



ANNUAL REPORT 2025 - 26



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DEVELOPING INDIGENOUS RESOURCES INDIA

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ANNUAL REPORT 2025-26 DEVELOPING INDIGENOUS RESOURCES - INDIA

ABOUT THE ORGANIZATION

Developing Indigenous Resources - India (DIR) is a registered charitable trust dedicated to improving the health, nutrition, and education of underprivileged communities in urban slums.

Developing Indigenous Resources India (DIR-INDIA) is a Non-Profit and Charitable trust registered in Sub-Registrar Office in Chandigarh, India, which strives to uplift and empower the destitute, neglected and low-income communities of our country, specifically in the urban slums. Our story begins as a response to the limitations of typical development projects conducted here in India. Too often, the solution has been to improve conditions by providing more and more money for development projects. Temporary relief comes from these projects, but quickly dies when the funds run out. By design, DIR positions the community members not as beneficiaries of assistance, but as implementers of change. DIR doesn't focus on solving problems, but rather empowering those in need to solve their own problems through education, training, planning and implementing effective programs.

Our organization focuses on health, education and self sustainability within the urban slums of Chandigarh. DIR doesn't focus on solving problems, but rather empowering those in need to solve their own problems through education, training, planning and implementing effective programs. We hire women in these low-income communities to organize and implement the program themselves, as they instigate change within their communities based on the skills they learn and the work they carry out.

Our primary focus is improving infant and maternal health in these slums through immunization programs, close monitoring of each child under five years of age and pregnant mother's weight, a feeding program for those children who are underweight, antenatal and postnatal care of mothers, and health/nutrition workshops for the community. We focus on preventative healthcare measures and equipping women from within the community with the necessary knowledge and skills to permanently solve their own issues.

DIR also provides a high-quality preschool to prepare young kids of ages between three to six years for building up a good foundation for further education in Public schools. Tuition classes are held for children between 3 PM to 5 PM so that a child is able to cope up with education in higher classes.

We also enable women to generate income through the provision of training and equipment in our tailoring program. DIR has no religious or political affiliations and is funded exclusively by donations. Our aim is to improve the quality of life for those in greatest need without regard to class, caste, gender, race or any other physical characteristic besides the need itself.

Our Goals

To reduce morbidity and mortality in communities where this is most needed.

To facilitate the local people to improve their own health and their children's health with low cost and minimal external assistance.

To demonstrate that this model of low cost, high impact, sustainable development is replicable throughout India.

To empower the slum women by developing, training and enhancing their skills and making them financially independent.

Our Objectives

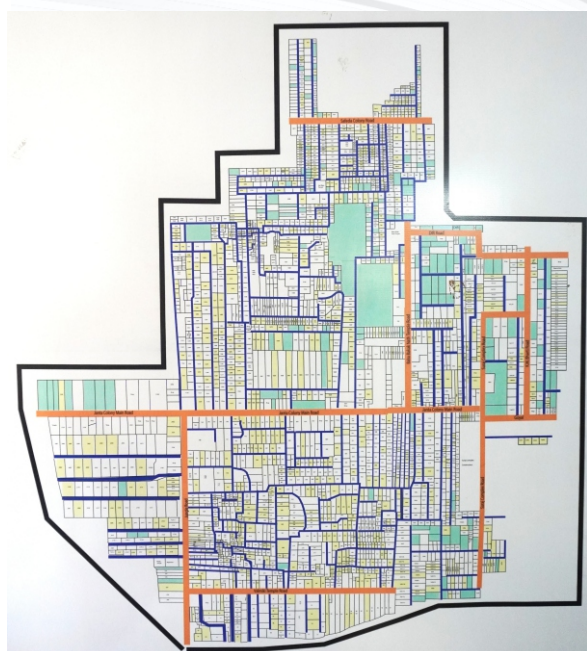
Our main objectives in the communities we work in are:

- ✧ At least 99.5 percent of women aged 15-45 have a full series of tetanus toxoid (TT) shots.
- ✧ At least 99.5 percent of children below five years old are fully immunized against all six serious childhood diseases: chickenpox, measles, mumps, rubella, tetanus, diphtheria and smallpox.

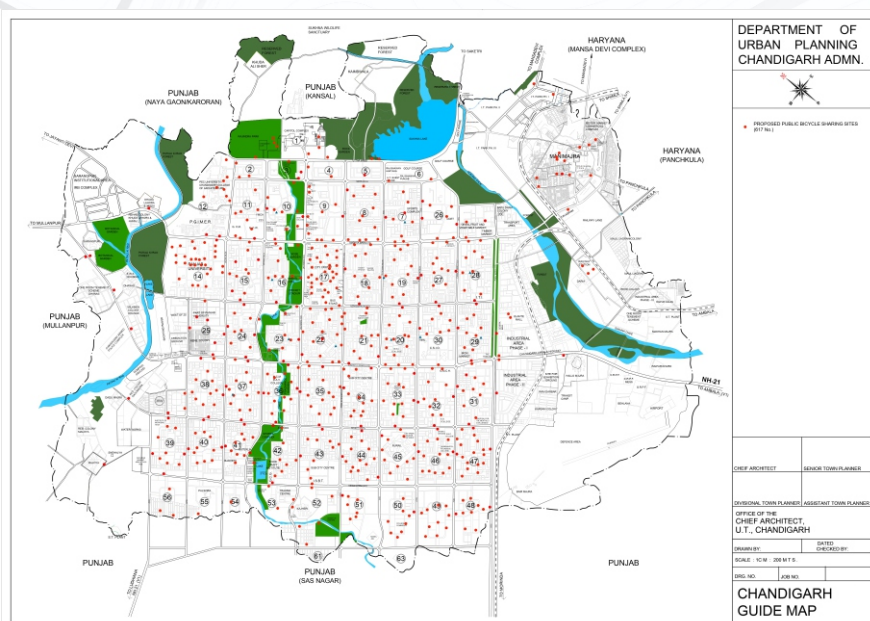
- ✧ At least 99 percent of all parents can demonstrate that they can make and administer their own home-made oral rehydration solution.
- ✧ At least 99 percent of women who give birth during and up to one year after the start of the project will have at least two antenatal and two postpartum examinations.
- ✧ Households know how to purify or provide clean water for consumption to the family.
- ✧ Keep their Households clean and have improved on their disposal of waste.
- ✧ Personal hygiene and related behaviour is improved.
- ✧ The birthing practices of birth attendants and midwives are improved.
- ✧ All health problems discovered within each community are appropriately addressed.

Reach and presence

1. Map of Janta Colony & Adarsh Nagar



2. Map of Dhanas, Chandigarh



Location	Total Population	Males	Females	Total Children (Under 5)
Janta colony	9514	4886	4628	516
Dhanas	9732	5294	4438	531
Total	19246	10180	9066	1047

CEO'S ANNUAL REPORT 2025 - 26**Dr. Asha Katoch (CEO)**

The Assessment Year 2025-26 has been a year of consolidation, resilience, and new beginnings for DIR India. We commenced the year with new admissions at SWAD School, where we witnessed the remarkable confidence of our tiny tots. A key milestone was the launch of the Child Activist Program (CAP) in Dhanas in January 2026, extending our community health outreach through interactive games and hygiene education for children aged 6-14 years.

Women Empowerment remained at the core of our activities. We observed World Menstrual Hygiene Day in May with Versatile Enterprises, distributing 2,000 reusable sanitary napkins, and

repeated this effort in November with the Enactus Team of Panjab University. To promote livelihood, we distributed 10 Usha Sewing Machines donated by PECOSA Australia to widows and deserving women, including cancer survivors.

Community Well-being was enhanced through the introduction of weekly Heartfulness Meditation sessions for our staff and medical team, significantly improving their mental stability and efficiency. We also celebrated major festivals like Lohri, Republic Day, Diwali, and Christmas, ensuring joy and a sense of belonging for the children and families we serve.

Despite challenges such as severe cold waves, monsoon flooding leading to waterborne diseases, and seasonal illnesses, the DIR team remained steadfast. We are deeply grateful to our donors, medical professionals from PGI (Raksha NGO), interns, and volunteers whose continuous support made this year a success.

- Dr. Asha Katoch (CEO)

CEO'S ANNUAL REPORT 2025 - 26

APRIL

April is the beginning of the new Financial year in India. Col P. P. Aggarwala, Loni Aggarwala, and Ranu Singh from the Army visited the organization. They were pleased to interact with school children. They were delighted to see the confidence in each child.



Col P. P. Aggarwala, Loni Aggarwala, and Ranu Singh from the Army visited DIR INDIA

Ms Meenu, CEO of Cubs Club, visited SWAD School of DIR after attending the Annual Day function of the organisation on 6th March 2025. She was highly impressed with the performance of the children. Our head Teacher Saroj, gave her the complete briefing on the functioning of the school. Meenu saw the notebooks of the children. She was delighted to interact with the children and was amazed by the zeal and enthusiasm in each child on any performance.



MS MEENU, CEO OF CUBS CLUB, VISITED SWAD SCHOOL OF DIR INDIA

MAY

DIR India has earned a good reputation among professional institutions in the country. It is encouraging to see young students from a reputed institution choosing our organisation for their internship program. Rosalea Matta, a student of Bitz Pillani, worked for three weeks. She completed two projects, one with SWAD School children. She designed a game by creating placards. The game was exciting, as it helped build knowledge, and it was entertaining for the children. Her second project involved sewage covers provided by the Punjab Municipalities, which are made of cement. Most of the drainage covers were damaged. This creates an unhygienic source for harbouring dengue, malaria, and many other water-borne diseases like the cholera, Typhoid, diarrhoea, and dysentery are common in slum areas. Rosalea designed a cover made from polythene bags with a mesh. The manufacturing cost is less, and they are hardy, made out of waste products.



UNDER INTERNSHIP PROGRAM MS. ROSALEA MATTA, A STUDENT OF BITZ PILLANI, WORKED FOR THREE WEEKS.

28th May is World Menstrual Day. It was celebrated in collaboration with Versatile Enterprises Pvt. Limited. Dr.(Col) Bindoo Nangia was the Chief Guest, and her husband, Dr. (Col) Rattan Nangia, Pathologist, was the guest of Honour. The Senior Executive Director of Versatile Enterprises Pvt.Ltd, Mr Kapil Seth, and his wife, Poonam, along with CSR Head Geetanjali Bakshi from Versatile Enterprises Pvt.Ltd attended the function. Versatile Enterprises Pvt.Ltd donated two thousand reusable sanitary napkins. We chose an audience of young girls living in Janta Colony Basti as they are the victims of various gynecological diseases due to unhygienic practices. Versatile Enterprises Pvt.Ltd donated 2000 reusable sanitary towels. An audience of 101 young girls was given 4 sanitary napkins each. Dr Bindoo gave a talk on the issues of mensuration and the importance of personal hygiene, especially during menstruation. Dr Bindoo concluded with a question of why ? “World Menstrual Day” is on 28th May? After a pause, she explained the menstrual cycle is of 28 days, hence the date 28th. The blood flow is for 5 days, and May is the 5th month of the Roman calendar which explains the month chosen is May.



