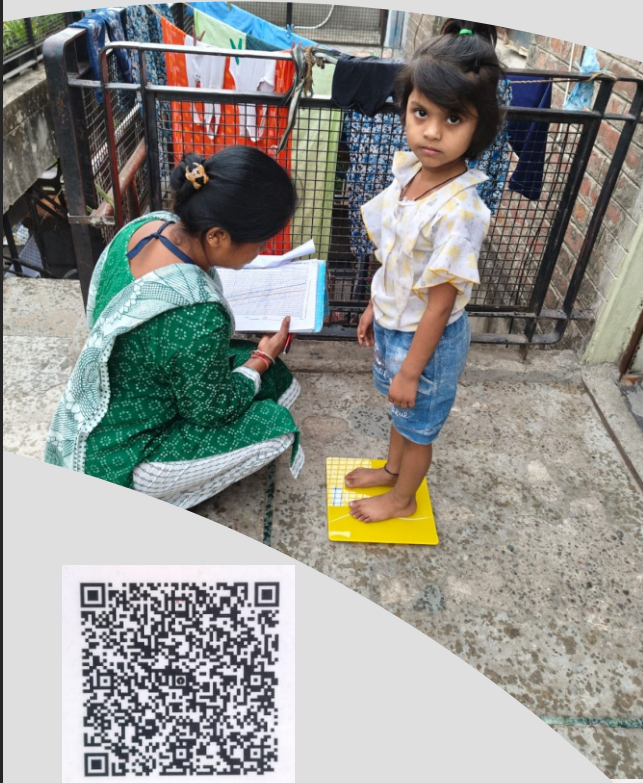




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MONTHLY REPORT

April 2026

Developing Indigenous Resources
India

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CEO'S REPORT



Dr. Asha Katoch (CEO)



SWAD School is popular for its overall growth of the child. This school was raised for slum children. Today it has earned an image as one of the best schools in this area. Children from financially rich families have started taking admission in SWAD School. The total strength of children has increased, and many parents take admission after the summer vacation which starts from 1st June 2026.

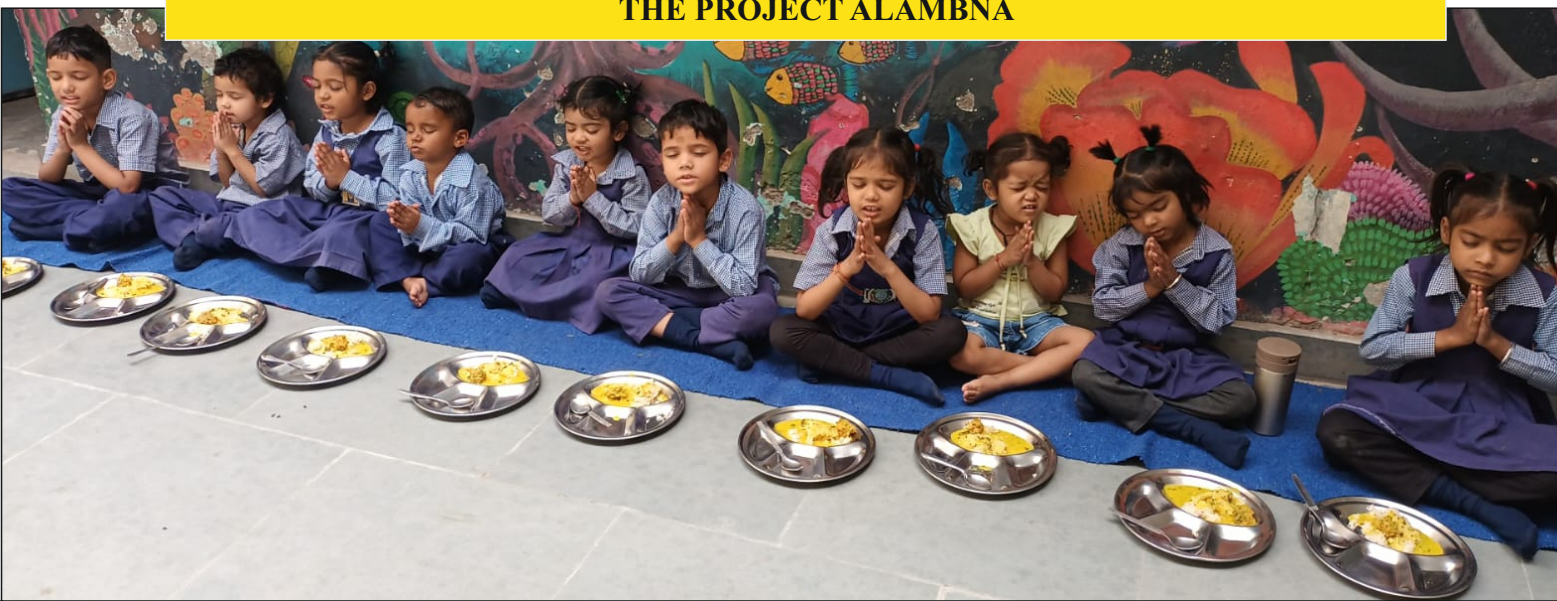


The Project Alambna was launched in 2022. It educates daughters belonging to rag pickers families and Labourers who live in Janta Colony. The girl child of these families is not sent to school as she will be married off once she grows up. This year, DIR has increased the strength of Alambana children from 20 to 25. We are looking for donors who can sponsor this project. The total cost is Rs 15000 per year per child (Euro 175 per year per child or \$200 per annum per child)

The updates and progress report of each adopted child is sent to the sponsorer every month. We are looking for more donors for our project Alambana so that DIR is able to educate more young girls of this Basti.



