



## Developing Indigenous Resources India

JUNE 2024



# DEVELOPING INDIGENOUS RESOURCES INDIA

---

PRESIDENT

SHASHI PRABHA DWIVEDI  
(I.P.S, DGP, PUNJAB)

TRUSTEES

Mr. SURINDER MOHAN  
SHARMA,  
Dr. MADHU KHULLAR  
Ms. SHUCHI THAKUR



CHIEF EXECUTIVE OFFICER

Dr. ASHA KATOCH  
(M.D)  
Mob. 9478866412  
E-mail : ceo@dir.ngo

**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.**

**PAN number of DIR INDIA : AAATD9602K**

**TAN number of DIR INDIA : PTLD13324D**

---

**REGISTERED WITH THE MINISTRY OF CORPORATE AFFAIRS - CSR00023177**

**REGISTERED IN CHANDIGARH AS CHARITABLE TRUST NUMBER - 3541**

#705C, ADARSH NAGAR, NAYAGAON, DISTT. - SAS NAGAR  
MOHALI, PUNJAB-160103

**Ph.- 0172-5034227 / 91-7740062966**

**Email - admin@dir.ngo**

**Website - www.dir.ngo**



<b><u>S.NO.</u></b>	<b><u>TITLE</u></b>
1.	CEO REPORT
2.	MEDICAL TRAINING
3.	NUTRITION TRAINING
4.	NUTRITIONAL DEMONSTRATION
5.	NUTRITION IMPROVEMENT PRIORITY PROGRAM
6.	STATISTICS OF CHILDREN UNDER THE NIPP PROGRAM
7.	DEATH DETAILS
8.	STATISTICS OF MEDICAL PROJECT
9.	STATISTICS OF THE RED ZONE CHILDREN
10	STATISTICS OF PREGNANT MOTHERS AND NEWBORN
11.	HOMOEOPATHIC CAMPS
12.	INCOME GENERATION PROGRAM
13.	EDUCATIONAL PROGRAMS
14.	DIR-INDIA JUNE HIGHLIGHTS
15.	AGENDA POINTS
16	OUR TEAM AND CONTACT INFORMATION

## CEO'S REPORT

The month of June is a peak summer. It is a challenging month for the medical team for field work as sun rays are penetrating, profuse sweating and dehydration. SWAD School shuts down for summer break.

Most of the families go to their villages.

The Medical Program of Mother and child continues.

Our Health Promoters are committed towards their responsibility. Power cuts are frequent in this area during peak summer.

The field work of our Medical Program gets affected as the number of children not weighed rises. It is a serious concern, as the majority of kids do not get proper nutritious food in their respective hometown. In villages people eat twice a day, hence the food is cooked twice. The child's health gets affected; mothers are busy pleasing and fulfilling the duties towards their Elders living in villages. This leads to negligence towards the health of the child, leading to loss of weight of the baby.

In Dhanas, Meenakshi, a field coordinator, identified a female child 5 months old, a case of Hydrocephalus with Spinabifida. The Obstetric history of the mother reveals that the baby is normal. On checking the medical documents, level 2 Ultrasound was not done. All the other reports were there amongst the investigations. The parents take the baby for a monthly check up as advised by the doctor in PGI Hospital. Parents are sincerely devoted in looking after the little Angel, Gunu, as the parents know the bitter truth that our Gunu will leave us one day.





On 13th June, in the peak heat of summer after her surgery, Ashima, a USA Board Member, visited the DIR Office along with her son. It was heartening to see her as we were meeting her for the first time. Ashima appreciated all the programs and she complimented the staff and the Health Promoters. Later, she along with her son went for field visit under the burning sun of June. Our compliments to her, as a Board member in sharing her ideas for enhancing the projects. We wish her quick recovery and good health.





# MEDICAL TRAINING



June is characterized by extreme heat, with temperatures exceeding 45 degrees Celsius, accompanied by dry winds. This is followed by the much-anticipated rainy season. During this month, academic focus was on the alimentary canal and the respiratory system. Understanding lung capacity and volumes is vital for diagnosing and evaluating obstructive lung diseases such as Asthma and COPD. Moreover, comprehension of the alimentary canal is essential for addressing gastrointestinal diseases and malnutrition, particularly prevalent in areas like Janta Colony and Dhanas. The topic of hypoxia, a condition marked by inadequate oxygen levels in body tissues, was also covered. Class tests were administered on both subjects.