DIR INDIA CELEBRATED WORLD MENSTRUAL DAY ON 28TH MAY 2025

DIR India organised camp in collaboration with Versatile Enterprises Pvt. Ltd. under Project Amodini on World Menstrual Health Hygiene day which is celebrated throughout the world on 28th May. CSR head of versatile head Gitanjali Bakshi along with Mr. Kapil Seth, Senior Executive Director and his wife Punam Seth addressed around 100 women of basti and distributed 2000 reusable sanitary pads. Dr Col. Bindoo Nangia was the chief guest and Col. Rattan Nangia, MD Pathologist was Guest of honor on this day. Dr Bindoo spoke to all the young girls and women of Janta Colony Basti on the basic hygiene of mensuration and briefed on common medical problems related to Gynaecology.



JUNE

During June, SWAD School remains closed for its annual summer vacation. With the intense heat, daily life in Janta Colony becomes relatively quiet, as many families travel back to their native villages during this time. Although the school is closed, teachers assign holiday homework to help students stay engaged with their studies and maintain continuity in their learning.

JULY

In July 2025 we started meditation from 11.30 AM to 12.30 PM under direct transmission by a Perceptor, Mrs Neera Singh on every Wednesday. This has helped the DIR Team to a great extent in their thinking and stability of mind. We are extremely grateful to Heartfulness Meditation introduced by Kamlesh D. Patelji, the fourth head of Sahaj Marg- , a Pharmacist by profession.



MEDITATION CLASS STARTED AT DIR

The month of July commenced with an online meditation session for DIR staff, facilitated by Perceptor Neera Raghuvanshi. These online meditation classes are scheduled to take place every Wednesday.



ONLINE MEDITATION SESSION FOR DIR STAFF, FACILITATED BY PERCEPTOR NEERA RAGHUVANSHI.

Col. Manish and his wife, Shalima Dadwal, visited the organisation and interacted with the school students and the team



COL. MANISH AND HIS WIFE, SHALIMA DADWAL, VISITED THE ORGANISATION AND INTERACTED WITH THE SCHOOL STUDENTS AND THE TEAM

AUGUST

India attained independence on **15 August 1947**. In 2025, the nation proudly celebrated the 78th anniversary of its independence, commemorating the sacrifices of the freedom fighters and reaffirming the values of freedom, unity, and democracy.

We started another vertical study and growth on Spirituality in March 2025 under the guidance of the Preceptors of Sahaj Marg, Heartfulness. Ms. Neera Singh, along with her team, came to DIR India office and gave individual sittings to the majority of the staff, which helped them to a great extent a mental peace and a cool attitude. Once a week, we have a regular practice of direct sitting in front of the Perceptor. This has generated a cool, calm, and peaceful environment amongst the staff of the organization.



MS. NEERA SINGH, ALONG WITH HER TEAM, VISITED TO DIR INDIA OFFICE

SEPTEMBER

DIR is fortunate to have the support of generous local donors who regularly contribute groceries, utensils, clothing, and stationery to children and needy families on special occasions such as birthdays, festivals, and social events. This month, Dr. Shailja distributed grocery kits to 10 underprivileged women from economically disadvantaged families to commemorate the birthdays of her father-in-law and her husband. National celebrity and beauty pageant title holder Jasmine Rana donated steel tiffin boxes and pencil colour sets to all the school children, bringing smiles to their faces and encouraging their learning. Ms. Meenu Parashar, who runs the NGO Cubs Club for underprivileged primary school children, generously donated books and stationery to support the children's education.



BEAUTY PAGEANT TITLE HOLDER JASMINE RANA DONATED STEEL TIFFIN BOXES AND PENCIL COLOUR SETS TO ALL THE SCHOOL CHILDREN OF DIR

OCTOBER

Life coach, entrepreneur, and corporate counsellor Ritu Singhal visited SWAD School in DIR. Ritu engaged the children in interactive intellectual games, where they displayed remarkable intellect, enthusiasm, and energy.

Diwali was celebrated at DIR with rangoli, Lakshmi Pooja, and the distribution of sweets, spreading festive joy among the children.

We are grateful to PECOSA President Mr. Bagga for donating 10 Usha sewing machines to support widows and women skilled in stitching from Janta Colony.



LIFE COACH, ENTREPRENEUR, AND CORPORATE COUNSELLOR RITU SINGHAL VISITED SWAD SCHOOL IN DIR INDIA



DIWALI WAS CELEBRATED AT DIR INDIA

NOVEMBER

On 7 November 2025, the Enactus Team of Panjab University sponsored a program for women and girls from Janta Colony, donating 2,000 reusable sanitary napkins to DIR. A total of 101 adolescent girls and several women attended the event.

On Children's Day, 14 November 2025, the Round Table organization, led by Ms. Priyanka Mittal, invited the children of SWAD School, along with their teachers and DIR staff, to watch a children's movie at Neelam Theatre, Chandigarh.



ON CHILDREN'S DAY, 14 NOVEMBER 2025, THE ROUND TABLE ORGANIZATION CHILDREN MOVIE AT NEELAM THEATRE

Dr. Shweta, Coordinator of the NGO Raksha, visited DIR to understand its work and chose the organization as a partner for supporting underprivileged girls and women. Raksha is the Chandigarh chapter of a nationwide initiative led by radiologists. Since all DIR programs focus on women's empowerment, Dr. Shweta selected DIR as a partner for Raksha's social initiative, as the NGO is dedicated to supporting girls and women from underprivileged communities. DIR's administrative staff and medical team identified the requirements for both projects and prepared a detailed list of essential items, which was shared with Dr. Shweta.



Dr. Shweta, Coordinator of the NGO Raksha, visited AT DIR OFFICE

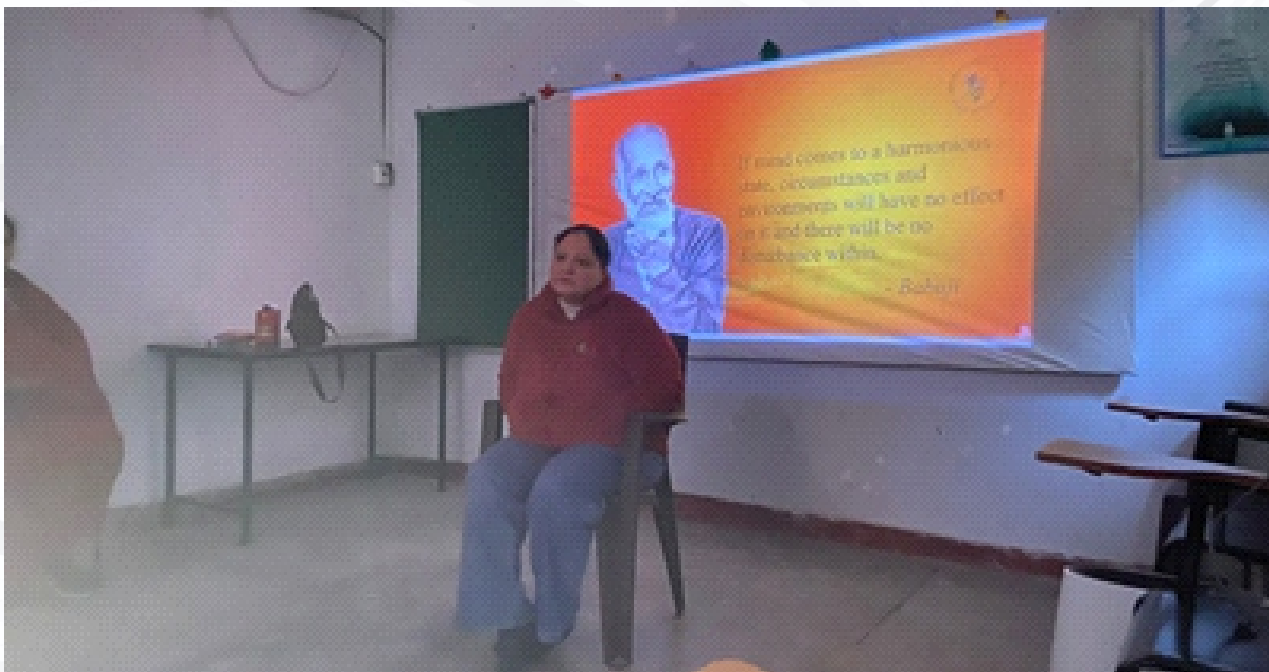
DECEMBER

December was an exciting month at DIR with Christmas celebrations and preparations for New Year 2026. At the beginning of the month, DIR hosted a special function sponsored by Raksha, an NGO formed by doctors from PGI Chandigarh and private practitioners from Panchkula and Mohali. Raksha President Dr. Kushaljit Singh and Coordinator Dr. Shweta Goel shared insights about the organisation's work for underprivileged girls. The team distributed woollen shawls for pregnant mothers, caps and socks for SWAD School children, and donated wall clocks, BP instruments, and weighing scales for DIR's projects. SWAD girls welcomed the team with a beautiful Chamba dance performance.



DR. SHWETA FROM TEAM RAKSHA VISITED DIR INDIA

DIR also started weekly meditation classes guided by Heartfulness Perceptor Neha, helping staff and the medical team develop balance and personal growth. The month ended with joyful Christmas celebrations where children enjoyed gifts from Santa, music, dancing, and festive cheer.



PERCEPTOR NEHA GUIDED THE MEDITATION SESSION CONDUCTED AT DIR INDIA

JANUARY 26

January 2026 began with severe cold wave conditions across Northern India, affecting Chandigarh, Punjab, Himachal Pradesh, Haryana, Leh-Ladakh, and Jammu & Kashmir. SWAD School remained closed for its winter vacation.

Lohri, a major festival of Punjab marking the arrival of spring, was celebrated with bonfires, traditional sweets, folk songs, and dances. On the occasion of Republic Day, celebrated on 26th January, the children of SWAD School participated in a drawing activity featuring the Indian National Flag.



LOHRI CELEBRATION AT DIR INDIA



REPUBLIC DAY CELEBRATION AT DIR INDIA

FEBRUARY 26

Health and hygiene education is essential for children living in urban slums. In 2026, the DIR India Medical Team introduced the Child Activist Program (CAP) in Dhanas, Chandigarh, for children aged 6–14 years.

