



# Developing Indigenous Resources India

**NOVEMBER 2024**



# **DEVELOPING INDIGENOUS RESOURCES INDIA**

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**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**

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

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

**Email - admin@dir.ngo**

**Website - www.dir.ngo**



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# CEO'S REPORT

The weather was pleasant in November, but it was strange to see cases of Dengue both in Janta Colony and Dhanas. There were two deaths due to dengue in the Janta colony. Four-year-old child and one 40-year-old male. Both of these cases were hospitalized in PGI as the platelet count dropped beyond the danger levels, and internal hemorrhages and bleeding killed them to death.

The medical team keeps holding committee meetings on seasonal diseases sharing knowledge and preventive measures against the ailment.

Pneumonia and Typhoid are common ailments during this season. Pneumonia is mostly seen in old people and small children. The DIR Medical team helps and guides the public with preventive measures in all the above mentioned diseases.

LIST OF DENGUE, TYPHOID , PNEUMONIA				
SR.NO	H.P NAME	DENGUE	TYPHOID	PNEUMONIA
1	BANITA	8	5	1
2	MEENA	2	2	0
3	SUNITA	7	5	1
4	SUSHMA	8	5	1
5	DIMPLE	6	3	2
6	MEENAKSHI	8	8	2
7	KAJAL	2	5	1
8	VEENA	5	7	1
9	LATA GOSAIN	5	2	1
10	SANJANA	3	2	0
11	LATA CHANDEL	2	3	0
12	POOJA	5	4	2
TOTAL		61	52	12



# MEDICAL TRAINING



November is a transitional month marking the onset of winter and the celebration of various festivities. In our academic discussions, we covered the following topics:

- The process of digestion and the absorption of water.
- The time it takes for water to be excreted as urine.
- Crohn's disease, an autoimmune condition that causes inflammation and irritation in the digestive tract.
- The causes, types, symptoms, risk factors, and diagnostic methods related to Crohn's disease.
- Treatment and management strategies, including the use of anti-inflammatory drugs, antibiotics, pain relievers, and steroids. In some cases, surgery may be necessary to remove obstructed sections of the intestines.



# NUTRITION TRAINING



In November, nutrition training focused on digestive disorders and their dietary management. Digestive disorders are health issues affecting the digestive tract, leading to problems ranging from mild to severe. Some common disorders include:

- Irritable Bowel Syndrome (IBS)
- Gastroesophageal Reflux Disease (GERD)
- Ulcerative Colitis
- Peptic Ulcers
- Celiac Disease

These disorders can result in various symptoms such as inflammation, food intolerance, diarrhoea, acid reflux, heartburn, irritability, gas, and vomiting.

# **ACADEMIC PROGRESS REPORT OF FIELD STAFF**

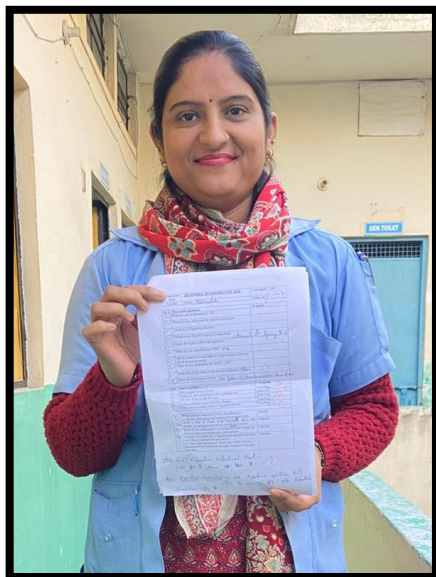
Every month our Nutritionist and Doctor test our Health Promoters's knowledge of what was taught that month. These are the Health Promoters who scored highest on this month's test:



**BANITA**  
**FIELD SUPERVISOR**



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



**MEENAKSHI NEGI**  
**FIELD CORDINATOR**



## COMMITTEE MEETINGS

Every month our Health Promoters share what they learned in their medical and nutritional training with community members in a committee meeting.

This month, the topics covered were:

- Pneumonia
- Tuberculosis





# NUTRITIONAL DEMONSTRATION

Every month our Health Promoters prepare low-cost, high-protein, and high-calorie meals in DIR's kitchen to demonstrate to mothers the different meals they can make for their children, or for lactating or pregnant women.

