



MONTHLY REPORT

Developing Indigenous
Resources India

MARCH 2026



Scan to donate

WEBSITE

www.dir.ngo

INSTAGRAM

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

FACEBOOK

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

TWITTER

twitter.com/@dirdotngo

YOUTUBE

<https://www.youtube.com/channel/UCvjksGNLMLNLR6ji->



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 MARCH 2026 HIGHLIGHTS
12	OUR TEAM AND CONTACT INFORMATION

CEO'S REPORT



Dr. Asha Katoch (CEO)

In India, March is a busy month, it is the closing month of the financial year. This is the Month when all the School Board Examinations for classes 10 and 12 take place.

Colonel (Dr) Vasu Aggarwal, Obstetrician & Gynaecologist serving at the Army Command Hospital, Chandimandir, is taking premature retirement from 30th April 2026 from the Army.

Dr Vasu visited DIR India to observe and see the functioning of the organisation. She decided to offer her services towards young girls, educating them on HPV infection, leading to cancer and diseases like Cervical Cancer, Vaginal Cancer, Anal Cancer, Vulvar Cancer and Genital warts.

HPV Vaccination helps in generating antibodies, thus providing prevention from the above-mentioned ailments.

Dr Vasu will donate 500 HPV Vaccine to DIR. She will be taking a class of slum girls between the age of 14 to 20 years of age, related to all Gynae issues and also the importance of HPV immunization at the earliest, from 9 years of age onwards.

In the third week of March Parents and Teachers meet was organized. All children who were outstanding were rewarded with prizes. Mothers were rewarded with a gift for providing healthy and freshly cooked lunch to their child.

In addition all kids were given T-Shirts donated by Mr Sanjay Bhatia.

DIR started Meditation classes for the entire staff in March 2025. This session was for three consecutive days. Five Perceptors offered their services by giving individual sittings to the DIR Team.

Perceptor Neha Vatsyayan visits DIR every Thursday. We have a group Meditation with Neha. The weekly classes in group meditation have changed the outlook of every member of DIR who was regular. There is a visible growth in the attitude of DIR employees. In addition it has given them stability, patience, and peace of mind. All members confessed that they get good sleep and have tolerance to any unpleasantness.

On 31st March both Shahved Katoch and Meghna Katoch along with their kids visited DIR. Milan interacted with children of UKG and LKG of SWAD School. Our SWAD School kids exchanged letters to the children of Milan's class. These letters were carried by Milan.



Dr Vasu visited DIR India to observe and see the functioning of the organisation.



Parents and Teachers meet was organized. Outstanding children were rewarded with prizes.



Mothers were rewarded with a gift for providing healthy tiffin.



Three days Meditation camp organized for the Basti women.



Kids were given T-Shirts donated by Mr Sanjay Bhatia

Overcoming Early Challenges: Mannat's Path to Health



Ms. Lata Chandel
Health Promoter
(Incharge of the health status of this family)

Mannat, a bright 4-year-old girl, lives with her parents in Janta Colony. Her family's journey to parenthood was a long and difficult one. Originally from Saharanpur, U.P., her mother, Geeta, and her father, Deepak—who has served as a sanitation worker at PGI for 17 years—waited 14 years to start their family, enduring multiple heartbreaking miscarriages along the way.

When Mannat was finally born, she faced many health hurdles. She was born in a private hospital in her native village in UP with a birth weight of only 1.75 kg. The DIR medical team met the Couple when Mannat was 10 months old, and she weighed only 5 kg. Mannat was underweight, with low immunity, so she fell ill frequently.

The vaccinations were delayed and her injections schedule was behind schedule. During a follow-up check-up, investigations revealed an infection and a raised platelet count. Although Mannat was recovering, she ate very little and often vomited after meals, making her irritable.

Our health promoters stepped in to provide intensive counseling for Geeta on the vital importance of nutrition and immunity. Though initially hesitant, Geeta began following the specialized diet plan we recommended. Today, Mannat is growing stronger, showing how consistent nutritional guidance can turn the tide for a vulnerable child's future. She is now 4 years old and weighs 16 kg, which is a healthy and normal weight according to WHO standards. With timely intervention and continued care, she is now on a positive and healthy growth trajectory.