THE PROJECT ALAMBNA



MEDICAL TRAINING

April marks a seasonal transition where rising temperatures can affect digestion, energy, and daily wellness habits. In academic study, the digestive system was studied. It is the group of organs that helps digest food and absorb nutrients. Digestion starts in the mouth, where food is chewed and mixed with saliva.

Two types of digestion are mechanical and chemical. Mechanical breaks food by chewing, while chemical uses enzymes to simplify food.

Salivary glands produce saliva (about 1–1.5 litres daily) to start digestion. The esophagus moves food to the stomach by peristalsis, and the stomach stores food, mixes it with gastric juices, and digests it using HCl and enzymes while killing germs.

Food passes into the small intestine, (which is roughly half the length of a badminton court) for further digestion and absorption, while the large intestine absorbs water and minerals, forms and stores feces, and waste is expelled through the rectum and anus.

Metabolism plays an important role in digestion by converting nutrients from food into energy and supporting growth, repair, and maintenance of body functions, making it important to study the digestive system to better understand and address the digestive health issues prevalent in Janta Colony and Dhanas.



Medical Training conducted by Dr. Anjana

NUTRITION TRAINING

April marks the beginning of the summer season, where digestive health becomes important due to changes in dietary habits and increased risk of gastrointestinal issues.

A nutrition training session was conducted focusing on celiac disease, Irritable Bowel Syndrome (IBS), and the importance of a balanced diet. The session emphasized the importance of a gluten free diet in managing celiac disease and avoiding foods containing wheat, barley, rye etc. It also covered IBS, highlighting the role of a balanced, easily digestible diet, identification of trigger foods, and the importance of fiber and hydration in its symptom management.

The session also highlighted the importance of a balanced diet, including appropriate nutrients. A balanced diet helps in maintaining overall health, boosting immunity, and preventing nutritional deficiencies.



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

NUTRITIONAL DEMONSTRATION

Nutritious Sattu Drink

Nutritious sattu drink is a traditional, refreshing and healthy beverage made from roasted gram flour (sattu). It is rich in plant protein, fiber, and essential minerals. This drink is widely consumed during summer as it helps in hydration, cooling the body and providing instant energy. It is suitable for all age groups and beneficial in weight management and digestive health.

Ingredients:

- ✧ Sattu (roasted gram flour) - 10 gm
- ✧ Water - 1 glass
- ✧ Onion - 5gm
- ✧ Roasted cumin powder - 2gm
- ✧ Black salt to taste
- ✧ Lemon - half
- ✧ Fresh coriander leaves - 5gm
- ✧ Green chilli (finely chopped) - 2gm (optional)

Method:

- ✧ 1. Take 2 spoons of sattu in a glass.
- ✧ 2. Add a little water and mix well to avoid lumps.
- ✧ 3. Add remaining water and stir properly.
- ✧ 4. Add onion, roasted cumin powder, salt, lemon juice and mix well.
- ✧ 5. Add green chilli and coriander leaves (optional)
- ✧ 6. Serve fresh and chilled.

Nutritional value per serving (Approx.) - 100g

- Energy - 85Kcal
- Protein - 5g



From Vulnerability to Progress: Ravdeep's Journey



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

Ravdeep, a resident of Janta Colony, lives with his parents and three siblings. His mother, Mamta, has four children, of whom Ravdeep was diagnosed with Down syndrome, a genetic condition associated with intellectual disability and developmental delays. Despite undergoing all recommended prenatal tests and ultrasounds, the condition was not detected during pregnancy.

At two months of age, Ravdeep developed double pneumonia and received treatment at PGI, where doctors informed the family that he would experience lifelong intellectual challenges due to Down syndrome.

During counselling sessions, the DIR team identified that Ravdeep was severely underweight and physically weak. Health Promoters counselled the family on proper nutrition, hygiene, and maintaining a healthy environment. Considering the family's socio-economic status and Ravdeep's nutritional needs, he was enrolled in the NIPP programme, through which he received two nutritious meals daily.

With regular nutritional support and follow-up, his health improved significantly. He gained weight, became physically stronger, started walking independently, and began speaking a few words.

