



# Developing Indigenous Resources India



## MONTHLY REPORT SEPTEMBER 2025



### INSTAGRAM

<https://www.instagram.com/DIR>

### FACEBOOK

<https://www.facebook.com/dir>

### TWITTER

[twitter.com/@dirdotngo](https://twitter.com/@dirdotngo)

### YOUTUBE

[https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7\\_kQPg](https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg)

### WEBSITE

[www.dir.ngo](http://www.dir.ngo)



# INDEX

<b>S.NO</b>	<b>TITLE</b>
1	CEO REPORT
2	MEDICAL TRAINING
3	NUTRITION TRAINING
4	NUTRITION IMPROVEMENT PRIORITY PROGRAM
5	STATISTICS OF CHILDREN UNDER THE NIPP PROGRAM
6	STATISTICS OF MEDICAL PROJECT
7	STATISTICS OF THE RED ZONE CHILDREN
8	STATISTICS OF PREGNANT MOTHERS AND NEWBORNS
9	EDUCATIONAL PROGRAMS
10	DIR-INDIA SEPTEMBER HIGHLIGHTS
11	OUR TEAM AND CONTACT INFORMATION

## CEO'S REPORT



DIR is blessed as local Donors associated with the organization keep distributing groceries , utensils ,clothes or stationary to the children and the families on any special day like birthdays, festivals, or social causes. This month Dr Shailja distributed groceries to 10 needy women from extremely poor families on the birthday of her Father in law and her Husband.

A National celebrity, a beauty Pageant Jasmine Rana donated Steel Tiffin Boxes Pencil colours to all school children.

Ms Meenu Parashar , running an NGO Cubs Club for underprivileged PrimarySchool children donated Books and Stationary.

SWAD School held the Parents Teachers meet after the first quaterly Examination. Students from each class who came first,second and third in different categories like Punctuality,Discipline, Academics and Healthy Tiffin were rewarded with a prize. For Healthy tiffin the prize is given to the Mother of the child.



Dr Shailja distributed groceries to needy women from extremely poor families.



Ms. Jasmine Rana



Ms Meenu Parashar



Dr. Asha Katoch (CEO)

## SILENT STRUGGLES



**Ms. Lata Gosain**  
Senior Health Promoter  
(Incharge of the health status of this family)

Ram Kumar and Shashi, originally from Uttar Pradesh, have been residing in Janta Colony, Nayagaon, for the past four years. They got married five years ago and are blessed with two children. Their eldest child, Prince, is 4 years old while the younger one is 11 months old. The family is currently residing in a rented accommodation that consists of only a single room with an attached kitchen. The monthly rent is ₹2,000, excluding electricity, which adds to their overall expenses. The limited space and basic facilities make daily living difficult, especially for a family with children.

Ram Kumar, the primary breadwinner, is employed with a cloth merchant. The merchant has a shop in Sector 8, Chandigarh. Ram earns a monthly income of ₹9,000 ( \$100 ), an amount that is extremely low given the high cost of living in the present time. This amount is quite low and barely covers the family's essential needs such as food, rent, and other day-to-day requirements. Due to these financial challenges, the family often struggles to maintain an adequate standard of living.



## MEDICAL TRAINING

September marked the end of the monsoon season, bringing stable weather and ongoing surveillance for post-monsoon disease trends.

- In academics, our CEO, Dr Asha Katoch, explained the reproductive system which includes ovaries, fallopian tubes, uterus, and vagina and also explained the menstrual cycle in detail.
- The role of the hypothalamus and hormones in controlling the menstrual cycle was discussed.
- The typical menarche (onset of menstruation) and menopause (end of menstruation) ages were discussed.
- A graphical representation was presented to demonstrate the periodic hormonal changes.
- The significance of the menstrual cycle in pregnancy, including egg release and uterine readiness, was highlighted.
- The importance of menstrual hygiene and awareness was emphasised.
- A class test was conducted on the above topic.



