

MONTHLY REPORT

November 2025



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CEO'S REPORT



Dr. Asha Katoch (CEO)

On 7th November 2025 Enactus Team of Panjab University sponsored a Program for Basti women. They donated 2000 Reusable Sanitary Napkins to DIR.

On this day, 101 Young girls and a few women of Janta Colony were invited to the DIR Office. This event was hosted by DIR India but sponsored by the Student Body of Enactus Team from Panjab University.

I addressed the gathering and spoke on the importance of Health and Menstrual Hygiene during the bleeding period. It was important for girls to know the physiology of the mensuration and the pathology of the uterus and ovaries in a simple language. The young educated student body was equally ignorant on this subject.

The Round table organization, it is an NGO run by Ms Pryanka Mittal. On Children's day, 14th November 2025, she invited our SWAD School children, all the teachers, Satya, the nutritionist and Banita Rawat, the Supervisor of the medical program for a Movie in Neelam Theatre in

Sector 17, Chandigarh. It was a children's movie which the kids enjoyed.

Dr Shweta, a radiologist, visited the DIR Office to see the functioning of the organization. Shweta is the Coordinator of the NGO Raksha. This is an NGO Chandigarh wing, formed by an all India group of Radiologists. The President of this organization in Chandigarh Wing is the HOD of Imaging and Radiology in PGI Research and Referral Institution and Hospital Dr. Kushaljeet Singh. Dr Shweta chose DIR for this social cause. The NGO Raksha takes care of the girls and women belonging to underprivileged communities.

All programs of DIR are based on Women Empowerment, Dr Shweta chose our organization for their social cause as NGO Raksha only works for the needs of female children. DIR's administrative staff and medical team prepared the list of items required for both Projects. This list was given to Dr Shweta.



THE STUDENT BODY OF ENACTUS TEAM OF PANJAB UNIVERSITY



Donated 2000 Reusable Sanitary Napkins to Basti Women



Dr. Asha Katoch (CEO), spoke on the importance of Health and Menstrual Hygiene



On 14th Nov, SWAD School children and the teachers, went for a Movie in Neelam Theatre in Sector 17, Chandigarh sponsored by Round Table India.



Donated 2000 Reusable Sanitary Napkins to DIR.

A GRANDMOTHER'S DEVOTION



Ms. Sunita Mukhiya
Senior Health Promoter
(Incharge of the health status of this family)

Balbeeri, aged 78, is the wife of late Gyan Singh and resides in house number 306, Janta Colony. She is originally from village Ghnora, Meerut, Uttar Pradesh. She has four children; two sons and two daughters. Her husband passed away at the age of 60.

Currently, Balbeeri lives with her 18-year-old grandson, Manpreet. Earlier, she was living in Ghnora village, Meerut, with her family. About 35 years ago, her brother, Teluram, brought Balbeeri and her family to Janta Colony, Nayagaon, where they lived in a rented house.

Balbeeri's husband worked as an auto-rickshaw driver and earned daily wages. With great difficulty, they managed to marry off all their children. After some years, their elder son died due to some illness and his wife moved back to the village. Then after two years, their daughter (Balbeeri's grand daughter) also passed away. Later, Balbeeri's younger daughter-in-law gave birth to a son at the Government Hospital, Sector 16, Chandigarh. Five days after delivery, she developed severe stomach pain and was shifted to the hospital, where she was declared dead. Following this tragedy, Balbeeri's son refused to take responsibility for the five-day old child and left the house to live elsewhere.

From that day onwards, Balbeeri took full responsibility for the child and raised him on her own. Today, the child, Manpreet, is 18 years old and studying in Class 9 at a private school, Divya Model School. Due to financial constraints, he missed several classes, which is why he is still studying in Class 9. The entire cost of his education is currently being supported by a kind-hearted woman known to them.

To earn her livelihood, Balbeeri collects plastic waste from houses and sells it. The day the DIR team got to know about the sad story of Balbeeri, her name was added to the list of needy women. Balbeeri gets regular dry grocery sponsored by Donors on their birthdays or an occasion. This assistance with supply of grocery items ensures essential food supplies and reduces her financial burden, thereby contributing to her overall well-being and stability.