Since the COVID-19 outbreak, DIR has continued supporting the family through essential food supplies, clothing donations, counselling, and nutritional assistance. Today, at nine years of age, Ravdeep is healthier and more active. His progress demonstrates the positive impact of sustained nutritional support, family counselling, and continuous care provided by the DIR team.



From Vulnerability to Progress: Ravdeep's Journey

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
5	1	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.
- The total attendance of NIPP in April was 23, comprising Alambana children, lactating mothers, pregnant and needy women.



Children of the project Alambana & NIPP

PROGRESS REPORT UNDER NIPP PROGRAM:

- Two children have gained weight.
- Two children showed no change in weight due to seasonal illnesses like cough and cold.
- One child has lost weight due to fever.

THIS MONTH ATTENDANCE REPORT OF CHILDREN UNDER THE ALAMBANA PROJECT

TOTAL Children	>5 Years	< 5 Years	GREEN ZONE < 5 Years	YELLOW ZONE < 5 Years	RED ZONE < 5 Years
18	07	11	3	5	3

A total of 20 children of the project Alambana (children of rag pickers and Labourer) are sponsored. Two children have gone to the village. These children are also part of the NIPP program. This month 18 children have attended the class. Children who are less than 5 years of age and are in the red and yellow category are also enrolled in the NIPP programme .



ATTENDANCE REPORT OF THE PREGNANT, LACTATING MOTHERS AND NEEDY WOMEN

TOTAL	PREGNANT	LECTATING	NEEDY
4	-	2	2



PROGRESS REPORT UNDER NIPP PROGRAM:

- ✧ Two children have gained weight.
- ✧ Two children showed no change in weight due to seasonal illnesses like cough and cold.
- ✧ One child has lost weight due to fever.

THIS MONTH ATTENDANCE REPORT OF CHILDREN UNDER THE ALAMBANA PROJECT

A total of 20 children of the project Alambana (children of rag pickers and Labourer) are sponsored. Two children have gone to the village. These children are also part of the NIPP program. This month 18 children have attended the class. Children who are less than 5 years of age and are in the red and yellow category are also enrolled in the NIPP programme .

TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9553	9736	19,289
TOTAL MALES	4919	5296	10,215
TOTAL FEMALES	4634	4440	9074
TOTAL NO. OF CHILDREN	511	527	1038

STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

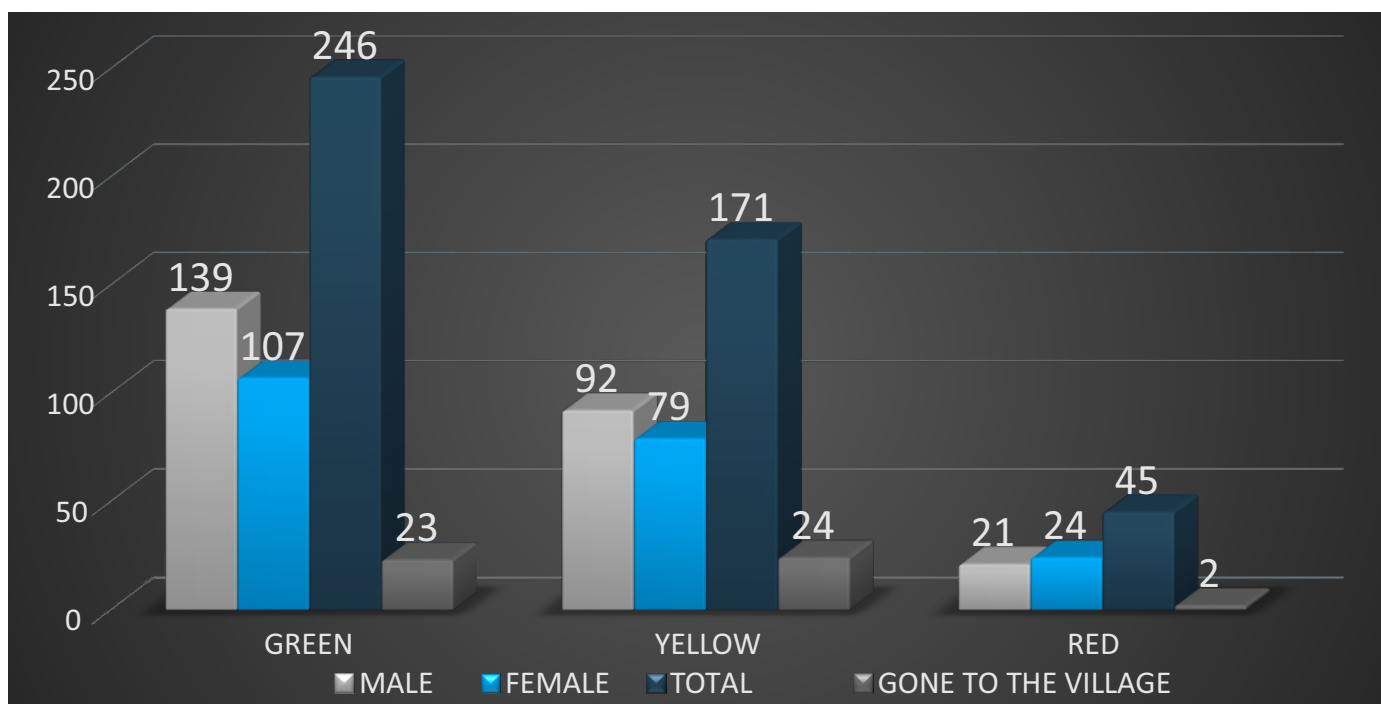
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	139	107	246	23
YELLOW ZONE	92	79	171	24
RED ZONE	21	24	45	02

