



MAY
2026

MONTHLY REPORT

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.

Aarohi's Path Towards a Brighter Future



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

Aarohi, a 6-year-old girl, lives with her family of five in a rented house in Janta Colony (House No. 1025/1), where they have been staying since 2015. Her father works as a waste collector and earns around 9,000 per month through daily wages. Managing rent, food, and other essential expenses with this limited income has always been a challenge for him in life.

Their living conditions were difficult, with no proper sleeping arrangements, and even the bed they used was provided by the house owner. Due to financial constraints, Aarohi and her younger sister, Sweety (4 years), were not attending school, as their parents could not afford education expenses.

During a home visit, the DIR team understood the family's situation and identified the need for educational support.

Through the Alambana Project, DIR helped Aarohi and Sweety, and gave them admission in SWAD School. In this project, preferably girl children from financially vulnerable families receive free education and other support like books, stationary, school uniform including shoes, socks and woollens for winter is given by DIR. Under this initiative, through the NIPP Feeding Programme, they also receive nutritious breakfast and lunch, including bananas, eggs, lentils and other healthy food items that support their growth and well-being.

Today, Aarohi and Sweety have the opportunity to learn, grow, and dream of a better future. With DIR's support through education and nutrition initiatives, their journey is transforming from hardship to hope for the future.



Aarohi's Path Towards a Brighter Future

MEDICAL TRAINING

May is a peak summer month with high temperatures and dry weather. Under the guidance of our CEO Dr. Asha Katoch, a medical training session on the first trimester of pregnancy (1–12 weeks) was conducted for health promoters.

The session focused on the major hormonal changes during early pregnancy. It covered fetal development and the role of hormones such as hCG, progesterone, and estrogen. Common symptoms such as morning sickness, nausea, tiredness, weight changes, and increased sensitivity to smells were also discussed. The effects of hormonal changes on digestion, including acidity, bloating, and constipation, were explained. The basic functions of the liver were also briefly covered.

A class test was conducted to assess understanding of the topics covered during the training session.



Medical Training conducted by Dr. Asha Katoch (CEO) and Dr. Anjana

NUTRITION TRAINING

May marks the peak of the summer season, making digestive health and proper nutrition essential for maintaining overall well being. A nutrition training was conducted focusing on Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD).

The session explained IBS as a functional digestive disorder that can cause abdominal pain, bloating, constipation and diarrhea and highlighted the importance of identifying trigger foods and maintaining a balanced diet. IBD, including Crohn's disease and Ulcerative Colitis, was

discussed as a chronic inflammatory condition of the digestive tract requiring appropriate dietary management and medical care.

Health promoters were guided on healthy eating practices, adequate hydration, and dietary



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

NUTRITIONAL DEMONSTRATION

Nutritious Cucumber Cups

Nutritional demonstration was conducted on the preparation of cucumber cups. It is a healthy, colorful and refreshing snack prepared using fresh vegetables like cucumber, carrot, beetroot, green, spices, peanuts and hung curd. It is rich in vitamins, minerals and antioxidants. It is easy to prepare, high in fiber and nutrients and suitable for all age groups.

Ingredients:

- ✧ Cucumber
- ✧ Beetroot
- ✧ Carrot
- ✧ Peanuts- dry roast
- ✧ Mint leaves
- ✧ Coriander leaves
- ✧ Salt and spices
- ✧ Hung curd

Method:

- ✧ 1. Wash and peel the cucumber. Cut into thick round pieces and scoop out the center to form cups.
- ✧ 2. Finely chop or grate the vegetables - beetroot, carrot, mint leaves, coriander leaves and crush the peanuts.
- ✧ 3. Mix all the ingredients with hung curd and spices.
- ✧ 4. Fill the cucumber cups with the prepared mixture.
- ✧ 5. Garnish with coriander leaves and serve fresh.

Nutritional value per serving (Approx.) - 100g

- Energy - 60Kcal
- Protein - 5g



Nutritional demonstration on the preparation of cucumber cups

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

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
5	2	3	0

- ✧ Three children have gained weight.
- ✧ One child showed no change in weight due to seasonal illnesses.
- ✧ One child has lost weight due to diarrhoea.
- ✧ The total attendance of NIPP in May month was 24, comprising Alambana children, lactating mothers, pregnant and needy women.
- ✧ 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.