## **Name of the Recipe: Paushtik seviyan (vermicelli)**

Prepared by: Dimple, Pooja, Sunita

Vermicelli is a great source of carbohydrates and energy, offering instant and sustained fuel. In Janta Colony, seviyan is commonly made with milk and sugar for children's meals. A nutrition demonstration introduced a savoury version using carrots, capsicum, cabbage, tomatoes, onions, and spices, garnished with coriander leaves. This dish provides essential vitamins, minerals, and fibre.

Nutritional value per serving - 100g

Energy - 78kcal

Protein - 4.5g



# **NIPP PROGRAM PROGRESS REPORT**

The Nutritional Improvement Priority Program aims to improve the health status of underweight children under five and underweight pregnant and lactating women. They are fed daily high-calorie, high-protein lunches at our DIR office under the direct supervision of the dieticians. These meals are 100% funded by our sponsors.

**Total attendance for November was 32**

Underweight children below the age of 5 from Janta Colony: **12**

Malnourished lactating mothers: **2**

Malnourished pregnant women: **2**

Children from the Alambana Project: **16**

**The Alambana Project** helps the children of daily-wage workers by giving them education at our SWAD school as well as breakfast and lunch each day.

## **Sponsor a NIPP child**

Cost of Sponsorship: **Rupees 1250 per month** per child/underprivileged lactating or pregnant woman i.e Rupees 15000 per year)

Sponsorship includes:

- Daily feeding of your sponsored child at the DIR office.
- Personalized monthly health reports along with feeding pictures
- Family consultations
- Weekly high-calorie, high-protein recipes for your sponsored child





# STATISTICS OF MEDICAL PROJECT

	<b>JANTA COLONY</b>	<b>DHANAS VILLAGE</b>
Total Population	9470	9712
Total Males	4865	5282
Total Females	4605	4430
Total no. of children	569	565
<u>Total Red zone children</u>	58	48
Red zone children Weighed	53	42
Children not weighed(gone to the village)	5	6
<u>Total Yellow zone children</u>	235	229
Yellow zone children weighed	205	190
Children not weighed(gone to the village)	30	39
<u>Total Green Zone children</u>	276	288
Green zone children Weighed	244	240
Children not weighed(gone to the village)	32	48

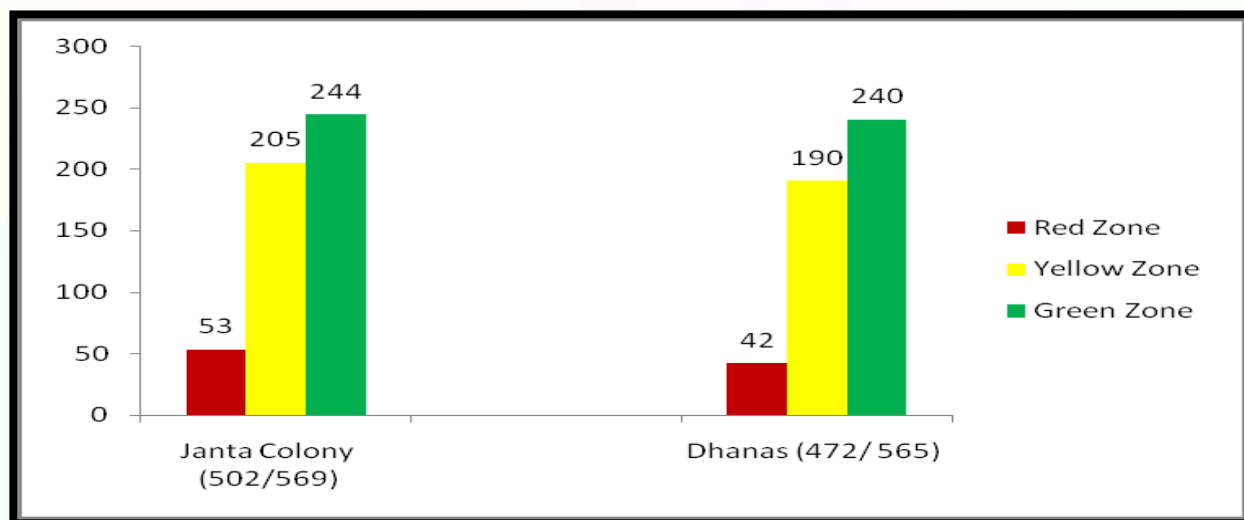
	<b>JANTA COLONY</b>	<b>DHANAS VILLAGE</b>
Total No. of children last month	569	553
Children permanently left	7	4
Total Deliveries	3	4
Children reached 5 years of age	10	8
New families moved into the area on rent with children under five	14	20