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

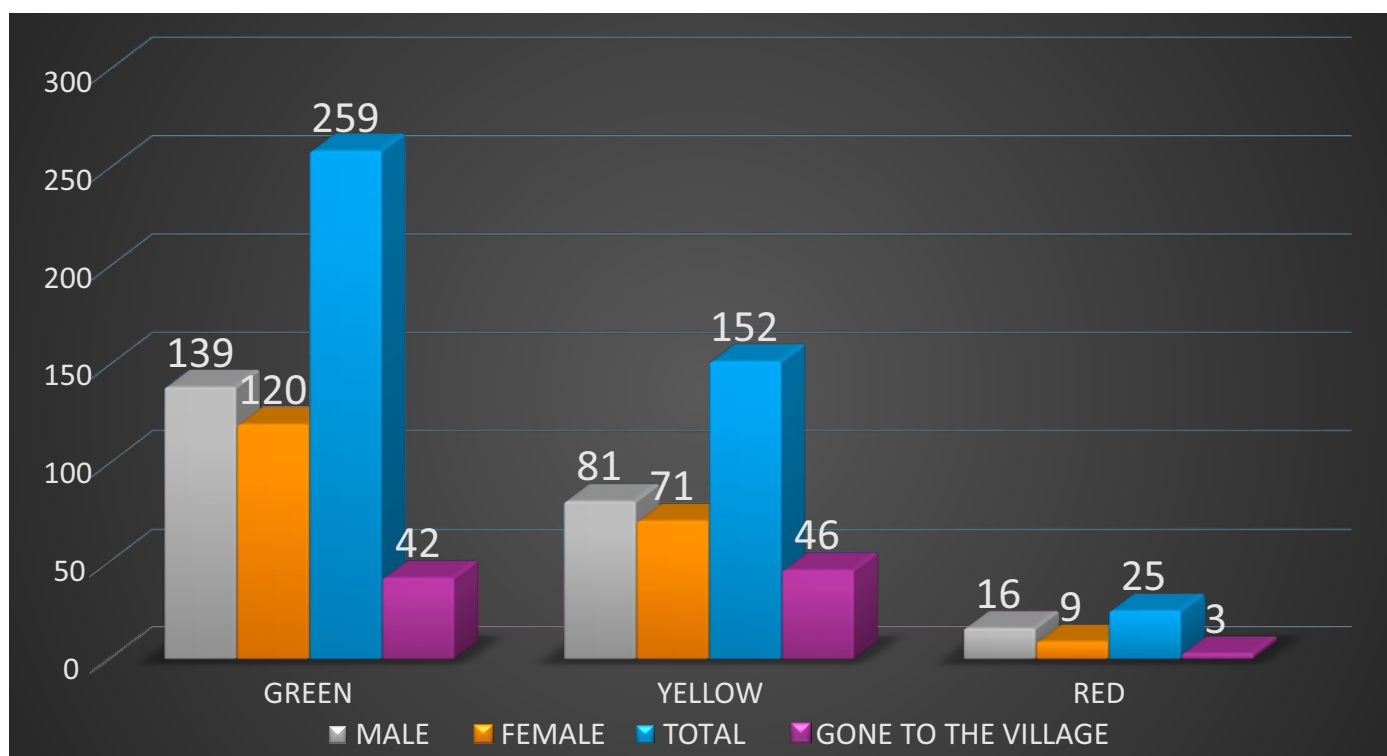
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	139	120	259	42
YELLOW ZONE	81	71	152	46
RED ZONE	16	09	25	03

NOTE- In both Janta Colony and Dhanas, compared to March, April shows a mixed trend with a slight decline in green zone children, a shift in yellow zone numbers, and a slight increase in red zone cases, possibly due to seasonal changes and the peak summer conditions, , indicating improving nutritional status in certain areas while also highlighting the need for focused attention in others, and overall reflecting a positive sign of progress with scope for further improvement in child health outcomes.



