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# MONTHLY REPORT FEBRUARY 2026



82  
295  
601  
525  
161  
68  
9  
3  
REGHANT LACTATING NEEDY WOMEN  
2 2 3

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# 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	CHILD ACTIVIST PROGRAM
11	DIR-INDIA FEBRUARY 2026 HIGHLIGHTS
12	OUR TEAM AND CONTACT INFORMATION

## CEO'S REPORT



Dr. Asha Katoch (CEO)

Education of Health and hygiene is extremely important in the urban slums of big cities.

The medical team of DIR India introduced this program in Dhanas, Chandigarh in 2026. This is called Child activist Program (CAP)

A team of two Health Promoters in partnership gave demos on health and hygiene in simple words with examples to make it interesting. Followed by games with distribution of sweets at the end of the program. The response and excitement amongst children was good. Nearly 100 children or more are getting attracted to participate in this game of medical awareness.

Training on health and hygiene in childhood motivates an individual to form a habit. This method of medical awareness through games has been practiced by DIR for many years in Janta Colony and from this year onwards we started CAP program in Dhanas. The response is good as the strength of children is much more than in Janta Colony (approximately 100 and more).



Medical team organized games under the Child Activist Program in Dhanas, Chandigarh

## Standing by Families in Crisis: Prem Chand's Road to Recovery



**Ms. Pooja**  
Health Promoter  
(Incharge of the health status of  
this family)

In Janta Colony, Pooja works hard as a maid to help support her husband, Prem Chand, and their 17-year-old son, Prince, who is currently in the 11th grade. The family, originally from Amethi, U.P., saw their lives upended in April 2024 when Prem Chand met with a deadly motorbike accident with compound fracture of femur bone.

The accident left Prem Chand with a badly shattered femur, unfortunately his employer offered no assistance during this devastating time. When our CEO, Dr. Asha Katoch, learned of their plight, DIR immediately stepped in to provide a lifeline.

**Our support for the family has been comprehensive:**

\* **Medical Care:** We facilitated his treatment at PGI, helping the family secure a "Poor Free, below poverty line card" to manage the costs.

\* **Logistics:** We arranged for an ambulance and had our staff member accompany them to the hospital for his procedures.

\* **Essential Needs:** To ensure the family did not go hungry while Prem Chand was unable to work as a blacksmith, we are providing regular rations and meals to the family.

After three surgeries and with one more to go, Prem Chand is on the long road to recovery. DIR remains committed to supporting this family until they can stand on their own feet again.





Mr. Prem Chand's Road to Recovery

## MEDICAL TRAINING

### MEDICAL TRAINING

February in India is noted for its mild climate, clear skies, and the seasonal shift from winter to spring. During the month of February, several important systems were revised as part of academic study.

- ❖ The lymphatic system plays an important role in fluid regulation and immunity.
- ❖ The respiratory system is responsible for breathing and the exchange of gases.
- ❖ Lung volumes indicate the efficiency and capacity of the respiratory process.
- ❖ The female reproductive system encompasses the organs and processes essential for reproduction and the continuation of life.
- ❖ The circulatory system ensures the transport of blood, nutrients, and oxygen throughout the body.
- ❖ Pulmonary circulation manages the flow of blood between the heart and lungs for oxygenation.
- ❖ The human cell serves as the basic structural and functional unit of life.
- ❖ Additionally, Cholera was studied as a waterborne disease due to reported cases, focusing on its causes and prevention.
- ❖ A class test was organized covering all the revised topics to reinforce learning outcomes.



Medical Training conducted by Dr. Anjana

## NUTRITION TRAINING

February, being part of the winter season, is important for managing lifestyle-related disorders through proper nutrition. A nutrition training session was conducted focusing on gout and thyroid disorders.

The session emphasized dietary management of gout by reducing high-purine foods and increasing fluid intake. It also covered the role of essential nutrients in maintaining thyroid function and managing hypothyroidism and hyperthyroidism. The end of the month class test was organised for Health promoters.



