

2025

# August Monthly Report



Prepared by  
DIR Staff



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# Developing Indigenous Resources-INDIA



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# **CEO'S REPORT**

**The year of Independence, 15th August 1947. The year 2025 marked the 75th anniversary of the nation's Independence Day celebration. The Prime Minister has announced multiple new projects, and among them was one that granted permission for girls' admissions to all Sainik Schools in India, thereby enforcing women's empowerment programs in the country.**

**DIR India too believes in women's empowerment, especially those belonging to underprivileged communities.**

**We started another vertical study and growth on Spirituality since March 2025 under the guidance of the Preceptors of Sahaj Marg, Heartfulness. Ms.Neera Singh, along with her team, came to DIR India office and gave individual sittings to the majority of the staff, which helped them to a great extent a mental peace and a cool attitude.**

**Once a week, we have a regular practice of direct sitting in front of the Perceptor. This has generated a cool, calm, and peaceful environment amongst the staff of the organization.**



**Lalti and Nand Lal reside at Janta colony in house no. 1400. Lalti is 30 years old, whereas her husband Nand Lal is 35 years old. This family initially belongs to Pratapgarh, U.P. They have been living in Janta Colony on rent for the last 12 years. Lalti's husband Nand Lal, is working in a courier company and earning Rs 8000/- per month . They have two daughters, Anshika and Vartika. Anshika is the eldest; she was born in a Primary Health centre closer to their village. It was a normal delivery. Anshika is 10 years old. She is studying in the 4th class in Government Model School, Sector 12, in Chandigarh.**

**The younger daughter, Vartika, is 3 years of age. She was born in a Government Hospital in Sector 16, Chandigarh. It was a normal delivery. At present her weight is 10kg, which is low as per the growth chart designed by the WHO for Indian children. Her weight is 3 Kg less than the desired weight. As per the growth chart a child of 3 years of age should have a weight of age considered as underweight according to her age for weight and falls in 'Red Category'.**



**Moreover, they are living in a single room and paying a rent of Rs 1900 per month. Examining the family's financial conditions, DIR has adopted Vartika under the NIPP feeding Programme from September 2025 as the family is not earning as much to fulfill their basic needs.**

## **MEDICAL TRAINING**

**August marks the height of the monsoon season, drenching the land with heavy rains and nurturing life. In academics, the lymphatic system was covered by our CEO Dr. Asha Katoch , often overlooked among the 11 body systems in the medical field. It is considered part of both the circulatory and immune systems. The lymphatic system functions as:**

- Maintains fluid balance and prevents tissue swelling.**
- Absorbs dietary fats and transports them to the bloodstream.**
- Supports immune function**
- Removes cellular waste and debris from the body**
- Acts as a defence mechanism by producing B-lymphocytes and T-lymphocytes.**
- Additionally, Community meetings were conducted on Chikungunya and hypothyroidism.**



## **NUTRITION TRAINING**

**August marks the peak of the monsoon season, characterised by high humidity and frequent rainfall. During this time, digestion tends to slow down, and water intake often decreases, leading to potential dehydration and digestive discomfort. Therefore, the nutritional focus this month was on maintaining hydration, supporting digestion, and incorporating seasonal fruits and vegetables to combat the heat and humidity**

**As part of ongoing capacity building, a nutrition training session was conducted in August, focusing on two critical areas:**

- **Dietary Management in Thyroid Disorders**
- **Understanding and Managing Electrolyte Imbalance**



# **NUTRITIONAL DEMONSTRATION**

## **Name of the Recipe: Corn Palak Salad**

Salads are often a healthy part of a meal, providing vitamins, minerals, and other nutrients. They can be served as an appetizer, a side dish, or a main course. This month, corn palak salad was prepared in a nutritional demonstration. The ingredients used were steamed corn, soaked and boiled soya nuggets, sprouted Bengal gram, peanuts, sesame seed, Bangali palak (vine spinach), carrot, onion, tomato and to make it more edible and tempting, coriander leaves and lemon juice were added.

**Nutritional value per serving (Approx.) - 100g**

**Energy - 42Kcal**

**Protein - 6.1g**



# **ATTENDANCE REPORT OF CHILDREN UNDER THE NIPP PROGRAM ADOPTED BY DONORS**

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
4	3	1	0

- The progress report of the sponsored children, which includes the health status of the adopted child, is sent to each donor every month.
- A total of 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 of NIPP in the month of August was 30, including Alambana children, pregnant and lactating mothers.

