2	3
MEENA KSHI	46	5	5	0	3	0	1	0	0	3	2
LATA CHAUHAN	56	10	8	2	0	3	5	0	0	6	0
POOJA	47	6	6	0	1	2	3	0	1	2	0
LATA CHANDEL	39	2	2	0	1	0	1	0	0	0	1
SUSHMA	47	4	4	0	2	0	2	0	1	1	0
SUNITA	60	2	2	0	1	0	1	0	1	0	0
VEENA	45	4	4	0	0	2	2	0	0	0	0
SANJANA	43	3	1	2	0	0	1	0	0	1	1
MEENA	39	6	5	1	1	0	4	0	0	3	0
POONA M	28	6	6	0	1	2	3	0	1	2	1

DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS

H.P'S NAME	TOTAL CHILDR EN	RED ZONE	WEIGHE D	GONE TO VILLAG E	WEIGH T GAIN	WEIGHT LOSS	SAME WEIGHT	RIGID FAMILIE S	WORKI NG MOTHE RS	FLOATI NG POPULA TION	UNDER 6 MONTH
BANITA	47	7	6	1	0	0	3	0	0	0	1
DIMPLE	33	3	3	0	3	0	0	0	0	0	2
LATA	43	3	3	0	0	2	0	0	0	0	1
MEENAKS HI	44	6	4	2	0	0	1	0	0	0	1
LATA CHAUHAN	36	2	0	2	0	0	0	0	0	0	0
POOJA	40	5	5	0	0	1	1	0	0	0	1
LATA CHANDEL	36	1	0	1	0	0	0	0	0	0	0
SUSHMA	43	2	2	0	1	0	1	0	0	0	0
SUNITA	42	3	3	0	0	0	2	0	0	0	1
VEENA	52	6	6	0	0	2	0	0	0	0	1
SANJANA	45	6	5	1	0	0	1	0	0	0	1
POONAM	16	2	2	0	0	0	0	0	0	0	1
MEENA	29	4	4	0	0	0	0	0	0	0	1

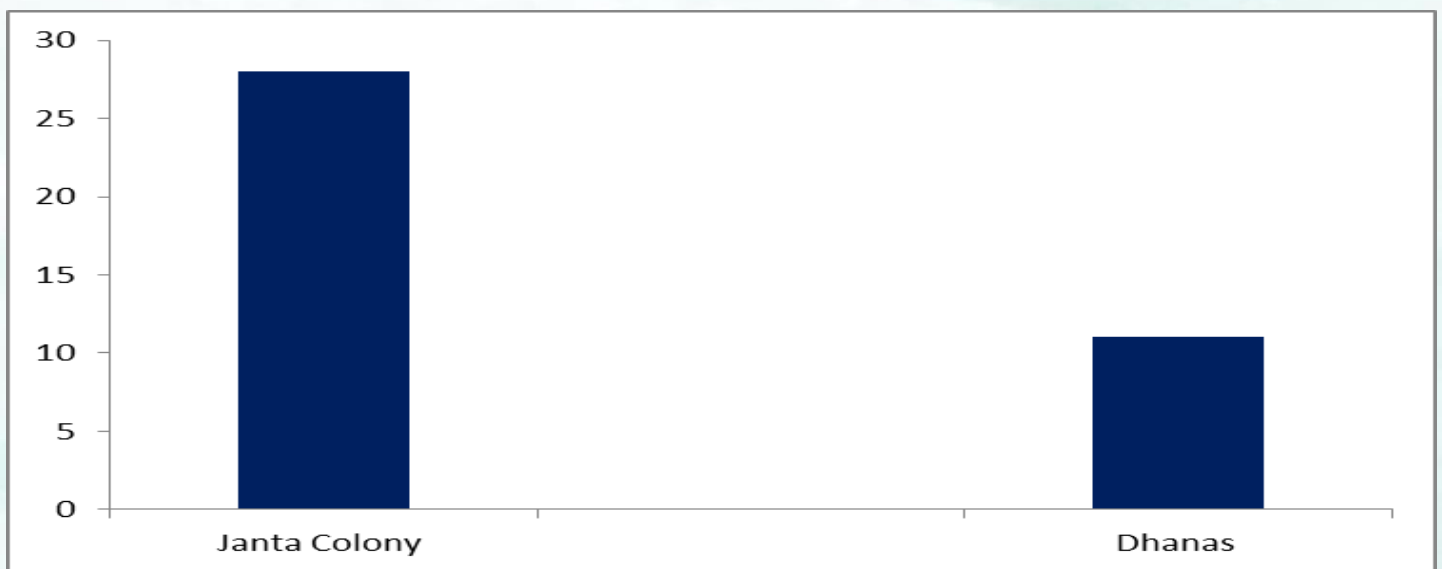
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	<u>JANTA COLONY</u>	<u>DHANAS VILLAGE</u>
Number of women pregnant last month	28	11
Number of deliveries	7	4
Births	Male:3 Female:4	Male:3 Female:1
Mothers who left Colony	1	0
Infant death	0	0
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	3	4
Trimester	1 st trimester:0 2 nd trimester: 7 3 rd trimester: 16	1 st trimester: 0 2 nd trimester: 5 3 rd trimester:6
Number of Pregnant women this month	23	11

Total number of pregnant women in Janta Colony and Dhanas



Total number of Deliveries in Janta Colony and Dhanas



EDUCATIONAL PROGRAMS:

SWAD SCHOOL PROGRESS REPORT:

- Pre Nursery class - Class Teacher Mrs. Preeti
- **Yuvaan**, a pre nursery student, was a very naughty child and he never completed his homework on time. He got a 'C' grade in December exams. Due to the constant efforts of the class teacher, Yuvaan improved his writing and learning skills and got 'B+' grade in Final exams which were held this month.