## Statistics of Red Zone children in Janta Colony and Dhanas

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	6	1.1	7	1.2
13-24	8	1.4	7	1.2
25-35	12	2.1	12	2.2
36-48	7	1.2	9	1.6
49-60	20	3.5	7	1.2
Total Red Zone children	58	10.2	48	8.5
Red zone children (weighed)	53	9.3	42	7.4
Children not weighed (gone to the village)	5	0.9	06	1.1





## 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	49	4	3	1	3	0	0	0	0	0	0
Dimple	54	6	6	0	2	1	2	1	0	0	1
Lata Gosain	57	9	9	0	4	1	2	0	0	5	0
Meenakshi	50	6	6	0	0	2	4	0	0	3	0
Kajal	59	7	5	2	1	1	3	0	0	3	1
Pooja	45	3	3	0	2	0	1	0	0	2	0
Lata Chandel	41	2	2	0	1	0	1	1	0	0	0
Sushma	39	4	4	0	1	0	3	0	1	1	0
Sunita	49	2	2	0	1	0	1	0	1	0	0
Veena	45	3	3	0	1	0	2	0	0	1	0
Sanjana	44	6	5	1	4	1	0	0	0	1	0
Meena	37	6	5	1	2	0	3	0	0	1	1

## Detailed Statistics Of Red Zone Children In Dhanas

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	53	6	4	2	1	2	1	0	0	0	0
Dimple	45	2	1	1	0	0	1	0	0	0	0
Lata Gosain	47	2	2	0	1	0	1	0	0	0	0
Meenakshi	42	4	4	0	2	0	1	0	0	0	2
Kajal	44	4	3	1	2	0	1	0	0	0	0
Pooja	41	2	2	0	0	0	2	0	0	0	0
Lata Chandel	54	5	5	0	1	0	4	1	0	0	1
Sushma	53	5	5	0	3	0	2	1	0	1	0
Sunita	47	3	3	0	1	0	1	0	0	0	0
Veena	59	5	5	0	2	0	2	0	0	0	0
Sanjana	46	6	6	0	1	0	5	0	0	0	1
Meena	34	4	2	2	1	1	0	0	0	0	0