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

- 1 Child gained weight.
- 5 children showed no change in weight, and 2 children lost weight due to seasonal illnesses like cough and cold.



# **TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS**

	<b><u>JANTA COLONY</u></b>	<b><u>DHANAS</u></b>
Total Population	9479	9722
Total Males	4869	5286
Total Females	4610	4436
Total no. of children	525	543



# **STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY**

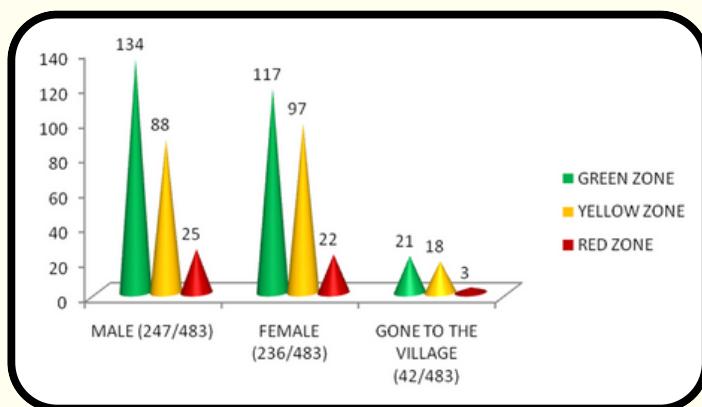
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN	134	117	251	21
YELLOW	88	97	185	18
RED	25	22	47	3

# **STATISTICS OF THE MEDICAL PROJECT IN DHANAS**

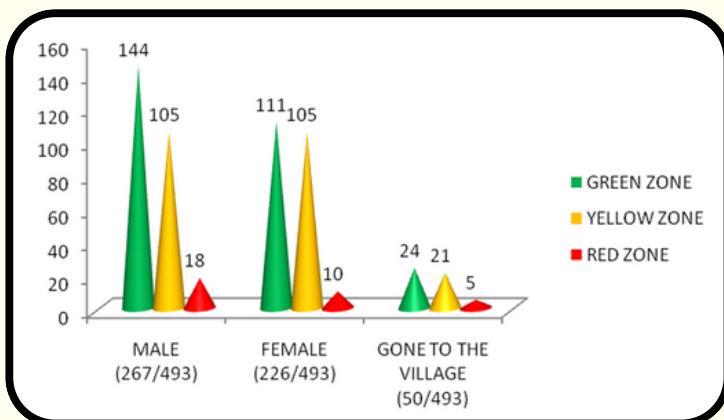
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN	144	111	255	24
YELLOW	105	105	210	21
RED	18	10	28	5

**NOTE-Similar to July, August also witnessed a rise in Yellow Zone cases, primarily due to intense monsoon rainfall, leading to widespread flooding and contamination of drinking water sources. This has further increased the prevalence of water borne illnesses such as typhoid and diarrhoea, along with water-borne diseases like dengue malaria, and skin infections like fungal infections and bacterial skin conditions.**

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



## Total number of children weighed in Dhanas in the categories of Red, Yellow and Green Zone



	JANTA COLONY	DHANAS
Total number of children last month	526	544
Children permanently left	1	6
Total Deliveries	6	4
Children aged 5 years	8	12
New families moved into the area on rent with children under five	10	13

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

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	6	1.1	2	0.4
13-24	5	0.9	9	1.6
25-35	10	1.9	5	0.9
36-48	15	2.9	6	1.1
49-60	11	2.1	6	1.1
<b>Total Red Zone children</b>	<b>50</b>	<b>9.5</b>	<b>33</b>	<b>6</b>
<b>Red zone children (weighed)</b>	<b>47</b>	<b>8.9</b>	<b>28</b>	<b>5.1</b>
<b>Children not weighed (gone to the village)</b>	<b>3</b>	<b>0.6</b>	<b>5</b>	<b>0.9</b>

# DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P.'s Name	Total Children	Red Zone	Weighted	Gone To Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Months
Banita	41	2	2	0	0	2	0	0	0	0	2
Dimple	56	6	4	2	2	0	2	0	0	2	4
Lata Gosain	50	6	6	0	0	4	2	0	0	3	3
Meena kshi	44	3	3	0	2	0	1	0	0	2	1
Kajal	42	7	6	1	1	0	4	0	0	3	3
Pooja	45	8	8	0	2	2	3	0	0	6	1
Lata Chand el	41	2	2	0	0	1	1	0	0	0	2
Sushma	38	4	4	0	1	1	1	0	0	1	2
Sunita	49	1	1	0	0	0	1	0	0	0	1
Veena	34	2	2	0	1	0	1	0	0	0	2
Sanjana	44	7	7	0	2	1	4	0	0	2	5
Meena	41	2	2	0	0	0	2	0	0	0	2