ATTENDANCE REPORT OF CHILDREN UNDER THE ALAMBANA PROJECT

TOTAL	>5 Years	< 5 Years	GREEN ZONE	YELLOW ZONE	RED ZONE
19	08	11	3	7	1

A total of 20 children of the project Alambana (children of rag pickers and Labourer) are sponsored. One child has gone to the village. These children are also part of the NIPP program. This month 19 children have attended the class. Children who are less than 5 years of age and are in the red and yellow category. These children are also enrolled in the NIPP programme.



Children of the project Alambana & NIPP

ATTENDANCE REPORT OF THE PREGNANT, LACTATING MOTHERS AND NEEDY WOMEN

TOTAL	PREGNANT	LECTATING	NEEDY
4	-	2	2

In our NIPP programme Pregnant mothers, Lactating mothers , malnourished children under 5 years of age and needy women are enrolled. Out of four, two are lactating mothers and two are needy women, who live in Janta Colony and are underprivileged.

DIR Provides nutritious food to pregnant and lactating mothers under NIPP



TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9554	9737	19291
TOTAL MALES	4919	5297	10216
TOTAL FEMALES	4635	4440	9075
TOTAL NO. OF CHILDREN	517	538	1055

STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

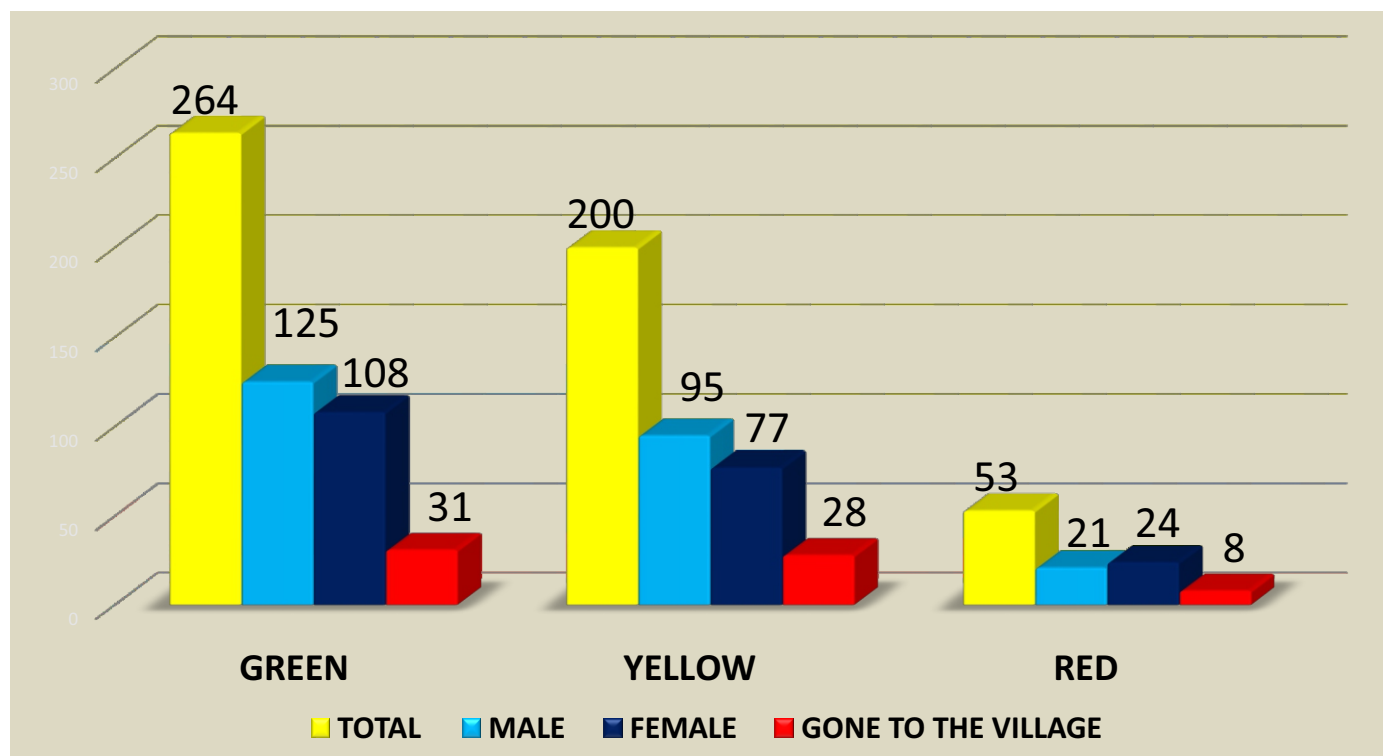
ZONE	TOTAL	MALE	FEMALE	GONE TO THE VILLAGE
GREEN ZONE	264	125	108	31
YELLOW ZONE	200	95	77	28
RED ZONE	53	21	24	08

