

# MONTHLY REPORT

## DECEMBER 2025

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

STATISTICS OF THE MONTH SEP 2023

PROJECT AREA	WANTA COLONY	DHANAS	SINGHA DEVI	GRAND TOTAL
NO OF HOUSEHOLD	3320	1052	10	4382
POPULATION	14891	4645	65	19601
MALE	7670	2519	30	10219
FEMALE	7221	2126	35	9382
<5 YEAR CHILDREN	995	292	8	1295
GREEN ZONE	477	124	—	601
RED ZONE	394	131	—	525
PREGNANT	124	37	—	161
DELIVERY	44	24	—	68
DEATH	6	3	—	9
DEATH	3	0	—	3
NMPP DETAILS				
CHILDREN	44	20	17	81
PREGNANT	—	—	2	2
LACTATING	—	—	2	2
WOMEN	—	—	3	3



### 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)

# INDEX

S.NO	TITLE
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 DECEMBER HIGHLIGHTS
11	OUR TEAM AND CONTACT INFORMATION

## CEO'S REPORT



Dr. Asha Katoch (CEO)

The month of December is exciting with Christmas celebrations followed by the New Year 2026.

In the beginning of the month, DIR had an interesting function sponsored by an NGO Raksha which is formed by a group of medical doctors from the Radiology and Imaging Department of PGI Hospital and Research Centre in Chandigarh and a few private practitioners based in Panchkula and Mohali. The President of Raksha Dr Kushaljit Singh gave a brief talk and the Coordinator Dr Shweta Goel gave a history of Raksha, an NGO which works for minor girls of underprivileged communities.

The team Raksha distributed woolen shawls for pregnant mothers and woolen caps and socks for all SWAD School children. In addition they donated wall clocks for classrooms and DIR Office, BP Instruments, and weighing Scales for our Medical Project .SWAD School girls gave a beautiful welcoming dance from Chamba, Himachal Pradesh on the arrival

In December, DIR Medical team started Meditation classes under the direct transmission by a Heartfulness Perceptor Neha. These are weekly sessions which are helping the staff and the Medical team in growing towards a matured and balanced personality.

Christmas Celebrations are always exciting for children as Santa Claus gives them gifts and candy. Children dress up in their Sunday best and they all love dancing to different tunes of music. On every Christmas celebration, Christmas cake is donated by Monica Bakery



Christmas celebration at DIR



**The President of Raksha Dr Kushaljit Singh, Coordinator Dr Shweta Goel and their team members Visited DIR**



## DIR Medical team started Meditation classes under the direct transmission by a Heartfulness Preceptor Neha

### IN LOVING MEMORY OF GUNNU



**Ms. Meenakshi**  
Field Coordinator  
(Incharge of the health status of this family)

During our visit to Dhanas, we met a family residing in house no. 894. The family consists of four members. They originally belong to Partapgarh, Uttar Pradesh. The couple, Anurag and Geeta, have two children. Geeta gave birth to their son, Aditya, five years after their marriage. Aditya studies in a private school in Dhanas. His father, Anurag, works in the private sector, while his mother, Geeta, takes care of the house. Two years after Aditya's birth, Geeta gave birth to a daughter on 28 December 2023. During the birth, Geeta experienced complications and her delivery was carried out through a C-section. The baby girl, Gunnu, was diagnosed with a neural tube defect and hydrocephalus. At the time of birth, her head size appeared normal, but as the days passed, her head gradually began to enlarge. The family took Gunnu to PGI Hospital for treatment. Hydrocephalus required her to continue making regular visits to the hospital for check-ups. They provided her with proper care at home. When she developed pneumonia, her parents purchased a nebulizer to support her treatment and maintained strict hygiene and cleanliness. In 2025, Gunnu's health began to deteriorate, and she was admitted to PGI hospital, where she remained for several days. During her stay, feeding was administered through a nasal tube. Her head size increased significantly compared to before, and she was unable to close her eyes due to the enlargement. After this period, the doctors discharged her and advised the parents to continue caring for her at home. At home, Gunnu was fed through a nasal tube. In December 2025, her health deteriorated further, and her parents rushed her to the hospital. Despite all efforts, Gunnu took her last breath there. The family was left in deep grief after her loss. Never think of discriminating between a baby boy and girl, for the family made every effort to keep her happy and never fell short in caring for her. May God grant her eternal peace.