Turning the Tide: Mannat's Journey to Health

MEDICAL TRAINING

MEDICAL TRAINING

March is a transition from winter to early summer, with rising temperatures, clear skies, and blooming flowers. During the academic sessions, a comprehensive revision of the essential body systems was undertaken, including the

- ✧ lymphatic system
- ✧ respiratory system
- ✧ digestive system
- ✧ female reproductive system
- ✧ pulmonary circulation
- ✧ human cell

Typhoid was studied in detail during the academic sessions, particularly in view of the reported cases in Dhanas and Janta Colony, and was also addressed in community meetings held in these areas to spread awareness. According to 2019 estimates, typhoid affects approximately 9 million people globally each year, causing around 110,000 deaths. <https://www.who.int/news-room/fact-sheets/detail/typhoid>

It is an infectious bacterial disease caused by *Salmonella typhi*, primarily transmitted through contaminated food and water. The disease commonly presents with prolonged fever, weakness, abdominal pain, headache, and loss of appetite, and may lead to serious complications if left untreated.

A 35-month-old male child developed fever after receiving a dose of Vitamin A and was subsequently diagnosed with typhoid fever, exhibiting the typical clinical features of the infection; and treated successfully. This case highlights the importance of timely diagnosis and appropriate treatment to effectively manage typhoid.



Medical Training conducted by Dr. Anjana

NUTRITION TRAINING

March marks a transition period from winter to summer, where maintaining proper diet and hygiene becomes important to prevent infections and digestive issues.

A nutrition training session was conducted focusing on dietary management of typhoid and lactose intolerance. The session emphasized the importance of a soft, easily digestible diet and proper hydration during typhoid, along with hygienic food practices.

It also covered lactose intolerance, highlighting the need to avoid lactose-containing foods and include suitable alternatives to maintain adequate nutrition.

Participants were guided on dietary modifications and healthy practices for better recovery and overall well-being.



A nutrition training conducted by Ms. Satya and Ms. Bhawana

NUTRITIONAL DEMONSTRATION

Paushtic Namkeen (Healthy Savory Snack)

Ingredients:

- ✧ Puffed rice
- ✧ Peanuts
- ✧ Roasted Bengal gram (chana)
- ✧ Bhujiya
- ✧ Curry leaves (kadi patta)
- ✧ Raisins (kismish) (optional)

Spices:

- ✧ Dhania powder
- ✧ Salt
- ✧ Chaat masala
- ✧ Turmeric (a pinch)
- ✧ 1 teaspoon oil

Method:

- ✧ Heat a skillet on the stove.
- ✧ Add 1 teaspoon of oil and let it warm up.
- ✧ Add curry leaves and sauté until they turn crisp.
- ✧ Add coriander powder and a pinch of turmeric.
- ✧ Now add puffed rice and roast on low flame, stirring continuously until it becomes crispy.
- ✧ Add roasted Bengal gram, peanuts, and bhujiya.
- ✧ Sprinkle salt and chaat masala.
- ✧ Add raisins (optional).
- ✧ Mix everything well and roast for another 1–2 minutes.
- ✧ Paushtic namkeen is ready! Serve it as a light snack with tea or store it in an airtight container.

Nutritional value per serving (Approx.) - 100g

- Energy - 82Kcal
- Protein - 9g



Name of the Recipe: Paushtic Namkeen (Healthy Savory Snack)

DETAILED PROGRESS REPORT OF NIPP:

- The total attendance of NIPP in MARCH was 23, comprising Alambana children, pregnant and lactating mothers and needy women.

PROGRESS REPORT UNDER NIPP PROGRAM:

This month, most of the children have gone to the village. The strength of NIPP children has reduced. There are six children in our NIPP Program, out of which five children showed no change in weight and one child lost weight due to running fever.

TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9552	9735	19,287
TOTAL MALES	4918	5295	10,213
TOTAL FEMALES	4634	4440	9075
TOTAL NO. OF CHILDREN	513	527	1040

STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	141	112	253	22
YELLOW ZONE	84	78	162	31
RED ZONE	17	26	43	02

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

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
6	2	4	0

- Each donor receives a monthly progress report on their sponsored child, including updates on the child's health status, along with growth charts and photographs.
- A total of 20 children in Project Alambana (children of rag pickers) are sponsored, and they are also enrolled in the NIPP program.

