



# Developing Indigenous Resources India May 2024



# DEVELOPING INDIGENOUS RESOURCES INDIA

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# CEO'S REPORT

DIR is a well known organization in Nayagaon for its multiple programs for women empowerment.



Our Tailoring Project was partially shut after Covid 19. We have finally found a good Tailoring teacher, Jaspreet Kaur who joined this month. Jaspreet has done her professional training in ITI college Sector 11 in Chandigarh. The style of her teaching is excellent, all students are motivated and are enjoying her class.







DIR has collaborated with the Enactus team of Panjab University under the leadership of Prof. Seema Kapoor. This time a team of Government staff from Municipal cooperation, Dr Vivek Tripathi, Ms Geeru and Ayush accompanied Prof. Seema Kapoor to see our medical program. Talk on health and menstrual hygiene was given. Dr Tripathi, Ms Geeru and Prof. Seema praised the organization. In the end Reusable sanitary napkins were distributed to all women of the Basti who attended the function.

In this month the school attendance drops as the holiday fever sets in. Most of the parents inform the organization before they leave for their village. Teachers prepare the holiday homework for all children, which the parents ensure the child does that work sincerely.



## **Jaspreet kaur has joined DIR India as a tailoring Professional**

My name is Jaspreet Kaur and I belong to Nayagaon (Punjab). After completing my 12<sup>th</sup> standard, I did a one year diploma in computers.

I was always passionate about stitching. I did a one year diploma in dress making from ITI, in Sector 11 Chandigarh and did a 1 year diploma in embroidery from the same institution in the following year. Then I completed a fashion designing course from PEC, Chandigarh in 2014.



I worked as a Telesales executive at Ganpati Enterprises. Then I gained experience as a Sr CSR in Chandigarh synergies. After that I joined RDB insurance, Chandigarh as an executive back office. Afterwards, in 2017 I started teaching as an instructor under training program (NULM) at Mansoorpur, Sri Fatehgarh Sahib.

I joined DIR India as a Tailoring teacher on 6<sup>th</sup> May 2024. I am taking tailoring classes including embroidery, cutting and painting. My hobbies are dancing, listening to music and travelling.



## MEDICAL TRAINING

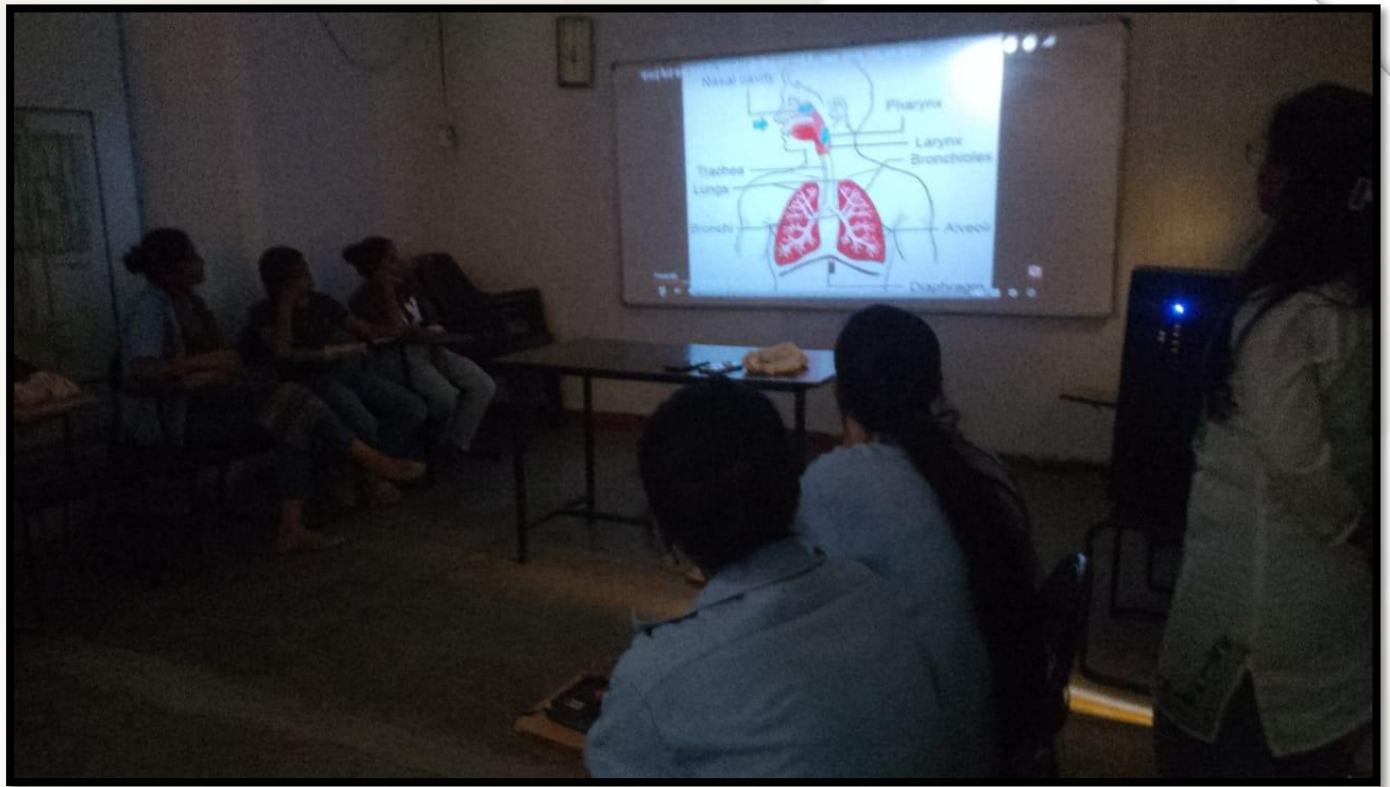
The month of May signifies the shift from spring to summer in the northern hemisphere, marked by soaring temperatures reaching up to 43 degrees Celsius.

