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MONTHLY REPORT

JUNE 2026

Developing Indigenous Resources India

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CEO'S REPORT



Dr. Asha Katoch (CEO)

DIR has been closely associated with the Navjeevan Group since March 2025. As part of this association, Dr. Monica B. Sood, Chairperson of the National Unity and Security Council, and a member of the Bharatiya Janata Party (BJP), invited the CEO of DIR and the DIR team to attend the “Viksit Bharat Sankalp” programme. This programme highlighted the achievements and initiatives of the BJP led government since 2014.

The programme was held on 19th June at the National Institute of Technical Teachers Training and Research (NITTTR), Sector 26, Chandigarh. Dr. Jatinder Rana, a renowned Endocrinologist and serving Minister of State, was the Chief Guest at the event.



Dr. Jatinder Rana, Chief Guest at event Viksit Bharat Sankalp at NITTTR, Sec 26, CHD

DIR Staff visited at NITTIR, Sector 26, CHD



IMPACT OF THE DIR MEDICAL PROGRAM ON FAMILY PLANNING AND HEALTH AWARENESS IN JANTA COLONY (2022–2026)

The DIR Medical Program has demonstrated significant success in Janta Colony over the four-year period from 2022 to 2026. The program's focus on awareness of family planning methods, alongside health and hygiene education, has resulted in a measurable shift in family size preferences. There has been a substantial decrease in the total number of families with multiple children and a marked increase in the adoption of smaller family norms.

Analysis of Achievements

1. Significant Reduction in Large Families

One of the most notable achievements is the dramatic reduction in the number of families with 3 or more children. The total number of families with 3+ kids decreased from 119 in 2022 to 69 in 2026, marking a 42% reduction. This indicates that awareness programs are effectively encouraging families to stop at two children.

- 4-Kid Families: The most impressive decline was in the 4-kid category, which fell by 73.7% (from 19 to 5).

- 3-Kid Families: This category also saw a significant drop of 38.8% (from 98 to 60).

2. Reinforcement of the "Two-Child Norm"

While the total number of families with 1 or 2 kids also decreased (which is attributed to the overall reduction in the surveyed population, likely due to relocation or migration), the ratio of 2-kid families to 1-kid families remained healthy. In 2022, the ratio was 1.28 (552/430), and in 2026, it was 1.48 (398/268), suggesting that more families are choosing to have two children rather than stopping at one.

3. Impact of DIR's Awareness Initiatives

The reduction in family size, particularly in higher-parity families (3+ kids), is a direct indicator of the program's effectiveness. The focus on:

- Family Planning Methods: Awareness of contraceptives and spacing methods has helped families make informed decisions.
- Health and Hygiene: The program's integrated approach, linking family size with the overall health and well-being of the mother and child, has resonated with the community, leading to better family planning choices.

4. Effective Outreach to Floating Population

The temporary/rental population decreased from 149 to 90, a 39.6% reduction. This suggests that the DIR program's outreach and awareness efforts also reached the migrant or floating population, ensuring they too benefited from the family planning initiatives. This is a crucial achievement, as this group is often hard to reach.

ACHIEVEMENTS OF DIR MEDICAL PROGRAM ON FAMILY PLANNING

Survey done on 15-09-2022 in Janta Colony Nayagaon, Punjab (Total Population 15000)

Sr.N	HP's Name	FAMILIES WITH							Permanent Residence	Temporary on Rent (Floating population)
		1 kid	2 kids	3 kids	4 kids	5 kids	6 kids	7 kids		
1	Sunita	35	67	13	2	0	0	0	79	23
2	Dimple	42	62	6	5	0	0	0	90	14
3	Lata Gosain	36	33	11	1	0	0	0	58	11
4	Sangeeta (pooja)	27	42	7	2	1	0	0	55	14
5	Meenakshi	43	50	5	1	0	0	0	82	11
6	Banita (Nisha)	36	46	11	1	0	0	0	73	9
7	Veena	36	55	12	2	0	0	0	76	15
8	Sushma	31	42	6	1	0	1	0	63	10
9	Lata Chandel	54	53	7	2	0	0	0	92	15
10	Laxmi (Meena)	56	44	11	1	0	0	0	82	18
11	Lata Chauhan (Kajal)	34	58	9	1	0	0	0	83	9
		430	552	98	19	1	1	0	833	149