# **DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS**

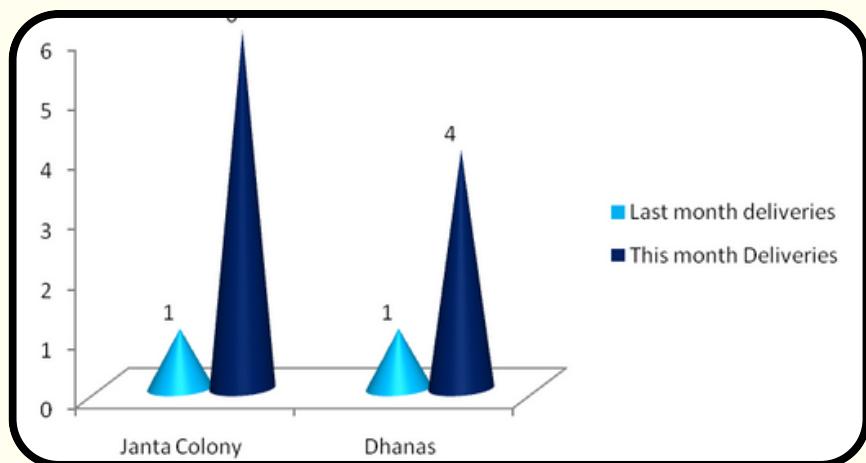
H.P.'s Name	Total Children	Red Zone	Weighted	Gone To Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Rigid Families	Floating Population	<6Months
Banita	53	6	4	2	1	2	1	0	0	2	4
Dimple	50	4	2	2	1	0	1	0	0	0	3
Lata Gosain	41	2	1	1	0	1	0	0	0	0	2
Meenakshi	38	1	1	0	0	0	1	0	0	0	1
Kajal	44	3	3	0	2	1	0	0	0	0	3
Pooja	44	3	3	0	1	1	1	0	0	0	3
Lata Chandel	51	3	3	0	0	0	3	0	0	0	3
Sushma	41	2	2	0	0	0	2	0	0	0	2
Sunita	45	2	2	0	0	0	2	0	1	0	1
Veena	53	2	2	0	1	0	1	0	0	0	2
Sanjana	51	4	4	0	4	0	0	0	0	0	4
Meena	32	1	1	0	1	0	0	0	0	0	1



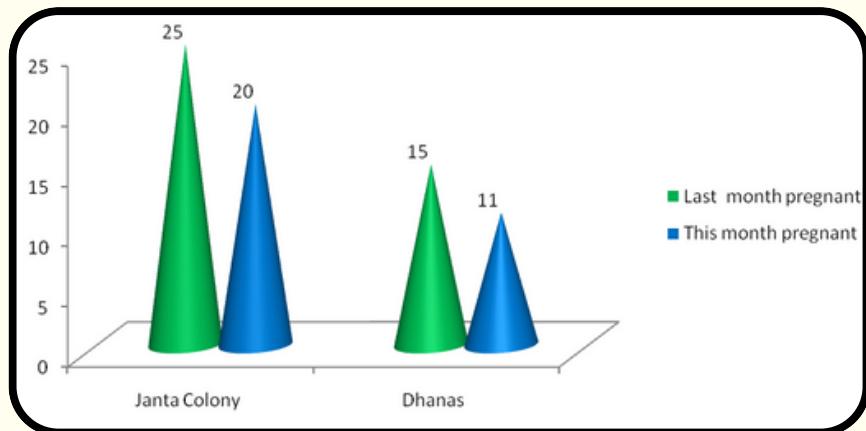
# **STATISTICS OF PREGNANT MOTHERS AND NEWBORN**

	<b>JANTA COLONY</b>	<b>DHANAS VILLAGE</b>
<b>The number of pregnant women last month</b>	<b>20</b>	<b>11</b>
<b>Number of deliveries</b>	<b>6</b>	<b>4</b>
<b>Births</b>	<b>Male:1 Female:5</b>	<b>Male: 4 Female: 0</b>
<b>Mothers who left the Colony</b>	<b>1</b>	<b>0</b>
<b>Infant death</b>	<b>0</b>	<b>0</b>
<b>Miscarriages</b>	<b>0</b>	<b>0</b>
<b>Abortions</b>	<b>0</b>	<b>0</b>
<b>Newly Pregnant</b>	<b>2</b>	<b>4</b>
<b>Trimester</b>	<b>1st trimester: 1 2nd trimester: 7 3rd trimester: 7</b>	<b>1st trimester: 1 2nd trimester: 7 3rd trimester: 7</b>
<b>Number of Pregnant women this month</b>	<b>15</b>	<b>12</b>