Two Health Promoters conducted interactive sessions on personal hygiene through simple demonstrations, examples, and quiz competitions, followed by games like Kho Kho. All children were rewarded with sweets and candies after the activity. The program received an enthusiastic response, with more than 100 children participating.

CAP helps children understand the importance of personal hygiene and encourages them to develop healthy habits from an early age. The program, successfully practiced by DIR in Janta Colony for many years, has now been expanded to Dhanas, where participation has been highly encouraging.



THE CHILD ACTIVIST PROGRAMME (CAP) INITIATED IN DHANAS, CHANDIGARH

MARCH 26

March is an important month in India as it marks the closing of the financial year and the period for school board examinations of Classes 10 and 12.

Colonel (Dr.) Vasu Agarwal, an Obstetrician and Gynaecologist from Army Command Hospital, Chandimandir, visited DIR India to understand its work. Before her retirement from the Army on 30th April 2026, she offered her services to educate adolescent girls about HPV infection, its link to cancers, and the importance of HPV vaccination for prevention. Dr. Vasu has pledged to donate 500 HPV vaccines to DIR and will conduct awareness sessions for girls aged 14–20 years on reproductive health and the benefits of early HPV immunization.

In the third week of March, a Parents-Teachers Meeting was organized. Outstanding students were awarded prizes, and mothers were appreciated with gifts for providing healthy, home-cooked meals to their children.

COLONEL (DR.) VASU AGARWAL, AN OBSTETRICIAN AND GYNAECOLOGIST FROM ARMY COMMAND HOSPITAL, CHANDIMANDIR, VISITED DIR INDIA.



OUTSTANDING STUDENTS WERE AWARDED PRIZES DURING PTM.

ACADEMICS

MEDICAL CLASSES



MEDICAL TRAINING CONDUCTED BY (CEO) DR. ASHA KATOCH AND DR. ANJANA

Weekly medical classes are organized to provide clear explanations on common illnesses, preventive measures, and the importance of seeking timely professional care. Medical topics addressed during the sessions conducted by public health physicians were:

- ✧ Infection Control
- ✧ Hand Washing Techniques as per WHO guidelines.
- ✧ Types of Injections.
- ✧ Role of a GDA (Medical Assistant) such as helping patients and supporting doctors.
- ✧ The Human Cell
- ✧ Diarrhoea and its management
- ✧ Dysentery and its management
- ✧ COVID -19
- ✧ Lung Volumes and Capacities
- ✧ Cholera
- ✧ Lymphatic System
- ✧ Chikungunya
- ✧ Hypothyroidism
- ✧ Female Reproductive System
- ✧ Pregnancy
- ✧ Menstrual Cycle
- ✧ Role of Supplements during Pregnancy
- ✧ Female Hormones
- ✧ Digestive System
- ✧ Circulatory System
- ✧ Excretory System
- ✧ Respiratory System
- ✧ Effects of pregnancy on various systems
- ✧ Hypertension
- ✧ Hypotension
- ✧ Acute Kidney Disease
- ✧ Kidney Stones
- ✧ Constipation

NUTRITION CLASSES



NUTRITION TRAINING CONDUCTED BY MS. SATYA



NUTRITION TRAINING WAS CONDUCTED BY MS. SWATI

Every week, nutrition classes are conducted to explain healthy dietary practices, balanced meal planning, and the role of proper nutrition in preventing common health problems.

The following topics were addressed during academic course work in nutrition by the dietitians:

- ✧ Importance of a Balanced Diet in Daily Life
- ✧ Impact of Malnutrition in Children
- ✧ The importance of electrolytes in our daily lives
- ✧ The impact of electrolyte imbalance on health
- ✧ Diarrhoea and the significance of diet during this condition
- ✧ Electrolyte Imbalance
- ✧ Diet During the Monsoon
- ✧ Thyroid Disease and its Dietary Management
- ✧ Hypertension and its Dietary Management
- ✧ Dietary management in vitamin D deficiency
- ✧ Dietary management in vitamin B12 deficiency
- ✧ Anemia, its types and management through diet
- ✧ Nutritional Requirement in Pregnancy and Lactation
- ✧ Diabetes Insipidus and how to manage it with diet
- ✧ Constipation and its dietary management
- ✧ Types of vitamins and its importance in diet.
- ✧ Weaning food
- ✧ Iron deficiency anemia
- ✧ Nutritional needs in infants and preschoolers
- ✧ Diet during different stages of pregnancy
- ✧ Dietary management of Diabetes mellitus
- ✧ Importance of nutrients and their daily requirement.

NUTRITION IMPROVEMENT PRIORITY PROGRAM: (NIPP)

The Nutritional Improvement Priority Program (NIPP) is dedicated to improving the health of severely underweight children (more than 3 kg below normal weight) and underweight pregnant women from disadvantaged communities. The initiative also includes children supported under the ALAMBANA project. As part of the program, beneficiaries are provided with a nutritious breakfast of toast, boiled eggs, and

bananas, followed by a specially prepared NIPP lunch meal, shared with other children enrolled in the program.

On weekdays, children are provided with well-balanced, high-calorie and protein-rich lunches at the DIR office, carefully supervised by staff to ensure quality and hygiene. Nutritionists plan diverse menus that typically include milk, boiled eggs, rajma, bananas, rice, and a selection of lentils, complemented by desserts such as rice porridge, custard, sooji porridge, cracked wheat porridge, and assorted raita. The menu remains adaptable, with adjustments made according to the nature of donations received by DIR-India, ensuring both nutritional adequacy and sustainability.



CHILDREN AND LACTATING MOTHERS ARE PROVIDED WITH WELL-BALANCED LUNCH AT THE DIR INDIA

COMMITTEE MEETINGS

Each month, committee meetings were organized by the Health Promoters (HPs) within their designated zones to address the specific needs of the community. In addition, meetings were aligned with monthly death statistics, which highlighted common causes such as asthma, hypertension and diabetes. Based on these findings, HPs provided targeted education to their communities, focusing on early detection, timely intervention, and proper management of these illnesses to reduce preventable deaths.

In addition, guidance was provided to mothers on optimal breastfeeding practices as a means of reducing preventable infant mortality. The committee meetings have encompassed a broad spectrum of priority health concerns, ensuring that community members receive comprehensive awareness and education on issues of significant public concern.

The following topics were covered in the community meetings:

Diabetes: Focused on prevention, early diagnosis, lifestyle changes, and proper treatment to control blood

sugar.

Hypertension: Highlighted the importance of diet, exercise, medication, and preventing long-term complications.

Asthma: Educated about triggers, correct inhaler use, and early intervention to avoid severe attacks.

Constipation: Discussed fiber intake, hydration, and healthy bowel habits for prevention and relief.

Anemia: Promoted iron-rich foods, supplementation, and early detection.

Diet during pregnancy: Provided guidance on balanced nutrition for maternal and fetal health.

Thyroid disorders (Hypo/Hyperthyroidism): Shared dietary advice and emphasized regular medical follow-up.

Dengue & Chikungunya: Raised awareness on mosquito control, early symptoms, and supportive care.

Malaria: Focused on mosquito prevention, early diagnosis, and treatment.

Tuberculosis (TB): Emphasized early diagnosis, treatment adherence, and prevention of spread.

Gout: Explained dietary and lifestyle changes to control uric acid and prevent flare-ups.

Typhoid: Highlighted hygiene, safe food and water, vaccination, and timely treatment.

Furthermore, committee meetings have served as an important platform for educating communities on maternal health. In these sessions, Health Promoters explain pregnancy-related matters in simple language so that mothers, young girls, and mothers-in-law understand the importance of antenatal checkups by qualified professionals in hospitals, supported by blood tests and ultrasounds. Through consistent efforts over the past 19 years, DIR has successfully achieved 100% hospital deliveries among women who deliver in Chandigarh hospitals, such as PGI or Sector 16 Government Hospital. A small proportion of women, however, choose to return to their parental homes or villages for childbirth.



COMMITTEE MEETINGS WERE ORGANIZED BY THE HEALTH PROMOTERS (HPS)

NUTRITIONAL DEMONSTRATIONS

On the third Tuesday of each month, the dietitians from DIR India hold a practical demonstration session for health promoters and members of the slum community, focusing on affordable, high-calorie, high-protein diets.

DIR nutritionists regularly demonstrate recipes to Health Promoters, showing how to prepare nutritious

meals using ingredients commonly found in the basti. The Health Promoters then pass on this knowledge by conducting cooking classes in their assigned areas, teaching mothers how to make these meals for their families.

The initiative has gained wide popularity, with parents noticing clear improvements in their children's growth as reflected in weight charts. This year's demonstrations featured the following recipes:

- ✧ Vegetable Corn Biryani
- ✧ Corn Palak Salad
- ✧ Nutritious Bhelpuri Chat
- ✧ Healthy Carrot Rice
- ✧ Nutritious Spinach Rice
- ✧ Hara Bhara Kabab
- ✧ Beetroot Pulao
- ✧ Healthy Savory Snack



NAME OF THE RECIPE: HEALTHY SAVORY SNACK



NAME OF THE RECIPE: HARA BHARA KABAB



NAME OF THE RECIPE: BEETROOT PULAO

INCOME GENERATION PROGRAM:

DIR received permission to organize an exhibition at Rajeev Vihar, Manimajra Sector 13, showcasing tailoring products created by women from the Janta Colony Basti. The products were prepared under the guidance and training of our tailoring instructor, Jaspreet Kaur.

The exhibition provided a platform for these women to display their skills, creativity, and hard work while promoting self-reliance and livelihood opportunities through vocational training. The initiative encouraged community participation and highlighted the importance of skill development among women.



EXHIBITION AT RAJEEV VIHAR, MANIMAJRA SECTOR 13, CHANDIGARH

VISITORS, EVENTS AND NEW PROJECTS

April 2025

Mr. and Mrs. Aggarwala, Colonel Avtar Singh's wife, and Cubs Club President Ms. Meenu visited the organization, interacting with SWAD school children, teachers, and staff. They toured the tailoring section, appreciated the students' work, and provided generous support through donations, including ₹15,000 and stationery items. The visitors also engaged with the medical team, shared their experiences, and encouraged the organization's efforts, leaving a positive and lasting impact on everyone.



COL P. P. AGGARWALA, LONI AGGARWALA, AND COL. AVTAR SINGH'S WIFE MRS. RANU SINGH VISITED DIR INDIA

May 2025

On World Menstrual Hygiene Day (May 28), DIR India, in collaboration with Versatile Enterprises Pvt. Ltd. under Project Amodini, organized an awareness camp for about 100 women from Janta Colony Basti. The event included menstrual health education, talks by distinguished guests, and the distribution of 2,000 reusable sanitary pads. The program was attended by Gitanjali Bakshi, Kapil Seth, Punam Seth, Chief Guest Dr. Col. Bindoo Nangia, and Guest of Honour Col. Rattan Nangia. Around the same time, Rosalea Matta, a first-year design student from BITS Design School, joined the organization for a three-week internship, contributing to its ongoing initiatives.