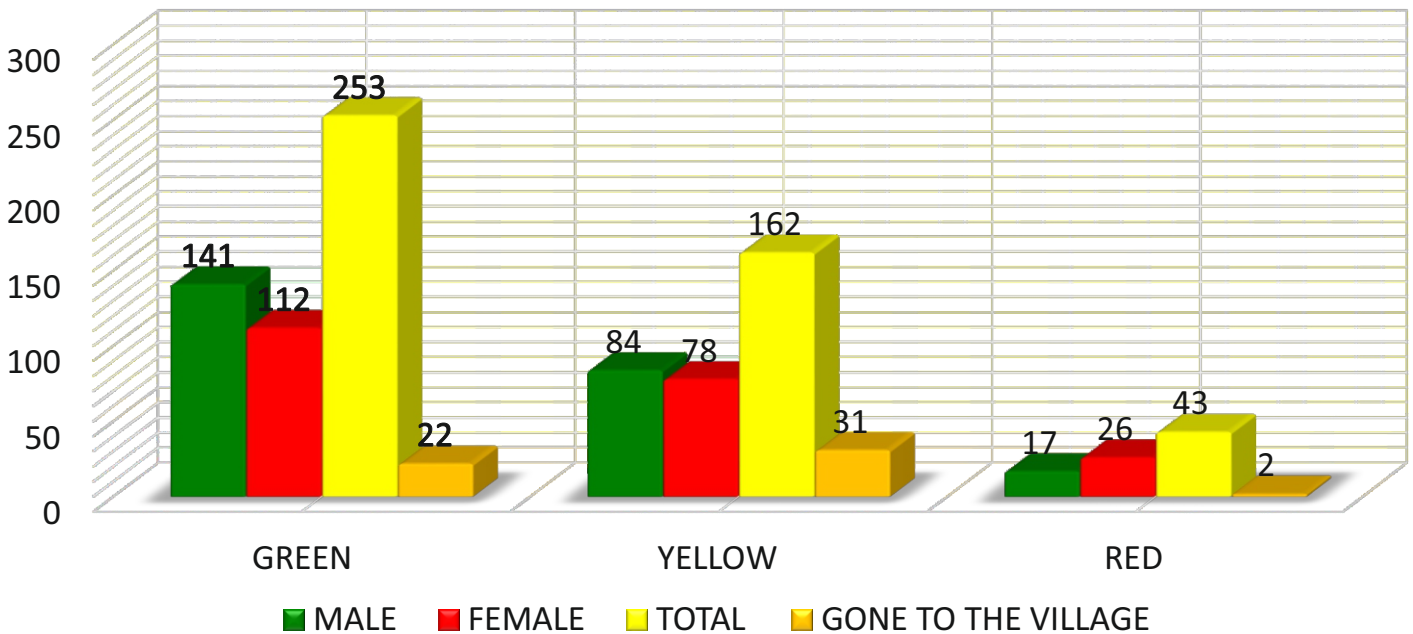


Children of the project Alambana & NIPP



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

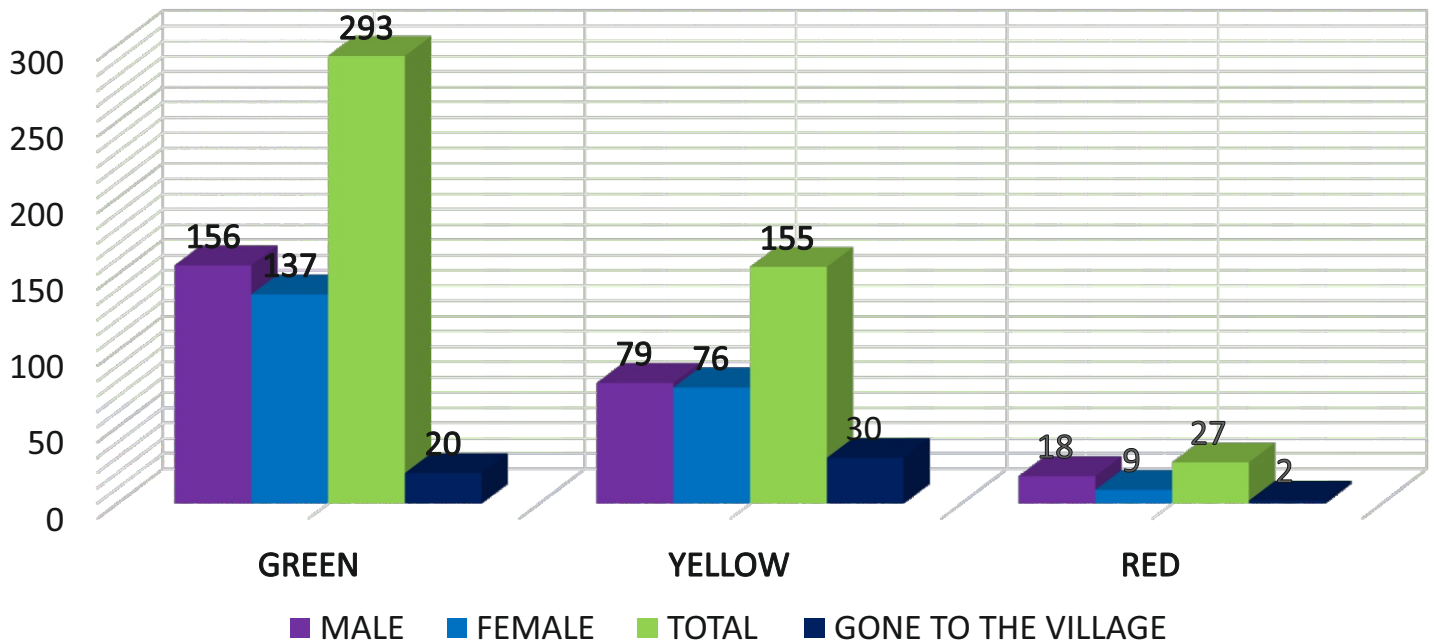
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	156	137	293	20
YELLOW ZONE	79	76	155	30
RED ZONE	18	09	27	02

NOTE- In both Janta Colony and Dhanas, compared to February, March shows a consistent trend with green zone children staying high as a good sign, yellow zone children decreasing, and a slight increase in red zone cases, indicating a minor rise in severity, while overall reflecting improvement.



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	523	1039
Children permanently left	03	03	06
Total Deliveries	05	04	09
Children aged 5 years age	11	06	17
New families moved into the area on rent with children under five	06	09	15

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	4	0.8	03	0.6
25-35	11	2.1	8	1.5
36-48	9	1.7	5	0.9
49-60	15	3.0	9	1.7
Total Red Zone Children	45	8.8	29	5.5
Red Zone Children (Weighed)	43	8.4	27	5.1