Medical Training was conducted by Dr. Asha Katoch (CEO)

## NUTRITION TRAINING

September marks the transition from summer to autumn, making it an ideal time to shift dietary habits. As the weather begins to cool, it's beneficial to move away from light, raw summer foods and start incorporating more warming, hydrating vegetables along with fibre-rich whole grains. Focusing on seasonal produce during this time can support digestion, strengthen immunity and provide essential nutrients to help the body adjust to the changing climate.

In line with this seasonal shift, nutrition training was conducted in September on dietary management for Thyroid Disorders and Hypertension, highlighting the importance of tailored



Nutrition Training was conducted by Ms. Satyabhama & Ms. Swati

## NUTRITIONAL DEMONSTRATION

Belpuri is a popular savory snack and a well-known type of chaat. A healthy chaat typically includes a variety of vegetables, legumes, and whole grains that provide essential vitamins, minerals, and dietary fiber. In our nutritional demonstration, bhel puri chaat was prepared using ingredients such as puffed rice, roasted Bengal gram, roasted chana dal, and dry-roasted groundnuts. Freshly chopped tomatoes and onions were added to enhance both nutrition and texture. To make the dish more flavorful and appetizing, finely chopped green chilies and a dash of lemon juice were incorporated. The mixture was seasoned with chaat masala and garnished with a topping of crisp sev and fresh coriander leaves, resulting in a colourful, tangy, and nutritious snack.

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

- Energy - 40Kcal
- Protein - 8.5g



Name of the Recipe:  
Nutritious Bhel puri Chaat

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
4	4	0	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 September was 30, including Alambana children, pregnant and lactating mothers.

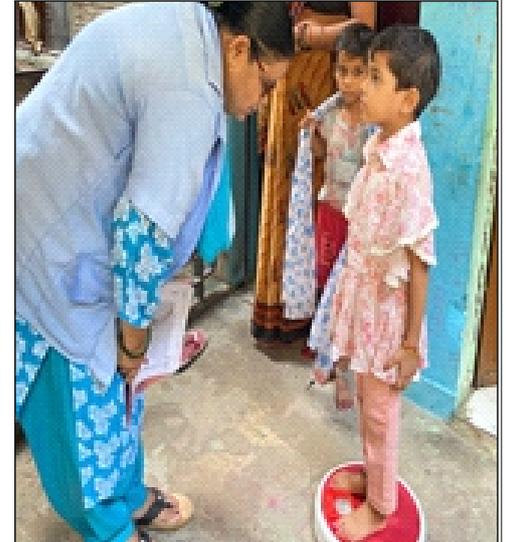
## PROGRESS REPORT UNDER NIPP PROGRAM:

- One child gained weight.
- Five children showed no change in weight, and two children lost weight due to seasonal illnesses like cough and cold.



## TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

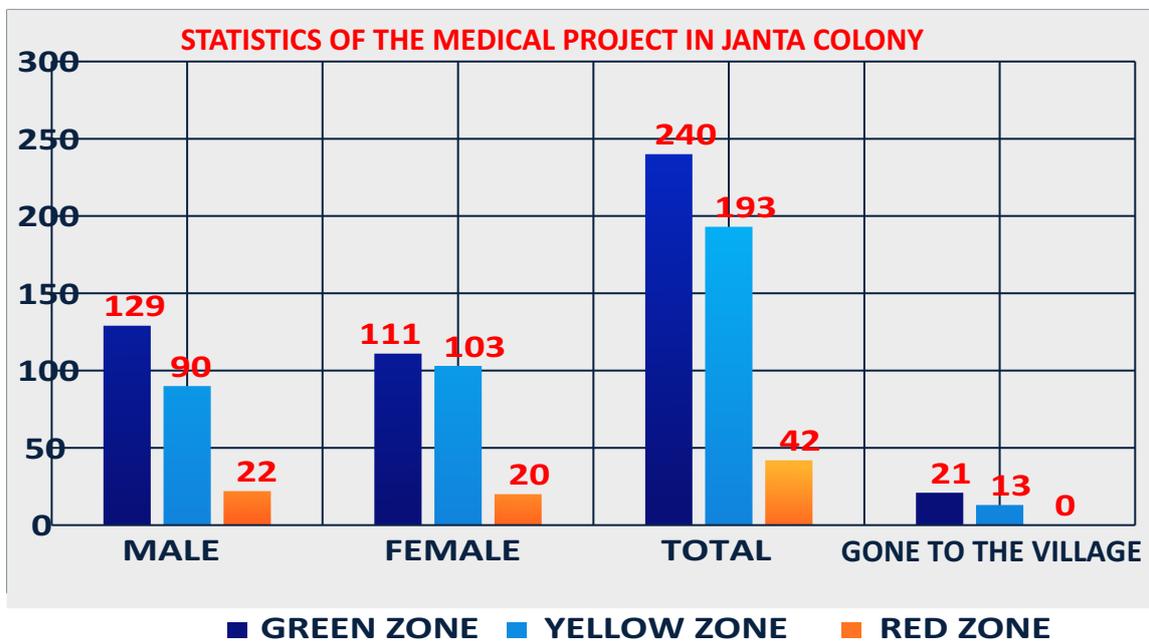
	JANTA COLONY	DHANAS	Total
Total Population	9473	9722	19195
Total Males	4867	5286	10153
Total Females	4606	4436	9042
Total no. of children	509	537	1046



### STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	129	111	240	21
YELLOW ZONE	90	103	193	13
RED ZONE	22	20	42	0

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



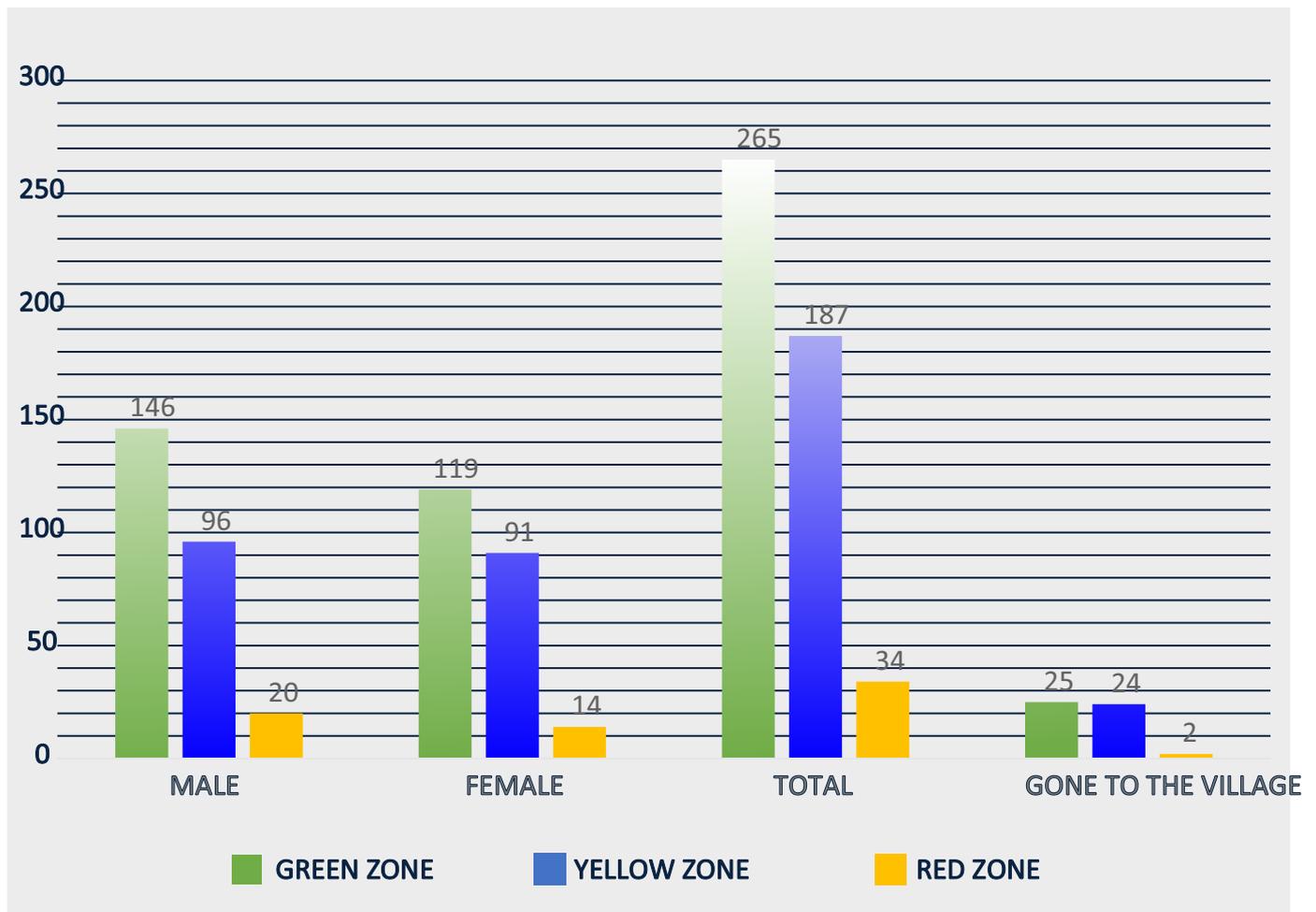


## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	146	119	265	25
YELLOW ZONE	96	91	187	24
RED ZONE	20	14	34	02

**NOTE-** Compared to previous months, there has been a slight decline in yellow zone cases, which is a positive update following the flood situation.

## STATISTICS OF THE MEDICAL PROJECT IN DHANAS



## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

	JANTA COLONY	DHANAS	TOTAL
Total number of children last month	525	543	1068
Children permanently left	10	08	18
Total Deliveries	03	01	4
Children aged 5 years age	19	14	33
New families moved into the area on rent	10	15	25



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

Age (Months)	Janta Colony		Dhanas	
	Children	%Age	Children	%Age
0-12	7	1.3	1	0.2
13-24	4	0.8	10	1.9
25-35	9	1.8	6	1.1
36-48	11	2.2	8	1.5



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