## **Total number of Deliveries in Janta Colony and Dhanas**



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



# EDUCATION PROGRAM:

## SWAD SCHOOL PROGRESS REPORT:

### ● Class - Pre-Nursery

**● Class teacher- Mrs Preeti Uniyal**-Trisha is a smart and talkative girl in the pre-nursery class. Previously, she would wander around the classroom instead of sitting with her peers and showed little interest in the activities. To boost her engagement, the class teacher began involving her in various activities, including the use of flashcards, coloring, and drawing. As a result of these efforts, Trisha now stays in the classroom and actively participates in all the activities.



### ● Class - Nursery

**● Class teacher- Mrs Geeta Saini** -Ayushi is a Nursery class student who is very shy by nature. She rarely speaks during class and usually sits quietly. Whenever the teacher questions her, she tends to look down and remain silent. Noticing this, the class teacher encouraged her to practice reciting poems in front of her peers and supported her. As a result, Ayushi began reciting poems and gradually became more confident. Thanks to her teacher's initiative, she now engages in conversations with her classmates.



### ● Class - L.K.G

**● Class teacher - Mrs Lata**-Naksh is a student in L.K.G. When he first joined the school, he was quite naughty and often struggled to sit still in class. Additionally, he lacked focus on his studies and frequently disturbed his classmates while they were learning. The class teacher noticed his behaviour and sought to help him improve by encouraging him. She told him that he possesses good qualities, and by practising good manners and listening attentively to the teacher, he could grow into a better student. With the support of his teacher, Naksh has shown significant improvement. He has begun to change his behaviour by sitting properly in class, helping his friends, and reciting poems very well.



## ● Class - U.K.G

**●Class teacher - Mrs Saroj-** Gourish is a U.K.G. student. At first glance, he appears very quiet and innocent, but in reality, he can be a little naughty. Initially, he took a long time to write and learn his work, and he never recited his poems. However, his class teacher encouraged him to write a page daily in his notebook at home and to use visual aids like charts, diagrams, and pictures to enhance his learning. Thanks to his teacher's support and guidance, Gourish has made significant progress in both learning and writing. He now even recites poems during the morning assembly, showing increased confidence.



## ● Class - Alambana

**●Class teacher - Miss Antima** - Anshika is a student in the Alambana class. She is an energetic and enthusiastic girl who learns poems quickly. However, at the beginning, she struggled with her written work and found it difficult to properly form letters and the alphabet in her notebook. Observing this, her class teacher decided to give Anshika special attention to improve her writing skills. She provided her with a tracing notebook for classwork to help her understand the correct formation of letters. Additionally, the teacher assigned her a lot of homework for writing practice. With regular guidance and support from her teacher, Anshika gradually improved her pencil control and began writing letters neatly and clearly.



# **ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH**

**Rakhi Activity**-A special Rakhi colouring activity was held, where young children coloured beautiful rakhi designs with great excitement.



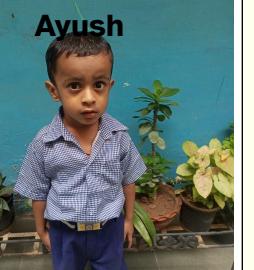
On 14th August 2025, our school joyfully celebrated Independence Day and Janmashtami. Students recited patriotic poems and performed dances on patriotic songs and devotional hymns.



Laddus and lollipops were distributed to all students and staff, adding sweetness to the celebration.



The thumb painting activity was performed by the students, showcasing their creativity and enthusiasm.

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	 Anshika	 Rishi	 Trisha	 Ayush
NURSERY	 Kirti	 Anvi	 Adhya	 Garima
L.K.G	 Navya	 Paramveer	 Ritik	 Riyansh
U.K.G	 Sahejpreet	 Daksh	 Satnam	 Sara
ALAMBANA	 Mahi	 Sanwali	 Ansh	 Mahi

# **DIR INDIA HIGHLIGHTS OF THE MONTH**

**Independence Day and Krishna Janamashtmi was celebrated whole heartedly by DIR India SWAD school and Medical team.**



**Perceptor Neera Raghuvanshi along with others visited the organisation and interacted with school children and staff.**



# **CONTACT INFORMATION**

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# Thank You