Children not Weighed (gone to the Village)	02	0.4	2	0.4



Community meeting on TB by Health Promoters

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	43	6	5	1	1	1	2	0	0	0	2
Dimple	50	5	5	0	2	2	1	0	0	1	0
Lata Gosain	49	4	3	1	1	1	1	0	0	1	0
Meenakshi	47	2	2	0	1	1	0	0	0	1	0
Kajal	41	4	4	0	0	1	3	0	0	4	0
Pooja	42	6	6	0	1	2	2	0	0	1	1
Lata Chandel	49	2	2	0	0	0	2	0	0	0	0
Sushma	35	1	1	0	1	0	0	0	0	0	0
Sunita	47	3	3	0	1	1	1	0	0	0	0
Veena	28	2	2	0	0	1	1	0	0	0	0
Lakshmi	47	7	7	0	3	3	1	0	0	2	0
Meena	35	3	3	0	1	2	0	0	0	1	0



Community meeting on Hypertension in pregnancy by Health Promoters

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	52	4	4	0	1	0	2	0	0	1	1
Dimple	51	2	2	0	0	2	0	0	0	0	0
Lata Gosain	44	4	3	1	0	0	3	0	0	0	0
Meenakshi	37	0	0	0	0	0	0	0	0	0	0
Kajal	43	3	3	0	2	0	1	0	0	0	1
Pooja	47	4	4	0	1	1	2	0	0	0	0
Lata Chandel	47	4	3	1	1	0	2	0	0	0	1
Sushma	39	1	1	0	1	0	0	0	0	0	0
Sunita	44	1	1	0	1	0	0	0	1	0	0
Veena	48	1	1	0	0	0	1	0	0	0	0
Lakshmi	45	4	4	0	2	2	0	0	0	0	0
Meena	30	1	1	0	0	0	1	0	0	0	0