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
49-60	11	2.2	09	1.6
Total Red Zone Children	42	8.3	36	6.7
Red Zone Children (Weighed)	42	8.3	34	6.3
Children not Weighed (gone to the Village)	0	0	0.2	0.4

## 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 Mont
Banita	40	1	1	0	1	0	0	0	0	0	0
Dimple	51	6	6	0	2	1	3	0	0	2	0
Lata Gosain	48	6	6	0	3	0	3	0	0	4	0
Meenakshi	43	1	1	0	0	0	1	0	0	1	0
Kajal	39	6	6	0	3	0	3	0	0	3	2
Pooja	41	4	4	0	3	0	1	0	0	3	0
Lata Chandel	41	2	2	0	1	0	1	0	0	0	0
Sushma	39	4	4	0	1	0	3	0	0	1	1
Sunita	36	1	1	0	1	0	0	0	0	0	0
Veena	34	3	3	0	1	0	1	0	0	1	0
Sanjana	43	6	6	0	2	0	4	0	0	0	0
Meena	44	2	2	0	0	0	2	0	0	0	0



## 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	Working Mothers	Floating Population	< 6 Mont
Banita	52	7	7	0	1	2	4	0	0	3	0
Dimple	46	5	4	1	1	0	3	0	0	0	1
Lata Gosain	42	4	4	0	1	2	1	0	1	0	0
Meenakshi	39	1	1	0	1	0	0	0	0	0	0
Kajal	43	3	3	0	0	0	3	0	0	0	0
Pooja	46	4	4	0	2	0	2	0	0	0	0
Lata Chandel	51	3	3	0	0	1	2	0	0	0	0
Sushma	43	1	1	0	1	0	0	0	0	0	0
Sunita	40	1	1	0	1	0	0	0	1	0	0
Veena	54	2	2	0	1	0	1	0	0	0	0
Sanjana	49	4	3	1	2	0	1	0	0	0	0
Meena	32	1	1	0	0	0	1	0	0	0	0

## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

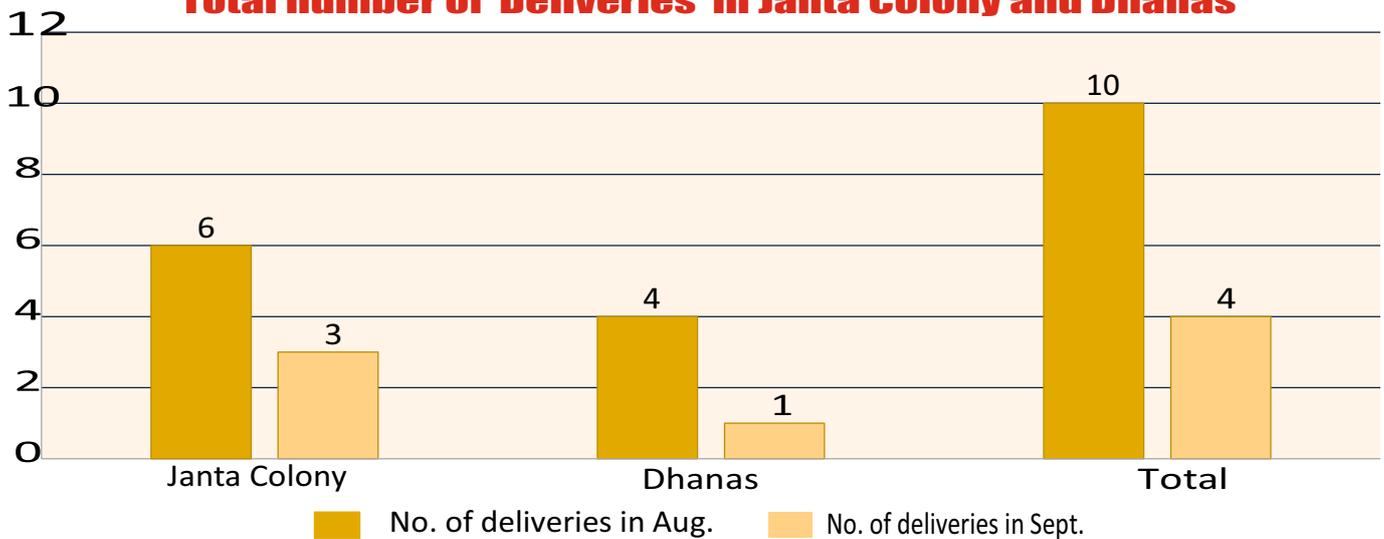
	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	15	12	25
Number of deliveries	3	1	4
Births	Male:1 Female:2	Male: 0 Female: 1	1 3



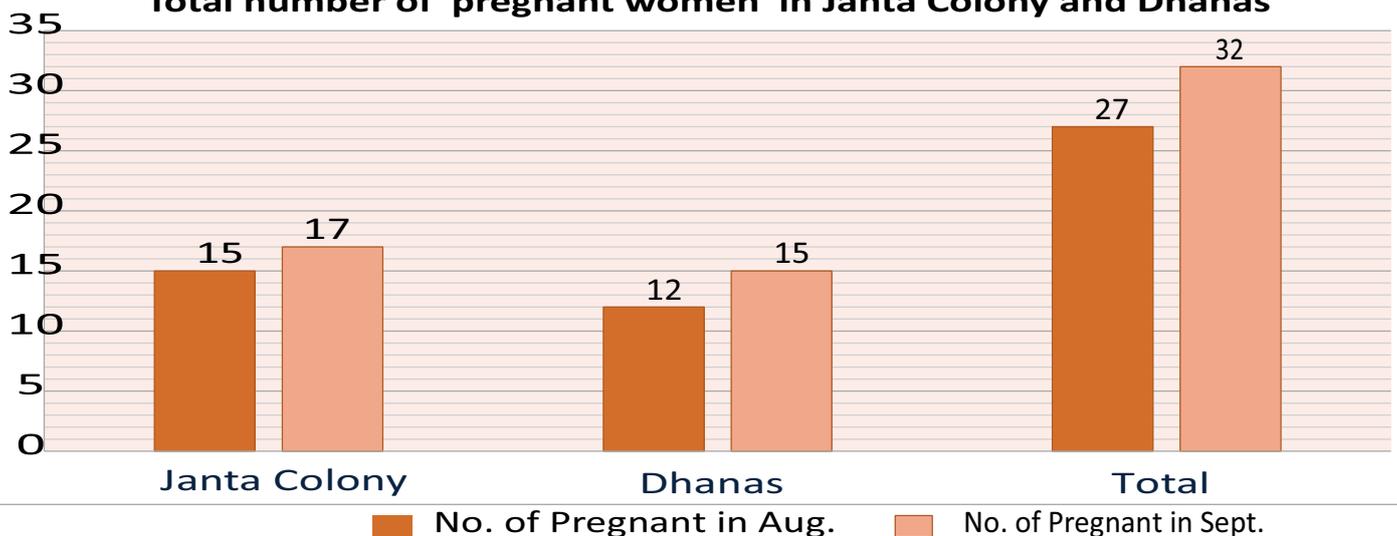
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