## **NUTRITION TRAINING**

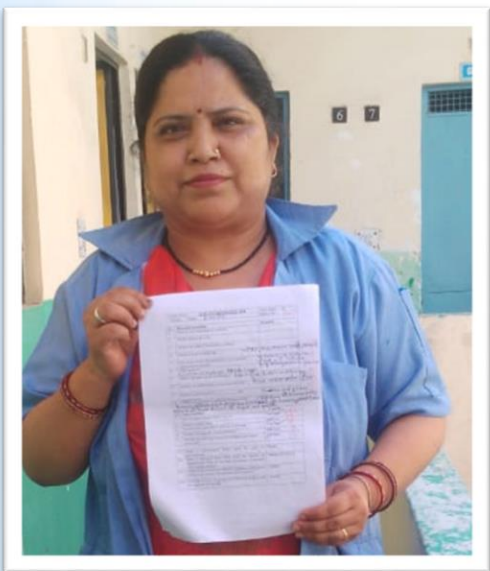
June is designated as Fresh Fruits and Vegetables Month, presenting an excellent opportunity to enhance our diets by incorporating more fruits and vegetables into our meals. These foods are rich in essential vitamins and minerals, which can help reduce the risk of various chronic diseases and offer numerous benefits such as a stronger immune system, robust bones, and healthy skin and hair.

During this month, academic classes were held to discuss the significance of a balanced diet—including the roles of proteins and carbohydrates—and to explore the impact of acidosis and alkalosis on our bodies.

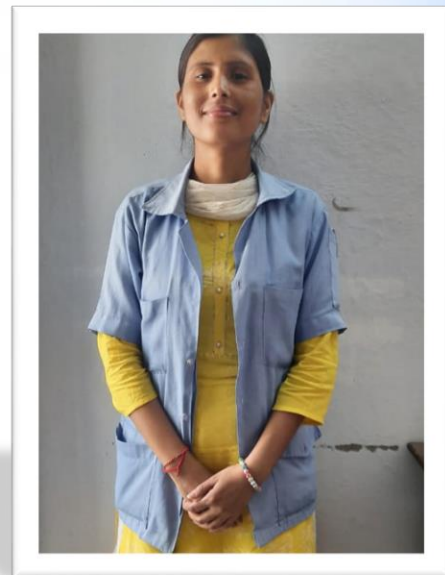


# **ACADEMIC PROGRESS REPORT OF FIELD STAFF**

## **• MEDICAL TOPPERS :**



**BANITA**  
**FIELD SUPERVISOR**



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



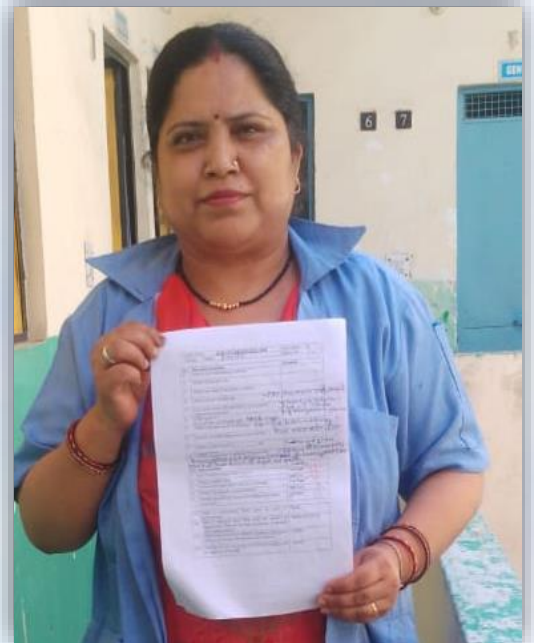
**SUSHMA BISHT**  
**FIELD COORDINATOR**



## **NUTRITION TOPPERS:**



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



**BANITA**  
**FIELD SUPERVISOR**



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

## PRACTICAL IMPLEMENTATION THROUGH

### ❖ COMMITTEE MEETINGS:





# NUTRITIONAL DEMONSTRATION

## Name of the Recipe: Nutritious besan suji vegetables cheela

Besan suji vegetable cheela stands out as a nutritious option rich in protein and fiber, fostering satiety while providing a substantial energy source. Abundant in protein, folate, antioxidants, minerals, and vitamins, besan offers a myriad of health benefits. Furthermore, semolina contributes dietary fiber, aiding in the digestive process. This wholesome recipe incorporates besan, semolina, carrots, capsicum, peas, onions, coriander leaves, green chilies, and yogurt in its composition.