ACHIEVEMENTS OF DIR MEDICAL PROGRAM ON FAMILY PLANNING

Survey done on 25-06-2026 in Janta Colony Nayagaon (Total Population 10000)

		FAMILIES WITH								
Sr.No	HP's Name	1 kid	2 kids	3 kids	4 kids	5 kids	6 kids	7 kids	Permanent Residence	Temporary on Rent (Floating population)
1	Anita	21	21	4	0	1	0	0	35	7
2	Sunita	24	30	3	2	0	0	0	50	4
3	Dimple	24	50	5	0	0	0	0	59	15
4	Lata Gosain	26	26	8	1	0	0	0	47	5
5	pooja	25	35	5	0	0	0	0	44	16
6	Meenakshi	22	33	3	0	1	0	1	49	6
7	Nisha	26	39	7	1	0	0	0	57	8
8	Veena	22	48	8	0	0	1	0	62	8
9	Sushma	23	21	1	1	0	0	0	39	5
10	Lata Chandel	15	29	5	0	0	0	0	39	5
11	Meena	13	31	7	0	0	0	0	37	7
12	Kajal	27	35	4	0	0	0	0	58	4
		268	398	60	5	2	1	1	576	90

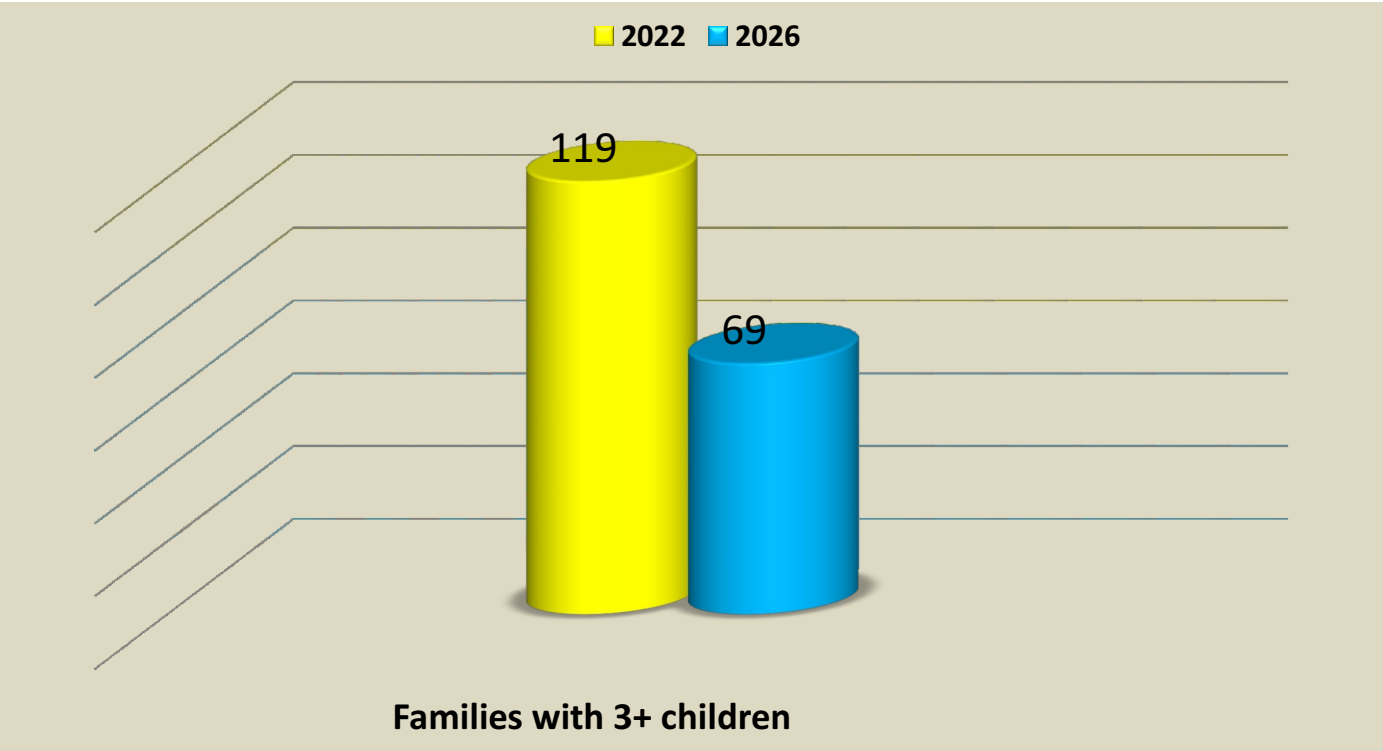
- ❖ HP Anita is looking after this family. This family has a total of 7 members, including 4 females and 1 male. They are permanent residents of Naya Gaon. The husband works as a gas stove repairer, and the wife is a housewife. The family has been living here for 20 years. Developing Indigenous Resources (DIR) weighed the child, who is 38 months old and under 5 years of age.
- ❖ HP Ms. Meenakshi is looking after this family. The family has a total of 7 members, including 4 girls and 1 boy. The first child was a female, followed by the second, third, and fourth daughters, and the last child is a male. The couple continued having children in the hope of a male child. The father works in a private job, and the mother is a housewife. The family belongs to Uttar Pradesh.
- ❖ HP Ms. Meenakshi is looking after this family. The family has a total of 9 members, including 7 girls. The couple had many children in the hope of having a boy. They are permanent residents of Nayagaon and belong to Uttar Pradesh. The father works in a private job, and the mother is a housewife.
- ❖ HP Ms. Veena is looking after this family. The family has a total of 8 members, including 2 brothers and 4 sisters. They belong to Uttar Pradesh. The father works as a labourer, and the mother is a housewife. During the survey, the mother mentioned that she did not realize she was pregnant on two occasions, which led to unplanned pregnancies.