A nutrition training programme conducted by Ms. Satya



A nutrition training programme conducted by Ms. Bhawana

## NUTRITIONAL DEMONSTRATION

**Beetroot Pulao** is a colorful and nutritious rice-based dish prepared using beetroot, vegetables, and mild spices. It is rich in iron, fiber, antioxidants, and essential nutrients. This dish is suitable for a balanced meal and helps in improving hemoglobin levels and overall health.

### Ingredients:

- Rice-100gm
- Beetroot-50gm
- Onion-1small
- Tomato-1small
- Green Peas-20gm
- Carrot-20gm
- Beans-20gm
- Peanut-20gm
- Soyanugget-20gm
- Coriander, Ginger-garlic paste, green chilli, spices, cumin seeds and turmeric powder-5gm (each)
- Salt-as per taste
- Oil-5gm

### Method:

1. Wash and soak rice for 15-20 minutes.
2. Heat oil in a pan, add cumin seeds and spices.
3. Add onion and saute until golden brown.
4. Add ginger-garlic paste, green chilli, tomato and cook well.
5. Add chopped / grated beetroot and peas, cook for a few minutes.
6. Add salt then mix soaked rice.
7. Add watercover and cook until rice is soft and fluffy.
8. Serve hot.

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

- Energy - 96Kcal
- Protein - 8g



Name of the Recipe: Beetroot Pulao

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
6	2	3	1



**Children of the project Alambana & NIPP**

- 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 FEBRUARY was 27, comprising Alambana children, pregnant and lactating mothers and needy women.

## PROGRESS REPORT UNDER NIPP PROGRAM:

- Four children gained weight.
- One child has lost weight due to fever.

## TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9514	9732	19246
TOTAL MALES	4886	5294	10180
TOTAL FEMALES	4628	4438	9066
TOTAL NO. OF CHILDREN	516	531	1047

## STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

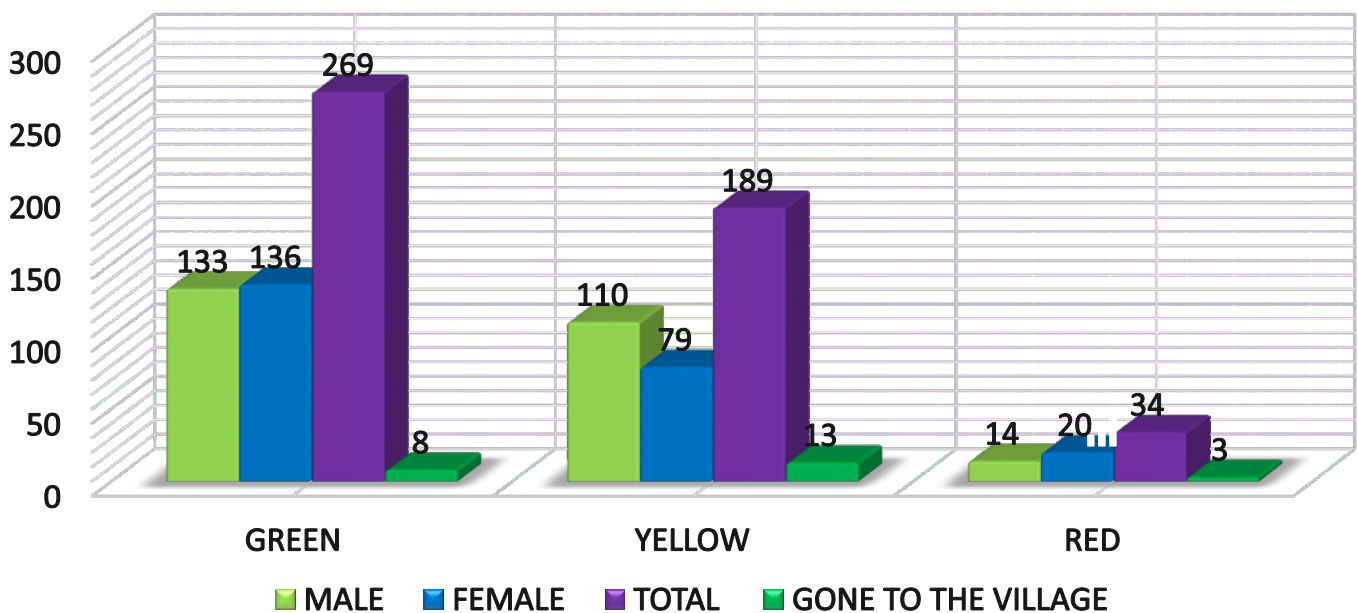
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	133	136	269	8
YELLOW ZONE	110	79	189	13
RED ZONE	14	20	34	03