Nutritional value per serving - 100g

Energy - 90 kcal

Protein - 4.52g





## 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>10</u>	<u>3</u>	<u>1</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 JUNE was 40 including Alambana children, Pregnant and lactating mothers .
- In this, 14 were children below 5 years of age, 3 were needy malnourished Lactating mothers and 1 was underprivileged and malnourished women of Janta Colony and 20 were children under Alambana Project.

### • PROGRESS REPORT UNDER NIPP PROGRAM:

- 3 children gained weight.
- 8 children showed no change in weight and 3 children lost weight due to seasonal illness like cough and cold.



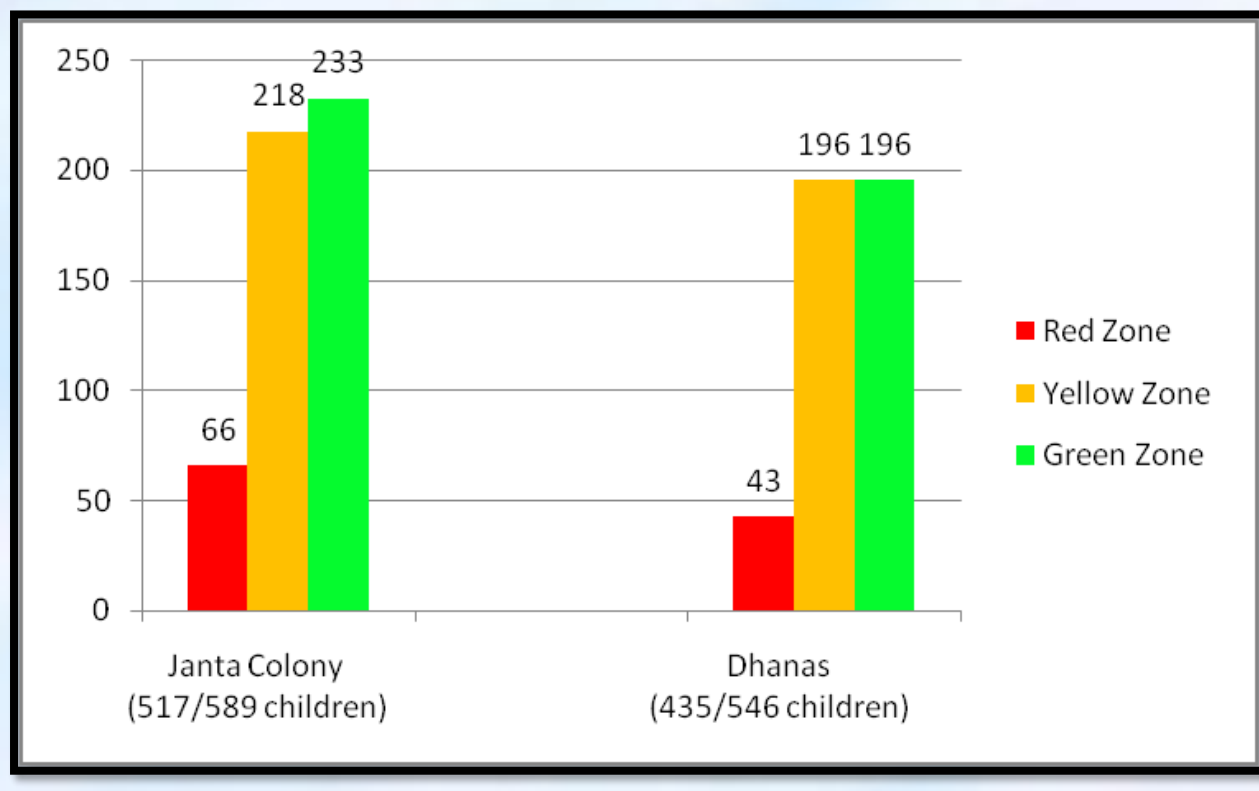


## STATISTICS OF MEDICAL PROJECT

	<u>JANTA COLONY</u> <u>SLUM</u>	<u>DHANAS VILLAGE</u>