In the medical training, we covered the digestive system and respiratory systems. The small and large intestine plays a vital role in digestion and overall well-being. Conditions such as constipation, diarrhoea and hemorrhoids are prevalent in Janta colony, often linked to gastrointestinal dysfunction. Maintaining gut health is extremely important for optimal metabolism and overall health.

On the other hand, the respiratory system is essential for our survival and responsible for the process of breathing. Alongside this, maintaining optimal lung volume is essential for adequate oxygenation, efficient ventilation and accurate assessment of respiratory function. It improves respiratory efficiency, and reduces the risk of constrictive airway disease and allied complications of other diseases, some of which are commonly observed in Janta Colony and Dhanas.









# **ACADEMIC PROGRESS REPORT OF FIELD STAFF**

## **• MEDICAL TOPPERS :**



**BANITA**  
**FIELD SUPERVISOR**



**MEENAKSHI NEGI**  
**FIELD COORDINATOR**



**VEENA RANI**  
**FIELD COORDINATOR**



**LATA GOSAIN**  
**SENIOR HEALTH PROMOTER**



**LATA CHAUHAN**  
**HEALTH PROMOTER**



**POOJA**  
**HEALTH PROMOTER**

● **NUTRITION TOPPERS :**



**SUSHMA BISHT**  
**FIELD COORDINATOR**



**MEENAKSHI NEGI**  
**FIELD COORDINATOR**



**BANITA**  
**FIELD SUPERVISOR**



**LATA GOSAIN**  
**SENIOR HEALTH PROMOTER**



## **PRACTICAL IMPLEMENTATION THROUGH COMMITTEE MEETINGS:**





# **NUTRITION TRAINING**

A balanced diet plays a key role in our daily diet. A balanced diet contains all nutrients, the protein, fats, carbohydrates, minerals and vitamins in the right amount. Without balanced nutrition the body is more prone to diseases, infection, fatigue and low performance of work. A child who doesn't get enough healthy and balanced foods may face growth and development problems, poor academic performance and frequent infection. keeping these facts in mind in the month of the May, academic classes were conducted on following topics which are mentioned below :-

- 1) Importance of Balanced diet
- 2) Importance of protein for our muscle building
- 3) Importance of carbohydrates in our daily life





# NUTRITIONAL DEMONSTRATION

Name of the Recipe: Nutritious poha

Poha, also known as flattened rice, is a popular breakfast dish in India that has won the hearts of people of all ages. It is not only easy to prepare, but it is also light on the stomach and rich in nutrition. It is an excellent source of carbohydrates, protein, dietary fiber, iron, phosphorus, magnesium, copper, vitamin C, vitamin D and Vitamin E.

nutritious poha prepared by using poha, ground nuts, carrot, capsicum, peas, flavour was enhanced by tempering with curry leaves, rye seeds, coriander leaves and lemon.