Reduction in Families with 3 or More Children

Families with 3 or more children reduced from 119 in 2022 to 69 in 2026 after family planning awareness and counselling.

Category	2022	2026
Families with 3+ Children	119	69

Achievement: Reduction from 119 to 69 families (42% decrease).



Calculation:

- 2022 (3+ children): $98 + 19 + 1 + 1 + 0 = 119$ families
- 2026 (3+ children): $60 + 5 + 2 + 1 + 1 = 69$ families
- Reduction: 50 families
- Percentage reduction: 42%

Small Family Norm Adoption

Category	2022	2026
Families with 1 - 2 Children	982	666
Families with 3+ Children	119	69

Convert into percentages:

Category	2022	2026
1 - 2 Children	89.2%	90.6%
3+ Children	10.8%	9.4%

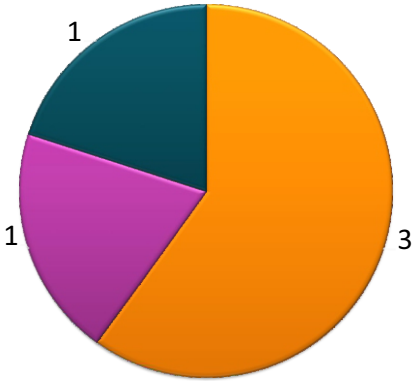
Achievement: More families are choosing the small family norm.

Calculation:

- 2022: $430 + 552 = 982$ families
- 2026: $268 + 398 = 666$ families

Reasons for Large Families (Case Study Graph)
Based on DIR findings:

Reason Identified	Number of
Son Preference	3
Unplanned Pregnancy	1
Lack of Awareness	1