DIR supports Balbeeri, by sponsoring regular supplies generously contributed by Donors on their birthdays or special occasion.

MEDICAL TRAINING

November is marked by mild and comfortable temperatures, mostly clear skies, and the onset of winter chill. In academics, we studied the human cell and five of the eleven body systems, focusing on how they are connected and work together.

- ❖ Our CEO, Dr. Asha Katoch, explained the atmosphere, gravity, and atmospheric pressure by using a globe, helping everyone understand these concepts visually and practically.
- ❖ The human cell was studied, and its structure and functions were explained.
- ❖ The respiratory system was explained, including the parts of the lungs, their work and the different lung capacities and volumes.
- ❖ The digestive system and its parts, including the intestines, were analysed to understand how food is broken down and nutrients are absorbed.
- ❖ The circulatory system, a closed system that carries blood throughout the body, was reviewed along with the lymphatic system, which helps fight infections and maintain fluid balance.
- ❖ The female reproductive system, including the menstrual cycle and its hormones, was covered to understand their role in the body.
- ❖ The excretory system was also introduced to describe how the body eliminates waste.
- ❖ At the end of the month, a class test was conducted on all the topics studied.



Medical Training conducted by
Dr. Asha Katoch (CEO)



Medical Training conducted by
Dr. Anjna

NUTRITION TRAINING

In November, a nutrition training programme was conducted on the importance of iron and folic acid in daily life, with special emphasis on their effects on pregnant and lactating women. The training covered the causes of anaemia, its prevention, and dietary management.

Anaemia is a condition caused by an insufficient number of healthy red blood cells or low levels of haemoglobin to carry adequate oxygen to the body's tissues. Haemoglobin is a protein found in red blood cells that transports oxygen from the lungs to all organs of the body. Individuals suffering from anaemia commonly experience fatigue, weakness, and shortness of breath.

Management of anaemia includes consuming a healthy, iron-rich diet, taking iron and folic acid supplements, and, in severe cases, undergoing medical treatment as advised by healthcare professionals.



A nutrition training programme conducted by Ms. Bhawana



A nutrition training programme conducted by Ms. Satya

NUTRITIONAL DEMONSTRATION

Ingredients:

Rice one cup
4 grated Carrot
half a cup of roasted peanuts
any dry fruits (optional)
15ml of oil/ Butter (as per choice)
100gms Jaggery as per taste
10gms raisins

Method: Half-cook the rice. In a deep vessel, heat 1 tablespoon of oil or ghee. To this add grated carrot and cook for 2-3minutes. Add peanuts, dry raisins and jaggery. Stir for 1-2 minutes. Finally, add the half-cooked rice. Mix the ingredients well. Cover it with a lid and leave it on low flame for 5 minutes. Check the grains of rice to see if they have softened. Now it's ready to serve.

Nutritional value per serving (Approx.) - 100g

- Energy - 40Kcal
- Protein - 8.5g



Name of the Recipe: Carrot Rice

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
7	2	4	1



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 November was 27, 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	9497	9726	19223
TOTAL MALES	4876	5289	10165
TOTAL FEMALES	4621	4437	9058
TOTAL NO. OF CHILDREN	507	530	1037

STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

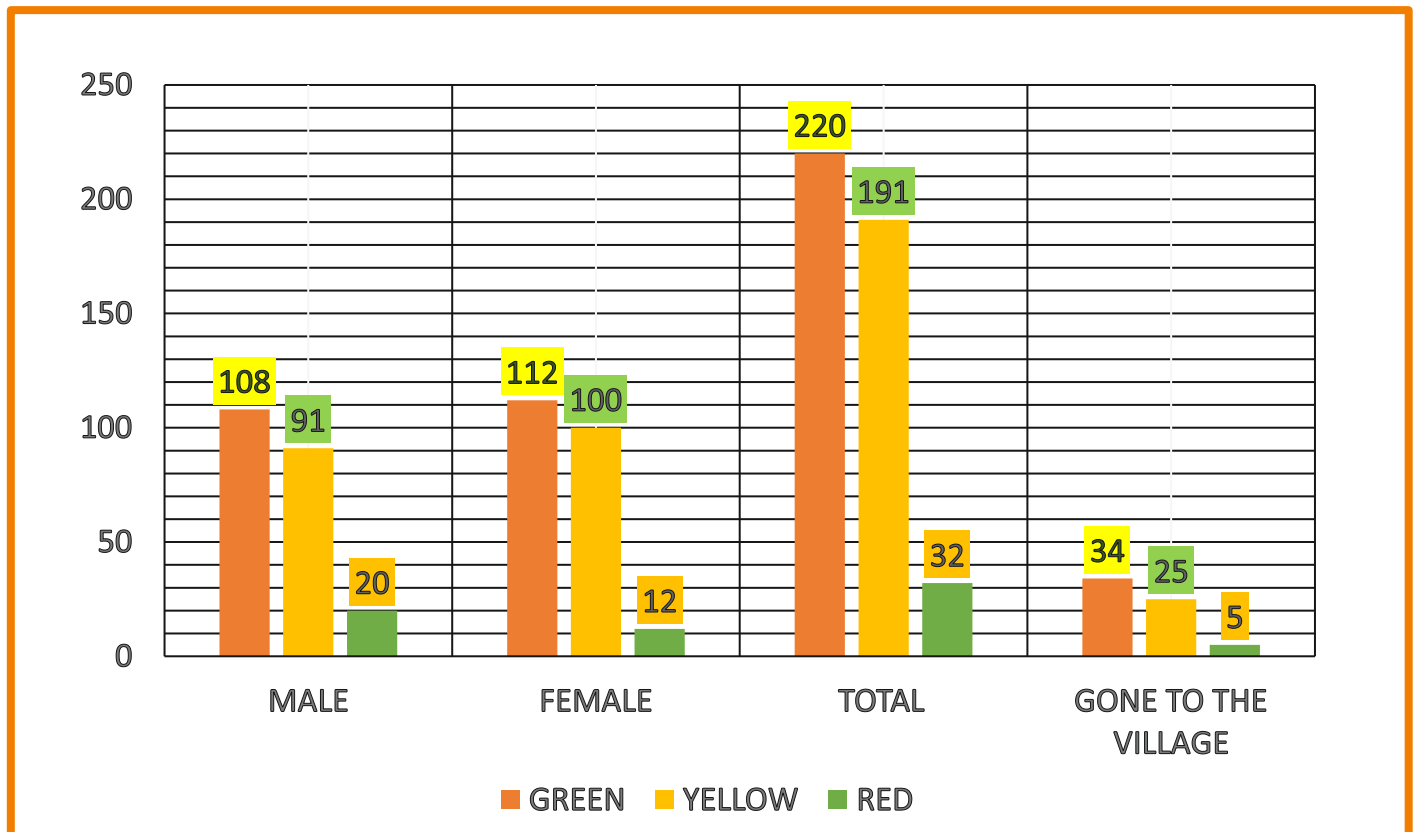
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	108	112	220	34
YELLOW ZONE	91	100	191	25
RED ZONE	20	12	32	05