Total Population	9532	9683
Total Males	4899	5212
Total Females	4633	4471
Total no. of children	589	546
<u>Total Red zone children</u>	74	54
Red zone children Weighed	66	43
Children not weighed (gone to the village)	8	11
<u>Total Yellow zone children</u>	247	240
Yellow zone children weighed	218	196
Children not weighed (gone to the village)	29	44
<u>Total Green Zone children</u>	268	252
Green zone children Weighed	233	196
Children not weighed (gone to the village)	35	56

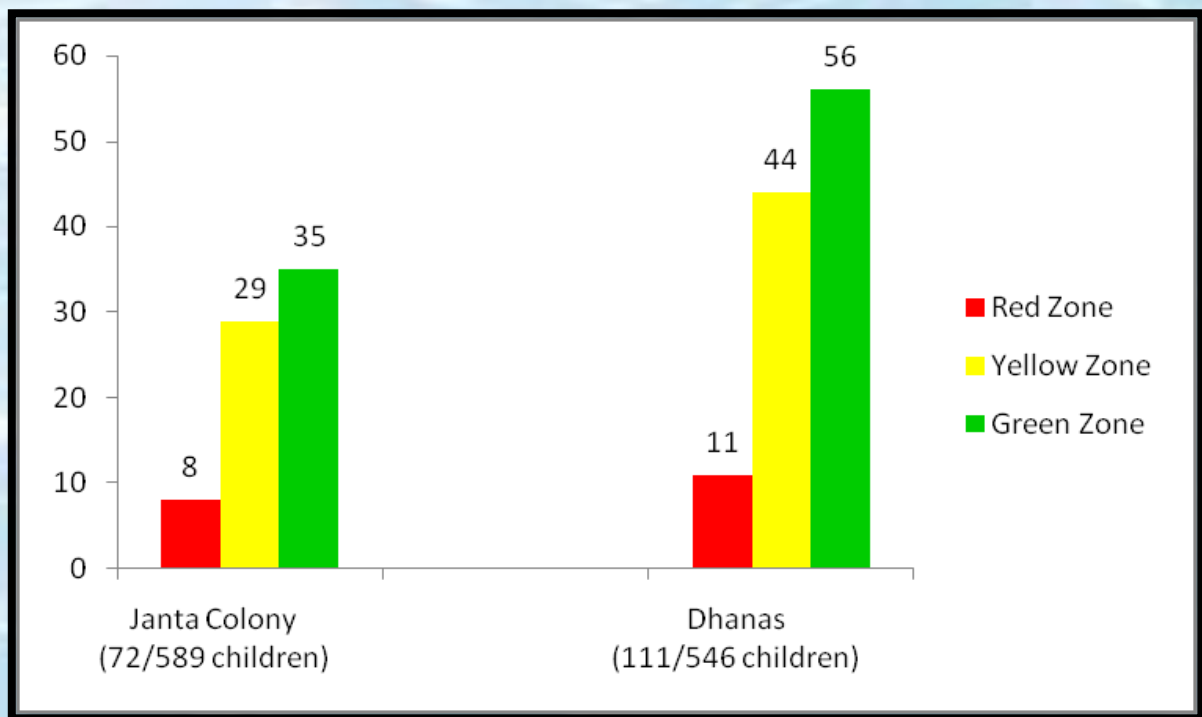
	<b><u>JANTA COLONY SLUM</u></b>	<b><u>DHANAS VILLAGE</u></b>
Total No. of children last month	598	535
Children permanently left	9	2
Total Deliveries	5	4
Children reached 5 years of age	13	1
New families moved in area on rent with children under five	8	10