May God grant her eternal peace

## MEDICAL TRAINING

As the final month of the year, December is commonly associated with evaluation, closure, and readiness for the upcoming year. In academics, the excretory system, along with the respiratory, female reproductive, alimentary, lymphatic, and circulatory systems, as well as the human cell, and their interconnection was studied.

[https://www.physio-pedia.com/Physiological\\_Changes\\_in\\_Pregnancy](https://www.physio-pedia.com/Physiological_Changes_in_Pregnancy)

- Our CEO, Dr. Asha Katoch, discussed the effects of pregnancy on the digestive system, including nausea, vomiting, and constipation, as well as its impact on the respiratory system, such as breathlessness. The interconnections and interactions among the various body systems were also elaborated.
- It was explained that estrogen hormone relaxes blood vessels and increases blood volume during pregnancy. Pre-eclampsia and toxemia due to high blood pressure in pregnancy were also discussed.
- Apart from it, the Urinary system was introduced as the main excretory system of the body.
- Urine formation and components of urine such as water, urea, electrolytes were studied.

Medical Training conducted by  
Dr. Asha Katoch (CEO)



## NUTRITION TRAINING

During the month of December, nutrition classes were conducted on dietary management in pregnancy and lactation. Classes were focused on the importance of balanced nutrition for the health of both the mother and the child.

In this class, health promoters learned about the increased nutritional requirements during different stages of pregnancy. Emphasis was placed on adequate intake of energy, protein, iron, calcium, folic acid, and other essential vitamins and minerals. The importance of consuming a balanced diet including cereals, pulses, fruits, vegetables, milk, and animal foods was discussed. Guidance was also provided on foods to avoid common nutritional problems, such as anemia, and the role of proper hydration.

Dietary management in lactation was explained to the health promoters lactating women require additional calories and nutrients to support milk production and maintain their own health. The benefits of exclusive breastfeeding and the role of maternal nutrition in improving the quality of breast milk were also discussed.



A nutrition training programme conducted by Ms. Bhawana



A nutrition training programme conducted by Ms. Satya

## NUTRITIONAL DEMONSTRATION

### Ingredients:

- Rice- 2 katori
- Spinach - 1 bunch (finally chopped)
- Soyanuggets - 50gm (soaked)
- Greenpeas - 1/2cup
- Peanuts - 1/4 cup (dry roasted)
- Onion- 1 small
- Oil/ghee- 15ml
- Spices - cumin seeds, garam masala, salt

**Method:** Soak the rice for half an hour. In a cooker, heat oil or ghee. Add cumin seeds, chopped onion and fry well. Then add the spinach, peas, soy nuggets and mix well. Add the soaked rice, garam masala, salt and water. Cover the cooker with the lid and cook till two whistles. When the cooker cools down, open the lid and serve this with ghee/ chutney as per your choice.

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

- Energy - 40Kcal
- Protein - 8.5g



Name of the Recipe: Nutritious Spinach Rice

## ATTENDANCE REPORT OF CHILDREN UNDER THE NIPP PROGRAM FROM OUR ADOPTED AREAS

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
7	1	6	0



### Children of the project Alambana

- 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:

- The total attendance of NIPP in December was 29, comprising Alambana children, pregnant and lactating mothers and needy women.

## PROGRESS REPORT UNDER NIPP PROGRAM:

- Five children gained weight.
- Two children showed no change in weight due to seasonal illnesses like cough and cold.

## TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9501	9729	19230
TOTAL MALES	4879	5291	10170
TOTAL FEMALES	4622	4438	9060
TOTAL NO. OF CHILDREN	509	525	1034

## STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	137	107	244	28

## STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

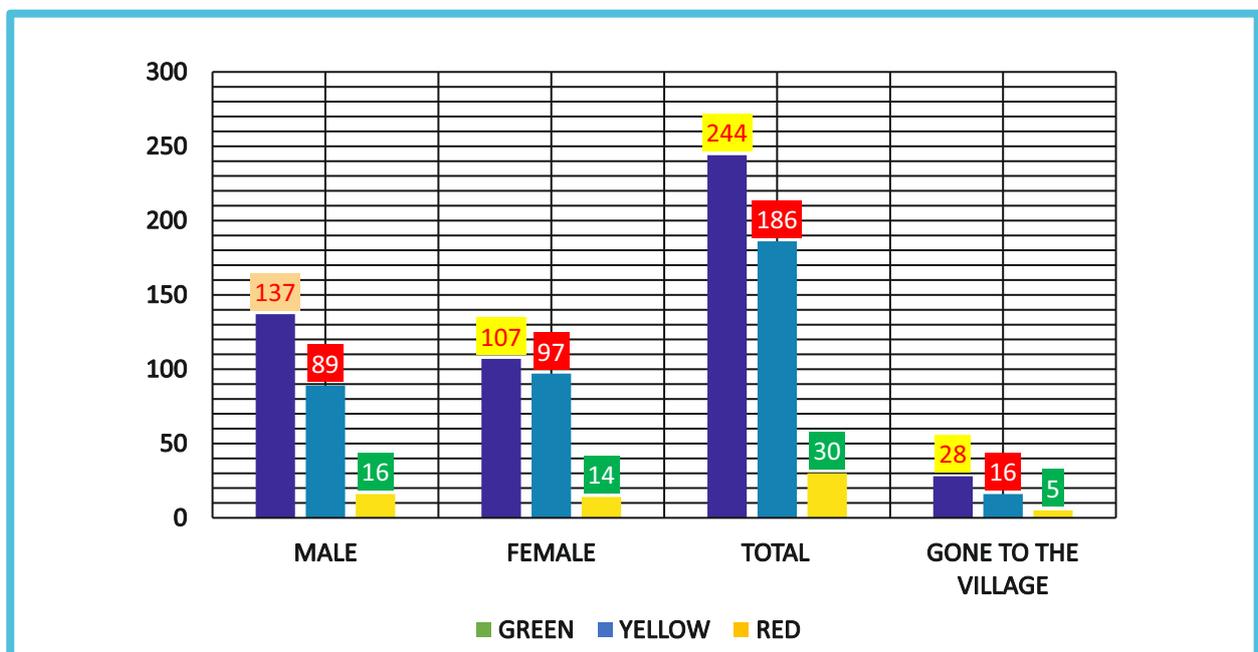
YELLOW ZONE	89	97	186	16
RED ZONE	16	14	30	05

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



Health promoters conducting growth monitoring for children in Janta Colony, (Naya Gaon) Pb