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

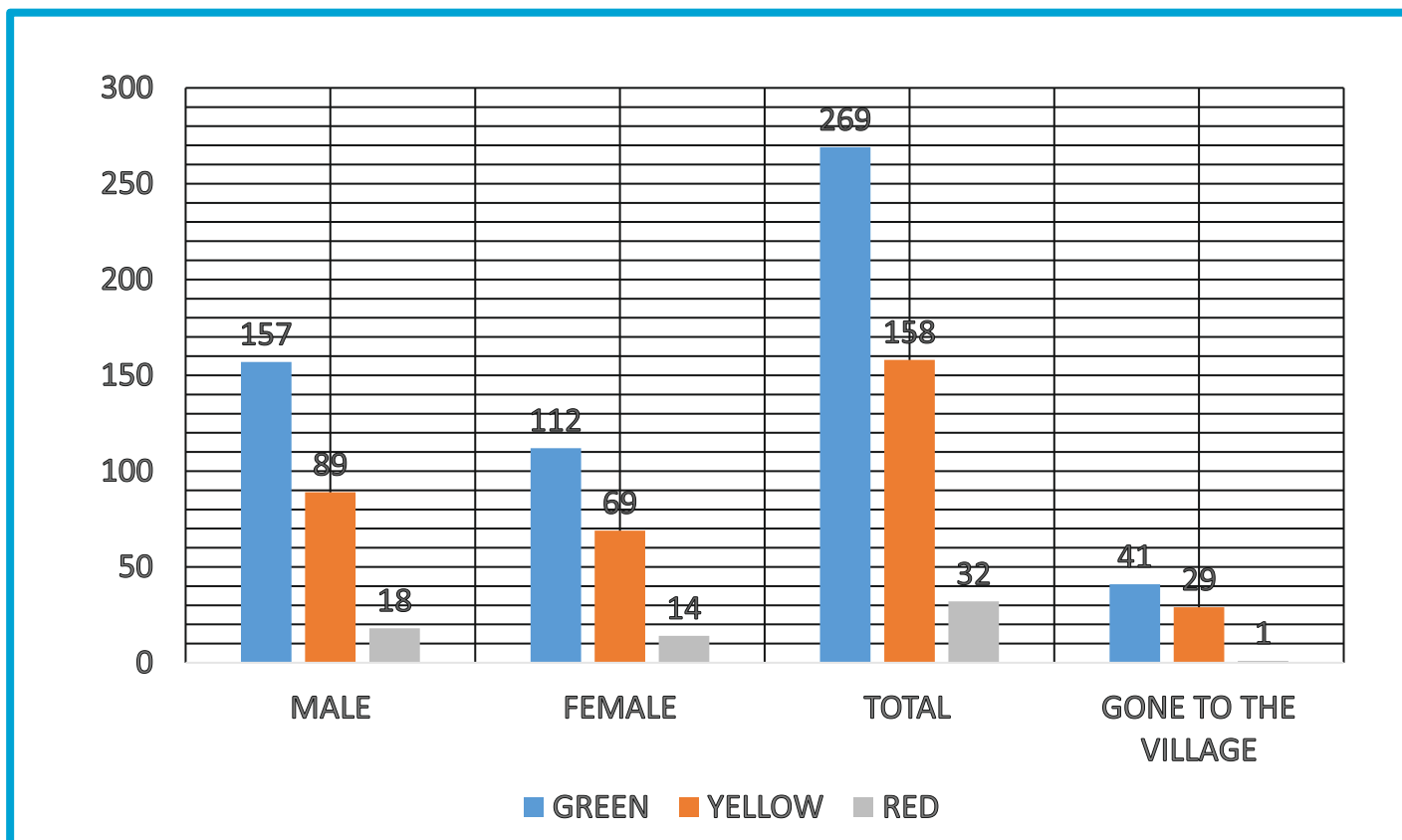
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	157	112	269	41
YELLOW ZONE	89	69	158	29
RED ZONE	18	14	32	01

NOTE- Compared to October, in November, Janta Colony saw a decline in green and red zone cases while yellow zone cases slightly increased, indicating mixed trends; in Dhanas, green and yellow zone cases decreased and red zone cases remained stable, showing a slight overall reduction.



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	503	532	1035
Children permanently left	09	10	19
Total Deliveries	05	03	08
Children aged 5 years age	10	09	19
New families moved into the area on rent with children under five	18	14	32

STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

Age (Months)	Janta Colony		Dhanas	
	Children	%Age	Children	%Age
0-12	5	1.0	2	0.4
13-24	4	0.8	06	1.1
25-35	4	0.8	9	1.7
36-48	09	1.7	9	1.7
49-60	10	2.0	6	1.1
Total Red Zone Children	37	7.3	33	6.2
Red Zone Children (Weighed)	32	6.3	32	6.0
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	42	4	2	2	1	0	0	0	0	2	0
Dimple	49	4	4	0	1	0	3	0	0	1	0
Lata Gosain	47	2	2	0	1	1	0	0	0	1	0
Meenakshi	45	2	2	0	0	0	1	0	0	0	1
Kajal	37	4	2	2	1	1	0	0	0	2	2
Pooja	37	2	2	0	0	1	1	0	0	1	0
Lata Chandel	45	3	3	0	1	1	1	0	0	0	0
Sushma	41	3	3	0	1	0	2	0	0	1	0
Sunita	45	3	3	0	1	0	2	0	0	1	0
Veena	35	3	3	0	0	0	1	0	0	0	0
Sanjana	43	7	6	1	2	0	4	0	0	2	0
Meena	41	1	1	0	1	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	50	3	3	0	2	0	1	0	0	2	0
Dimple	47	2	2	0	1	0	1	0	0	0	0
Lata Gosain	43	3	2	1	1	0	1	0	1	0	0
Meenakshi	37	0	0	0	0	0	0	0	0	0	0
Kajal	44	4	4	0	2	0	1	0	0	0	1
Pooja	47	3	3	0	0	0	3	0	0	0	0
Lata Chandel	47	5	5	0	0	0	4	0	0	0	1
Sushma	42	1	1	0	0	0	1	0	0	0	0
Sunita	42	2	2	0	0	0	2	0	1	0	0
Veena	53	3	3	0	1	1	0	0	0	0	0
Sanjana	46	6	6	0	1	0	5	0	0	0	0
Meena	32	1	1	0	0	0	1	0	0	0	0

STATISTICS OF PREGNANT MOTHERS AND NEWBORN

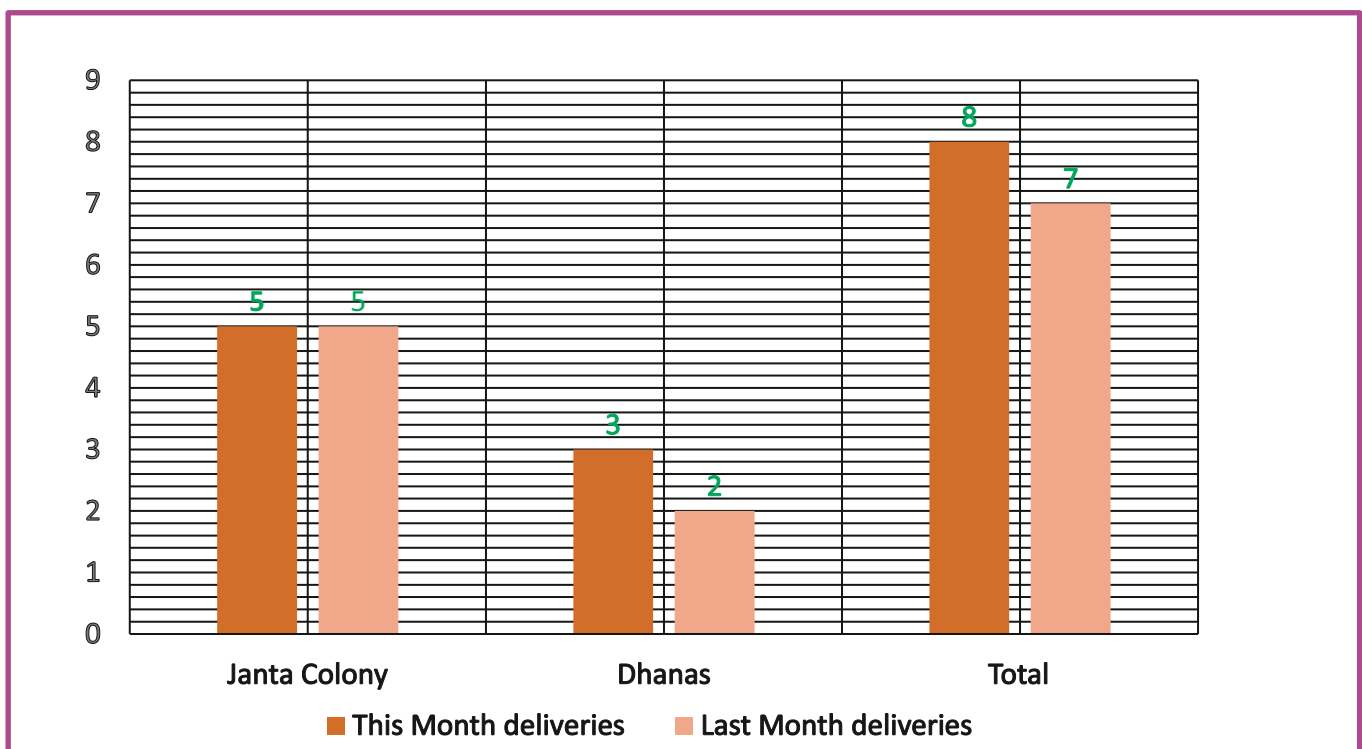
	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	15	15	30
Number of deliveries	5	3	8
Births	Male:0 Female:05	Male: 02 Female: 01	2 6