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



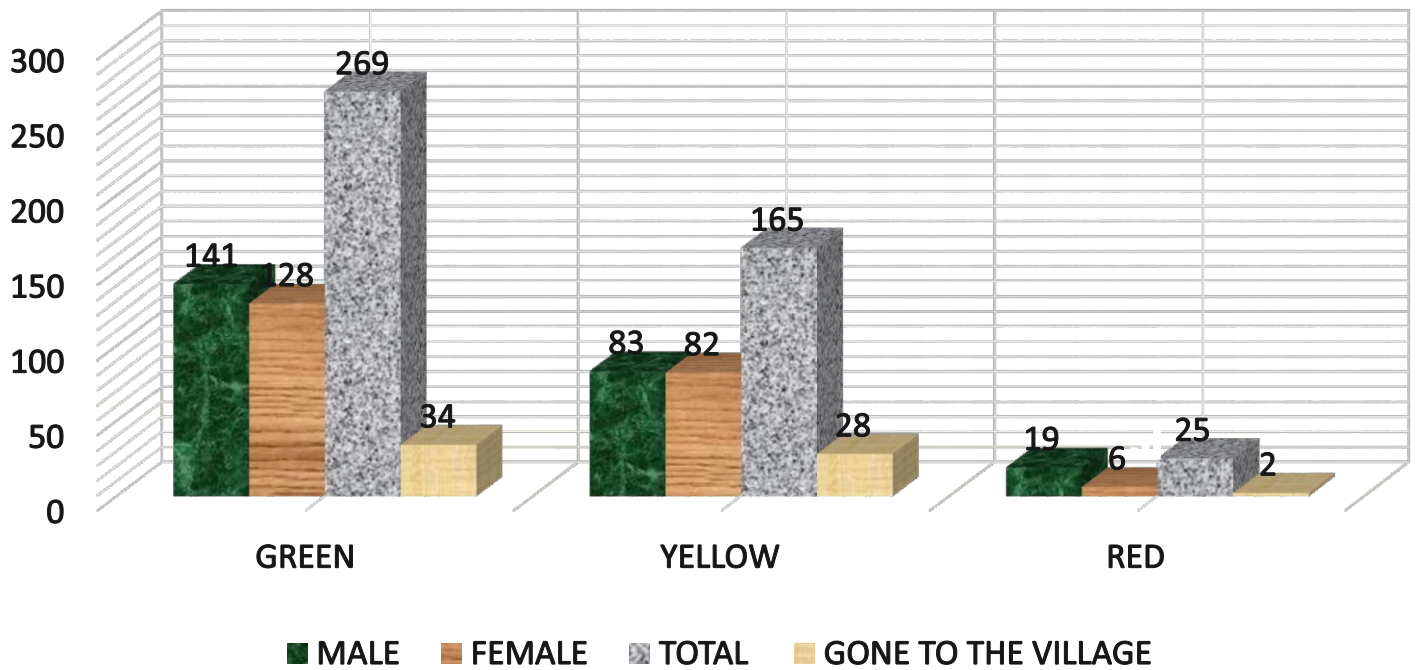
## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	141	128	269	34
YELLOW ZONE	83	82	165	28
RED ZONE	19	06	25	02