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



Health promoters monitoring the weight of children in Janta Colony, (Naya Gaon) Pb

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



Health promoters monitoring the weight of children in Janta Colony, (Naya Gaon) Pb

STATISTICS OF THE MEDICAL PROJECT IN DHANAS

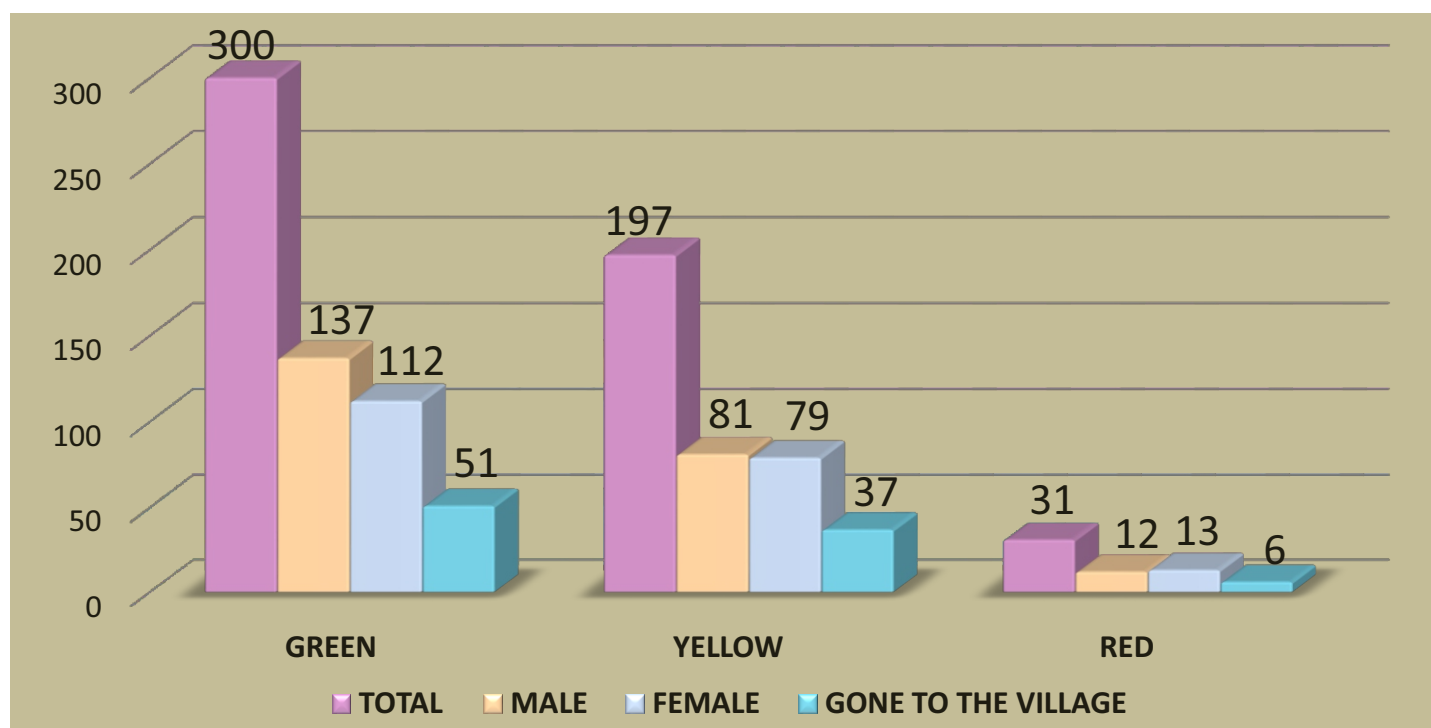
ZONE	TOTAL	MALE	FEMALE	GONE TO THE VILLAGE
GREEN ZONE	300	137	112	51
YELLOW ZONE	197	81	79	37
RED ZONE	31	12	13	06

NOTE- In Janta Colony, May showed improvement with reduced Red zone cases, slight increase in Yellow zone cases, and stable Green zone cases, compared to April, while in Dhanas, May showed a slight decline in Green Zone cases due to seasonal variations, increase in Yellow Zone cases, and stable Red Zone cases, indicating an overall mixed trend with improvement in risk control in Janta Colony and minor category shifts in Dhanas.