CELEBRATED WORLD MENSTRUAL HYGIENE DAY AT DIR INDIA

July 2025

July began with an online meditation session for DIR staff, led by Perceptor Neera Raghuvanshi. These meditation classes will continue every Wednesday to support staff well-being. During the month, Col. Manish and his wife, Shalima Dadwal, visited the organization and interacted with both the school students and the team. Additionally, Ms. Ashima visited the organization and spent time engaging with the students, fostering meaningful conversations and encouragement.



MS. ASHIMA, COL. MANISH AND HIS WIFE, SHALIMA DADWAL, VISITED DIR

August 2025

DIR India SWAD School and the Medical Team celebrated Independence Day and Krishna Janmashtami with great enthusiasm and spirit. Perceptor Neera Raghuvanshi, along with other visitors, visited the organization and interacted warmly with the school children and staff, making the celebrations memorable and meaningful.



DIR INDIA CELEBRATED INDEPENDENCE DAY AND JANMASHTAMI

September 2025

As part of community support initiatives, Dr. Shailja donated grocery items worth ₹500 each to ten underprivileged women living in the Janta Colony slum. Additionally, clothes donated by Ms. Meenu were distributed among needy women and children, providing assistance to families in need.



DR. SHAILJA DONATED GROCERY ITEMS TO UNDERPRIVILEGED WOMEN

October 2025

DIR celebrated major Indian festivals with great enthusiasm and community participation. During Dussehra, certified life coach and entrepreneur Ritu Singhal visited DIR with Tanvi, engaging children in fun games and distributing prizes, bringing joy and excitement to everyone. The DIR family also celebrated Dussehra together by watching the burning of Ravana's effigy, symbolizing the victory of good over evil.



DIR CELEBRATED MAJOR INDIAN FESTIVALS



On Diwali, Lakshmi Poojan was performed, and the DIR office was beautifully decorated with colorful rangoli designs and diyas, creating a festive atmosphere. Additionally, DIR received permission to organize an exhibition in Rajeev Vihar, showcasing tailoring products made by women from Janta Colony under the guidance of tailoring teacher Jaspreet Kaur, highlighting their skills and promoting women's empowerment.

November 2025

In November, DIR organized several impactful community initiatives. On 7th November, a menstrual health workshop was conducted in collaboration with the Enactus Punjab University, where Dr. Asha Katoch addressed women from the basti, emphasizing menstrual hygiene, the use of cloth pads, and awareness about population control.

On 12th November 2025, a round-table event was held for SWAD School children, including a specially selected movie screening that combined education with entertainment.

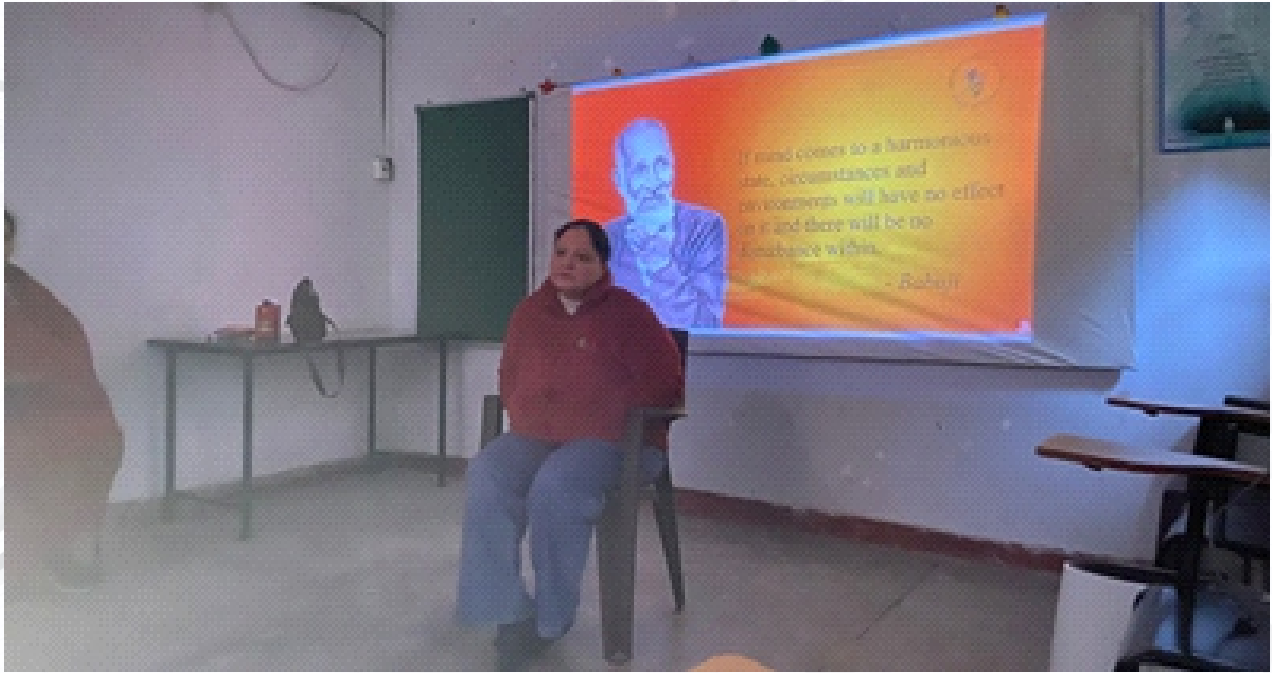
Later, on 18th November, Dr. Shweta visited DIR to assess the needs of underprivileged families. She gathered information on essential requirements and planned support for pregnant women, lactating mothers, and needy children in Janta Colony through the distribution of necessary items in the following month.



A MENSTRUAL HEALTH WORKSHOP WAS CONDUCTED IN COLLABORATION WITH THE ENACTUS PUNJAB UNIVERSITY,

December 2025

In December, DIR received valuable support for its community welfare activities. On 20th December, Dr. Shweta visited DIR and distributed essential woolen items to needy women and children, including pregnant and lactating mothers. She also donated medical equipment, including wall clocks, blood pressure monitors, weighing machines, and stethoscopes, to strengthen the work of the medical team. On 30th December, Dr. Saroj attended a meditation session at DIR, which was guided by Neha, contributing to the organization's focus on health and well-being.



January 2026

On 13th January, Lohri was celebrated with great enthusiasm, featuring bonfires, folk traditions, and community spirit. Dr. Asha Katoch inaugurated the celebrations by lighting the sacred fire and distributing peanuts, rewari, and sweaters, bringing warmth and joy to staff and students. Additionally, the Child Activist Program (CAP) was launched in Dhanas, where children were educated about common diseases and preventive measures through interactive sessions and fun games, making the program both informative and enjoyable.



THE CHILD ACTIVIST PROGRAM (CAP) WAS LAUNCHED IN DHANAS, CHANDIGARH

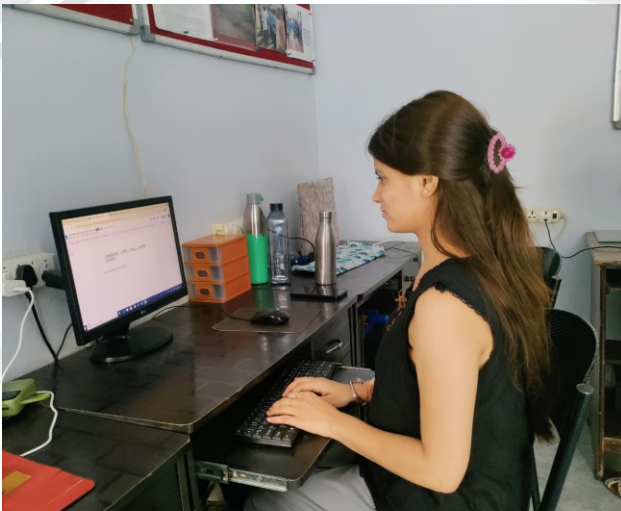


LOHRI CELEBRATION AT DIR INDIA



February 2026

Dietitian Bhawna recently joined DIR with qualifications in Home Science and post graduate diploma in Nutrition & Dietetics, along with clinical internship experience at GMCH-32 Chandigarh. She supports educational sessions, manages the feeding program, and engages with communities during field visits. Passionate about nutrition education, she also enjoys cooking and teaching. The CAP program was launched in Dhanas to encourage children's participation in sports, build their confidence and skills, and received an enthusiastic response from the community.



DIETITIAN BHAWNA JOINED DIR INDIA



CAP PROGRAM CONDUCTED AT DHANAS, CHD

March 2026

In March, DIR welcomed Colonel (Dr.) Vasu Aggarwal, who offered support for HPV awareness programmes aimed at educating adolescent girls and young women about HPV-related health risks. DIR also conducted a three-day meditation programme led by Preceptor Neha and her team, focusing on relaxation, cleansing practices, and meditation to promote stress reduction and emotional well-being among women from the basti. Additionally, Shahved Katoch and Meghna Katoch visited DIR with their children, and Milan participated in the visit, interacting with children at SWAD School.



**THREE DAYS MEDITATION SESSION CONDUCTED AT
DIR INDIA**



**MR. SHAHVED KATOCH AND MS. MEGHNA KATOCH
VISITED DIR INDIA**

SCHOOL WITH A DIFFERENCE

EVENTS AND ACTIVITIES:

The school organizes educational activities, including coloring different shapes and pictures. These activities aimed to develop the students' creativity, fine motor skills, and cognitive abilities.

April 2025

During April, students at DIR SWAD School participated in colouring activities that helped develop their creativity, artistic skills, and concentration. On 28th April 2025, Meenu Ma'am visited the school and generously donated educational supplies, including sketch pens, pencils, toys, storybooks, and other useful materials, supporting the children's learning and development.



May 2025

This month, children participated in creative colouring activities that helped enhance their artistic and creative skills. They also celebrated Mother's Day by making handmade cards, expressing their love, gratitude, and appreciation for their mothers.



July 2025

Students at DIR India's SWAD School participated in creative colouring activities focused on fruits and made paper umbrellas inspired by the monsoon season. These engaging activities helped develop their artistic skills while encouraging an appreciation and understanding of seasonal changes.



August 2025

A special Rakhi colouring activity was organized, where children enthusiastically coloured beautiful rakhi designs. On 14th August 2025, the school celebrated Independence Day and Janmashtami with patriotic poems, dances, and devotional performances. Laddus and lollipops were distributed to students and staff, making the celebrations more joyful. Students also participated in a thumb painting activity, displaying their creativity and enthusiasm.