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



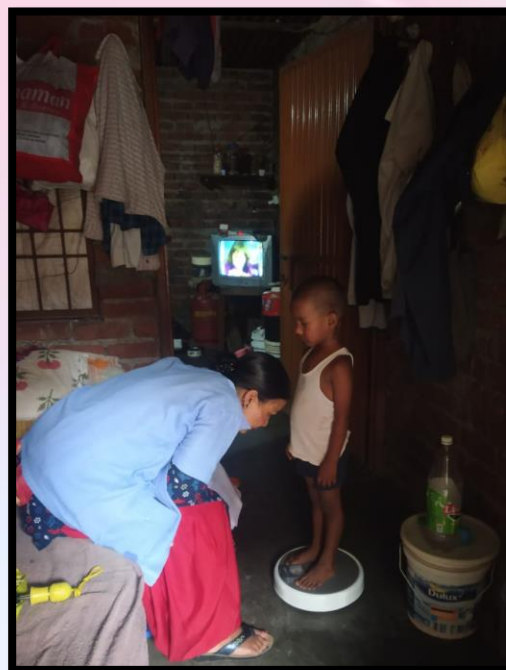


**Total number of children not weighed in Janta Colony and Dhanas in different categories**



# STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	Percentage	Children	Percentage
0-12	11	1.9	6	1.1
13-24	7	1.2	10	1.8
25-35	16	2.7	10	1.8
36-48	16	2.7	6	1.1
49-60	16	2.7	11	2.0
Total Red Zone children	74	12.6	54	9.8
Red zone children (weighed)	66	11.2	43	7.8
Children not weighed (gone to the village)	8	1.4	11	2.0





## DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P's Name	Total Children	Red Zone	Weighed	Gone To Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Month
Banita	46	8	8	0	2	3	3	2	0	2	0
Dimple	55	6	5	1	3	1	1	1	0	2	0
Lata Gosain	44	7	6	1	3	1	2	1	0	1	1
Meenakshi	46	2	2	0	0	1	1	0	0	2	0
Lata Chauhan	58	10	9	1	1	1	7	0	0	7	0
Pooja	48	7	7	0	2	1	4	0	0	4	0
Lata Chandel	43	4	2	2	0	0	2	0	0	0	0
Sushma	43	4	4	0	0	0	4	0	0	1	0
Sunita	48	2	2	0	0	0	2	0	1	0	1
Veena	44	3	2	1	0	1	1	0	0	1	0
Sanjana	36	6	6	0	1	2	3	0	0	2	1
Meena	37	4	3	1	1	0	1	0	0	1	0
Poonam	41	11	10	1	2	3	5	0	1	3	1
TOTAL	589	74	66	8	15	14	36	4	2	26	4

## 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	8	4	4	1	0	3	0	0	0	0
DIMPLE	39	2	2	0	0	1	1	0	0	0	0
LATA GOSAIN	44	3	3	0	0	3	0	0	0	0	1
MEENAKSHI	41	1	1	0	0	0	1	0	0	0	0
LATA CHAUHAN	44	7	7	0	1	1	4	0	0	0	1
POOJA	42	2	2	0	2	0	0	0	0	0	0
LATA CHANDEL	43	3	3	0	0	0	3	0	0	0	0
SUSHMA	43	2	2	0	1	0	1	1	0	0	0
SUNITA	45	5	4	1	1	0	3	0	0	0	1
VEENA	53	5	5	0	0	2	3	0	0	0	0
SANJANA	48	6	5	1	1	0	4	0	0	0	1
MEENA	36	7	4	3	1	2	1	0	0	0	0
POONAM	21	3	1	2	0	0	1	0	0	0	0
TOTAL	546	54	43	11	8	9	25	1	0	0	4