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	516	531	1047
Children permanently left	04	01	05
Total Deliveries	03	04	07
Children aged 5 years age	07	08	15
New families moved into the area on rent with children under five	08	04	12

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

Age (Months)	Janta Colony		Dhanas	
	Children	%Age	Children	%Age
0-12	3	0.6	1.3	3
13-24	1	0.2	03	0.6
25-35	9	1.7	06	1.1
36-48	11	2.1	3	0.6
49-60	10	1.9	10	1.9
Total Red Zone Children	37	7.1	27	5.1
Red Zone Children (Weighed)	34	6.5	25	4.8
Children not Weighed (gone to the Village)	03	0.6	2	0.3



## 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
Nisha	42	5	5	0	4	1	0	0	0	2	1
Dimple	50	4	4	0	1	1	2	0	0	1	0
Lata Gosain	51	5	5	0	1	3	1	0	1	3	0
Meenakshi	46	1	1	0	0	1	0	0	0	1	0
Kajal	42	3	3	0	3	1	2	0	0	3	0
Pooja	39	3	2	1	1	0	1	0	0	0	0
Lata Chandel	51	2	2	0	0	0	2	0	0	0	0
Sushma	37	2	2	0	0	0	2	0	0	1	0
Sunita	48	1	1	0	0	1	0	0	0	0	0
Veena	30	3	3	0	1	1	0	0	0	0	0
Lakshmi	44	5	3	2	2	1	0	0	0	2	0
Meena	36	3	3	0	0	2	1	0	0	1	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
Nisha	51	3	2	1	1	0	1	0	0	0	0
Dimple	50	0	0	0	0	0	0	0	0	0	0
Lata Gosain	42	3	3	0	1	2	0	0	0	0	0
Meenakshi	37	1	1	0	0	0	1	0	0	0	0
Kajal	45	3	3	0	1	1	1	0	0	0	1
Pooja	46	4	4	0	0	3	1	0	0	0	0
Lata Chandel	48	4	3	1	1	0	2	0	0	0	2
Sushma	39	1	1	0	0	0	1	0	0	0	0
Sunita	42	1	1	0	0	1	0	0	1	0	0
Veena	48	1	1	0	0	0	0	0	0	0	1
Lakshmi	46	5	5	0	0	3	2	0	0	0	0
Meena	29	1	1	0	0	0	1	0	0	0	0

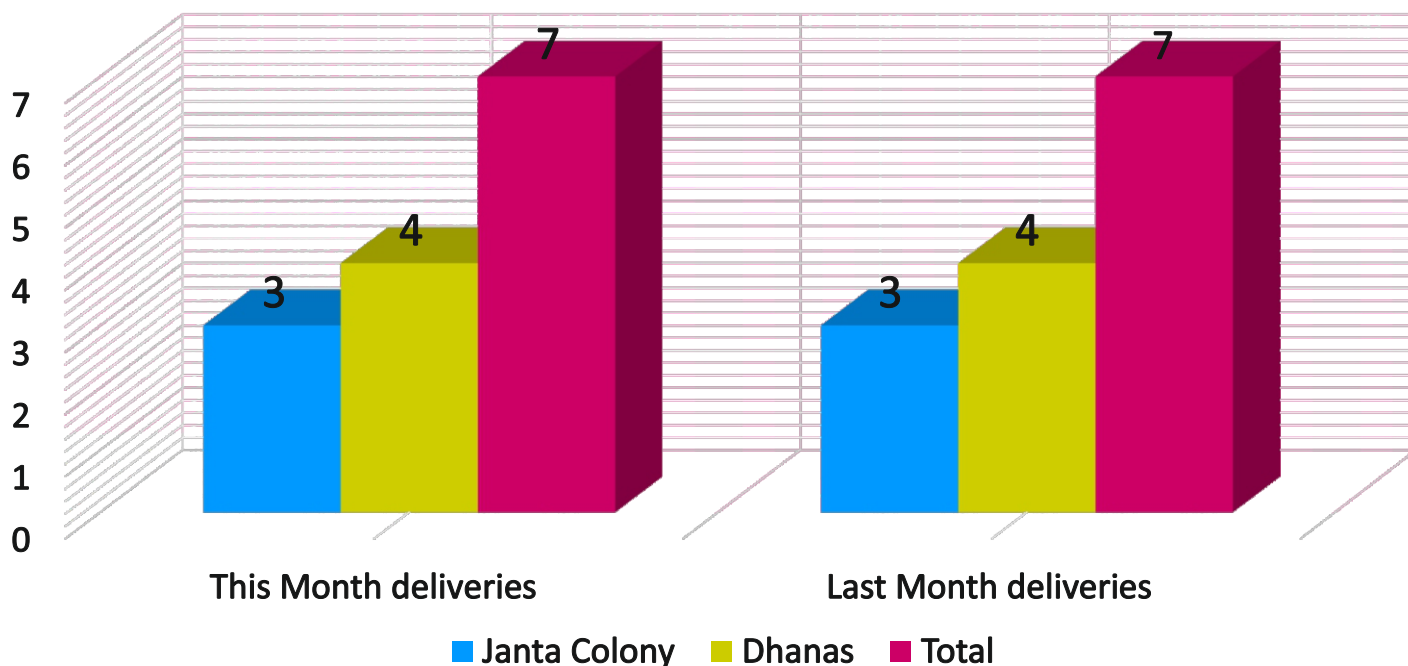
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	23	14	37
Number of deliveries	3	4	7
Births	Male:02 Female:01	Male: 03 Female: 01	5 2