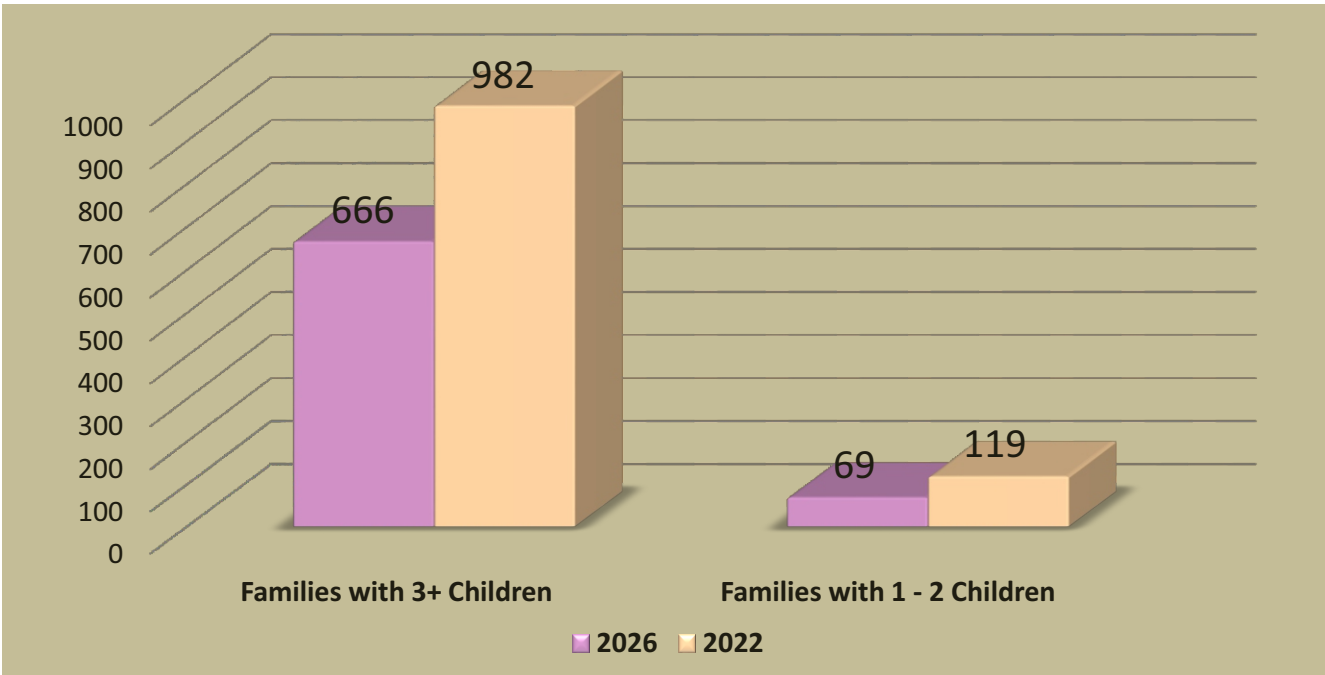


 Son Preference
  Unplanned Pregnancy
  Lack of Awareness

This graph shows how DIR identified the root causes and targeted counselling accordingly.

DIR Programme Achievement Dashboard

Indicator	2022	2026	Achievement
Families with 4 Children	19	5	74%
Families with 3 Children	98	60	39%
Families with 1 - 2 Children	982	666	Majority Maintained
Families with 5+ Children	2	4	Special counselling cases identified
Family planning awareness	Low	High	Improved



This graph demonstrates that most families surveyed were maintaining a small family size, which is one of the key objectives of the DIR programme.