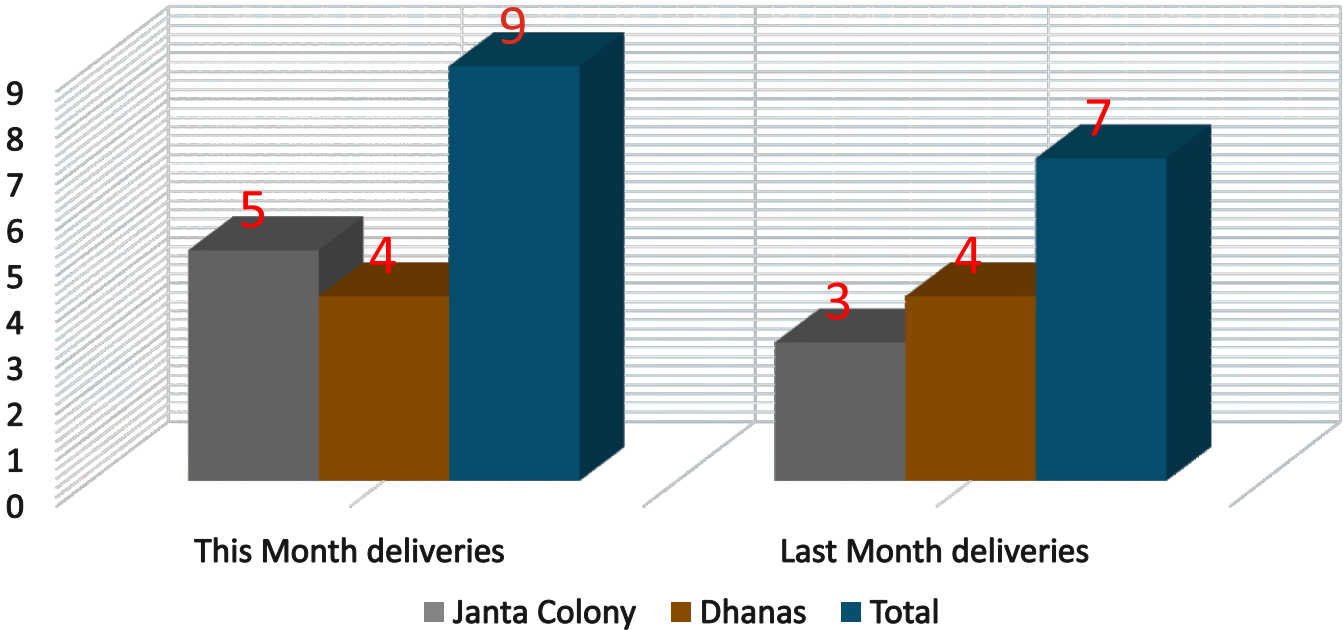
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	26	14	40
Number of deliveries	5	4	9
Births	Male:04 Female:01	Male: 02 Female: 02	6 3