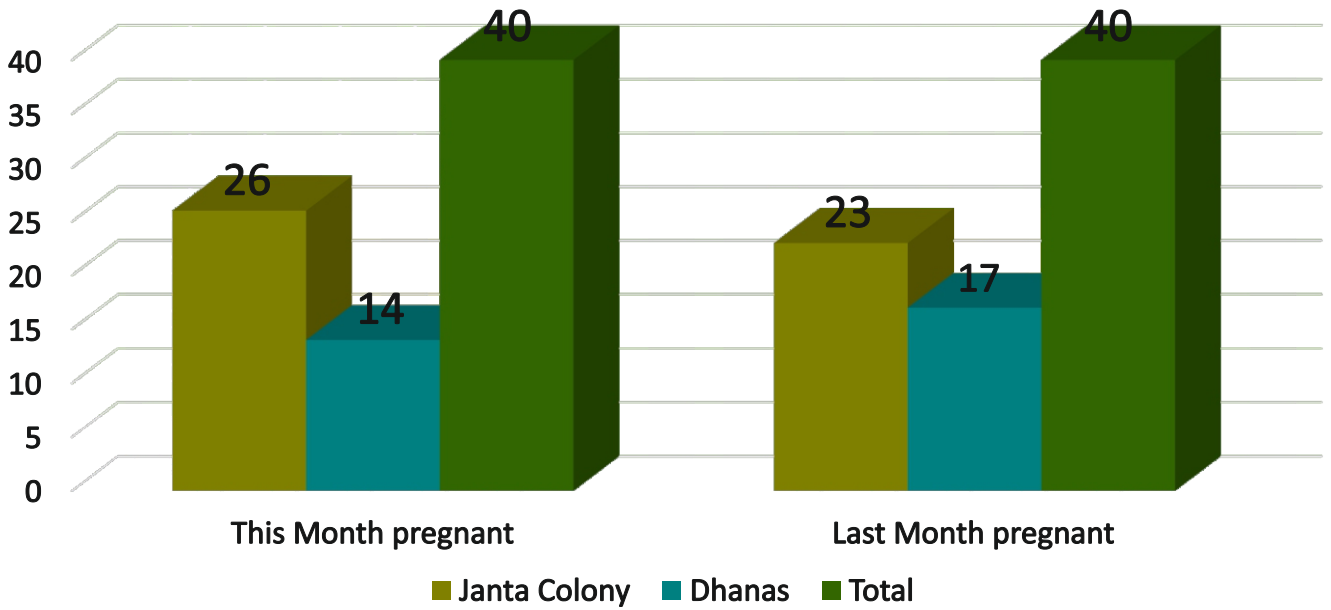
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
Mothers who left the Colony	1	1	2
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	6	4	10
Trimester	1st Trimester: 02 2nd Trimester: 08 3rd Trimester: 16	1st Trimester: 00 2nd Trimester: 06 3rd Trimester: 08	02 14 24
Number of Pregnant women this month	26	14	40