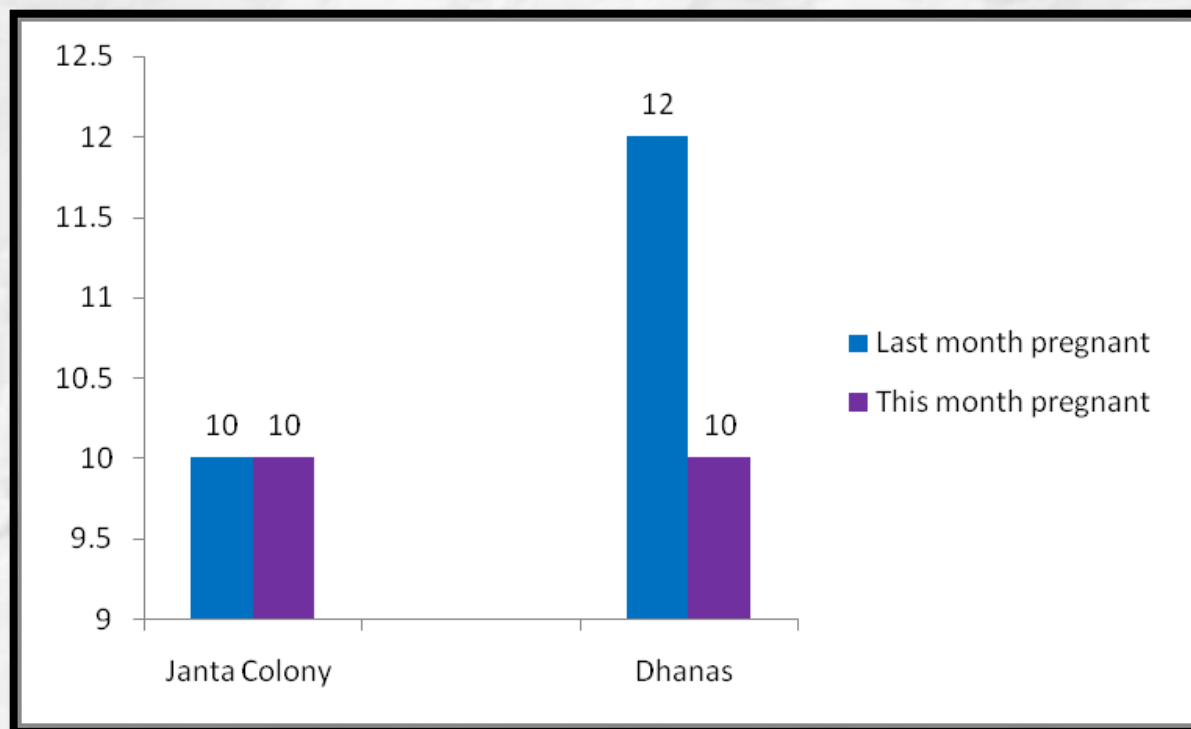


## Statistics Of Pregnant Mothers And Newborns

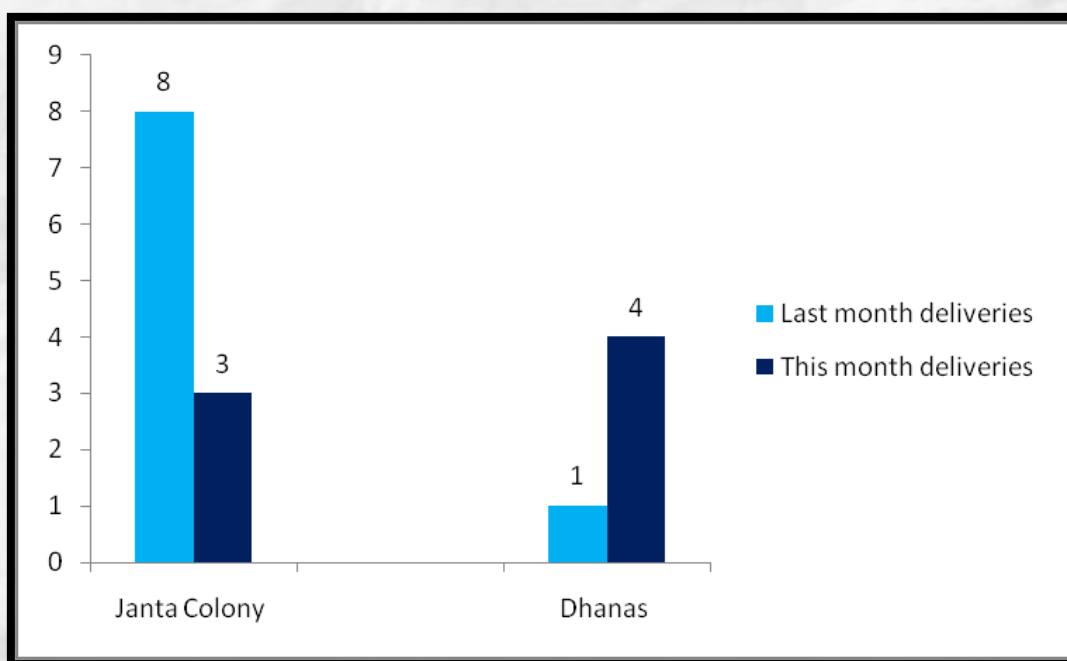
	<b><u>JANTA COLONY</u></b>	<b><u>DHANAS VILLAGE</u></b>
Number of women pregnant last month	10	12
Number of deliveries	3	4
Births	Male:2 Female:1	Male: 2 Female:2
Mothers who left the Colony	1	0
Infant death	0	2
Miscarriages	0	0
Abortions	0	0
Newly Pregnant	1	2
Trimester	1 <sup>st</sup> trimester: 1 2 <sup>nd</sup> trimester: 4 3 <sup>rd</sup> trimester: 5	1 <sup>st</sup> trimester: 0 2 <sup>nd</sup> trimester: 2 3 <sup>rd</sup> trimester: 8
Number of Pregnant women this month	10	10



## 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
Rajender	57	Male	Seizures (due to head injury)	Lata Chandel
Abhinash	27	Male	Alcoholism	Sunita
Jaikiran	67	Male	Pulmonary T.B.	Sushma
Giri Raj	70	Male	Multiple organ failure (due to diabetes)	Kajal
Malti Devi	50	Female	Diabetes	Kajal
Sharvi	4	Female	Dengue fever	Dimple

## Death Details In Dhanas

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Pooja's baby	2 months	Male	Asphyxia	Dimple
Kanchan's baby	1 day	Female	Birth asphyxia	Lata Chandel



# TAILORING PROGRAM

This month, tailoring teacher Jaspreet Kaur conducted the following classes:

- In the first week, she taught the students how to create a simple stitch frock.
- In the second week, she instructed them how to stitch an A-line shirt frock, and the students completed the drafting for both styles.
- In the third week, she taught them how to stitch a suit, and the students drafted sample pieces.
- In the fourth week, the students worked on drafting salwar.
- Finally, in the last week, the tailoring teacher administered a test for her students.