September 2025

In September 2025, students participated in fruit and vegetable colouring activities and completed their first-term examinations. A special visit by Jasmine Rana brought joy as she distributed lunch boxes to the students. The Parent-Teacher Meeting was held after the declaration of First Term Results, allowing parents to collect report cards. The month concluded with a Prize Distribution Ceremony recognizing academic achievers and students excelling in punctuality, discipline, appearance, and healthy eating habits, while consolation prizes encouraged all participants.



October 2025

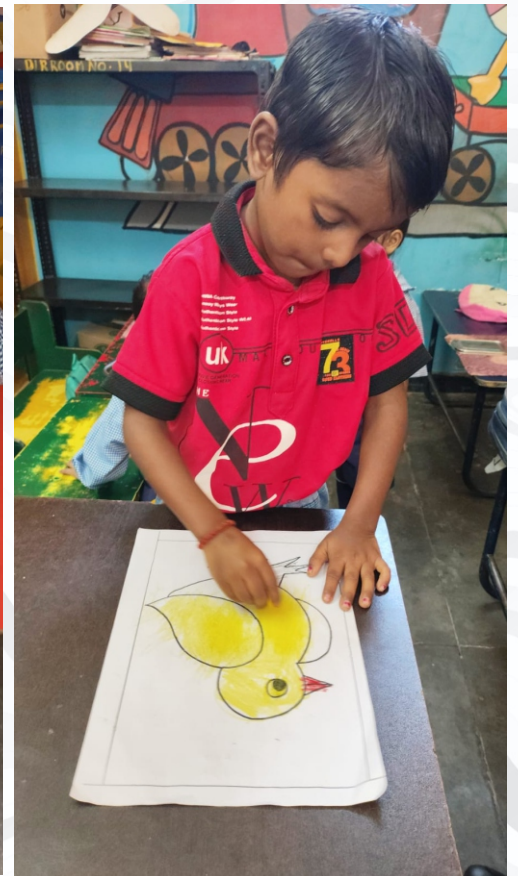
In October 2025, several festive activities were organized for students and staff. On 1st October, Dussehra was celebrated with the burning of Ravana's effigy, creative drawing and colouring activities, and distribution of sweets, snacks, laddus, and bananas. On 15th October, a painting competition was held where children participated in colouring and painting diyas. Winners received prizes, while all participants were given consolation gifts, and sweets and samosas were served. On 17th October, a Diwali Puja was conducted, followed by the distribution of laddus and other sweets. On 18th October, students further celebrated Deepawali by painting and colouring diyas, making the festivities colorful and enjoyable for everyone.





November 2025

The children enthusiastically participated in colouring activities, decorating butterflies with coloured papers and pencils to express their creativity and imagination. They also enjoyed colouring various fruits and vegetables, which made learning fun, interactive, and engaging while enhancing their artistic skills.



December 2025

In December, students of DIR actively participated in several events and celebrations. On 13th December, Nursery and UKG students took part in the Project Udaan Competition, presenting a Himachali dance and competing in storytelling, where Himanshi won third prize and Ansh received a consolation prize. On 20th December, Team Raksha donated sweaters, caps, socks to all 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. On 24th December, SWAD School celebrated Christmas with a cake-cutting ceremony, and students enjoyed candies distributed by Dr. Asha.



January 2026

In January, SWAD celebrated several festivals with great enthusiasm and creativity. Students and staff enjoyed the Lohri celebration on 13th January with traditional treats such as peanuts, rewari, gazak, and popcorn. Basant Panchami was celebrated through creative activities, including making lotus flowers, veenas, and innovative sunflower art, along with colouring activities. On 26th January, Republic Day was observed with students creating tricoloured paper balloons, while Dr. Asha Katoch distributed bananas and fruit juice to students and staff. These celebrations made learning enjoyable and encouraged creativity and cultural awareness among the children.





The students enjoyed colouring various pictures

February 2026

This month, SWAD School students enjoyed creative activities including coloring and ear buds painting, where they used colors and textures to create unique artwork. The activities encouraged imagination and self-expression while filling the classroom with vibrant creations. At the same time, students revised for their final exams, balancing creativity with academic preparation.

March 2026

In March, SWAD School conducted final examinations from March 9–13, and results were announced on March 27, 2026. All students performed excellently in academics and co-curricular activities and were promoted to the next class. On Results Day, each child received a T-shirt donated by Sanjay Bhatia. Additionally, mothers who regularly packed healthy and nutritious lunch boxes were recognized with gifts, an initiative assessed by Dietitian Satya, encouraging more families to adopt healthy eating habits.



SWAD SCHOOL CONDUCTED PARENT TEACHER MEETING AND RESULTS

CHILD ACTIVIST PROGRAM

January 2026

The Child Activist Programme (CAP) was launched in Dhanas with weekly sessions for 20 children aged 8–12 years. During the activity class, health promoters educated the children about pneumonia, its symptoms, and preventive measures using simple language. The session also included a game of Kho-Kho, which helped promote physical fitness, mental alertness, quick decision-making, and social interaction, supporting the children's overall health and well-being.



February 2026

The CAP program in Dhanas, conducted twice a week for children aged 8–10 years under the guidance of Ms. Sunita and Ms. Lata Gosain, focused on hygiene this month. Children learned about personal hygiene, proper handwashing, and healthy practices to prevent diseases. The sessions also included a game of Kho Kho, which promoted physical fitness, teamwork, and confidence while supporting the children's overall physical, mental, and intellectual development.



March 2026

This month, the CAP program focused on ORS (Oral Rehydration Solution) and its importance during hot weather, when diarrhoea and vomiting are more common. Children were taught how to prepare ORS at home and how it helps maintain hydration and electrolyte balance. The sessions also included a game of Kabaddi, where children actively participated, improving their physical fitness, teamwork, stamina, flexibility, and quick decision-making skills.



NIPP CHILD SPONSORSHIP PROGRAM:

You can sponsor a Red-Zone child through our NIPP program so they can get the nutrients they need to grow up happy and healthy.

Cost of Sponsorship: Rupees 1250 per month per child/underprivileged lactating or pregnant and a needy women (i.e Rupees 15000 per year)

Sponsorship includes: -

- Daily feeding of your sponsored child (underprivileged pregnant/lactating women) at the DIR office.
- Personalized monthly health reports along with feeding pictures.

Family consultations.

- Weekly high calorie, protein and micronutrients rich recipes for the child/women adopted by you.

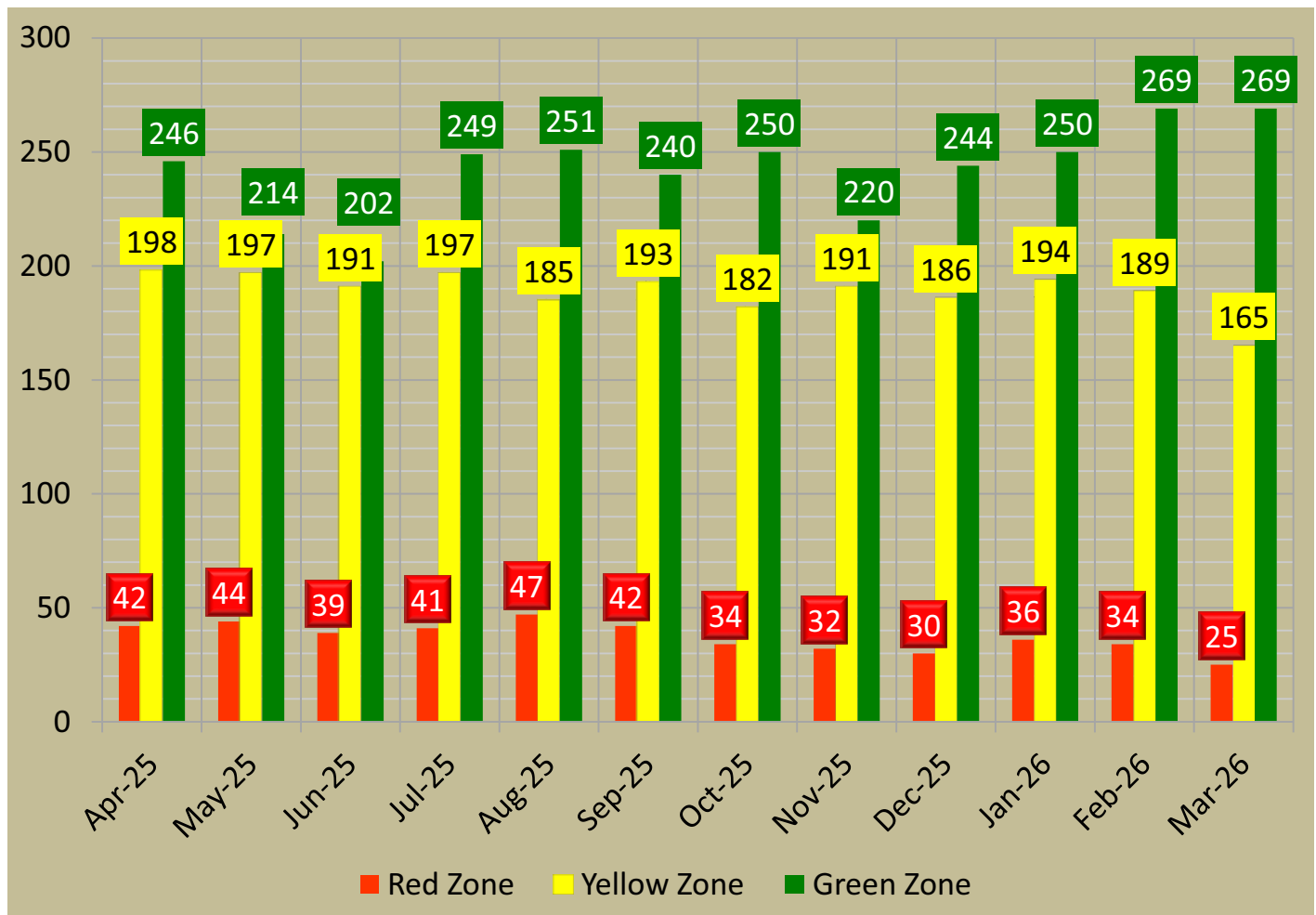
“IF YOU CANNOT FEED A HUNDRED PEOPLE, THEN FEED JUST ONE”- Mother Teresa

DETAILED INFORMATION OF MEDICAL PROJECT (JANTA COLONY)