Health promoters monitoring weight of 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	511	527	1038
Children permanently left	05	0	05
Total Deliveries	05	02	07
Children aged 5 years age	06	05	11
New families moved into the area on rent with children under five	12	09	21

STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	7	1.4	0	0
13-24	8	1.5	03	0.6
25-35	06	1.2	8	1.5
36-48	14	2.7	5	0.9
49-60	10	1.9	9	1.7
Total Red Zone Children	53	10.2	31	5.8
Red Zone Children (Weighed)	45	8.7	25	4.7
Children not Weighed (gone to the Village)	08	1.5	6	1.1



Community meeting on Tuberculosis 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	44	5	5	0	4	0	1	0	0	0	1
Dimple	52	7	7	0	4	0	2	0	0	2	1
Lata Gosain	50	4	3	1	0	1	2	0	0	3	0
Meenakshi	51	4	4	0	1	1	2	0	0	0	1
Kajal	40	5	5	0	2	1	2	0	0	4	0
Pooja	41	7	4	3	1	1	1	0	0	0	2
Lata Chandel	47	3	3	0	1	0	2	0	0	1	0
Sushma	38	1	1	0	1	0	0	0	0	0	0
Sunita	45	3	3	0	1	1	1	0	0	0	0
Veena	29	3	1	2	0	1	0	0	0	1	0
Anita	40	7	5	2	1	3	1	0	0	3	0
Meena	40	4	4	0	2	0	1	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	3	3	0	0	0	3	0	0	0	0
Dimple	55	1	1	0	0	1	0	0	0	0	0
Lata Gosain	43	3	2	1	0	0	2	0	0	0	0
Meenakshi	37	2	2	0	1	1	0	0	0	0	0
Kajal	44	1	1	0	1	0	0	0	0	0	0
Pooja	47	3	1	2	0	0	1	0	0	0	0
Lata Chandel	47	4	2	2	1	0	1	0	0	0	0
Sushma	36	1	1	0	0	0	1	0	0	0	0
Sunita	45	1	1	0	1	0	0	0	1	0	0
Veena	48	4	4	0	0	4	0	0	0	0	0
Anita	40	7	6	1	0	2	4	0	0	0	0
Meena	33	1	1	0	0	0	1	0	0	0	0