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



## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

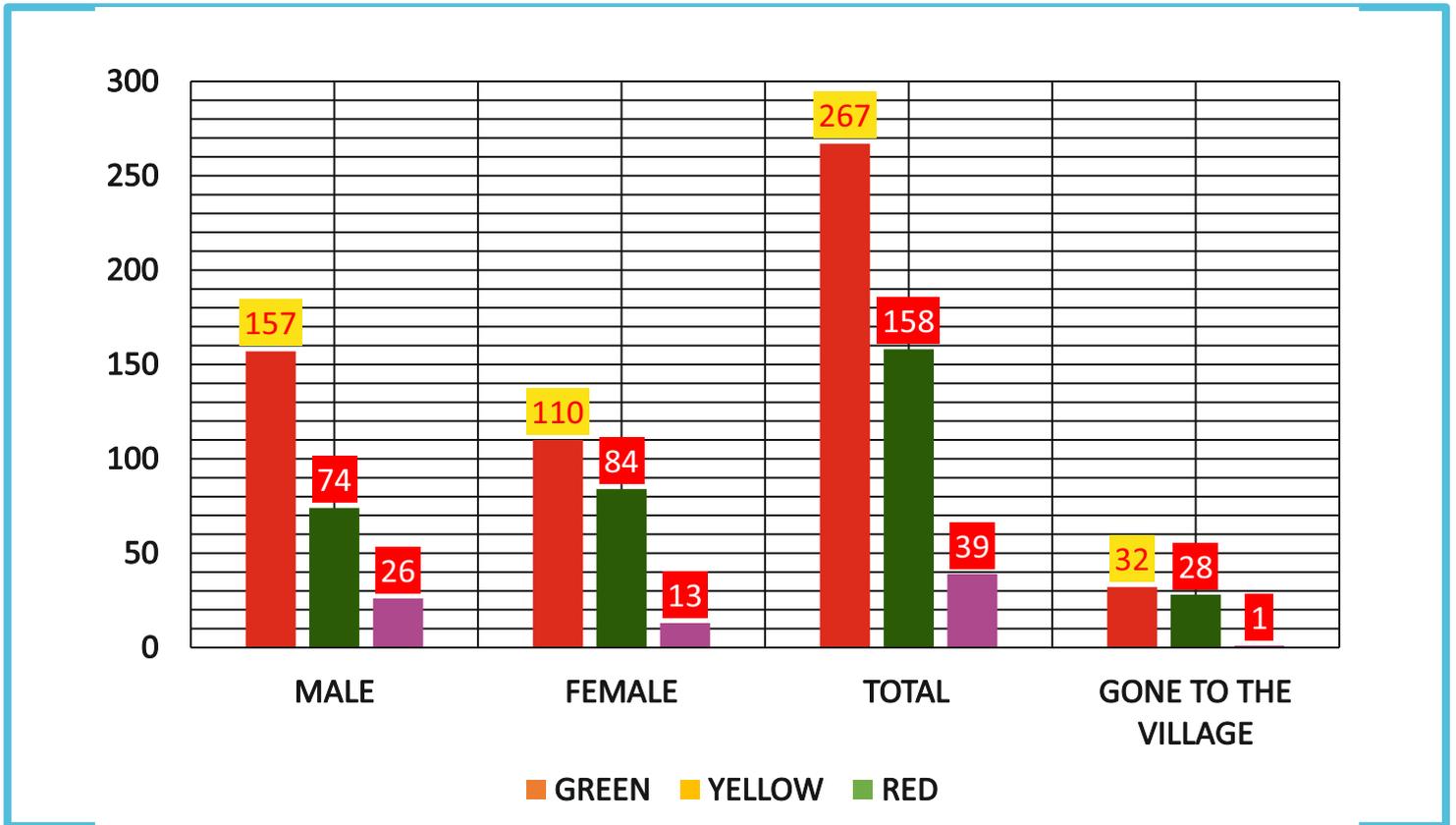
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	157	110	267	32
YELLOW ZONE	74	84	158	28
RED ZONE	26	13	39	01

As compared to the previous month, In Janta Colony the number of red zone cases remained almost the same, yellow zone cases showed a slight decline, while green-zone children showed an increase; whereas In Dhanas, red-zone cases showed a very slight rise, whereas yellow- and green-zone cases remained the same.



Health promoters conducting growth monitoring for children in Dhanas, Chandigarh

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



## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

	JANTA COLONY	DHANAS	TOTAL
Total number of children in last month	507	530	1037
Children permanently left	04	03	07
Total Deliveries	02	01	03
Children aged 5 years age	10	11	21
New families moved into the area on rent with children under five	14	08	22

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

Age (Months)	Janta Colony		Dhanas	
	Children	%Age	Children	%Age
0-12	4	0.8	2	0.4
13-24	5	1.0	05	0.9
25-35	4	0.8	14	2.7
36-48	07	1.3	9	1.7
49-60	10	2.0	9	1.7
Total Red Zone Children	35	6.9	40	7.6
Red Zone Children (Weighed)	30	5.9	39	7.4
Children not Weighed (gone to the Village)	05	1.0	1	0.2