Nutritional value per serving - 100g

Energy - 140 kcal

Protein - 6.67g



## **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>15</u>	7	<u>4</u>	<u>4</u>

- The progress report of the sponsored children is sent to each donor every month on the health status of the adopted child.
- **Total 20 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 MAY was 19 .
- In this, 15 children were below 5 years of age, 3 were needy Lactating mothers and 1 was underprivileged and malnourished women of Janta Colony.

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

- 4 children gained weight.
- 10 children showed no change in weight and 1 child lost weight due to seasonal illness like cough and cold.







## STATISTICS OF MEDICAL PROJECT

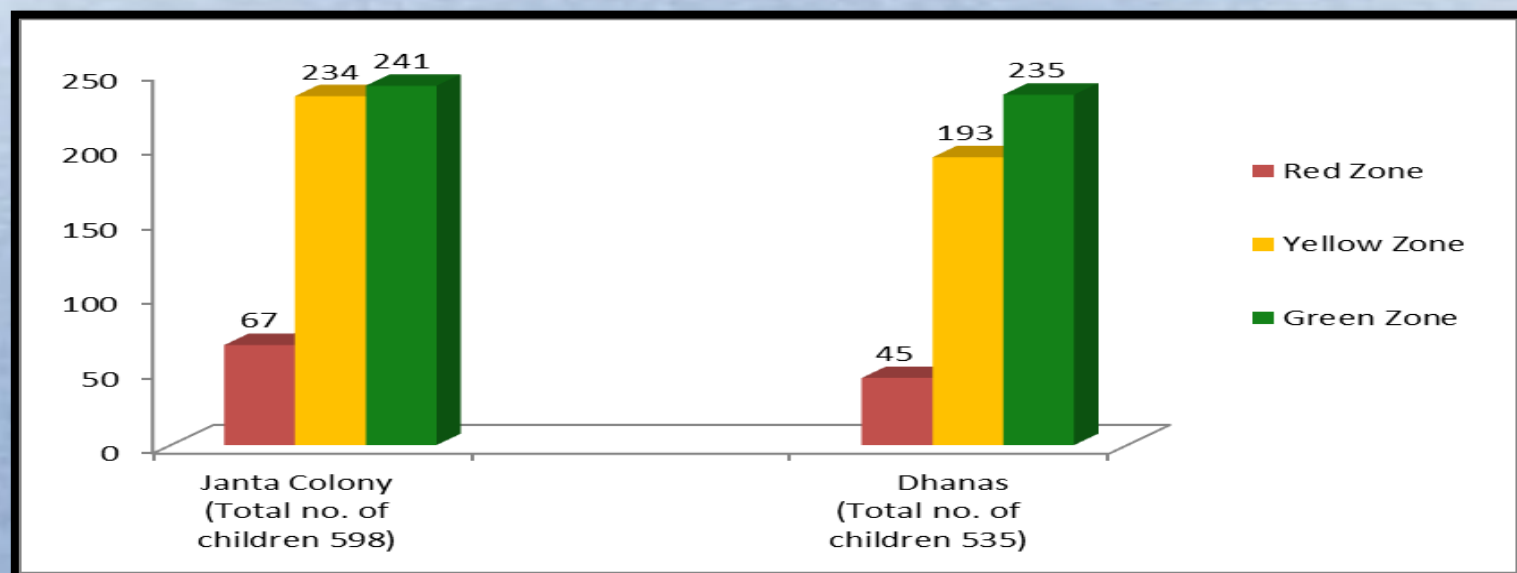
	<b><u>JANTA COLONY</u></b> <b><u>SLUM</u></b>	<b><u>DHANAS VILLAGE</u></b>
Total Population	9533	9680
Total Males	4899	5210
Total Females	4634	4470
Total no. of children	598	535
<u>Total Red zone children</u>	68	54
Red zone children Weighed	67	45
Children not weighed (gone to the village)	1	9
<u>Total Yellow zone children</u>	258	227
Yellow zone children weighed	234	193
Children not weighed (gone to the village)	24	34
<u>Total Green Zone children</u>	272	254
Green zone children Weighed	241	235
Children not weighed (gone to the village)	31	19