Mothers who left the Colony	0	0	0
Infant death	1	0	1
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	4	4	8
Trimester	1st Trimester: 01 2nd Trimester: 04	1st Trimester: 00 2nd Trimester: 06	1 10
Number of Pregnant women this	17	15	32

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



### Total number of pregnant women 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
Arti's baby	3 days	Male	Hole in the heart (Septal Defect)	Pooja
Saroj	60 years	Female	Septicemia	Sushma
Vipin	44 years	Male	Cardiac Arrest	Sushma
Kalawati	105 years	Female	Natural Death	Sanjana

## EDUCATION PROGRAM:



Ayansh  
Class - Pre-Nursery

### SWAD SCHOOL PROGRESS REPORT:

Ayansh is a student of the pre-nursery class. He was mischievous and aggressive towards other children. He was restless and often wandered around, sometimes even running out of the class. Sitting on his seat was like a punishment for him. He was not interested in studies or any class activities. The class teacher gave personal attention and made special efforts to divert his attention by engaging him in various activities. With the consistent efforts and guidance of the class teacher, Ayansh's behaviour improved remarkably, and he secured 3rd position in the class.

Class teacher- Mrs Preeti Uniyal



Akriti  
Class - Nursery

### SWAD SCHOOL PROGRESS REPORT:

Akriti, a student of the nursery class, did not show much interest in her studies earlier. However, she had a remarkable performance in her oral work but lagged in her written work. Noticing this, her class teacher provided her with additional practice through extra classwork and homework, encouraging her to focus on writing regularly. With continuous practice, Akriti gradually gained confidence, improved her writing skills, sentence formation, and overall writing expression. She performed exceptionally well in her September exams.

Class teacher- Mrs Geeta Saini

## EDUCATION PROGRAM:



Runak  
Class - L.K.G

### SWAD SCHOOL PROGRESS REPORT:

Runak, a student of the LKG class, showed a lot of improvement in academics. At the beginning of the session, he was quite hesitant and shy in nature. Looking into his activities and poor performance he required personal attention to adjust in the class environment. The class teacher started various activities such as storytelling, reciting rhymes and play-based learning, which helped him to become more confident. As a result of his hard work and the teacher's guidance, Runak performed well and secured 91% marks in the September examination.

Class teacher- Mrs Lata



Ansh  
Class - U.K.G

### SWAD SCHOOL PROGRESS REPORT:

Ansh, a UKG student, has shown remarkable improvement in all subjects. He delivered an outstanding performance, scoring 96% and came 1st in his class. Ansh continues to make steady progress in both his oral and written work, showing confidence and clarity of understanding. His behaviour and participation in class are now excellent. With the dedicated support and guidance of his class teacher, Ansh has made great progress and continues to do very well in all aspects of learning.

Class teacher- Mrs Saroj



Sawali  
Class - Alambana

Sawali, a student of the Alambana class, is a slow learner who has shown noticeable improvement over the period. The class teacher has put in great effort to support her in learning by involving her in various group activities such as colouring, storytelling, and reciting rhymes during assembly. These activities helped her to gain confidence and develop an interest in participation in a class. Gradually, Sawali started taking an interest in reading and writing as well and began to show more enthusiasm toward learning. With regular practice and encouragement from her class teacher, Sanvali secured 94% marks in the September examination, securing 3rd position in her class, which is a wonderful achievement.