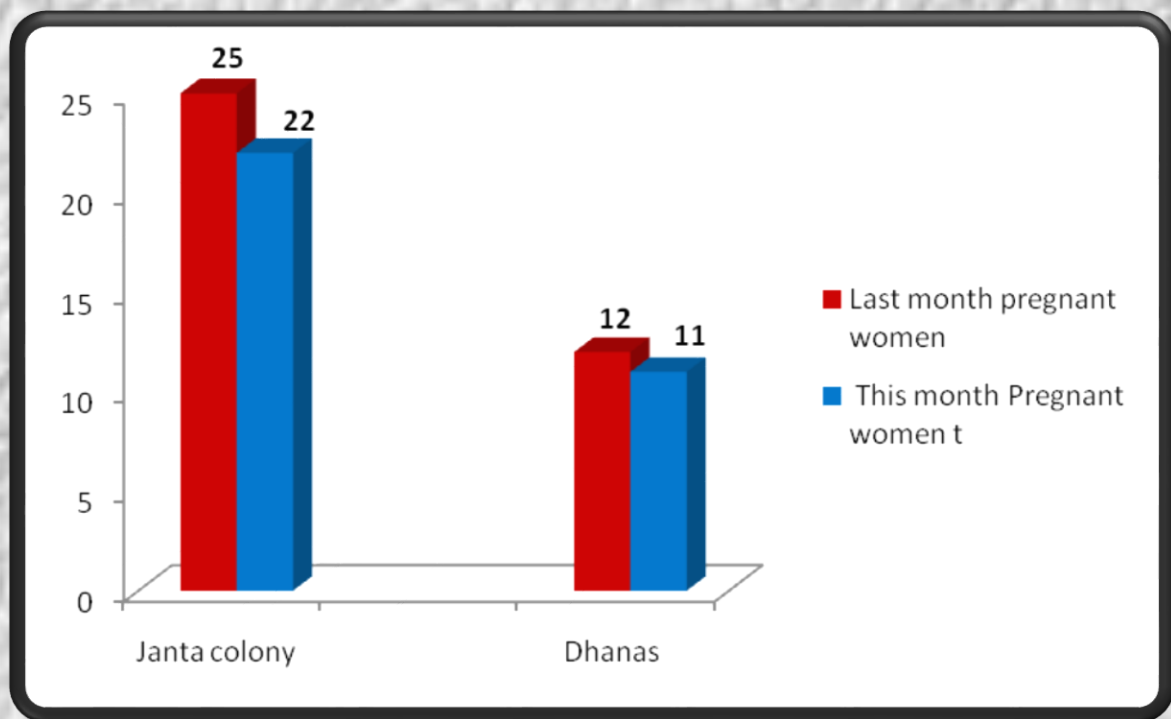


## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	<u>JANTA COLONY</u>	<u>DHANAS VILLAGE</u>
Number of women pregnant last month	25	12
Number of deliveries	5	4
Births	Male:1 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	3
Trimester	1 <sup>st</sup> trimester:0 2 <sup>nd</sup> trimester: 12 3 <sup>rd</sup> trimester: 10	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 3 3 <sup>rd</sup> trimester: 8
Number of Pregnant women this month	22	11