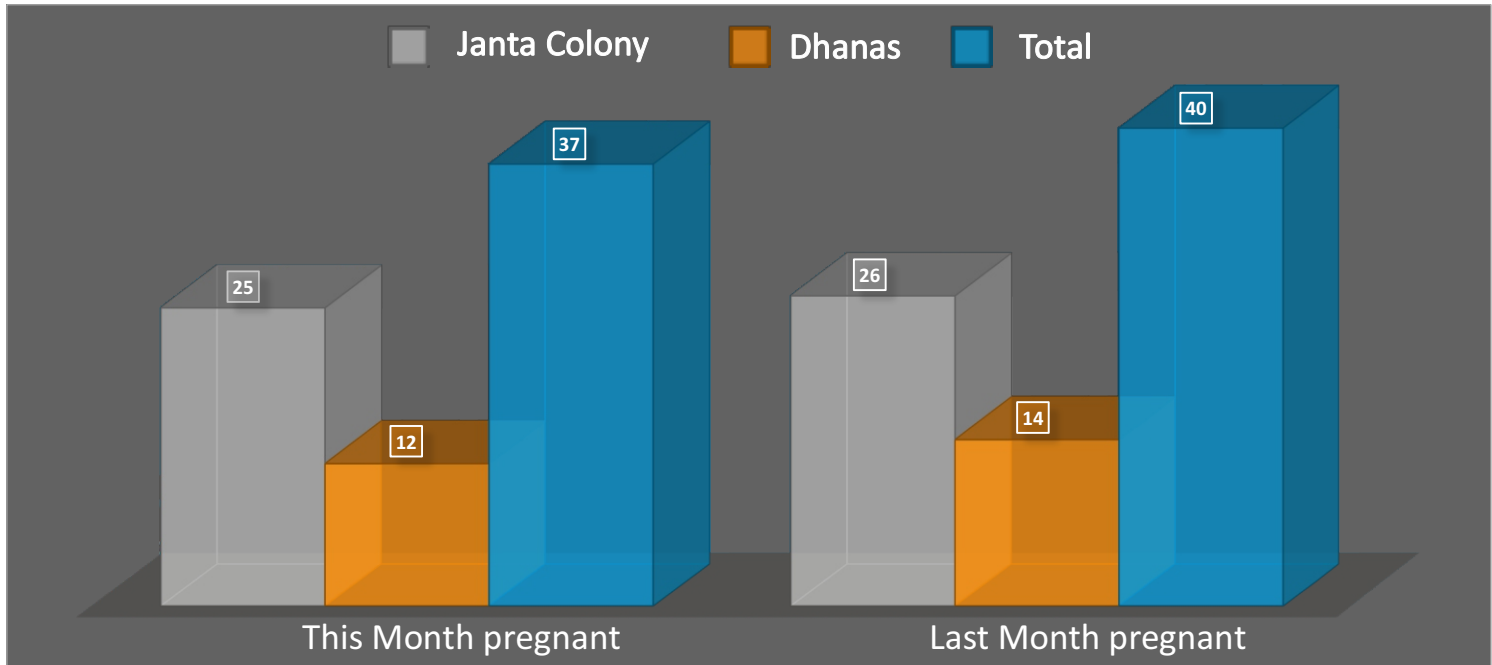
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	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	4	3	7
Trimester	1st Trimester: 01 2nd Trimester: 12 3rd Trimester: 12	1st Trimester: 00 2nd Trimester: 07 3rd Trimester: 05	01 19 17
Number of Pregnant women this month	25	12	37

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
Trilok	26 years	Male	Drug Addiction	Sushma

DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Bhanu	35	Male	Chronic Kidney Disease	Lata Gosain

Skill Program

TAILORING

The tailoring program is running in DIR for basti women. This month, the topics covered in the classes taught by tailoring teacher Jaspreet include the following:

- I. Basic embroidery stitches
- II. Hemming
- III. Tech bottom
- IV. Hook eye
- V. Smocking design patterns



EDUCATION PROGRAM:



Anshika
Class - Pre-Nursery

SWAD SCHOOL PROGRESS REPORT:

Anshika, a pre-nursery class student, initially struggled with her oral tasks and was unable to perform to her full potential. Recognizing this area of concern, her class teacher carefully observed her difficulties and took thoughtful steps to support her learning. She was given additional practice to build confidence and improve her speaking skills in a gradual and encouraging way. With regular guidance and practice, Anshika began to show progress. By the December examinations, her efforts paid off, and she achieved a B grade. Her confidence increased, and her oral expression became clearer and more fluent. In the final examinations, she excelled in her oral work, achieving an A grade and securing second position in her class. Her progress demonstrates consistent effort, effective guidance, and the nurturing teaching approach of her class teacher to achieve her goals.

Class teacher- Mrs Preeti Uniyal



Kriti
Class - Nursery

SWAD SCHOOL PROGRESS REPORT:

Kriti, a charming nursery class student, scored 73% in her December examinations. The areas where she scored less were mainly due to her weakness in English. Identifying this learning gap through close observation of her performance, her class teacher Mrs. Geeta, provided her with special attention and extra practice through both classwork and homework to strengthen her language skills. With consistent effort and determination, Kriti worked hard and showed steady improvement over time. By the final examinations, she had developed a much better command of the subject. She achieved an impressive 94%, secured third position in her class, and delivered an excellent overall performance. All thanks to her dedication and hard work of her class teacher.

Class teacher- Mrs Geeta Saini

SWAD SCHOOL PROGRESS REPORT:



Nishu
Class - L.K.G

Nishu is a student of LKG class and a very well-behaved and nice girl. In the December examination, she secured 84 percent, which was a commendable performance for her level. After this result, she became more focused and serious about her studies. She started paying greater attention in class, completing her homework regularly and on time, and consistently practicing her classwork with dedication. The continuous guidance and encouragement of her teachers also played an important role in her improvement. With her increased effort along with her teachers' support, her academic performance showed remarkable progress, and her marks increased to 90 percent, reflecting her hard work, discipline, and determination.