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	513	527	1040
Children permanently left	09	04	13
Total Deliveries	06	02	08
Children aged 5 years age	06	05	11
New families moved into the area on rent with children under five	07	07	14

STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	6	1.2	3	0.6
13-24	7	1.4	03	0.6
25-35	11	2.1	8	1.5
36-48	9	1.8	5	0.9
49-60	12	2.3	6	1.1
Total Red Zone Children	47	9.2	28	5.3
Red Zone Children (Weighed)	45	8.8	25	4.7
Children not Weighed (gone to the Village)	02	0.4	3	0.6



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 Polpulation	< 6 Mont
Nisha	43	6	6	0	3	1	2	0	0	0	1
Dimple	51	6	6	0	2	3	1	0	0	2	0
Lata Gosain	50	6	6	0	1	2	3	0	0	2	0
Meenakshi	47	2	2	0	1	0	0	0	0	0	1
Kajal	41	4	4	0	3	0	1	0	0	4	0
Pooja	42	6	5	1	1	0	4	0	0	1	1
Lata Chandel	49	3	3	0	2	0	0	0	0	1	0
Sushma	35	1	1	0	1	0	0	0	0	0	0
Sunita	48	4	4	0	1	0	2	0	0	0	1
Veena	29	2	2	0	1	0	1	0	0	0	0
Lakshmi	41	5	4	1	0	4	0	0	0	0	0
Meena	35	2	2	0	0	0	2	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	53	4	4	0	2	1	1	0	0	1	1
Dimple	53	1	1	0	1	0	0	0	0	0	0
Lata Gosain	43	3	2	1	1	0	1	0	0	0	1
Meenakshi	36	0	0	0	0	0	0	0	0	0	0
Kajal	43	1	1	0	0	0	1	0	0	0	1
Pooja	48	5	5	0	3	1	1	0	0	0	0
Lata Chandel	47	5	3	2	1	2	0	0	0	0	1
Sushma	38	1	1	0	0	0	1	0	0	0	0
Sunita	46	1	1	0	0	0	1	0	1	0	0
Veena	47	1	1	0	0	0	1	0	0	0	0
Lakshmi	42	5	5	0	3	1	1	0	0	0	0
Meena	31	1	1	0	0	0	1	0	0	0	0