## 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 Mont
Banita	41	6	5	1	1	1	2	0	0	3	1
Dimple	50	4	4	0	2	0	2	0	0	1	0
Lata Gosain	47	2	2	0	1	0	1	0	0	1	0
Meenakshi	45	0	0	0	0	0	0	0	0	0	0
Kajal	39	3	2	1	1	0	1	0	0	2	0
Pooja	37	3	2	1	1	0	1	0	0	1	0
Lata Chandel	47	2	2	0	1	0	1	0	0	0	0
Sushma	40	3	3	0	3	0	0	0	0	1	0
Sunita	47	3	3	0	1	1	0	0	0	0	1
Veena	32	2	2	0	1	0	1	0	0	0	0
Sanjana	45	6	4	2	2	0	1	0	0	2	1
Meena	39	1	1	0	0	0	1	0	0	0	0



## DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS, CHANDIGARH

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	51	4	4	0	0	1	3	0	0	2	0
Dimple	48	2	2	0	1	0	1	0	0	0	0
Lata Gosain	43	3	2	1	1	1	0	0	0	0	0
Meenakshi	37	1	1	0	0	1	0	0	0	0	0
Kajal	44	4	4	0	3	0	1	0	0	0	1
Pooja	47	3	3	0	2	0	1	0	0	0	0
Lata Chandel	48	6	6	0	0	2	4	0	0	0	1
Sushma	39	1	1	0	1	0	0	0	0	0	1
Sunita	40	2	2	0	1	0	1	0	0	0	0
Veena	50	4	4	0	1	2	1	0	0	0	0
Sanjana	46	9	9	0	1	4	4	0	0	0	0
Meena	32	1	1	0	1	0	0	0	0	0	0

## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

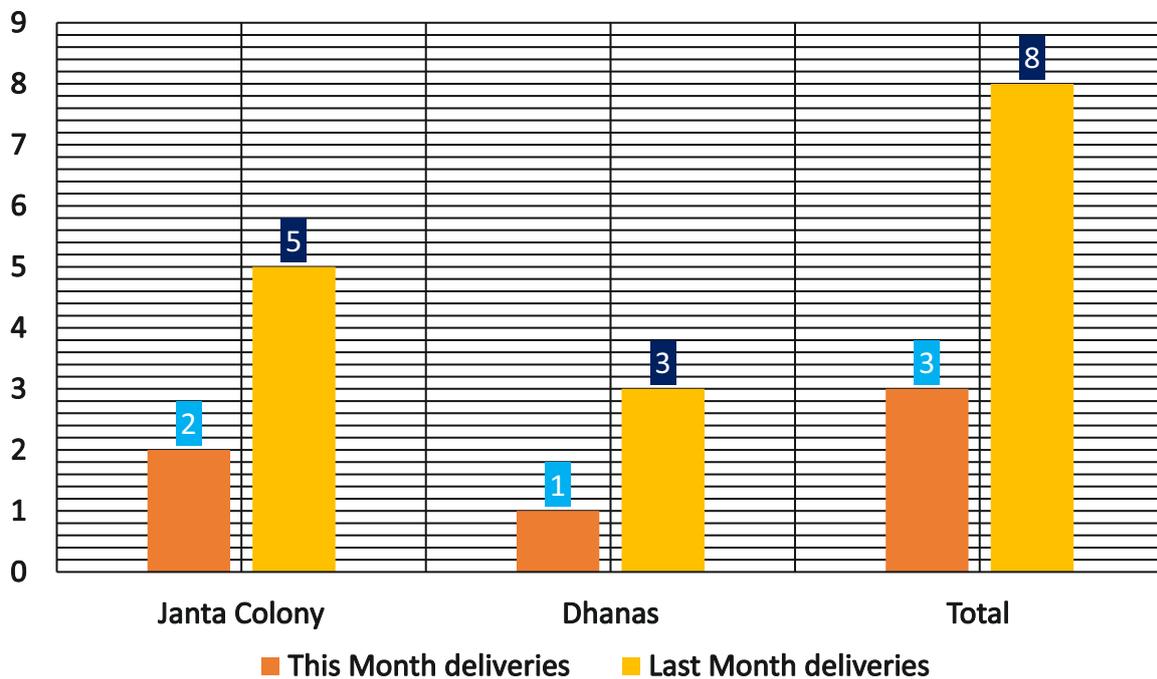
	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	19	16	35
Number of deliveries	2	1	3
Births	Male:0 Female:02	Male: 00 Female: 01	0 3

## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

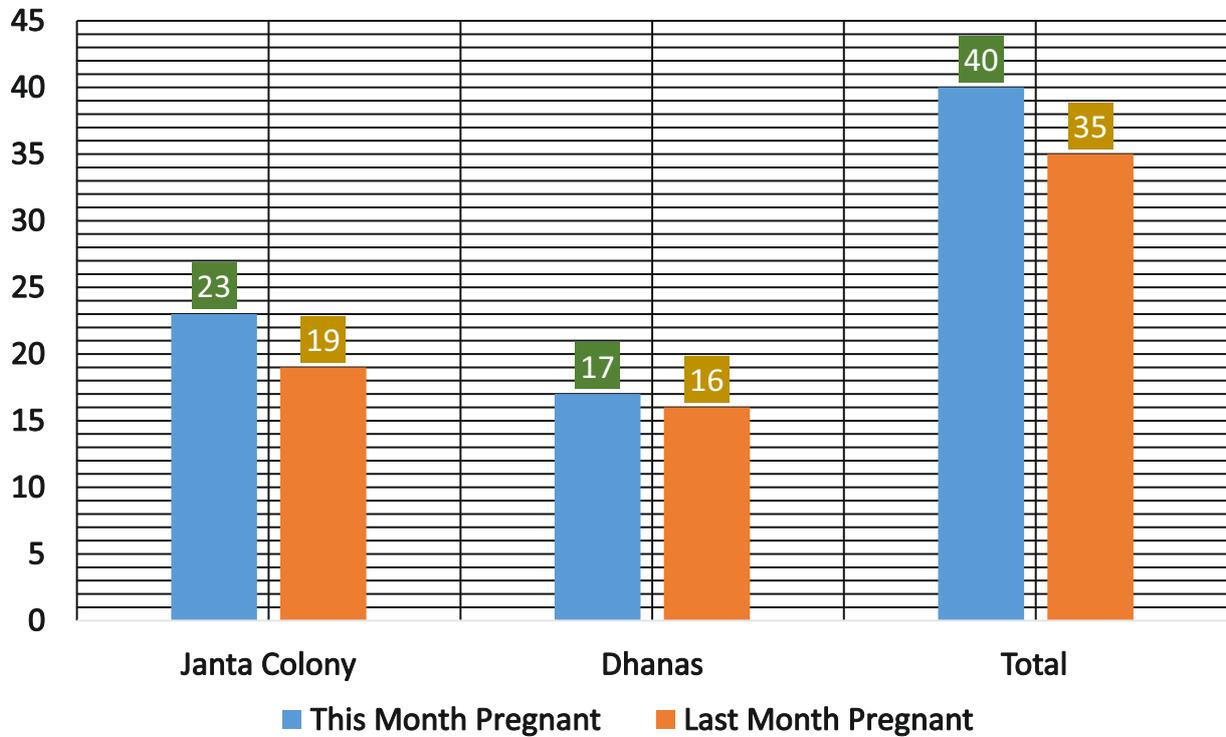
	JANTA COLONY	DHANAS VILLAGE	TOTAL
Mothers who left the Colony	0	0	0
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	6	0	06
Trimester	1st Trimester: 00 2nd Trimester: 12 3rd Trimester: 11	1st Trimester: 00 2nd Trimester: 04 3rd Trimester: 13	00 16 24
Number of Pregnant women this month	23	17	40

## Total number of Deliveries in Janta Colony and Dhanas

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
Rakesh	36 years	Male	Multiple organ failure due to alcoholism	Banita

## DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
-	-	-	-	-

## EDUCATION PROGRAM:



Anshika  
Class - Pre-Nursery

### SWAD SCHOOL PROGRESS REPORT:

Anshika has shown commendable improvement in her academic performance. Initially, her written work required improvement, although she performed well in oral tasks. Recognising her potential, the class teacher provided her with additional written practice and consistently guided her. The teacher also communicated with Anshika's parents and encouraged them to support her by ensuring regular writing practice at home. As a result of these combined efforts, Anshika's written work improved significantly. She progressed from securing a B grade in the September examinations to achieving an A grade in her December exams, reflecting the dedication and sincere efforts of her class teacher.