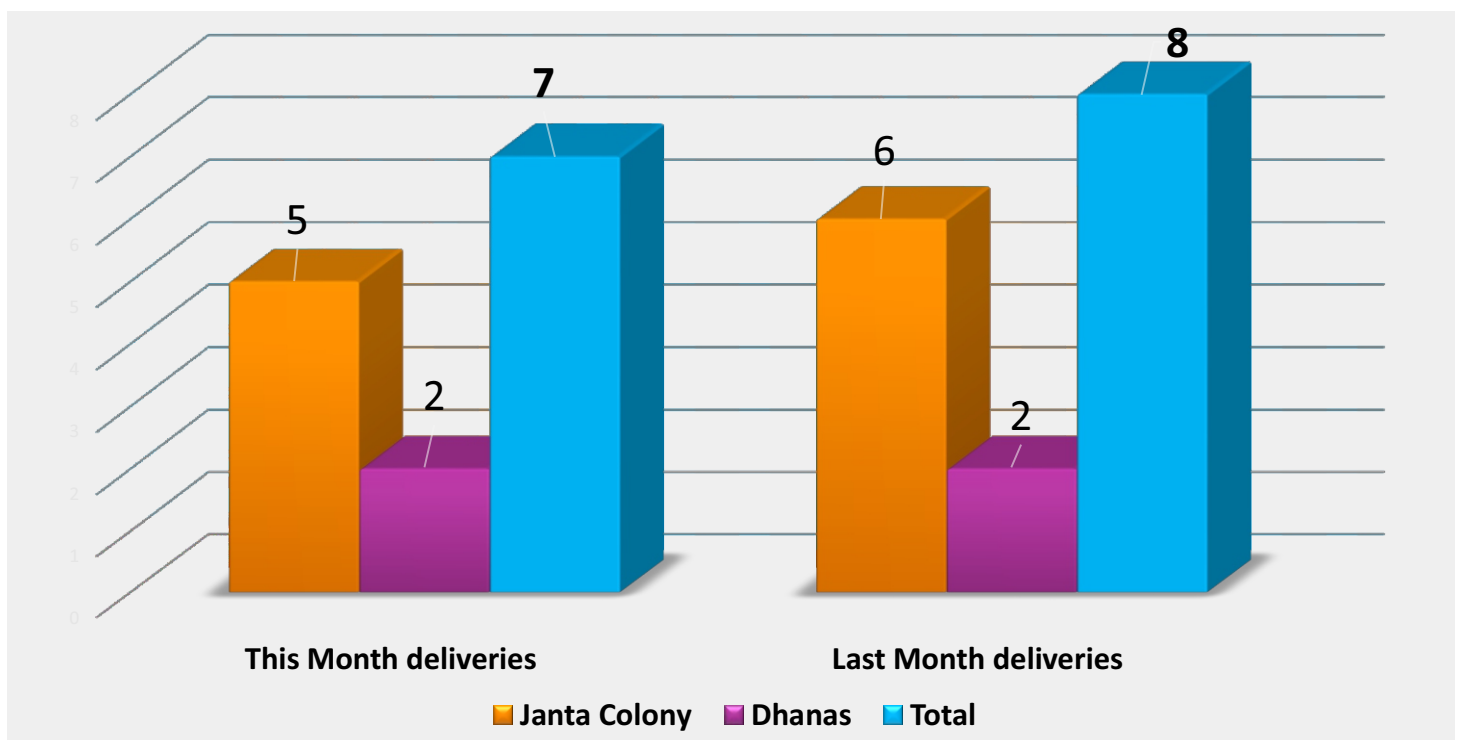
COUNSELLING OF PREGNANT AND LACTATING MOTHERS



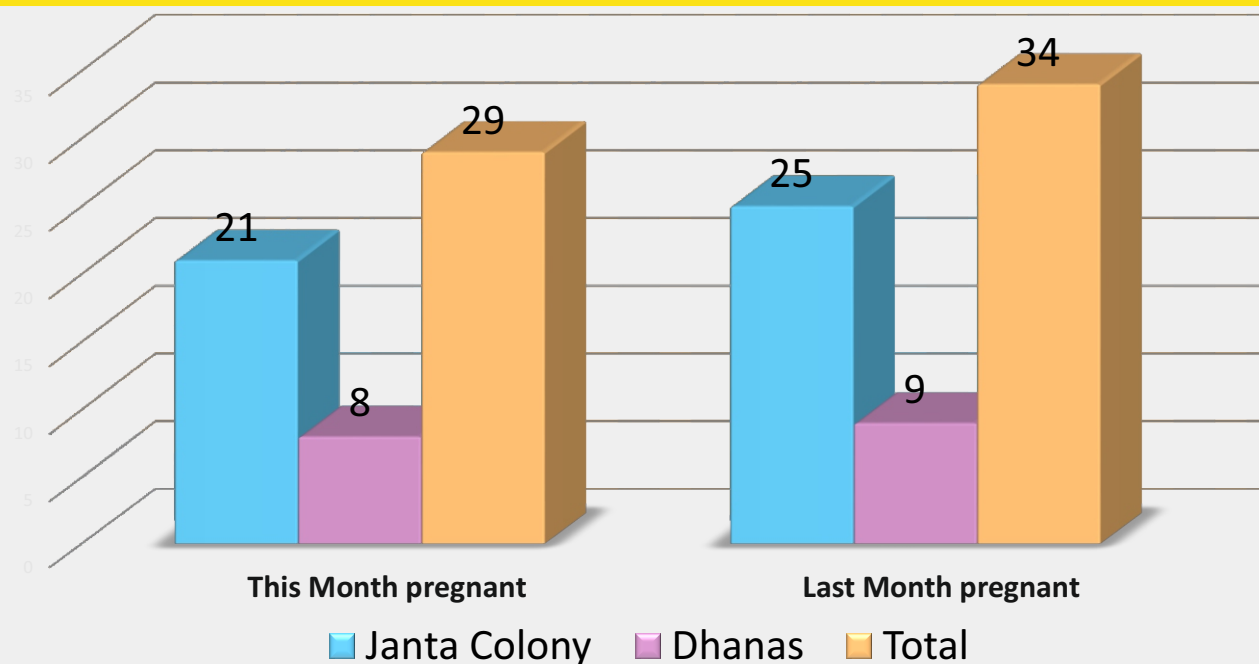
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	25	09	34
Number of deliveries	5	2	7
Births	Male:00 Female:05	Male: 02 Female: 0	2 5
Mothers who left the Colony	2	0	2
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	3	1	4
Trimester	1st Trimester: 00 2nd Trimester: 07 3rd Trimester: 14	1st Trimester: 00 2nd Trimester: 01 3rd Trimester: 07	00 08 21
Number of Pregnant women this month	21	08	29