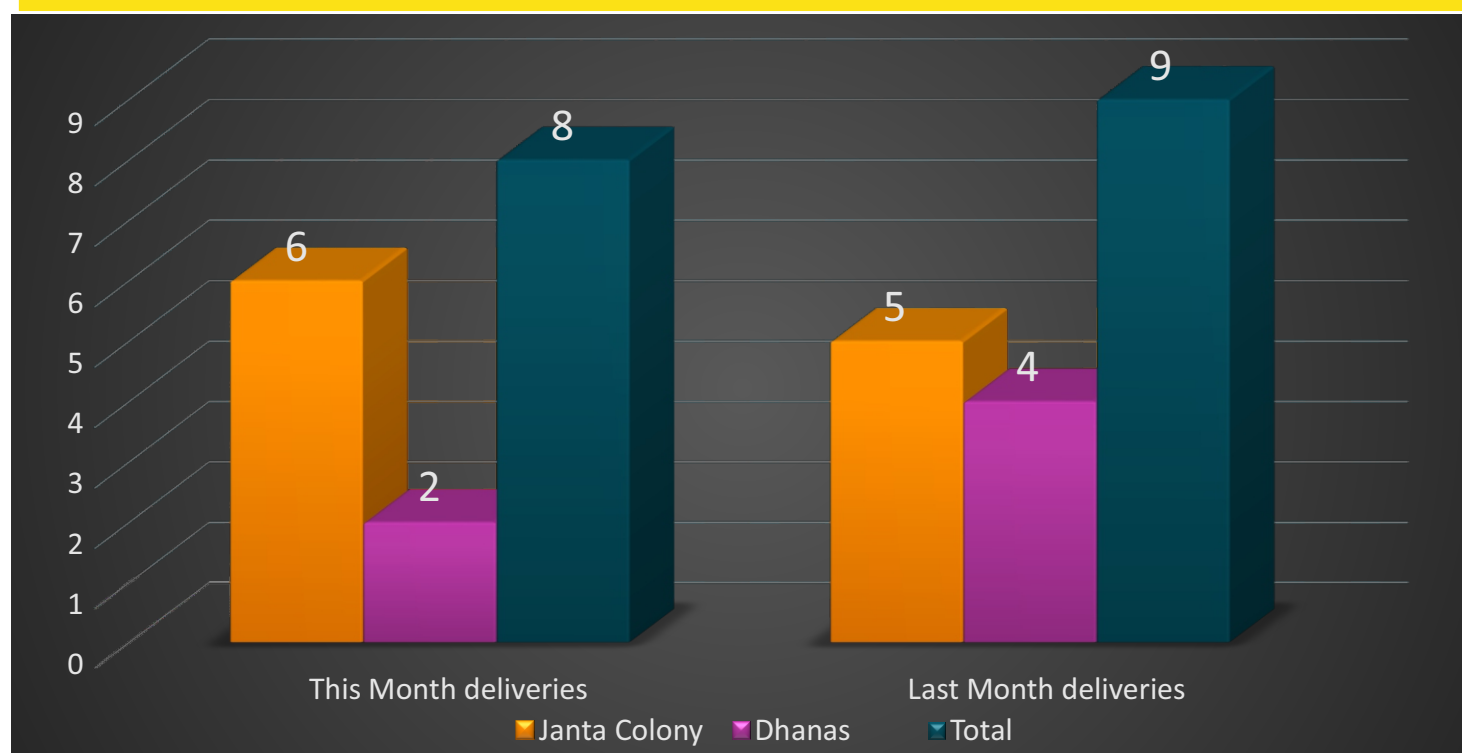
COUNSELLING OF PREGNANT WOMEN



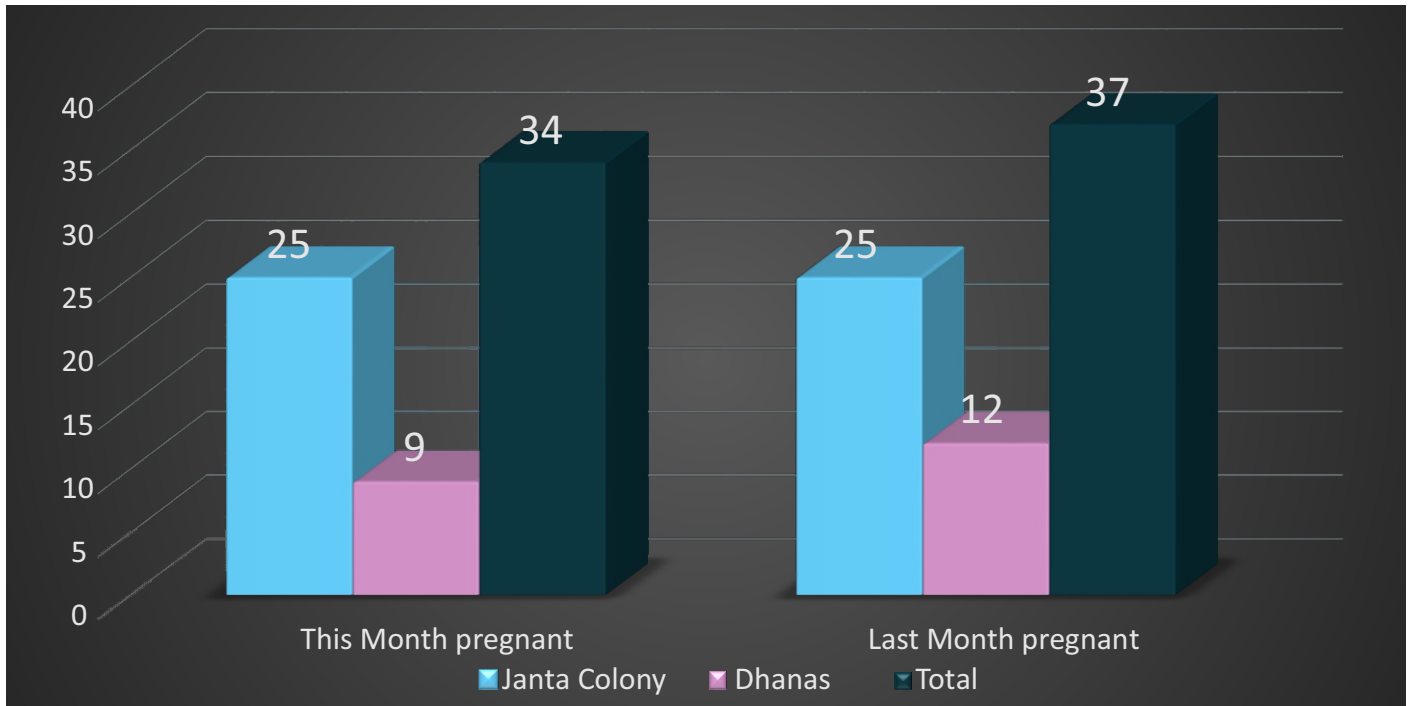
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	25	12	37
Number of deliveries	6	2	8
Births	Male:05 Female:01	Male: 01 Female: 01	6 2
Mothers who left the Colony	0	2	2
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	6	1	7
Trimester	1st Trimester: 00 2nd Trimester: 11 3rd Trimester: 14	1st Trimester: 00 2nd Trimester: 03 3rd Trimester: 06	00 14 20
Number of Pregnant women this month	25	09	34

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
Hari Lal	45 years	Male	Paralysis	veena
Dashrath	45 Years	Male	Drug Addiction	Nisha
Sheru	50 Years	Male	T.B with Liver Cirrhosis	Pooja

DEATH DETAILS IN DHANAS

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

Skill Program

TAILORING

In tailoring, following topics were covered this month :

HANDLING OF MACHINE

- Full speed Treadle Control
- Sewing at Full Speed
- Corners
- Speed and Straight Line Accuracy
- Needle Down Turn
- Spiral
- Concentric Curves
- Concentric Square
- Turned Corner
- Curves
- Concentric Triangles
- Judging Stops and Turn
- Circle
- U-Turn