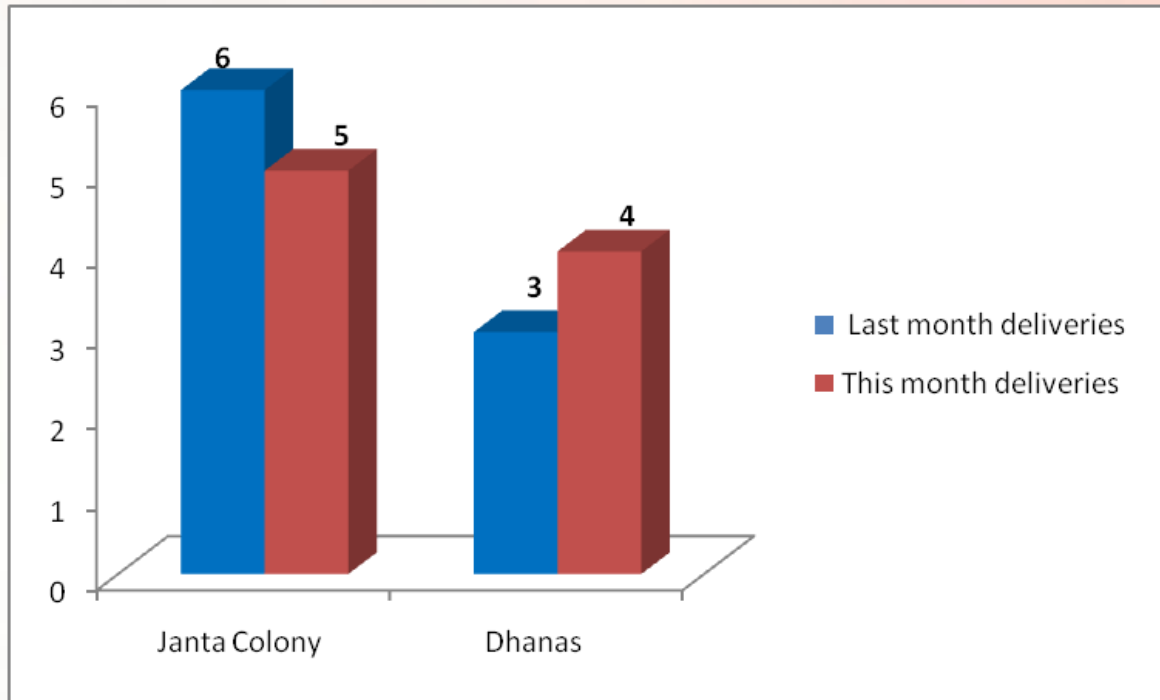


## Total number of pregnant women in Janta Colony and Dhanas





# Total number of Deliveries in Janta Colony and Dhanas



## DEATH DETAILS IN JANTA COLONY

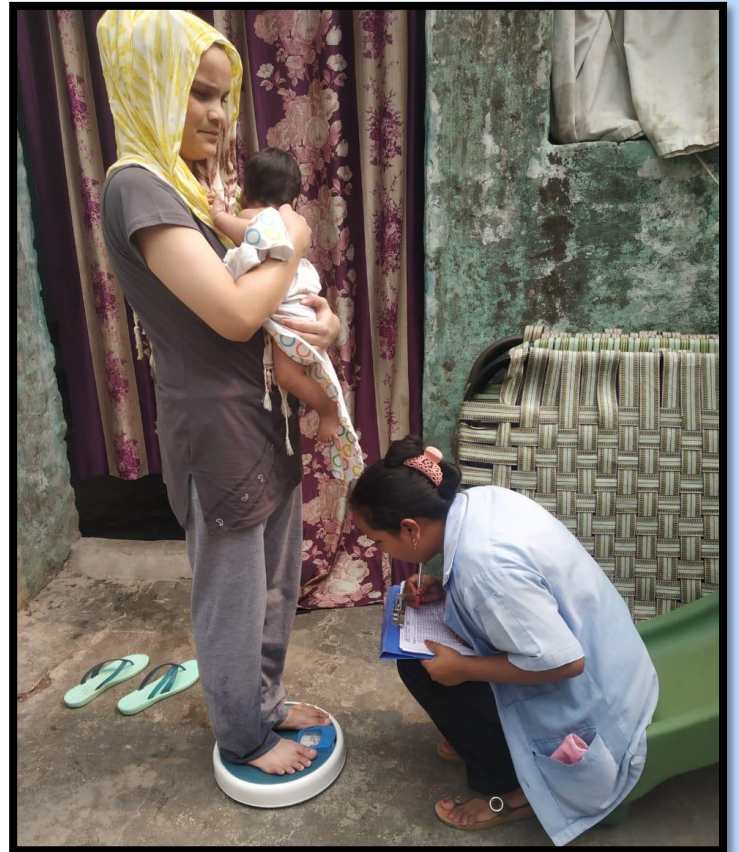
NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Kalu Ram	43	Male	Multiple organ failure due to Chronic Alcoholism	Sunita
Krishna	6	Male	Electric shock	Sushma

Krishna was in our medical program till he was 5 years of age. Both Mother and child were together on the terrace. The mother went down to do some work and Krishna was playing alone on the terrace. There was a loose wire in which current was flowing. Krishna touched it and got electrocuted.

## DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED ( YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Shakeel Ahmed	70	Male	Ischemic Stroke	Dimple







## TAILORING PROGRAM:

Through the month of June, the embroidery instructor Jaspreet conducted sessions on the following topics:

- Chain stitch
- Long and short back stitch
- Cross stitch and double cross stitch
- Fishbone, blanket leaf, and knot stitch
- Embroidery stitch