Class teacher- Miss Antima

## ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

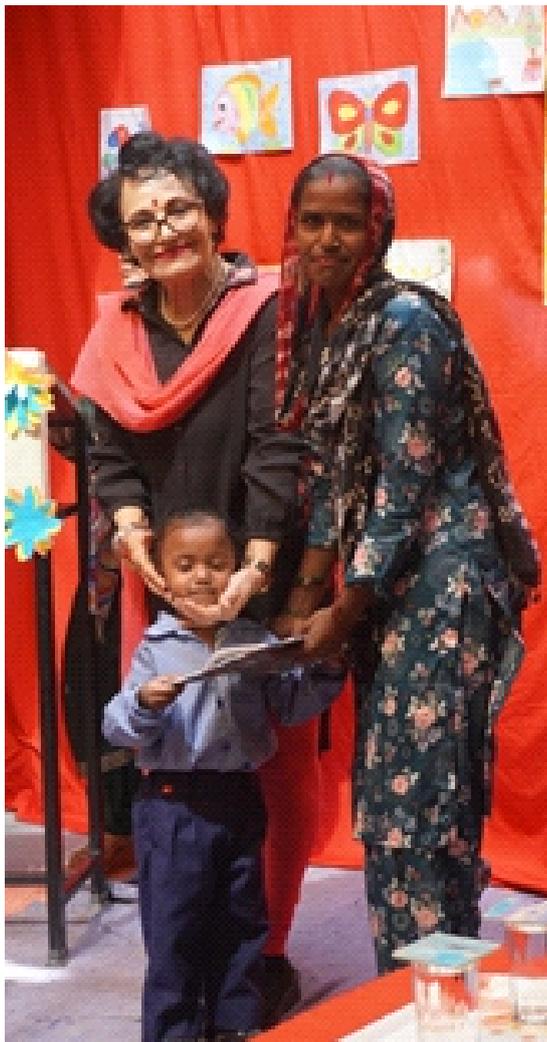
- On the 6th and 20th of September 2025, students colored pictures of fruits and vegetables in their activity class.



Miss Jasmine Rana, the winner of the Miss Globe India Beauty Contest 2025, visited on 9th September 2025 and distributed lunch boxes to the students.



- Examinations were conducted from 8th to 12th September 2025, and the Parent–Teacher Meeting (PTM) was held on 26th September 2025.
- The school declared the First Term Results, and parents visited SWAD School to collect the report cards.
- A Prize Distribution Ceremony was organised to honour the students who secured 1st, 2nd, and 3rd positions, as well as those recognised as the most punctual, best dressed, most disciplined, and having the healthiest tiffin.
- Consolation prizes were also distributed to encourage other participants.



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	<p>ANSHIKA</p>	<p>RISHI</p>	<p>TRISHA</p>	<p>AYUSH</p>
NURSERY	<p>KRITI</p>	<p>ANVI</p>	<p>AYANSH</p>	<p>GARIMA</p>
L.K.G		<p>KUNAL</p>	<p>RITIK</p>	<p>DIVYANSHU</p>
U.K.G	<p>SAHEJPREET</p>	<p>HARSHITA</p>	<p>HIMANSHI</p>	<p>VANSHIKA</p>
ALAMBANA	<p>NIYATI</p>	<p>ANSH</p>	<p>VIRAJ</p>	<p>MAHI</p>

## DIR INDIA HIGHLIGHTS OF THE MONTH

- Dr. Shailja donated grocery items worth 500 rupees to ten underprivileged women in the Janta Colony slum.



- Clothes donated by Ms Meenu were distributed among needy women and children.





## 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	SBIN0018249
MICR CODE	160002091



## CONTACT INFORMATION

**DEVELOPING INDIGENOUS RESOURCES INDIA**  
**DIR-IndiaCENTER:705-C Adarsh Nagar, Nayagaon, SAS Nagar, Mohali**  
**EMAIL:admin@dir.ngo, ceo@dir.ngo**  
**Phone No.0172-5034227**  
**Mobile No.+91-9478866412**