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
Jaipal	63 years	Male	Brain Stroke (Hemorrhagic Stroke)	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

Tailoring is the art and craft of creating, altering, and fitting garments to an individual's measurements, combining technical skill and design expertise to achieve a precise fit, comfort, and refined appearance.

In the month of May, in tailoring, the following topics were covered

- ✧ Different types of seams used in garment construction like- press open seam, top seam, french seam, hand seam bias bound seam etc .
- ✧ Various seam finishes and decorative seam techniques.
- ✧ Practiced the methods of sewing and finishing seams for durability and appearance.
- ✧ Learned and prepared different styles of ruffles such as simple gathers, circular ruffles, shell gathers, straight ruffles, and punched ruffles, used for garment decoration and design.



Tailoring Training Program at DIR

Skill Program

COMPUTER

As part of the monthly training activities, computer classes were conducted to enhance digital skills and knowledge. The topics covered were as follows:

Module: Hardware Fundamentals & Practical Spreadsheet Skills

Part I: Theory Topics

1. Simple Computer Model (Block Diagram Explanation)

A computer processes data based on the Input $\rightarrow$ Process $\rightarrow$ Output (IPO) model. Its architecture consists of three core functional divisions:

- Input Unit
- Central Processing Unit (CPU)
 - o Control Unit (CU)
 - o Arithmetic Logic Unit (ALU)
 - o Registers
- Storage / Memory Unit
- Output Unit

Part II: Practical Work — MS Excel

Practical lab training focused on core spreadsheet functionality and data handling:

Syllabus Modules Covered:

1. Workbook Navigation
2. Data Formatting
3. Formulas & Functions
 - o Standard Operators: +, -, *, /
 - o Essential Functions: =SUM(), =AVERAGE(), =MIN(), =MAX(), =COUNT()
 - o Cell Referencing: Understanding Relative vs. Absolute references (\$A\$1).
4. Data Tools: Basic sorting (A-Z, Z-A) and applying data filters to analyze datasets.



Computer Training Program at DIR

EDUCATION PROGRAM:



Jivika
Class - Pre-Nursery

SWAD SCHOOL PROGRESS REPORT:

Jivika, a student of Pre-Nursery, initially faced difficulties in adjusting to the classroom environment. She often cried, preferred not to sit in class, and showed hesitation in participating in activities or interacting with classmates and teachers. The class teacher carefully understood her needs and provided extra attention, encouragement, and support. She involved Jivika in play-based learning, group activities, conversations, and simple classroom responsibilities. With regular guidance and care, Jivika gradually became comfortable, started participating in activities, interacting with others, and gained confidence. Her progress reflects the teacher's continuous efforts and support.

Class teacher- Mrs Preeti Uniyal



Tejas
Class - Nursery

SWAD SCHOOL PROGRESS REPORT:

This month, **Tejas** has shown noticeable improvement in his overall performance. He is doing well in his studies and has started engaging more actively in classroom activities. He completes his written work neatly and on time and participates in class discussions and activities with greater interest. His confidence level has improved, and he is making a positive effort towards his learning. However, he still requires regular motivation and guidance to remain focused on his studies and continue developing good learning habits. With the continuous support and motivation provided by his class teachers, Tejas has gained confidence and shown better academic performance. Continued encouragement will help him achieve further progress in the future.