Statistics of Total population, Male and Female in Janta Colony

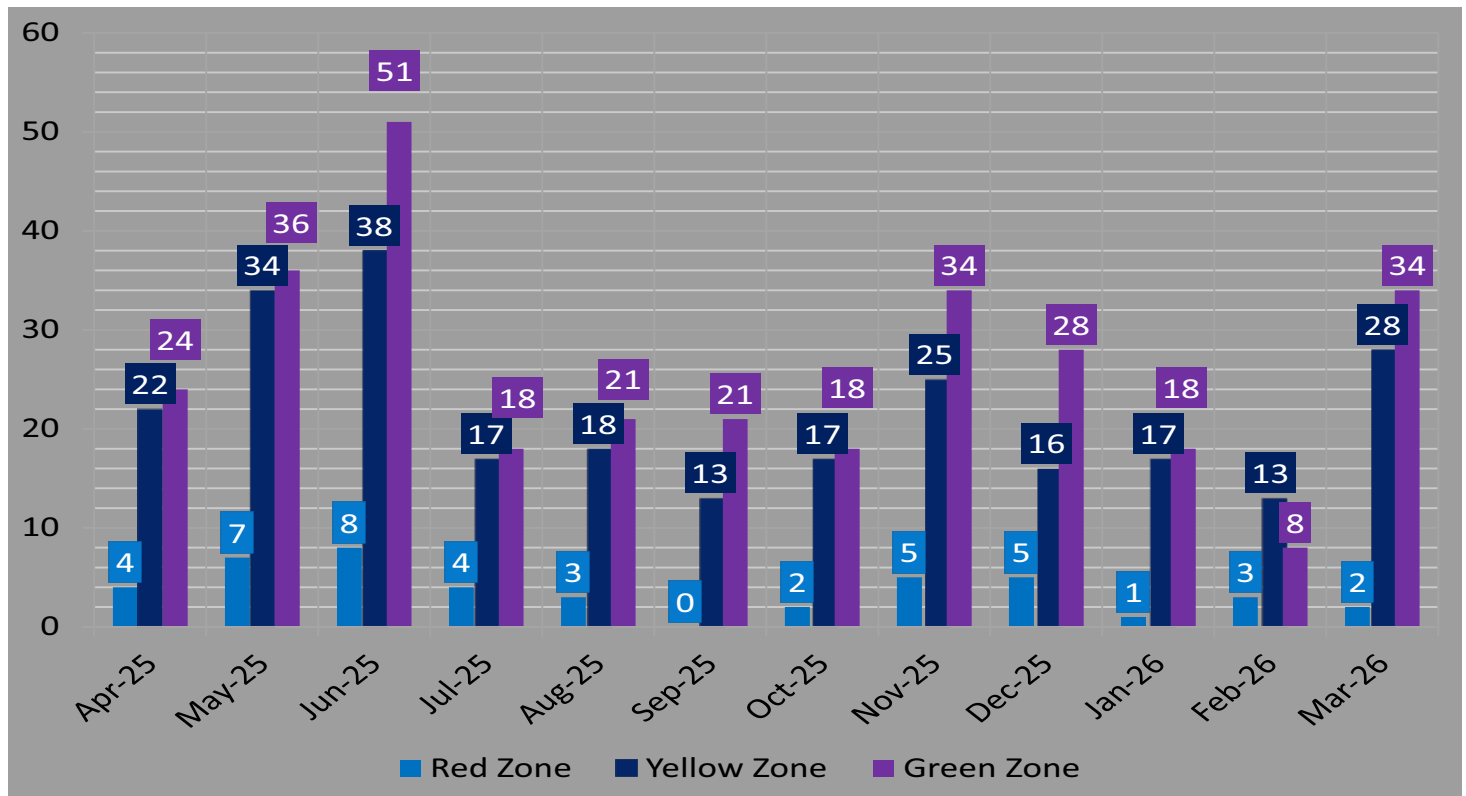
Month	Male	Female	Children Under 5	Total Population
April 25	4864	4605	536	9469
May 25	4863	4604	532	9467
June 25	4869	4607	529	9476
July 25	4869	4607	526	9476
August 25	4869	4610	525	9479
September 25	4867	4606	509	9473
October 25	4872	4605	503	9477
November 25	4876	4621	507	9497
December 25	4879	4622	509	9501
January 26	4885	4626	516	9511
February 26	4886	4628	516	9514
March 26	4918	4634	513	9552

TOTAL NUMBER OF CHILDREN WEIGHED IN JANTA COLONY IN THE CATEGORY OF RED, YELLOW AND GREEN ZONE



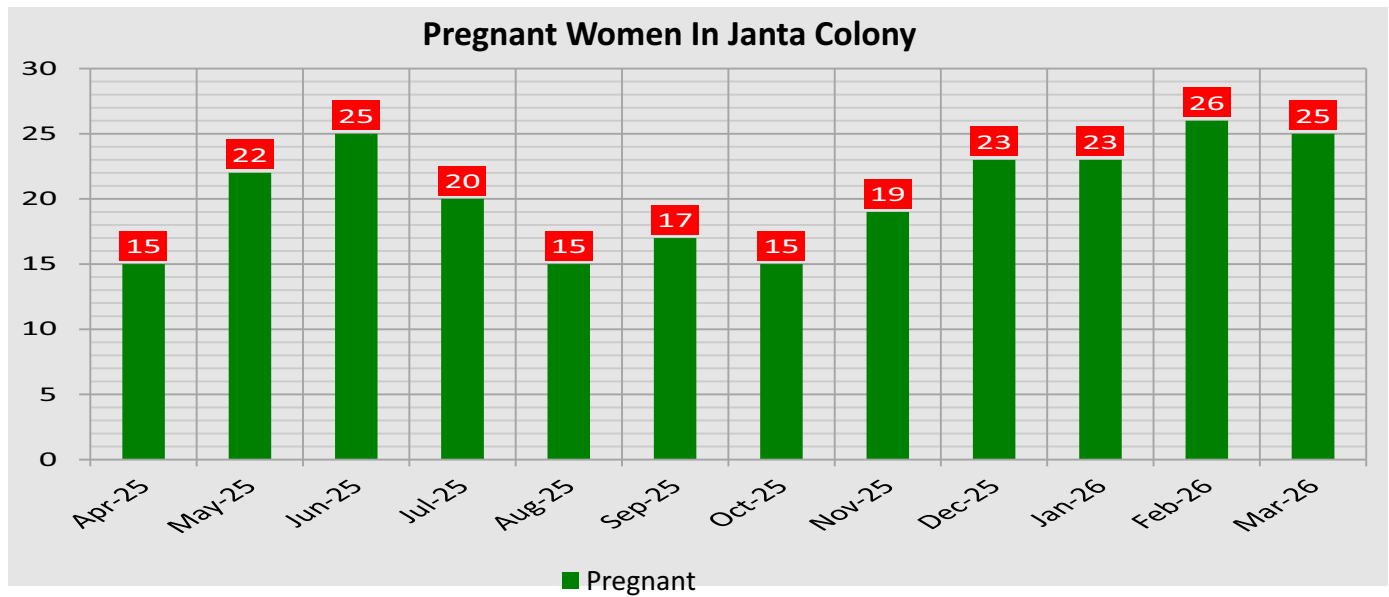
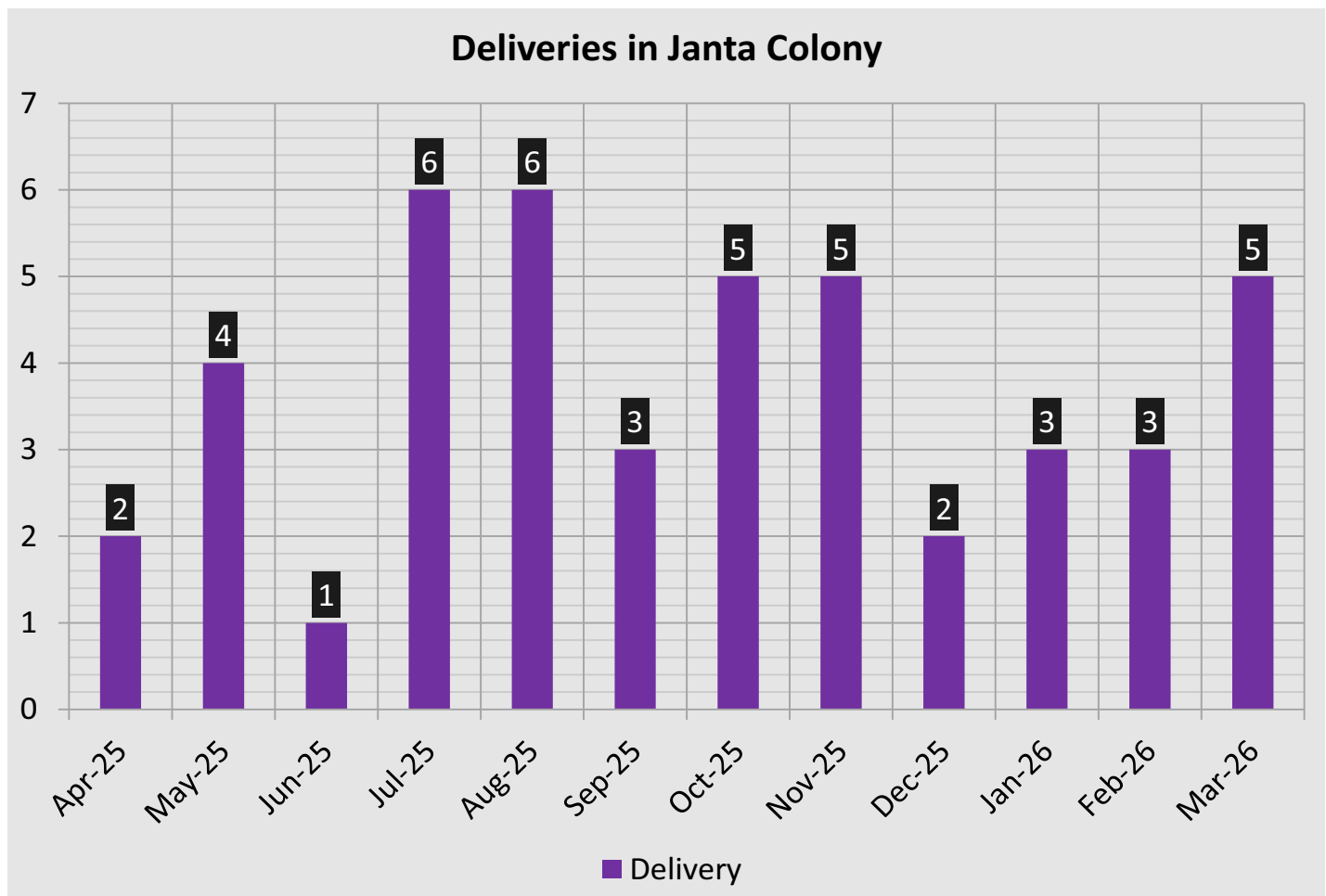
CHILDREN WEIGHED IN JANTA COLONY