Class teacher- Mrs Preeti Uniyal



Daksh  
Class - Nursery

### SWAD SCHOOL PROGRESS REPORT:

Daksh, a Nursery class student, used to talk frequently during class hours, which affected his learning. He did not pay attention while poems were being taught and often failed to complete his written work and homework. The class teacher observed this behavior and took timely action by speaking to Daksh and making him aware of the importance of listening and completing his tasks. She also discussed the issue with his parents and sought their cooperation. With continuous guidance, encouragement, and support from both the teacher and parents, Daksh gradually showed improvement. He now listens attentively during class, completes his work with interest, and actively participates in learning activities. As a result, his performance and overall results have improved significantly.

Class teacher- Mrs Geeta Saini

### SWAD SCHOOL PROGRESS REPORT:



Peeyush  
Class - L.K.G

Peeyush, an L.K.G. student, joined the school in the month of July. At the time of his admission, he had very little knowledge of basic concepts, which made it difficult for the class teacher to manage and guide him effectively in the classroom. Observing his difficulties, the class teacher took special interest in his learning and development. She devoted extra time and attention to Peeyush, providing him with additional practice work and patiently correcting his mistakes. With consistent guidance, regular practice, and constant motivation from the teacher, Peeyush gradually began to show noticeable improvement in his academic performance as well as classroom behavior. As a result, he secured 84% marks. His progress clearly reflects the impact of the teacher's hard work, commitment, and continuous support.

Class teacher- Mrs Lata

## EDUCATION PROGRAM:



Himank  
Class - U.K.G

### SWAD SCHOOL PROGRESS REPORT:

Himank, a student of the U.K.G. class, has shown significant improvement in his academic performance in the December examinations and secured 85% marks. He has developed a clear understanding of the basic concepts of English, Hindi, Mathematics, and General Knowledge. His writing skills and number recognition abilities have improved noticeably. He now participates actively in classroom activities, follows instructions promptly, and completes his assigned work within the given time. His confidence level has increased, and he demonstrates a keen interest in learning through activities, rhymes, and games. With regular practice and continuous support from his parents and class teacher, he is expected to achieve even better results in the coming months.

Class teacher- Mrs Saroj



Anshika  
Class - Alambana

Anshika is enrolled in the Alambana class. She is a three-year-old, energetic child who shows enthusiasm for learning and is quick to grasp new concepts in the class. However, she initially faced difficulty in completing her written work at an appropriate pace. Observing this, the class teacher took special interest in improving Anshika's writing skills. The teacher provided structured activities using drawing books, practice books, and traced alphabet books to strengthen her fine motor skills and writing ability. With regular practice and encouragement from the teacher, Anshika showed significant improvement in her writing skills. Her confidence increased, and she began completing her written tasks more effectively. As a result of these consistent efforts, she performed very well in the December examinations and secured an A+ grade.

Class teacher- Miss Antima

## ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:



- ✧ The Project Udaan Competition was held on 13th December at the Chandigarh Museum, Sector 10. Nursery and UKG students of DIR showcased a lively Himachali dance and participated in the storytelling competition. Himanshi from UKG secured the third prize in the storytelling competition, while Ansh was awarded a consolation prize.

✧



**The Project Udaan Competition was held on 13th December at the Chandigarh Museum, Sector 10**

✧ During this month, the December examinations were conducted from 15th to 19th December 2025 to evaluate the overall academic performance of the students. Subsequently, a Parent-Teacher Meeting (PTM) was organized on 23rd December, during which the strengths and areas requiring improvement of the students were discussed in detail with their parents.



**A Parent-Teacher Meeting (PTM)**

✧ On 20th December, Team Raksha distributed sweaters, caps and socks to all school students and shawls to pregnant and lactating mothers. Wall clocks, stethoscopes and weighing machines were also donated to the DIR organisation. At the end of the event, they distributed samosas and fruit juice to children and women from the colony who came to attend it.