- Nursery class - Class Teacher Mrs. Geeta
- Nursery class Student, **Lucky**, was an average student but indeed very hard working. In December exams he scored 59% marks. It was due to sincere monitoring and teaching of the class teacher, his performance improved a lot and he scored 80% in Final terms. He also got the award for **Best Disciplined** child in the class.



- **L.K.G class** - Class Teacher Mrs. Lata
- **Khushal**, was a very sincere and disciplined child of Lower Kindergarten class. He scored 90% marks in the final examination. His writing skills and oral activities have shown outstanding improvement compared to the other students.



- **U.K.G class** - Class Teacher Mrs. Saroj
- **Kavneet**, was the best performer for this month. She scored 93% in the final examination and has shown excellent progress in all subjects. She is an enthusiastic learner and shows interest in various activities.



- **Project Alambana** - Class Teacher Ms. Antima
- **Ruhi**, is a child of daily wage and was introduced initially in the NIPP feeding program last year as she was a malnourished child. She is such a sweet child with a cute smile and active personality. She is a very obedient student and very calm in nature. She is very obedient and well mannered. She secured 3rd position in her class and was awarded with **Best Discipline** prize.



HIGHLIGHTS OF SWAD SCHOOL FOR THIS MONTH:

- Students were rewarded with prizes for outstanding performance in academics, clean uniform, punctuality and discipline. Their tiffins were checked on a daily basis and the Tiffin with Nutritious food cooked by the mother was rewarded with a gift.



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NUR ERY	SATNAM 	ERIKA 	HARSHIT 	SHIVA 
NURSERY	NITYA 	SAURAB 	HIMANK 	LUCKY 
L.K.G	VANSH 	SIDRA 	AKSHITA YADAV 	SHIVANGI 

U.K.G

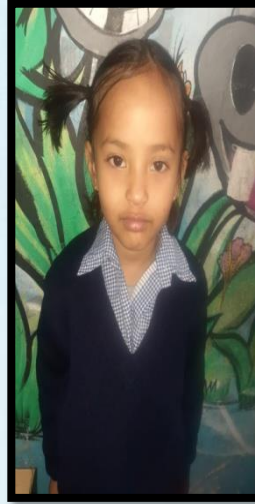
ISHANI



SWASTIK



ARADHYA



CHAHAT



ALAMBANA

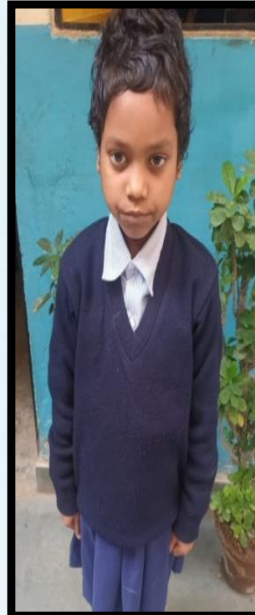
ANSHIKA



PRIYANSHI



PRIYANSHI



RUHI



HOMOEOPATHIC CAMP:

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



● TUITION CLASSES:

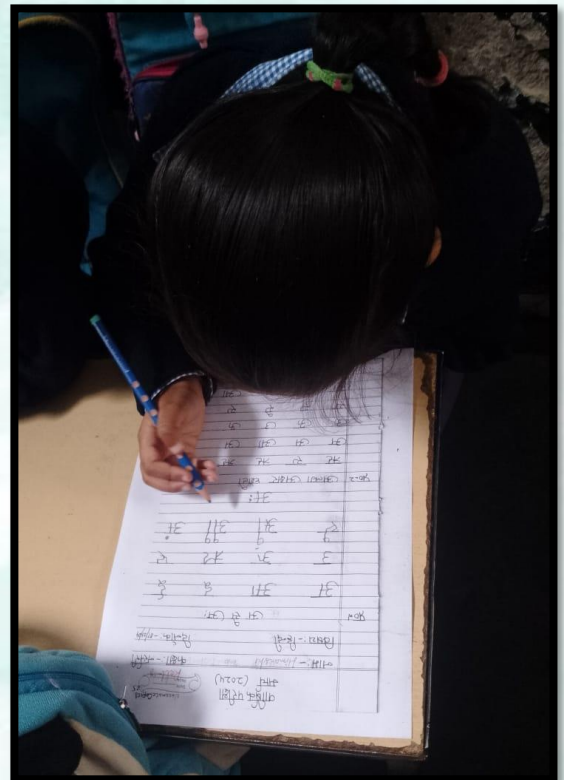
Tuition classes are held from 3PM to 5PM every day for Basti children who are studying in Public School in Chandigarh. DIR ensures every child is given extra coaching to cope up with the standard of education of Public Schools in which they are studying.

In tuition classes, frequent tests are taken to ensure the child understands and performs outstandingly well in their respective class.



DIR INDIA HIGHLIGHTS OF THE MONTH

- SWAD School held Final examination and results were declared on 21st March.
- The school result was 100 per cent. Students were rewarded with prizes and gifts.



Survey on Chronic disease was done in the adopted area of Dhanas. Out of ten thousand the cases of hypertension, diabetes, thyroid and Ischemic heart disease were found as 87, 171, 73 and 14 respectively.



OUR TEAM



CONTACT INFORMATION

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<u>Mobile No.</u>	<u>+91-9478866412</u>

DIR INDIA BANK DETAILS	
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
INSTAMOJ O LINK:	instamojo.com/@dir



INSTAGRAM	https://www.instagram.com/DIR
FACEBOOK	https://www.facebook.com/dir
TWITTER	twitter.com/@dirdotngo
YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNL R6ji-7_kQPg
WEBSITE	www.dir.ngo



Thank you