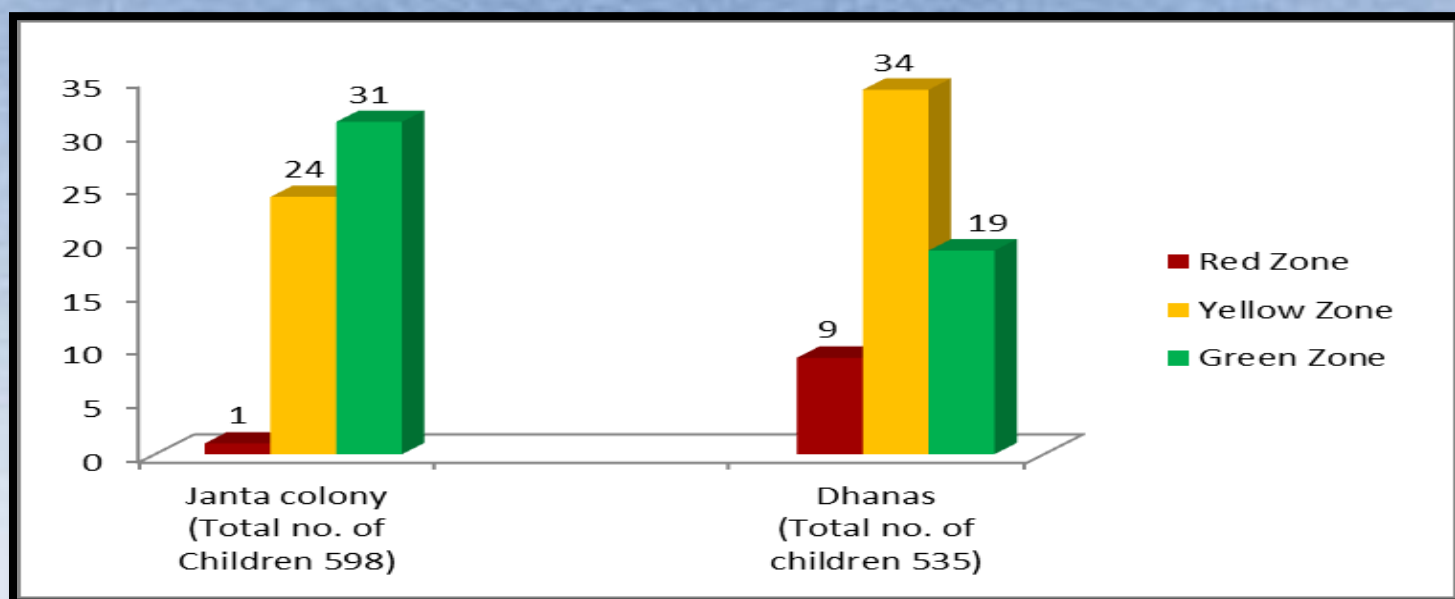
	<b><u>IANTA COLONY SLUM</u></b>	<b><u>DHANAS VILLAGE</u></b>
Total No. of children last month	599	528
Children permanently left	27	12
Total Deliveries	6	3
Children reached 5 years of age	6	3
New families moved in area on rent with children under five	26	19



**Number of children weighed in Janta Colony and Dhanas  
in the category of Red, Yellow and Green Zone**



**Number of children not weighed in Janta Colony and Dhanas  
in different categories**







## **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	7	1.2	12	2.2
13-24	10	1.7	8	1.5
25-35	14	2.3	11	2.1
36-48	18	3.0	7	1.3
49-60	18	3.0	7	1.3
Total Red Zone children	68	11.3	54	10.9
Red zone children (weighed)	67	11.2	45	8.4
Children not weighed (gone to the village)	1	0.1	9	1.6



## DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P'S NAME	TOTAL CHILDREN	RED ZONE	WEIGHED	GONE TO VILLAGE	WT GAIN	WT LOSS	SAME WT	RIGID FAMILY	WORKING MOTHERS	FLOATING POPULATION	UNDER 6 MONTH
BANITA	49	7	7	0	1	1	5	1	0	3	0
DIMPLE	54	7	6	1	1	2	1	0	0	3	0
LATA GOSAIN	44	6	6	0	2	2	2	0	0	0	3
MEENAKSHI	45	2	2	0	1	0	1	1	0	1	0
LATA CHAUHAN	58	10	10	0	2	3	5	0	0	8	0
POOJA	49	8	8	0	0	2	6	0	0	5	0
LATA CHANDEL	41	6	6	0	1	5	0	0	0	0	0
SUSHMA	46	3	3	0	2	0	1	0	1	1	0
SUNITA	51	1	1	0	1	0	0	0	0	0	0
VEENA	45	2	2	0	1	0	1	0	0	0	0
SANJANA	37	2	2	0	0	1	1	0	0	1	1
MEENA	38	4	4	0	1	3	0	0	0	0	0
POONAM	41	10	10	0	1	2	4	0	2	2	0

## DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS

H.P'S NAME	TOTAL CHILDREN	RED ZONE	WEIGHED	GONE TO VILLAGE	WT GAIN	WT LOSS	SAME WT	RIGID FAMILY	WORKING MOTHERS	FLOATING POPULATION	UNDER 6 MONTH
BANITA	47	9	8	1	0	4	3	0	0	0	1
DIMPLE	34	1	1	0	1	0	0	0	0	0	0
LATA GOSAIN	43	4	4	0	0	1	3	0	0	0	1
MEENAKSHI	41	4	3	1	2	0	1	0	0	0	2
LATA CHAUHAN	42	3	3	0	1	1	1	0	0	0	0
POOJA	41	4	4	0	1	1	2	0	0	0	1
LATA CHANDEL	43	2	2	0	1	0	1	0	0	0	0
SUSHMA	42	2	2	0	0	0	2	0	0	0	0
SUNITA	44	5	4	1	2	0	2	0	0	0	1
VEENA	53	4	4	0	0	0	4	0	0	0	0
SANJANA	48	7	7	0	2	0	3	0	0	0	2
MEENA	36	5	2	3	0	0	2	0	0	0	0
POONAM	21	4	1	3	1	0	0	0	0	0	0



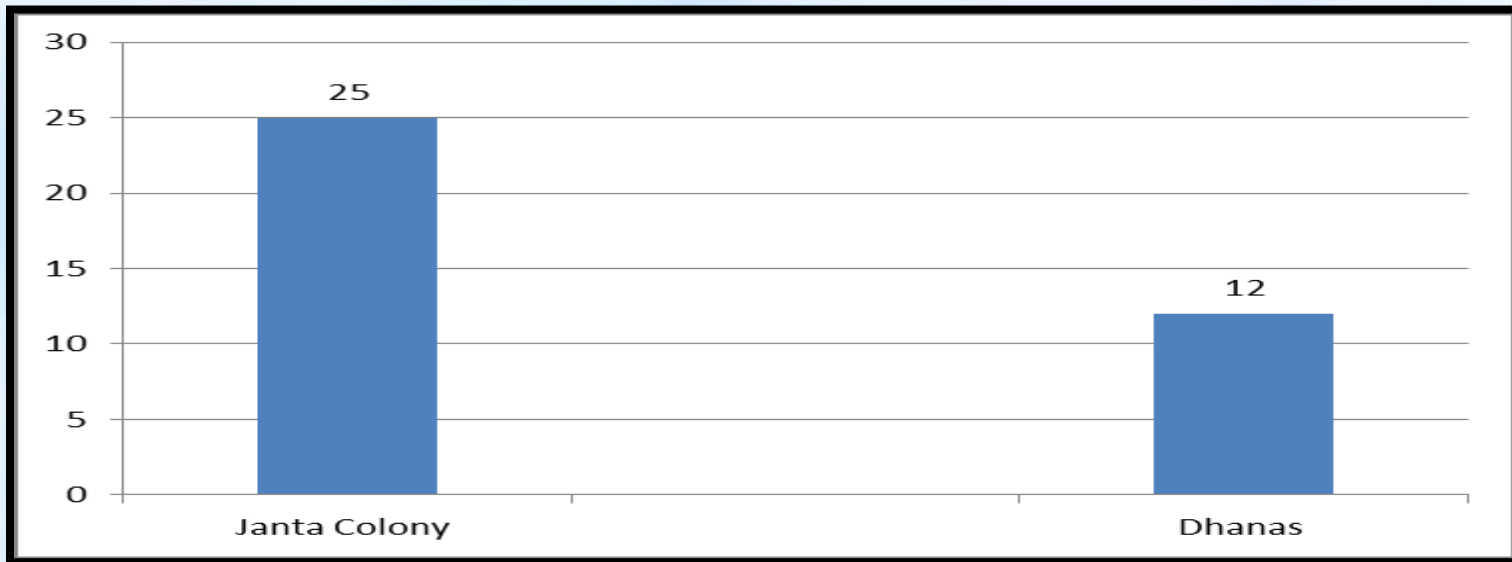


## **STATISTICS OF PREGNANT MOTHERS AND NEWBORN**

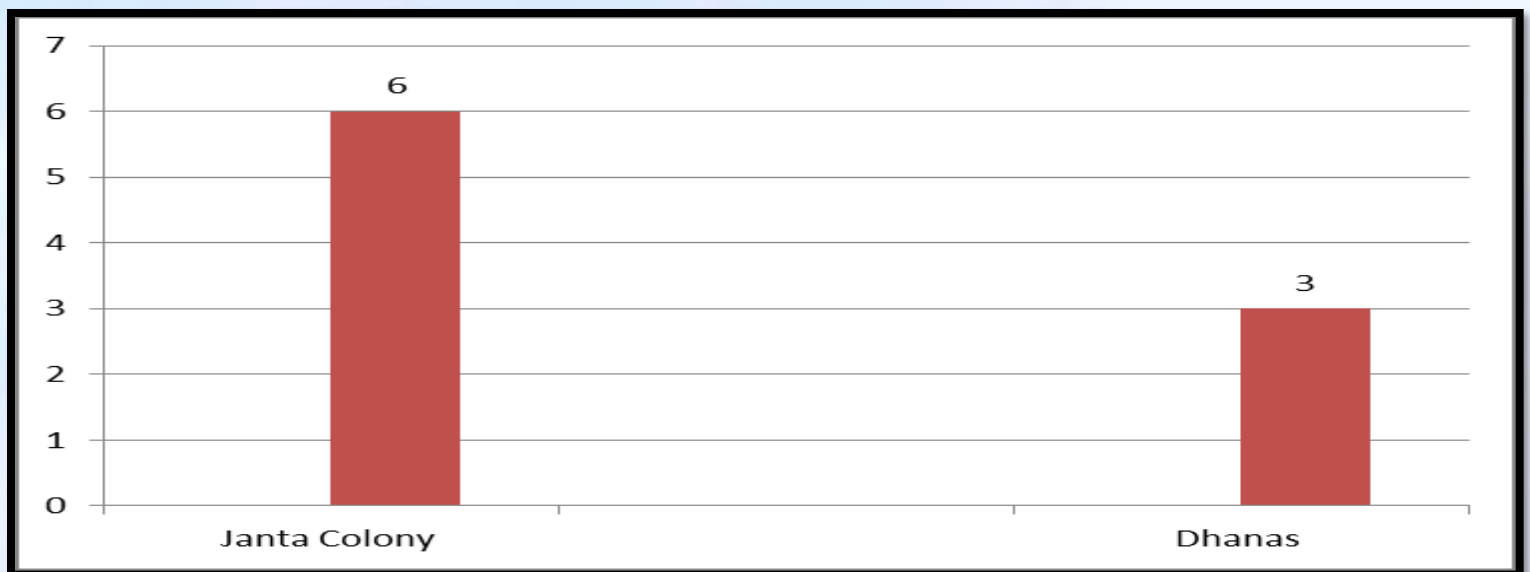
	<b><u>JANTA COLONY</u></b>	<b><u>DHANAS VILLAGE</u></b>
Number of women pregnant last month	25	13
Number of deliveries	6	3
Births	Male: 3 Female:3	Male:1 Female:2
Mothers who left Colony	3	2
Infant death	0	0
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	9	4
Trimester	1 <sup>st</sup> trimester:2 2 <sup>nd</sup> trimester: 13 3 <sup>rd</sup> trimester: 10	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 5 3 <sup>rd</sup> trimester: 7
Number of Pregnant women this month	25	12



## Total number of Pregnant women in Janta Colony and Dhanas



## Total number of Deliveries in Janta Colony and Dhanas



## DEATH DETAILS IN JANTA COLONY

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDE R	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Mansa	44	Male	Gall bladder rupture (due to gallstones)	Lata Chauhan
Ashok	64	Male	Cardiac Arrest	Veena
Soma	58	Male	Cirrhosis	Lata Chandel

## DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Premavati	75	Female	Diabetes Mellitus	Sushma



## TAILORING PROGRAM :

DIR India started a tailoring program for the skill development of underprivileged women of Basti. The main goal of our income generation program is to empower women to become financially independent so that she can fulfill her personal needs and can raise the socio-economic status of her family. By providing vocational training to girls and women for tailoring skills, thus increases their chances of employment. Mr Gianchand Bagga, Chairman of PECOSA, donated sewing machines and samples supplied by fabric and upholstery stores, DIR is running 2 batches. In keeping with its cost-recovery policy, DIR charges a meagre amount as token money as fees. It is a six-month course, with classes held in the morning or evening. The course includes professional training in stitching in all types of fabric and patterns. Women who have been gifted a Usha sewing by PECOSA will be allowed to take the sewing Machine home.