**Team Raksha distributed sweaters, caps and socks to all school students and shawls to pregnant and lactating mothers.**

- Furthermore, SWAD school organized a Christmas celebration on 24th December. The program included cake cutting, and the cake was distributed among the staff. Dr. Asha Ma'am distributed candies to the students as part of the celebration.



**SWAD school organized a Christmas celebration on 24th December.**

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	ANSHIKA 	AYANSH PAL 	TRISHA 	MAAHI 
NURSERY	ANVI 	SAATVIK 	NAMAN 	AYANSH 
L.K.G	ANVI 	PARAMVEER 	RIYANSH 	NAVYA 
U.K.G	SARA 	ANSH 	SATNAM 	SAHEJPREET 
ALAMBANA	NIYATI 	MAAHI 	Ruhi 	VICKY 

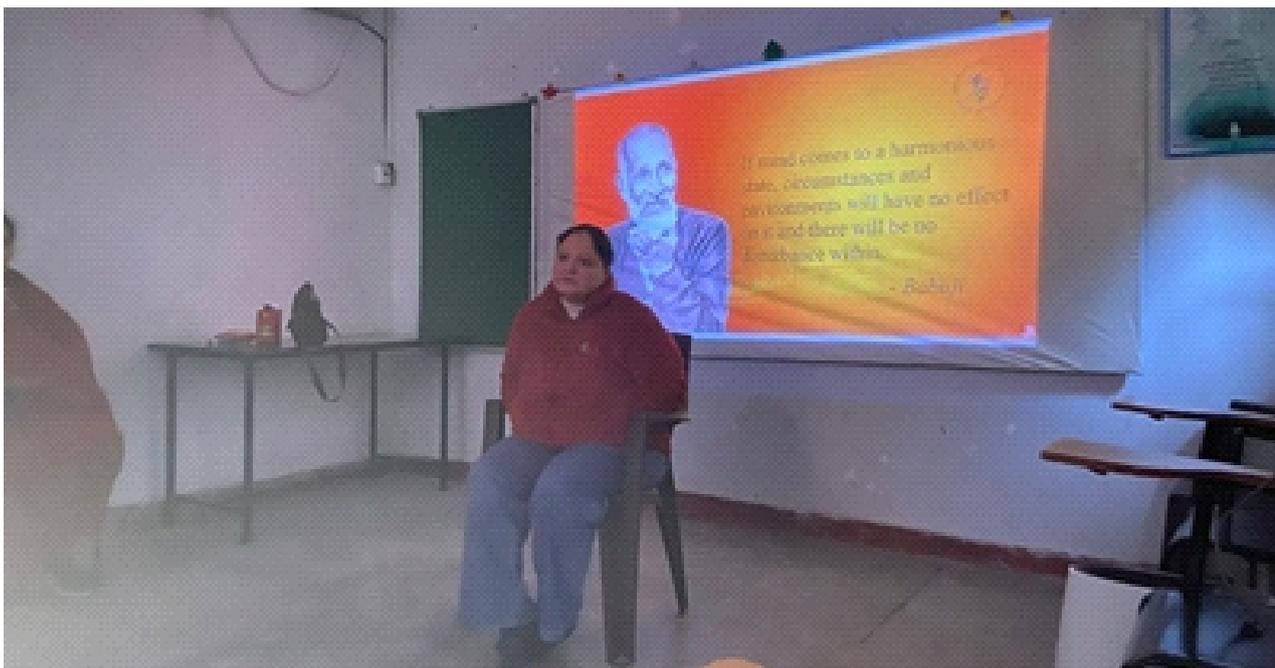
## DIR INDIA HIGHLIGHTS OF THE MONTH

- On 20th December, Dr. Shweta from Team Raksha visited DIR to distribute essential woollens to needy women and children, including pregnant and lactating women. In addition, 20 each of wall clocks, blood pressure apparatus, weighing machines, and stethoscopes were donated to DIR to assist the medical team in their daily work.



### Dr. Shweta from Team Raksha visited DIR

- Dr. Saroj, a retired oncologist from the PGI Cancer Department, attended the meditation session conducted at DIR and guided by Preceptor Neha Ma'am on 30th December.



### Dr. Saroj, a retired oncologist attended the meditation session conducted at DIR

## 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

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