Class teacher- Mrs Lata

EDUCATION PROGRAM:



Gourish
Class - U.K.G

Gourish has shown remarkable academic growth during this term. Beginning with 76 percent in the December examinations, he worked with great dedication and determination to achieve an outstanding 94 percent in the March examinations. This impressive improvement of 18 percent clearly reflects his strong academic potential, consistent hard work, and the valuable guidance and continuous support of his class teacher Mrs Saroj. He has now become a more focused, disciplined, and confident learner who actively strives to improve further. Keep it up Gourish! It is truly heartwarming to witness such a consistent and inspiring upward trend in his performance.

Class teacher- Mrs Saroj



Mahi
Class - Alambana

Mahi, a student of Alambana class, initially scored 80 percent. Although she is a hardworking girl, she has the potential to achieve even more. Keeping this in mind, her class teacher spoke with her parents and advised them to give her additional support at home. The teacher also began providing her with extra attention in class, which helped her gain confidence and deepen her understanding. With increased effort and dedication, Mahi showed remarkable improvement and went on to score 97 percent in her final exams.






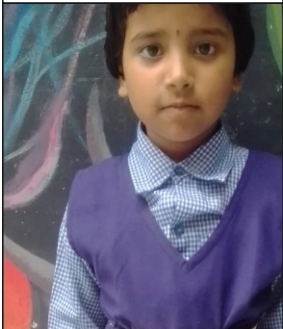













Class teacher- Miss Antima

ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- ✧ March marked the period of final examinations, which were conducted from March 9 to March 13. The results were declared on March 27, 2026. All the students performed commendably in their academics and were successfully promoted to the next class.
- ✧ On the day of the results, clothes generously donated by Mr. Sanjay Bhatia were distributed among all the students.
- ✧ Additionally, lunch boxes were presented to the mothers of students who received the Healthy Tiffin awards.



SWAD School students awarded by gift.

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	TEJAS 	ANSHIKA 	TRISHA 	MAAHI 
NURSERY	AADHYA 	AANVI 	NAMAN 	ANHAD 
L.K.G	NAVYA 	PEEYUSH 	AARAV 	NISHU 
U.K.G	SARA 	ANSH 	HIMANK 	GOURISH 
ALAMBANA	KASHAVI 	ANSH KUMAR 	NIYATI 	ANSHIKA 

CHILD ACTIVIST PROGRAM

- ✧ This month, the topic covered in the CAP program was ORS. With the increasing heat and rising temperatures, people are more prone to diarrhoea and vomiting. Children, in particular, need to take additional precautions during such weather conditions.
- ✧ The method of Oral Rehydration Solution (ORS) preparation was explained to the children. It can be easily prepared at home and is an effective treatment for maintaining electrolyte balance during diarrhoea and vomiting.
- ✧ In the games session, Kabaddi was introduced to the children, and they enthusiastically participated in the game under the supervision of the health promoters. The aim of the game was to help children learn it and incorporate it into their lifestyle, thereby improving physical fitness, including strength, stamina, and flexibility, and enhancing teamwork as well as quick decision-making skills.



DIR INDIA HIGHLIGHTS OF THE MONTH

- ❖ On 3rd March, Colonel (Dr.) Vasu Aggarwal, an Obstetrics and Gynaecology specialist at Army Command Hospital, Chandimandir, visited DIR India and offered to support awareness programmes for adolescent girls and young women on HPV (Human Papillomavirus) infection and its associated risks, including cervical, vaginal, anal, and vulvar cancers and related health conditions.
- ❖ Meditation sessions were conducted at DIR, organised by Preceptor Neha along with two other preceptors. Women from the basti actively participated in the three-day programme.
- ❖ The first day introduced relaxation techniques, the second day focused on cleansing practices, and the third day was devoted to meditation (Dhyaan), however, participants were encouraged to practise all three daily as a complete meditation routine. The key benefit of meditation is stress reduction and improved emotional well-being, helping individuals stay calm, focused, and better able to handle daily challenges.



Meditation camp 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

DEVELOPING INDIGENOUS RESOURCES INDIA

DIR-India:#705-C, Adarsh Nagar, Nayagaon, SAS Nagar, Mohali, Punjab - 160103

EMAIL:admin@dir.ngo, ceo@dir.ngo

Phone No.0172-5034227

Mobile No.+91-9478866412