## 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
Ram Avtar	45 years	Male	Alcoholism	Nisha
Som Dev	60 years	Male	COPD	Meena
Balinder	65 years	Male	CHD	Meena

## DEATH DETAILS IN DHANAS

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

## EDUCATION PROGRAM:



Ayush  
Class - Pre-Nursery

### SWAD SCHOOL PROGRESS REPORT:

When **Ayush** first joined pre-nursery, he was quiet and reserved, often preferring to stay on his own rather than interact with classmates. Recognizing this, his teacher, Mrs. Preeti, worked closely with his parents and encouraged him to take part in activities such as poem recitation, dancing, colouring, and storytelling. These experiences gradually helped him gain confidence and begin expressing himself more openly. Now, Ayush shows a remarkable transformation in his behaviour. He interacts freely with classmates, enjoys group activities, and takes initiative in classroom discussions. His growing confidence and enthusiasm reflect steady progress in both social and academic development.

Class teacher- Mrs Preeti Uniyal



Garima  
Class - Nursery

### SWAD SCHOOL PROGRESS REPORT:

**Garima** is a nursery class student. In the beginning, she struggled with her studies; her handwriting was unclear, and the words in her notebook were often difficult to read. To help her improve, her class teacher, Ms. Geeta, introduced a simple yet effective method. She guided Garima's hand to hold the pencil correctly and provided dotted letters for her to trace, encouraging her to join the dots to form proper words. Later, Mrs. Geeta gave Garima a practice dot book for regular exercises. With consistent practice, Garima's handwriting improved significantly, and this progress also enhanced her overall academic performance.

Class teacher- Mrs Geeta Saini

### SWAD SCHOOL PROGRESS REPORT:



Riyansh  
Class - L.K.G

**Riyansh**, a student of LKG, performs well academically, and his written work is particularly commendable. However, he is quite shy by nature. Whenever he was asked to speak in class, he would become nervous and find it difficult to respond. Recognizing this, his class teacher, Mrs. Lata Thakur, took consistent efforts to help him overcome his hesitation. She gently encouraged him to speak a few lines every day and provided him with opportunities to speak during the morning assembly. She also appreciated and applauded his every small effort, which boosted his confidence. Gradually, Riyansh began to open up and started participating in various school activities, including rhymes and classroom interactions. With the continuous support and guidance of his teacher, he has shown remarkable improvement in his confidence and overall participation.

Class teacher- Mrs Lata

## EDUCATION PROGRAM:



Sara  
Class - U.K.G

**Sara** was admitted to the UKG class with a strong foundational knowledge. At the beginning of the session, she demonstrated good command over the alphabet, numbers, and basic letters, which reflected her early learning abilities. However, as the academic expectations gradually increased, she initially found the lessons more challenging and struggled to cope with the growing complexity of her studies. Recognizing her difficulties, her class teacher, Mrs. Saroj, provided her with clear explanations and consistent guidance. With this supportive approach, Sara began to regain confidence in her learning. She showed steady improvement, and her progress became more visible over time. By the end of the session, Sara had made remarkable strides, particularly in subjects such as Mathematics and Hindi. Her journey reflects resilience and the positive impact of good teaching, highlighting her strong potential to excel further.