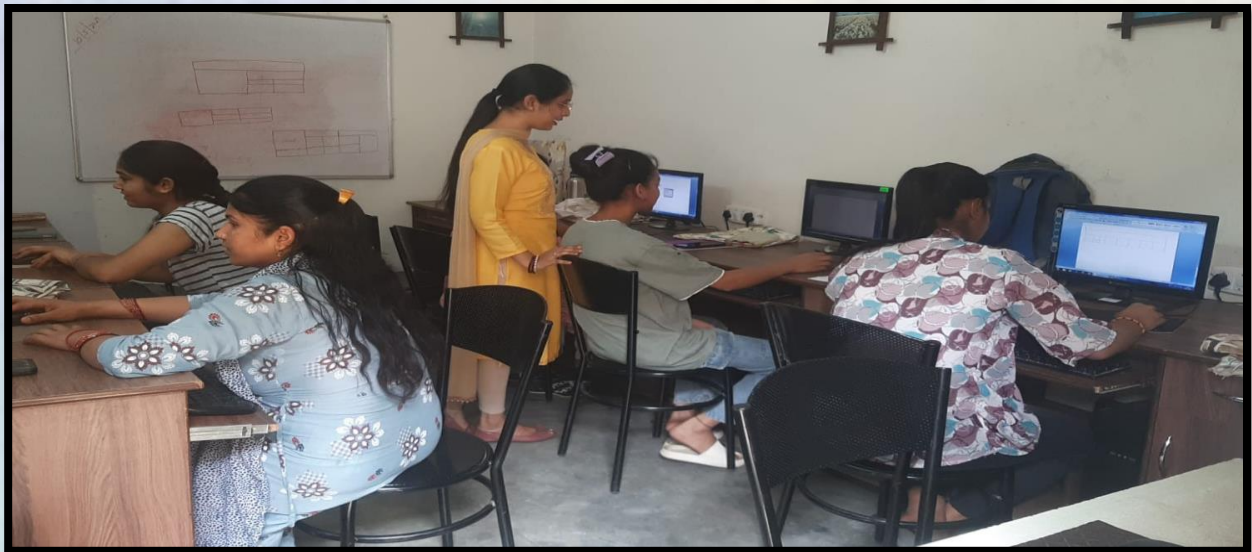




## COMPUTER TRAINING PROGRAM :

In today's digital age, computer skills are more critical than ever. That's why it's so important to have a computer training school to teach basic computer training for employees and students. While some schools may offer courses to teach the basics of how to type or effectively search online, there are still tools and skills that most people should be familiar with within certain rural and urban areas, it is evident that most of the students do not have the facility to get computer education training at an affordable price. Due to this, they are incompetent to build strong resumes in today's world of smart technology and artificial intelligence, having knowledge in basic computers is not just a choice but a necessity.

DIR India has employed a qualified Computer teacher Raj Rani, who is educating and training students in basic computers as well as advanced courses also. It is a six month course with two batches of morning and evening as per the suitability of students.





# EDUCATION PROGRAM:

## SWAD SCHOOL PROGRESS REPORT:

- **Pre Nursery class** - Class Teacher Mrs. Preeti
- Avneet, a pre-nursery student who joined in the month of April. She was talkative ,fidgety and believed in walking around into other classes. If anyone checked her she would throw a tantrum. We admire the patience of the class teacher Preeti's patience. After studying the psyche of the child, Preeti succeeded in molding the child. Today Avneet is one of the best students of Pre Nursery. This could be possible with the dedication, devotion, support and guidance of the DIR faculty. Now Avneet enjoys the school's environment as she comes with great enthusiasm.



- **Nursery class** - Class Teacher Mrs. Geeta
- Aarav is a student of nursery class. First time being left in a new environment with no family members around. Initially like any other child Aarav too had spells of crying session. Gradually watching other students in the morning assembly he started enjoying the school environment. SWAD School after morning assembly makes children play in swings, and shoot Basketball into basket rings. This activity appealed to Aarav and got motivated to come to school daily. Now Aarav interacts with everyone and he enjoys reciting poems in morning assembly.