She also takes tailoring classes for health Promoters





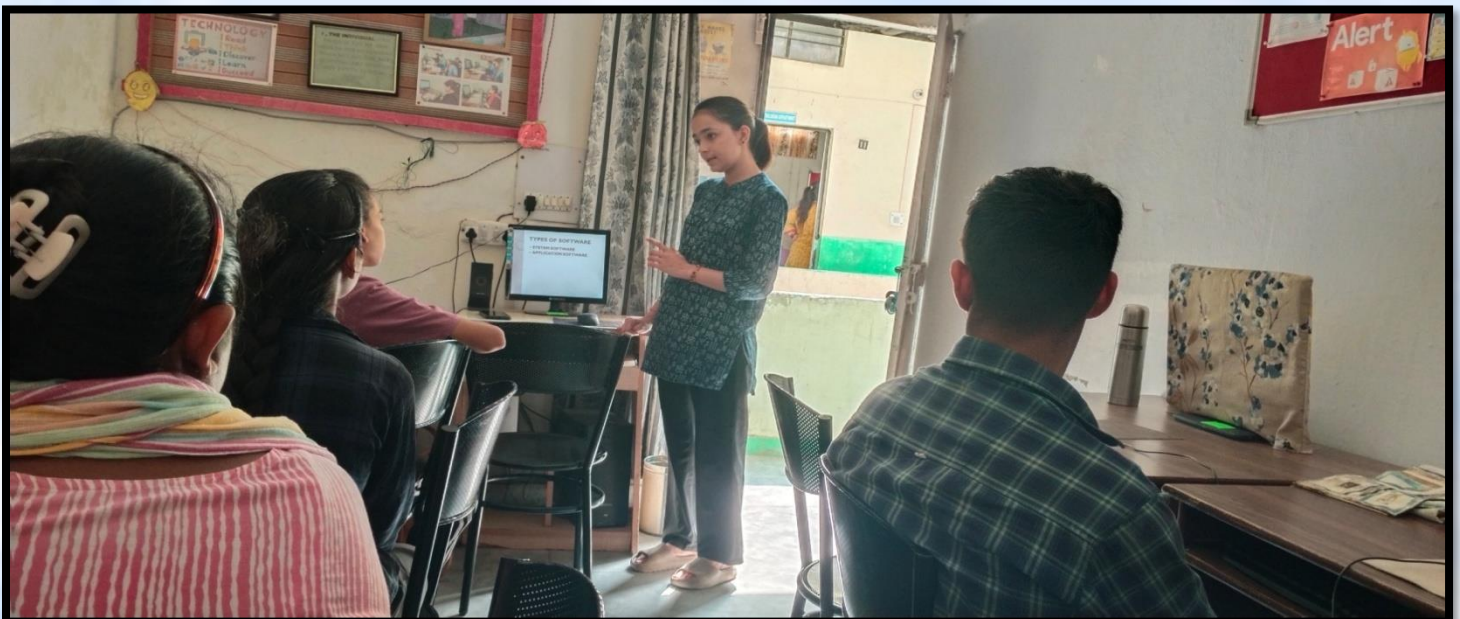




# COMPUTER TRAINING PROGRAM:

In June, Computer teacher Raj Rani conducted presentation classes on various topics:

- Basic computer
  - Social media
  - Network Topology
  - E-waste
  - Pollution
  - Environment
  - Computer networking
  - Operating systems
- Additionally, she administered weekly tests on the following Topics:
    - Definition of computer
    - Computer features
    - Computer applications
    - Input and output devices
    - Types of hardware and software
  - In addition, The Teacher takes 1 hour Computer classes for all the Health Promoters to improve their skill in computer education.









# DIR INDIA HIGHLIGHTS OF THE MONTH

- The visit of Ashima Gupta, a USA Board member along with her son. The Medical team gave their introduction, each of the staff gave a brief of their work assignment. In the peak heat of June, Ashima along with her son went for field visit with Sunita's area. She interacted with the residents of Janta Colony and saw the living conditions of the families. Both mother and son were sympathetic towards the residents, the hardships a slum resident faces in a Basti.





## OUR TEAM



## CONTACT INFORMATION

<u>DIR-India CENTER:</u>	<u>705-C Adarsh Nagar, Nayagaon, SAS Nagar, Mohali</u>
<u>EMAIL:</u>	admin@dir.ngo, ceo@dir.ngo
<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>INSTAMOJ O LINK:</b>	<a href="https://instamojo.com/@dir">instamojo.com/@dir</a>



**❖ Please follow us on our Social Media Accounts**

INSTAGRAM	<a href="https://www.instagram.com/DIR">https://www.instagram.com/DIR</a>
FACEBOOK	<a href="https://www.facebook.com/dir">https://www.facebook.com/dir</a>
TWITTER	<a href="https://twitter.com/dirngo">twitter.com / @dir.ngo</a>
YOUTUBE	<a href="https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg">https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg</a>
WEBSITE	<a href="http://www.dir.ngo">www.dir.ngo</a>