# COMPUTER TRAINING PROGRAM :

This month, the computer teacher covered the following topics in class:

- Conducted a practical test on Microsoft Word, Excel shortcuts, PowerPoint presentations, and Paint.
- Introduced new students to MS Excel and its formulas.
- Held final exams on both theory and practical applications for older students who completed six months of the basic course.
- Instructed students on how to use hyperlinks and shapes in MS Word.
- Guided students in designing electricity bills using MS Excel formulas.





# SCHOOL WITH A DIFFERENCE

## Swad Students Progress Report:

- Class - Prenursery
- Class teacher - Mrs. Preeti
- Name of the student - Aadvik



Aadvik joined SWAD school in August, and at first, he struggled to connect with his classmates. His behaviour reflected his need for attention, as he would pick up tiffins and notebooks and throw them around, hoping to engage the teacher. Understanding that he might have been seeking support, the class teacher responded with kindness, giving him extra attention and care. By encouraging him to take part in different activities, she created an environment where he could thrive. Over time, this compassionate approach helped Aadvik improve his behaviour, and he began to blossom into a more obedient and engaged member of the class.

- Class - Nursery
- Class teacher - Mrs. Geeta
- Name of the student - Vansh



Initially, Vansh was a very quiet and shy student who rarely talked to his classmates. He faced significant difficulties in learning and participating in oral classwork. However, his teacher provided him with extra care and encouragement by engaging him in various activities such as storytelling and poetry. This support greatly improved his academic performance, boosted his confidence, and helped him overcome his shyness.



- Class - L.K.G
- Class teacher - Mrs. Lata
- Name of the student - Aarav

Aarav faced challenges as a slow learner, often taking extra time to complete his classwork and oral assignments. As a result, his academic performance and confidence were low. However, his class teacher, Lata, paid special attention to him and encouraged him to recite rhymes and poems in front of the class every day. This practice helped him build confidence and ultimately improved his academic marks.



- Class - U.K.G
- Class teacher - Mrs. Saroj
- Name of the student - Ayan

In November, Ayan displayed exceptionally outstanding behaviour in all subjects. He consistently excelled at reciting poems and rhymes during the morning assembly. However, his main challenge was his irregular attendance; he took many leaves, which hindered his ability to complete classwork and homework. Saroj Ma'am counselled his parents, encouraging and motivating them to help Ayan attend school regularly, ensuring he could keep up with his studies and maintain his academic performance.



- Class - Alambana
- Class teacher - Miss. Antima
- Name of the student - Mehak

Mehak is an adorable and obedient child, but she struggles with her reading and writing skills. Her class teacher, Antima, provided her with various activities to help improve these skills. She encouraged Mehak to enhance her reading and writing abilities through methods like flashcards and picture reading. These activities significantly helped improve Mehak's academic performance and built her confidence in the classroom.





## Activities Of Swad School For This Month:

This month, children eagerly prepared for the upcoming drawing, poetry, and storytelling competitions scheduled for December. They immersed themselves in creativity, producing stunning drawings that depicted lush landscapes, vibrant rainbows, playful fish, and other delightful subjects. Each piece was brought to life with an array of bright colours, showcasing their imagination and talent as they worked diligently on their artistic expressions





CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	<b>AYANSH</b> 	<b>PARAM VEER</b> 	<b>RAUNAK</b> 	<b>KAVYANSH</b> 
NURSERY	<b>NAKSH</b> 	<b>RITIK</b> 	<b>VIHAAN</b> 	<b>VIRAAT</b> 
L.K.G	<b>HIMANK</b> 	<b>HIMANSHI</b> 	<b>NITYA</b> 	<b>SHIVAY</b> 
U.K.G	<b>VANIYA</b> 	<b>VANSH</b> 	<b>SHIVANGI</b> 	<b>ASHISH</b> 
ALAMBANA	<b>ARYAN</b> 	<b>VICKY</b> 	<b>KAASHVI</b> 	<b>SANWALI</b> 



# DIR INDIA HIGHLIGHTS OF THE MONTH

- Tailoring items exhibition was held in Government school, sector 37B, Chandigarh.



## CONTACT INFORMATION

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

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