Class teacher- Mrs Geeta Saini

SWAD SCHOOL PROGRESS REPORT:



Garima
Class - L.K.G

This month, **Garima** from the LKG class has shown noticeable improvement. She performs well in her written work and completes tasks neatly. However, she needed support in developing her oral communication skills. Recognizing this, the class teacher worked closely with her, encouraging her to speak in short sentences, answer simple questions, and recite rhymes with actions. With regular practice and continuous encouragement, Garima has become more confident. She now participates actively in classroom and group activities and confidently recites poems during the morning assembly. Gradually, she has overcome her hesitation, and this progress reflects both her efforts and the consistent support of her class teacher. With continued practice, she is expected to make further progress in her communication skills and overall development.

Class teacher- Mrs Lata

EDUCATION PROGRAM:



Saroj
Class - U.K.G

Every child learns at their own beautiful pace, and **Nishu** of UKG class is a shining example of this. At the beginning, Nishu faced difficulties with cursive writing, especially in forming connected letters and maintaining the correct pencil grip. But with consistent practice, patience, and encouragement from her class teacher, she gradually developed better control, coordination, and confidence in her writing skills. Today, Nishu has shown remarkable improvement. She writes cursively with smoother letter formation with better spacing. Her progress reflects her dedication and the continuous support she has received. We are proud of her achievements and look forward to her continued growth.

Class teacher- Mrs Saroj



Nitya
Class - Alambana

Nitya, a 3-year-old student of the Alambana class, initially found it difficult to adjust to the school environment and often cried on arrival. However, with time, patience, and encouragement, she gradually became comfortable and confident in her new surroundings. A special thanks to Miss Antima, whose constant guidance and motivation helped Nitya overcome her hesitation and settle happily into school life. Today, Nitya is a cheerful learner who enjoys coming to school, confidently recites poems, and actively participates in classroom activities. We are proud of her growth and development.

Class teacher- Miss Antima

ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

- ✧ Each day at Swad School begins with a morning prayer, which helps students start their day with positivity and focus.



Each day at Swad School begins with a morning prayer.

- ✧ This is followed by physical exercise to promote fitness, health, and an active lifestyle.



Physical exercise to promote fitness, health, and an active lifestyle.



- ✧ To build confidence and remove stage phobia, students are also encouraged to recite poems on stage.

Students reciting poems on stage



- ✧ The school places great importance on discipline, cleanliness, and good habits. Every Monday, a special inspection is conducted by the teachers to check students' nails, polished shoes, neatly pressed uniforms, and overall personal hygiene.