TOTAL NUMBER OF CHILDREN NOT WEIGHED IN JANTA COLONY IN THE CATEGORY OF RED, YELLOW AND GREEN ZONE



STATISTICS OF TOTAL DELIVERIES, MALE AND FEMALE BIRTH IN JANTA COLONY

Month	Total Deliveries	Male Birth	Female Birth	Infant Death	Miscarriage	Abortion	MMR	Still Born
April 25	2	1	1	0	0	0	0	0
May 25	4	2	2	0	0	0	0	0
June 25	1	0	1	0	0	0	0	0
July 25	6	1	5	0	0	0	0	0
August 25	6	1	5	0	0	0	0	0
September 25	3	1	2	1	0	0	0	0
October 25	5	3	2	1	0	0	0	0
November 25	5	0	5	0	0	0	0	0
December 25	2	0	2	0	0	0	0	0
January 26	3	3	0	0	0	0	0	0
February 26	3	2	1	0	0	0	0	0
March 26	5	4	1	0	0	0	0	0

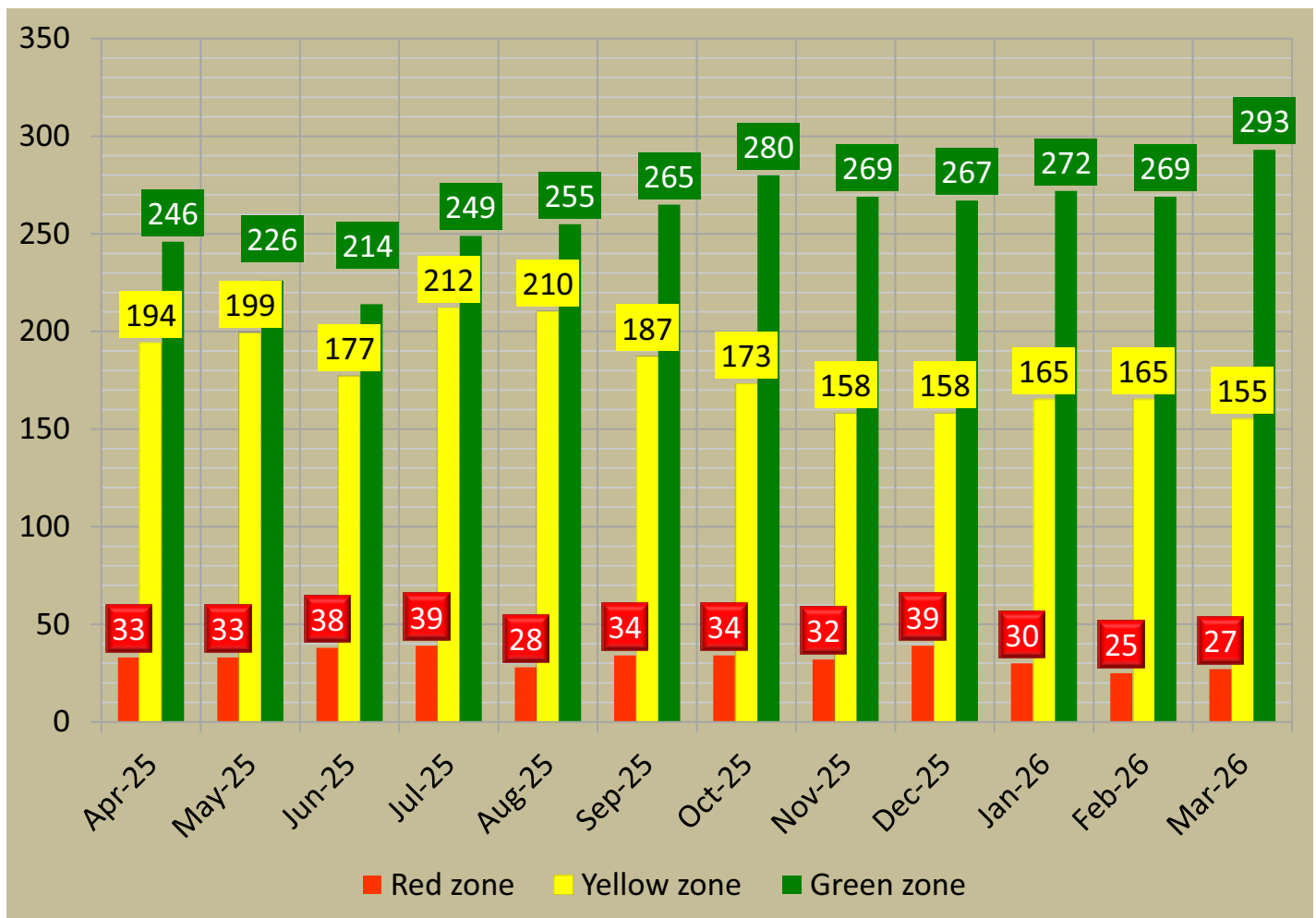
TOTAL NUMBER OF PREGNANT WOMEN IN JANTA COLONY**DELIVERIES IN JANTA COLONY**

DETAILED INFORMATION OF MEDICAL PROJECT (DHANAS)

Statistics of Total population, Male and Female in Dhanas

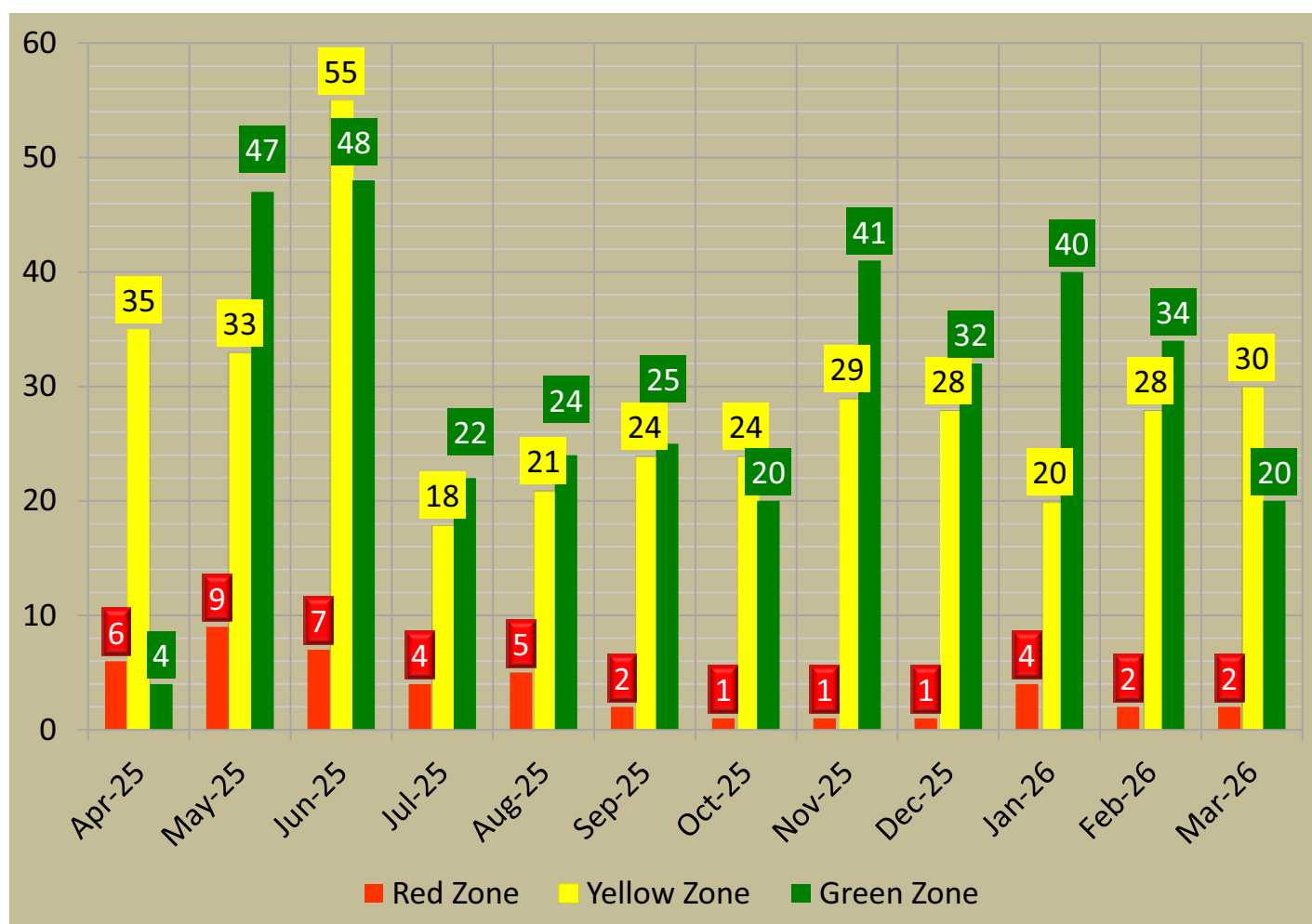
Month	Male	Female	Children Under 5	Total Population
April 25	5277	4425	554	9702
May 25	5275	4426	547	6701
June 25	5275	4426	539	9701
July 25	5280	4430	544	9710
August 25	5286	4436	543	9722
September 25	5286	4436	537	9722
October 25	5287	4437	532	9724
November 25	5289	4437	530	9726
December 25	5291	4438	525	9729
January 26	5293	4438	531	9731
February 26	5294	4438	523	9732
March 26	5295	4440	527	9735