02 SEAMS

- Seam
- Press Open Seam
- Double Top Seam
- Pinked Seam
- Turned & Stitch/ Tacking Plain Seam
- Slot Seam
- Hand Seam
- French Seam
- The Mock French Seam
- Curved/ Princess Seam
- Corner
- Tucked Seam
- Welt Seam
- Hut Seam
- Lapped Seam
- Bias Bound Seam
- Bias Bound with Hem
- Hong Kong Seam
- Corded Seam
- Self Bound Seam
- Forgotten Seam



Skill Program

COMPUTER

Computer classes are being successfully conducted at DIR-India under a 6-month computer course specially initiated for the students of Basti. During this month, students were introduced to various important computer concepts and practical skills. The topics covered this month are as follows:

1. What is a computer?
2. The characteristics of computer
3. The data processing cycle of computers.
4. The classification of the computer by data processed

The practical sessions primarily involved training in MS Word, structured into five modules.

Module 1 covered the basics and interface, including navigation, file management, and basic text entry.

Module 2 focused on text and paragraph formatting, such as font styles, paragraph alignment, spacing, and proofing tools.

Module 3 dealt with page design and layout, including margin adjustments, columns, backgrounds, headers, footers, and page numbers.

Module 4 involved creating and modifying tables and visuals like pictures and SmartArt, along with formatting these elements. Finally,

Module 5 introduced advanced features such as collaboration tools, mail merge, styles and templates, references, and document security features.



Computer Training Program at DIR

EDUCATION PROGRAM:



Mayank
Class - Pre-Nursery

SWAD SCHOOL PROGRESS REPORT:

Mayank is a student of the pre-nursery class. Although academically bright, he initially struggled to adjust to the school environment. He did not interact with his classmates, avoided participating in group activities, and often remained quiet and withdrawn in the classroom. He often cried over small things and insisted on going back home. The class teacher, Ms. Preeti, took special efforts to help him overcome his hesitation. She encouraged him to participate in different games, smart classes, flashcard activities, and other interactive learning sessions. With her patience, care, and continuous encouragement. Thanks to the class teacher's support, Mayank gradually became comfortable and confident in the classroom. He now happily interacts with classmates, actively participates in activities, and speaks with confidence.

Class teacher- Mrs Preeti Uniyal



Devansh
Class - Nursery

SWAD SCHOOL PROGRESS REPORT:

When **Devansh** first joined our nursery class, he found it very difficult to stay away from home. He often became emotional and would repeatedly say, "I want to go home." Adjusting to the school routine was challenging for him because he missed the comfort and care of his family. To help him settle down, his class teacher, Ms. Geeta, gradually involved him in small classroom activities such as building blocks, colouring, and smart class activities. With time, he started feeling comfortable, developed trust in her, and began making friends with his classmates. Today, Devansh has grown into a happy, confident, and cheerful child in class, thanks to the support, patience, and care of his class teacher.

Class teacher- Mrs Geeta Saini

SWAD SCHOOL PROGRESS REPORT:



Jessica
Class - L.K.G

Jessica is a student enrolled in the LKG class, known for her gentle and quiet nature. Initially, she was quiet and reserved and was hesitant to express her thoughts or share her ideas with others. The class teacher observed her closely and gently encouraged her participation through engaging small group activities and interactive play. Gradually, Jessica began to open up and started experiencing the joy of sharing her thoughts, ideas and materials with her peers. With consistent encouragement, care, love, and support from the class teacher, she has shown remarkable progress. She now displays a cheerful, confident, and more participative attitude in class activities. Special thanks to the class teacher for Jessica's positive transformation and overall development.

Class teacher- Mrs Lata

EDUCATION PROGRAM:



Paramveer
Class - U.K.G

At the beginning of the new session, **Paramveer** transitioned from LKG to UKG with strong oral communication skills; however, he faced difficulties in cursive writing and written expression. The class teacher closely observed his needs and provided continuous guidance through structured practice, guided writing, and engaging classroom activities to improve fine motor skills and writing fluency. With consistent support and regular practice, Paramveer has shown steady and noticeable improvement over the past month. He is gradually improving cursive writing, letter formation, and clarity in his work, while also becoming more confident and independent in writing tasks. Overall, his development reflects the positive impact of consistent practice, effective teaching strategies, and a supportive classroom environment.

Class teacher- Mrs Saroj



Aradhna
Class - Alambana

Aradhna is a student of the Alambana class. She is a well-behaved and disciplined girl who maintains good conduct in the classroom. Initially, her handwriting was not up to the expected level, so the class teacher gave special attention to her writing skills and provided extra time for regular practice. Through sustained and consistent academic support from the class teacher, she has shown gradual and steady improvement in her handwriting. Her oral work is also good. She reads properly in class and recites poems in the assembly with confidence. Her classwork is neat and clean, reflecting her overall progress and improvement. Appreciation to the class teacher for the continuous efforts that have helped bring positive improvement in Aradhna's performance.