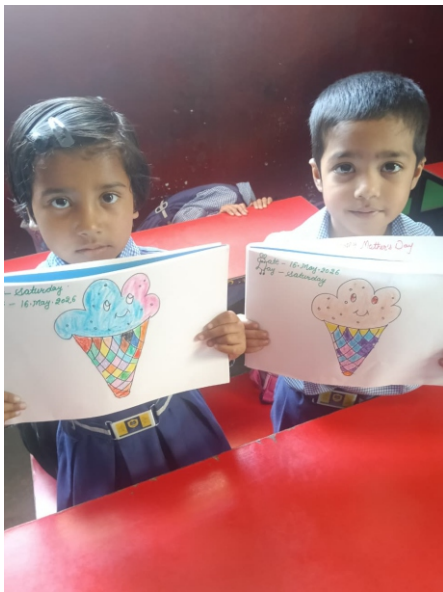
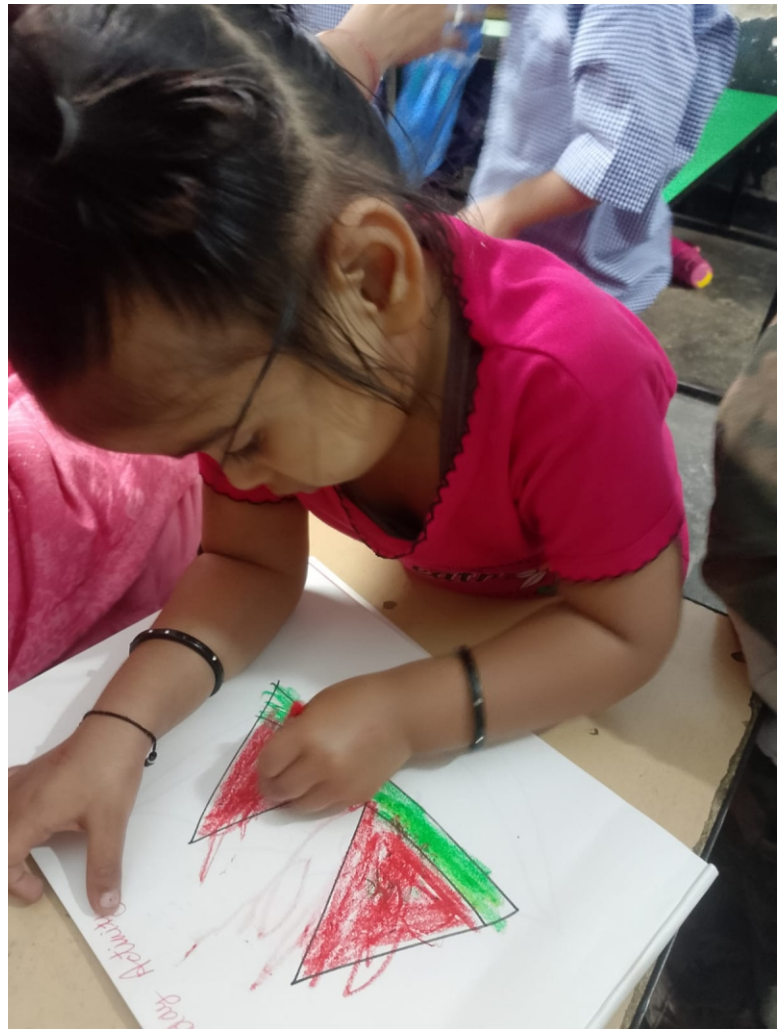
A special inspection is conducted to check students' nails, polished shoes, neatly pressed uniforms, and overall personal hygiene.

- ✧ Students are encouraged to maintain a clean and tidy appearance at all times. In addition to academics, the school emphasizes moral values, punctuality, respect for others and responsibility.
- ✧ During this month's school activity, the students painted their names using earbuds as creative painting tools, exploring different colours and showcasing their imagination while participating in an enjoyable hands-on activity.
- ✧ On 8th May, as part of the Mother's Day celebration, the students participated in a colourful paper activity and painted beautiful designs for their mothers, expressing their love and appreciation. Our CEO, Dr. Asha Katoch, distributed sweets to all the students, making the celebration even more joyful.



On Mother's Day colouring activity was enthusiastically performed by the students

- ✧ Furthermore, the students enjoyed colouring ice cream and watermelon-themed worksheets, using vibrant shades to strengthen their colour recognition, concentration, and hand-eye coordination in an enjoyable and interactive way.



Colouring activity was enthusiastically performed by the students

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	 JIVIKA	 KIRAT	 MAYANK	 PARTH
NURSERY	 DEVANSH	 ARPIT	 TRISHA	 AYUSH
L.K.G	 AKRITI	 AANVI	 KRITI	 VANSHIKA
U.K.G	 RIYA	 PARAMVEER	 ADVIK	 RIYANSH
ALAMBANA	 MAAHI	 AALIYA	 RUHI	 TANSHIKA

DIR INDIA HIGHLIGHTS OF THE MONTH

- ✧ Every week, a PowerPoint presentation is conducted by the Field Coordinators, followed by the Health Promoters on the same topic. This helps to boost their confidence, enhance their presentation and communication skills, and improve their subject knowledge so that they can conduct health awareness sessions effectively and independently in the community during their field visit.



Presentation is conducted by the Health Promoters

- ✧ Meditation sessions continue every Thursday to promote mental well-being, reduce stress, enhance focus and concentration, and support the overall health and productivity of the team.



Meditation sessions to promote mental well-being,

- ✧ Miss Globe India 2025, Jasmine Rana, visited the organization and interacted with the students of SWAD School. She shared inspiring thoughts on self-confidence, determination, and personal



Miss Globe India 2025, Jasmine Rana, visited the organization and interacted with the students of SWAD School.

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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