TOTAL NUMBER OF CHILDREN WEIGHED IN DHANAS IN THE CATEGORY OF RED, YELLOW AND GREEN ZONE



CHILDREN WEIGHED IN DHANAS, CHANDIGARH

TOTAL NUMBER OF CHILDREN NOT WEIGHED IN DHANAS IN THE CATEGORY OF RED, YELLOW AND GREEN ZONE

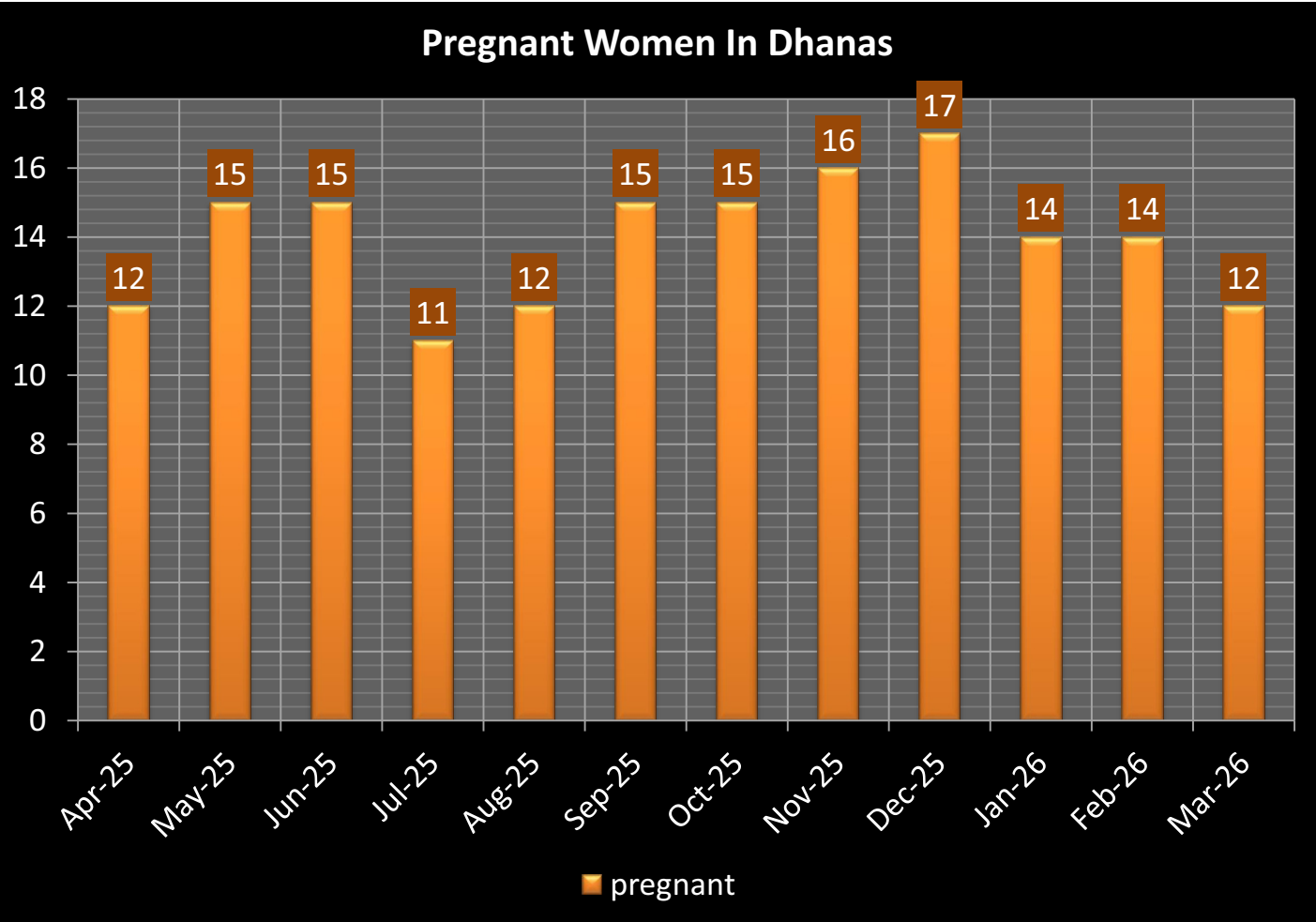


TOTAL NUMBER OF CHILDREN NOT WEIGHED IN DHANAS IN THE CATEGORY OF RED, YELLOW AND GREEN ZONE

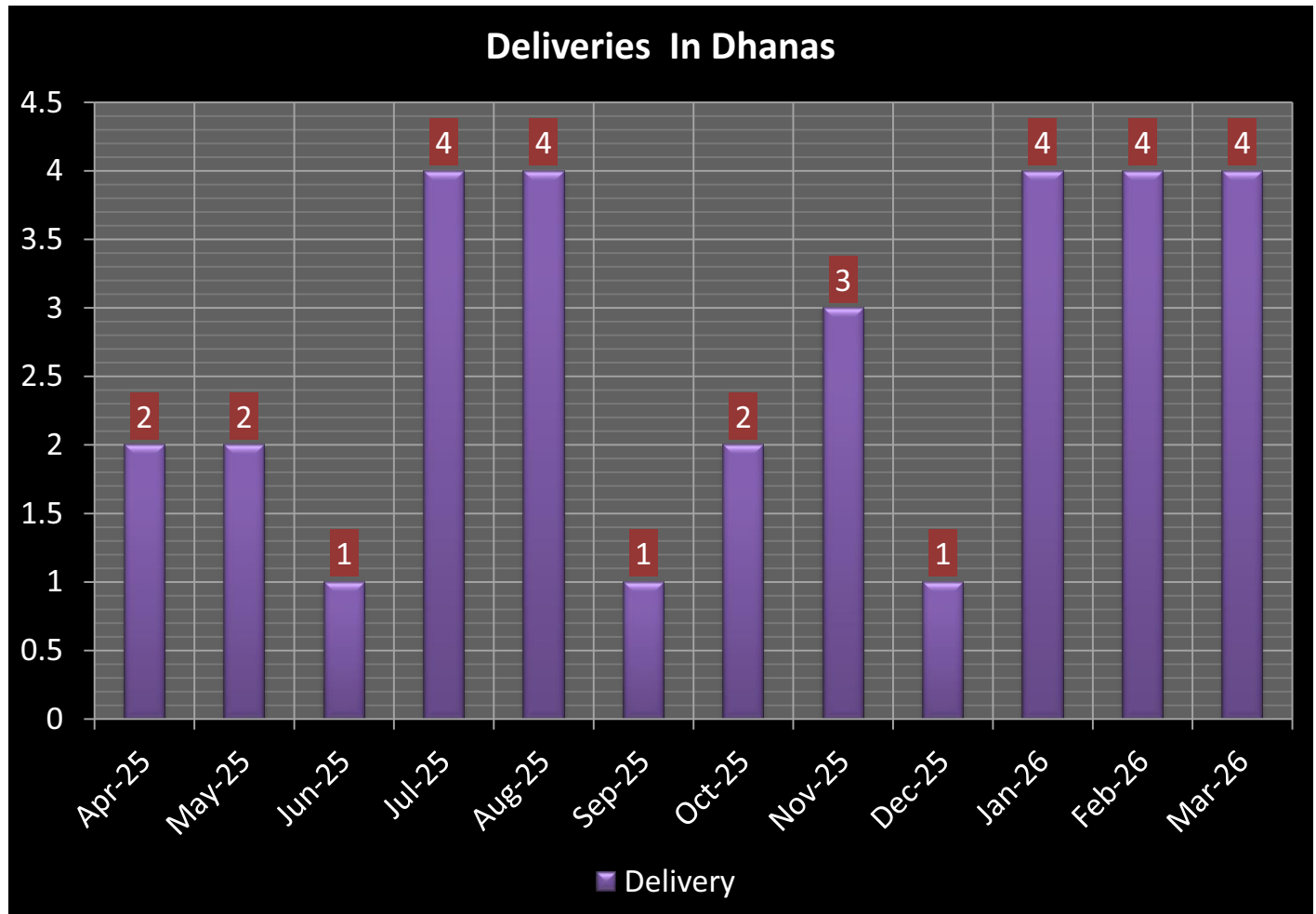
Month	Total Deliveries	Male Birth	Female Birth	Infant Death	Miscarriage	Abortion	MMR	Still Born
April 25	2	1	1	0	0	0	0	0
May 25	2	1	1	0	0	0	0	0
June 25	1	1	0	0	0	0	0	0
July 25	4	1	3	0	0	0	0	0
August 25	4	4	5	0	0	0	0	0
September 25	1	0	0	0	0	0	0	0

Month	Total Deliveries	Male Birth	Female Birth	Infant Death	Miscarriage	Abortion	MMR	Still Born
October 25	2	1	1	0	0	0	0	0
November 25	3	2	1	0	0	0	0	0
December 25	1	0	1	0	0	0	0	0
January 26	4	3	1	0	0	0	0	0
February 26	4	3	1	0	0	0	0	0
March 26	4	2	2	0	0	0	0	0

TOTAL NUMBER OF PREGNANT WOMEN IN DHANAS



TOTAL NUMBER OF DELIVERIES IN DHANAS



STATISTICS OF NEWBORN IN JANTA COLONY AND DHANAS :

	Janta Colony	Dhanas
Total Deliveries	45	32
Male Birth	18	19
Female Birth	27	13
Infant Death	2	0
Miscarriage	0	0
Abortion	0	0
MMR	0	0
Still Born	0	0

DEATH DETAILS OF HEALTH PROMOTER'S AREA IN JANTA COLONY :

Month	Health Promoter	Gender	Age in Years	Cause of Death
April 25	Sunita	Male	55	Silent Heart Attack
May 25	Lata Chandel	Male	63	Diabetes
May 25	Meenakshi	female	45	Spinal Cancer
June 25	Sushma	Male	34	Cardiac Arrest
June 25	Pooja	Male	65	Silent Heart Attach
July 25	Lata Gosain	Male	95	Natural Death
July 25	Lata Gosain	Male	20 Months	Fall from Terrace (accident)
July 25	Sushma	Female	56	Hypoglycemia
September 25	Pooja	Male	3 days	Hole in the Heart
September 25	Sushma	Female	60	Septicemia
September 25	Sushma	Male	44	Cardiac Arrest
September 25	Sanjana	Female	105	Natural Death
October 25	Sushma	Male	72	Multiple organ failure due to alcoholism
October 25	Sushma	Female	2.5 Months	Asphyxia
October 25	Sunita	Male	62	Brain Stroke
November 25	Lata Gosain	Male	38	Liver failure due to alcoholism
November 25	Sanjana	Male	67	IHD
November 25	Lata Chandel	Male	38	Alcoholism

DEATH DETAILS OF HEALTH PROMOTER'S AREA IN JANTA COLONY :

Month	Health Promoter	Gender	Age in Years	Cause of Death
December 25	Banita	Male	36	Multiple organ failure due to alcoholism
January 26	Lakshmi	Female	65	Asthama
January 26	Kajal	Male	90	Natural Death
February 26	Nisha	Male	45	Alcoholism
February 26	Meena	Male	60	COPD
February 26	Meena	Male	65	CHD
March 26	Sushma	Male	26	Drug Addiction

DEATH DETAILS OF HEALTH PROMOTER'S AREA IN DHANAS:

Month	Health Promoter	Gender	Age in Years	Cause of Death
April 25	Pooja	Male	56	Silent Attack
May 25	Lata Chandel	Male	24	Road Accident
May 25	Pooja	Female	96	Natural Death
July 25	Banita	Female	55	Cardiac Arrest
July 25	Banita	Male	42	Oral cancer
October 25	Banita	Female	70	COPD
Novemberr 25	Kajal	Male	80	T.B
November 25	Banita	Female	60	Silent Attack
March 26	Lata Gosain	Male	35	Chronic Kidney Disease

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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