Class teacher- Mrs Saroj



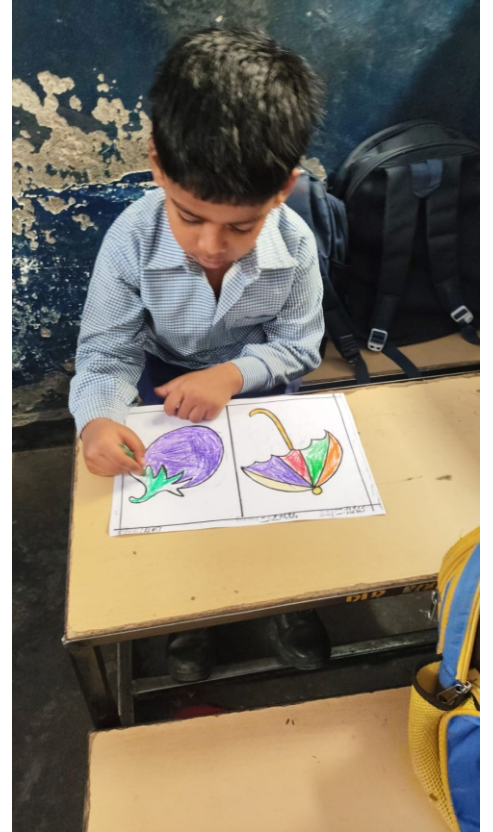
Aryan  
Class - Alambana

**Aryan** is a student of the Alambana class. In the beginning, he was irregular in attending school and faced difficulties in his studies, which affected his overall performance. Recognizing this, his class teacher, Miss Antima, took the initiative to speak with his parents. She highlighted the importance of regular attendance and explained that the school provides a variety of co-curricular activities that support holistic learning and development. With her guidance and encouragement, his parents ensured that Aryan attended school consistently. As a result, he became more engaged in classroom activities and showed steady improvement. His performance has improved in both oral and written work, reflecting the positive impact of regular attendance and supportive guidance.










Class teacher- Miss Antima

## ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- ✧ This month, SWAD School students engaged in a creative coloring activity. Each child selected different pictures and expressed their imagination through colors.
- ✧ Students explored creativity through an ear buds painting activity, carefully dabbing colors to form a beautiful tree with unique textures. The classroom was filled with lively artwork, reflecting each student's unique imagination and enthusiasm.
- ✧ Alongside these artistic pursuits, revision for final exams was also carried out, ensuring that students balanced creativity with academic preparation and consolidated their learning effectively.



SWAD School students engaged in a creative coloring activity

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED	
PRE-NURSERY	TEJAS	ANSHIKA	TRISHA	MAAHI	
					
	NURSERY	DAKSH	NAMAN	AYANSH	GARIMA
					
L.K.G		NAVYA	PEEYUSH	NAKSH	NISHU
					
	U.K.G	HIMANK	HARSHITA	SATNAM	HIMANSHI
					
ALAMBANA		VICKY	ANSH KUMAR	NIYATI	RUHI
					

## CHILD ACTIVIST PROGRAM

- ✦ The CAP program is conducted twice a week in Dhanas for children aged 8 to 10, under the guidance of Ms. Sunita and Ms. Lata Gosain, the health promoters and CAP in-charge.
- ✦ This month, the chosen topic was hygiene. Through the sessions, children were educated about the importance of personal hygiene and hygienic practices, including proper handwashing techniques, to help them prevent diseases and maintain good health.
- ✦ Additionally, the children participated in a Kho Kho game, which contributed to their physical development and encouraged team spirit.
- ✦ The CAP program aims to foster team spirit, promote interest in sports, and strengthen students' physical, mental, and intellectual abilities along with their confidence.



**The Child Activist Programme (CAP) in Dhanas, Chandigarh**

## DIR INDIA HIGHLIGHTS OF THE MONTH

- ✦ Dietitian Bhawna has recently joined DIR and is actively engaged in conducting educational classes. Along with classroom sessions, she takes part in field visits to offer practical guidance and real-world experience, enabling participants to apply their nutrition skills effectively.
- ✦ The CAP program was launched in Dhanas to foster children's interest in sports, enhance their confidence and skills, and it was met with an excellent response.



## 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



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