Class teacher- Miss Antima

ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- ✧ Mr. Johnny Garg, the CA of our organisation, visited DIR India on 13th April, on the occasion of his birthday. During his visit, the students recited rhymes in his presence. He was highly impressed by the students and enjoyed it a lot. He also gifted stationery to all the students and distributed biscuits, laddoos, and fruit drinks to the students and the entire staff.



Mr. Johnny Garg, the CA of our organisation, visited DIR India

- On 14th April, the doll colouring activity was enthusiastically performed by the students, encouraging their imagination, artistic expression, concentration, and confidence while making the learning process fun and interactive.



Baisakhi, a festival celebrated at DIR.

- Baisakhi, a festival of harvest, happiness, and prosperity, was celebrated enthusiastically, and the students made colourful paper corn decorations to add festive charm to the celebration. Biscuits, cold drinks, and ladoos were distributed among the students and staff as part of the celebration.



Colouring activity was enthusiastically performed by the students

- On 18th April, as Earth Week begins, an Earth Day colouring activity was conducted to create awareness about environmental protection.



CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY				
	KAVYA	SURYANSH	ARPIT	VINAYAK
NURSERY				
	TEJAS	ANSHIKA	AYUSH	DEVANSH
L.K.G				
	JESSICA	AYANSH	AYUSHI	ANVI
U.K.G				
	DIYA	ANVI	NAVYA	AADVIK
ALAMBANA				
	MAHI	RUHI	NIYATI	MAAHI

CHILD ACTIVIST PROGRAM

- ✧ This month's CAP was conducted on the topic "Balanced Diet." A balanced diet is a diet that includes all the essential nutrients in the right amounts to keep the body healthy, active, and functioning properly. It includes carbohydrates, proteins, fats, vitamins, minerals, fibre, and water. The children were made aware of the importance of including all these nutrients in their daily meals to maintain good health and fitness.
- ✧ The game played was "Passing the Ball." In this activity, the children sat in a circle and passed the ball to one another while music was played. When the music stopped, the child holding the ball was asked to answer a question or perform a small task. The children enjoyed the game with great enthusiasm and excitement.
- ✧ The aim of the CAP activity is to develop team spirit and friendship among the children. It also aims to improve their physical and mental strength, create interest in sports and games, and encourage them to help and support one another.

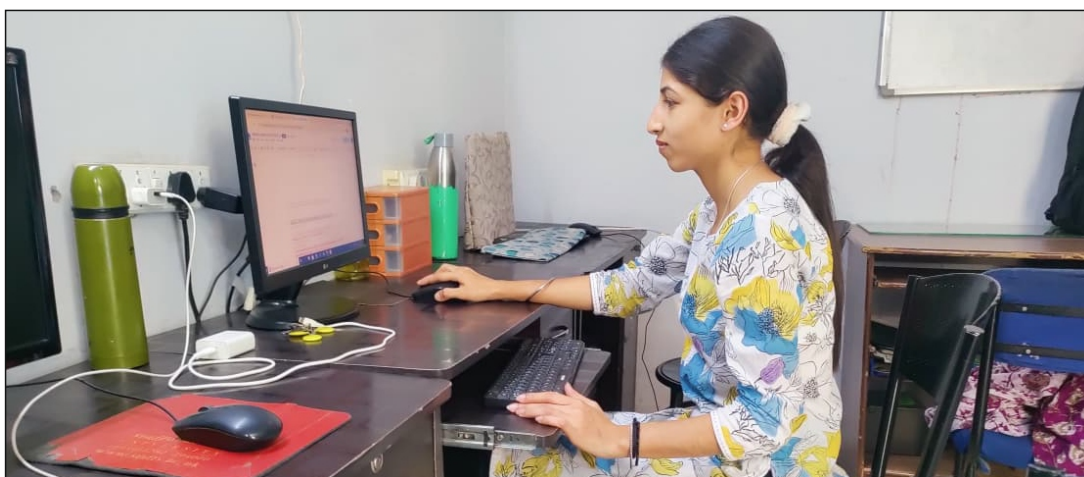


DIR INDIA HIGHLIGHTS OF THE MONTH

- ✧ On 13th April, Mr. Johnny Garg, the CA of our organisation, paid a visit to DIR India on the occasion of his birthday and was highly impressed by the knowledge and enthusiasm of the school students, as well as the remarkable work being carried out by the organisation.



- ✧ This month, a new dietitian, Gurpreet, joined DIR India. She has completed her B.Sc. in Home Science from Government Home Science College, Sector 10, Chandigarh. She is also actively involved in field visits and is handling the NIPP program, helping with its activities and community work.



- ✧ Meditation sessions continue every Thursday as part of the wellness program, guided by Preceptor Neha. These sessions focus on relaxation techniques, mindfulness, and stress reduction to support mental well-being among participants.



DIR INDIA BANK DETAILS

IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
RTGS / NEFT / IFSC	SBIN0018249
MICR CODE	160002091



CONTACT INFORMATION

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