STATISTICS OF PREGNANT MOTHERS AND NEWBORN

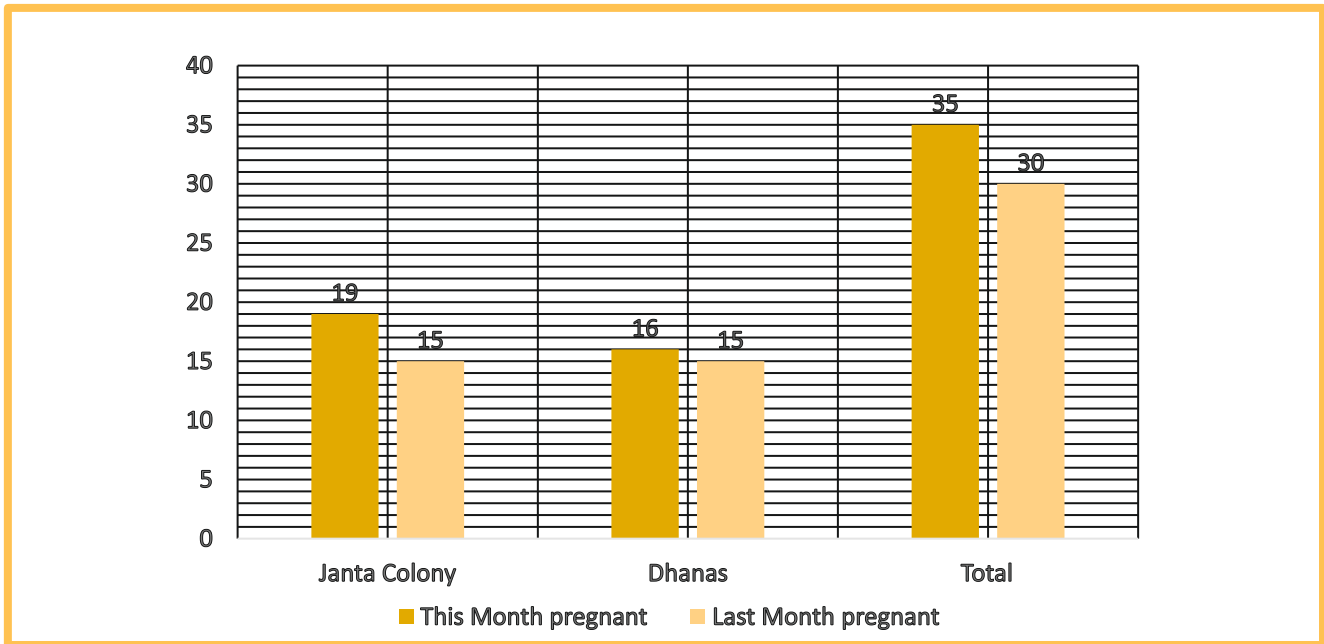
	JANTA COLONY	DHANAS VILLAGE	TOTAL
Mothers who left the Colony	0	1	1
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	8	4	12
Trimester	1st Trimester: 01 2nd Trimester: 11 3rd Trimester: 07	1st Trimester: 00 2nd Trimester: 10 3rd Trimester: 06	1 21 13
Number of Pregnant women this month	19	16	35

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
Rikki	38 years	Male	Liver failure due to alcoholism	Lata Gosain
Suresh Kumar	67 Years	Male	IHD	Sanjana
Dev	38 years	Male	Alcoholism	Lata Chandel

DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Kuri Ram	80 years	Male	T.B	Kajal
Saroj	60 Years	Female	Silent Attack	Banita

EDUCATION PROGRAM:



Maahi
Class - Pre-Nursery

SWAD SCHOOL PROGRESS REPORT:

This month, Maahi has shown remarkable improvement. She is taking part in all the activities such as writing, reciting poems, and interacting with others in the class. Maahi joined the school in the month of July, and initially, she was extremely shy. Moreover, she did not move her hands while writing, often hesitating to hold the pencil and unsure of how to begin her work. She would sit quietly, waiting for guidance, and needed consistent encouragement to even attempt forming letters. But after the class teacher noticed her behaviour and gave her more attention, speaking to her frequently, Maahi started improving day by day and has now become more confident.

Class teacher- Mrs Preeti Uniyal



Anhad
Class - Nursery

SWAD SCHOOL PROGRESS REPORT:

Anhad, a student from the Nursery class, was very quiet in the beginning and did not play or talk with any other students. He only used to talk to himself and play alone.

Class teacher- Mrs Geeta Saini



Anvi
Class - L.K.G

SWAD SCHOOL PROGRESS REPORT:

Anvi from the L.K.G. class is a bright and intelligent student. In the beginning, she was not regular in attending school. Because of this, she missed many classroom activities, story sessions, and written work. Her class teacher noticed this and discussed the matter with her parents. After listening carefully, her parents understood the importance of regular attendance and assured the teacher that they would take care of this in the future. Following this, Anvi started coming to school regularly. Gradually, she became more confident and active in class. She now shows interest in learning and happily participates in all classroom activities.

Class teacher- Mrs Lata

EDUCATION PROGRAM:



Satnam
Class - U.K.G

SWAD SCHOOL PROGRESS REPORT:

Satnam is a bright student in the UKG class. He is good at both oral and written work. He is punctual in class and always completes his homework on time. All this is possible because of his punctuality and discipline. Earlier, he had a stammering problem. He used to pause at the beginning while speaking. The class teacher encouraged him by saying, "You can do very well; you are a good boy." She always engaged him in conversation, storytelling, rhymes, and communication with other students in the class. This built his confidence, and now he is very active and speaks fluently.

Class teacher- Mrs Saroj



Vivan
Class - Alambana

Vivan is a student of the Alambana class and has shown significant improvement. Initially, when he joined the school, he was irregular in attending classes and did not participate in classroom activities. He neither spoke in class nor wrote anything in his notebook. The class teacher discussed these concerns with his mother and advised her to ensure his regular attendance at school. The teacher explained that the school offers various developmental activities, including poem recitation, games, smart classes, and colouring activities. These activities, along with academic

Class teacher- Miss Antima

ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:



- ✧ Children enjoyed colouring butterflies during the school activity, happily experimenting with colours and expressing their imagination.
- ✧ The coloring of the butterflies with a mix of papers, and color pencils made the activity more creative and exciting.
- ✧ Colouring different fruits and vegetables was an



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	TEJAS 	AYANSH PAL 	ANSHIKA 	AYUSH 
	NAMAN 	Garimal 	AYANSH 	ANHAD 
NURSERY	AARAV 	PEEYUSH 	ADVIK 	NISHU 
	L.K.G	HIMANSHI 	VANSHIKA 	HIMANK 
U.K.G	SAWALI 	VICKY 	RUHI 	MAHI 
	ALAMBANA			

DIR INDIA HIGHLIGHTS OF THE MONTH

- On 7th November, a workshop on menstrual health was held in collaboration with the Enactus team from Punjab University. Our CEO, Dr. Asha Katoch, addressed the women of the basti highlighting the importance of menstrual hygiene, promoting the use of cloth pads, and raising awareness about population control.



- A round table event for SWAD School children was organized on 12th November 2025, featuring a specially selected movie screening aimed at educating and entertaining young learners.

- Dr. Shweta, radiologist and member of Team RAKSHA, visited DIR on 18th November to help underprivileged people and children. She collected information about the essential items needed, and planned to distribute them to pregnant women, lactating mothers, and needy children in Janta Colony in the coming month.



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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