- **L.K.G class** - Class Teacher Mrs. Lata

- Abhiraj took admission in LKG class but for some reason was not regular in attending the school and nor interested in studies.

He was naughty and was always up to some mischief troubling the other children. Our compliments to the class teacher Lata, with her constant effort of counselling and personally keeping the child next to her table, shows that Abhiraj today is one of the best students of her class.



- **U.K.G class** - Class Teacher Mrs. Saroj

- Jitisha was naughty and had a peculiar habit of tearing books. She was defiant and disobedient. The class teacher Saroj had a challenging job. Saroj with her cool, friendly temperament and patience she moulded Jitisha into a star of tomorrow. Today Jitisha is one of the best students of her class.

She is organized, and completes her homework. Her handwriting is commendable. Now she attentively listens and follows all teachers' directives.



- **Project Alambana** - Class Teacher Ms. Antima

- Sawali is a student in Alambana class. She is a daughter of a labourer. Her father is on daily wages, living in a rental room.

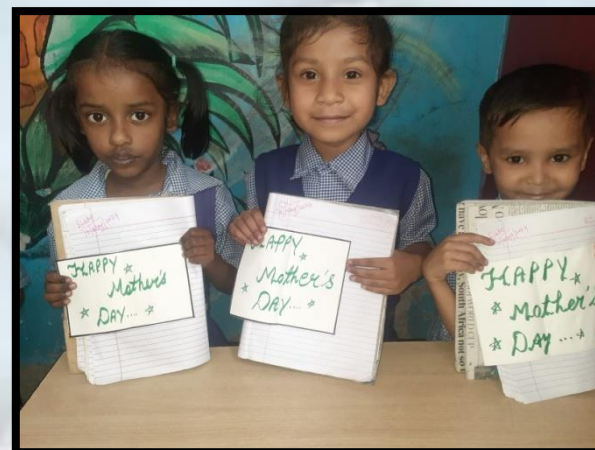
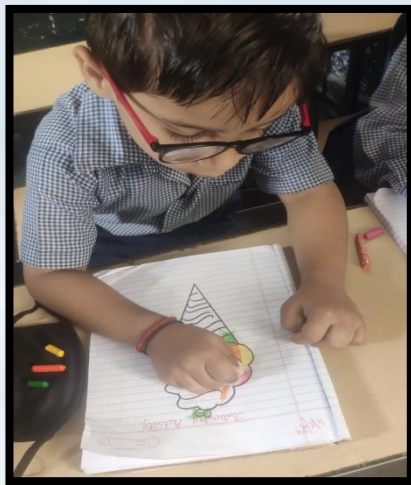
Initially, like any other new admission Sawali was apprehensive, but gradually she started enjoying morning games and Smart class. Sawali now enjoys coming to school. Like a good student she is attentive and does her work like an obedient child. She is enthusiastic and loves reciting poems. Her overall performance is good.





## ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- Children of SWAD school participated in card making on the occasion of Mother's Day and paper crafting.





CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	JESSICA 	ROUNAK 	GARIMA 	KAVYANSH 
NURSERY	NAKSH 	DAKSH 	RITIK 	SEHAJ PREET 
L.K.G	HIMANK 	VANSHIKA 	HARSHIT 	HIMANSHI 
U.K.G	VANIYA 	AKSHAY 	AASHISH 	VANSH 
ALAMBANA	KASHVI 	NANDINI 	VIRAJ 	PRIYANSHI 



## 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.





## DIR INDIA HIGHLIGHTS OF THE MONTH

- On 2nd May, Professor Seema Kapoor accompanied Dr Vivek Tripathi, Ms Geeru and Aayush from the Municipal Cooperation and the Enactus team of Panjab University visited DIR INDIA. Our compliments to Enactus team and their Head Dr. Seema Kapoor collaborated with Dir India for this noble cause under the National scheme SWACHH BHARAT ABHIYAN . 25 Basti women from underprivileged family living in Janta Colony were given sets of two each of reusable sanitary napkins donated by ENACTUS TEAM.





# OUR TEAM



## CONTACT INFORMATION

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<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>INSTAMOJ O LINK:</b>	<a href="https://instamojo.com/@dir">instamojo.com/@dir</a>



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