Evaluation and Study on Menstrual Hygiene – Janta Colony, Punjab

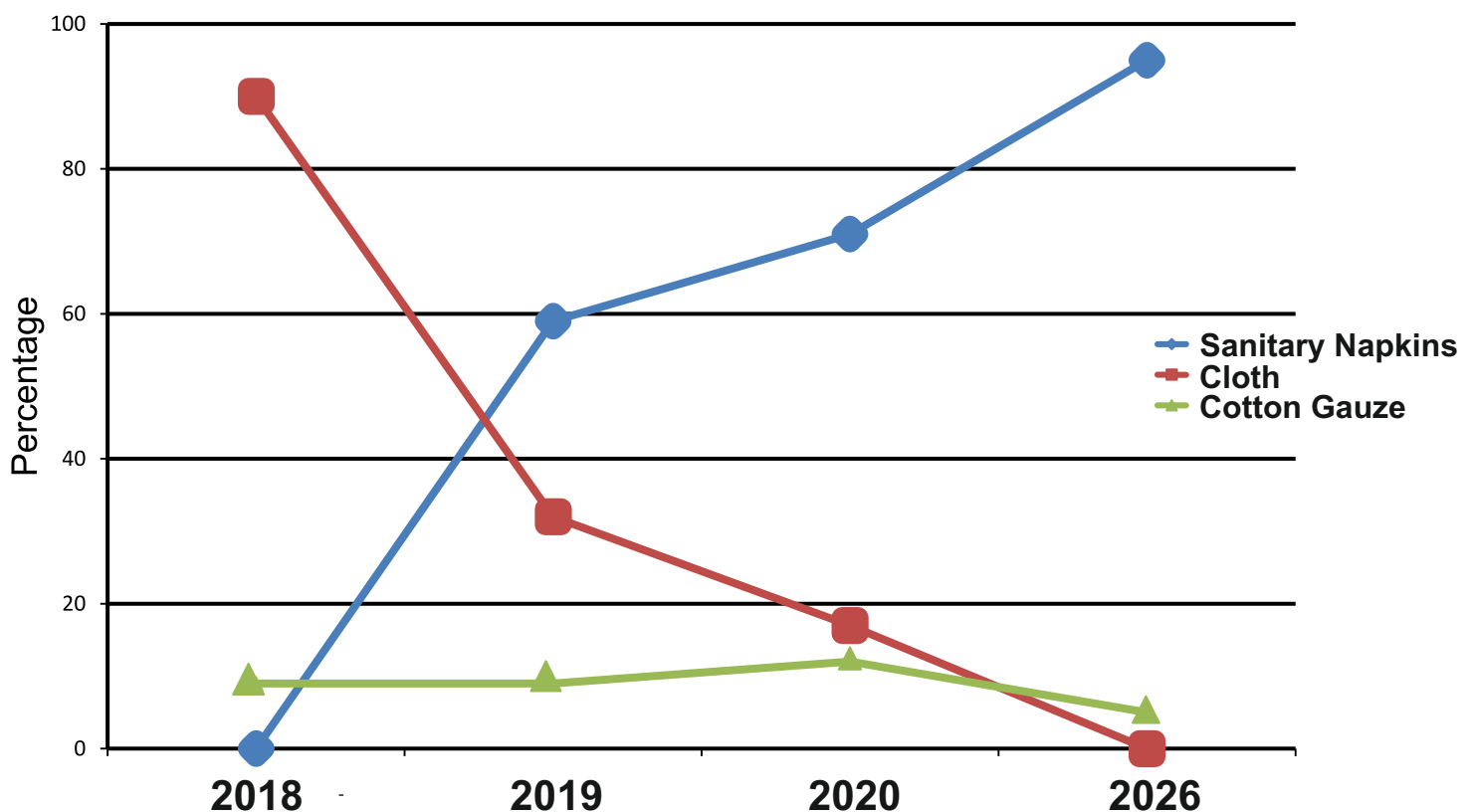
Developing Indigenous Resources India (DIR-INDIA)

DIR-INDIA has conducted sustained menstrual hygiene awareness programmes in Janta Colony, Punjab. The data demonstrate a significant shift from unsafe menstrual practices towards the use of sanitary napkins between 2018 and 2026.

Key Achievements

- Sanitary napkin use increased from 0% in 2018 to 95% in 2026.
- Use of cloth declined from 91% to 0%.
- Cotton gauze use reduced to only 5% by 2026.
- Awareness sessions encouraged safer menstrual hygiene practices across all age groups.

Trend in Menstrual Hygiene Practices



MENSTRUAL HYGIENE PRACTICES IN DIFFERENT AGE - GROUP IN 2020



MEDICAL TRAINING

June marked the peak summer season, with high temperatures influencing disease patterns and healthcare utilization. Under the guidance of our CEO, Dr. Asha Katoch, the medical training session was conducted on the trimesters of pregnancy, keeping in view the pregnant population of Janta Colony and Dhanas.

The first trimester of pregnancy (1–12 weeks) was briefly reviewed, covering early fetal development and common symptoms such as nausea, breast tenderness, constipation, and frequent urination. The second trimester (13–24 weeks), often referred to as the “Golden Period of Pregnancy,” was introduced, focusing on rapid fetal growth, continued organ development, and improved maternal comfort as many early pregnancy symptoms begin to subside.

Additionally, community health meetings were conducted on dehydration and IBS, focusing on awareness, prevention, and basic management.



Medical Training conducted by
Dr. Asha Katoch (CEO)



Medical Training conducted by Dr. Anjana

NUTRITION TRAINING

June is one of the hottest months of the year, making proper nutrition and hydration is essential for maintaining energy levels, immunity and preventing heat-related illnesses. A nutrition training session was conducted focusing on carbohydrates, proteins and vitamin A.

The session explained the importance of carbohydrates as the body's primary source of energy and protein for growth, tissue repair and muscle maintenance. It also highlighted the role of vitamin A in supporting healthy vision, immunity, skin health and normal growth.

Health promoters were educated on the dietary sources, functions, and importance of including these nutrients in a balanced daily diet to prevent nutritional deficiencies and promote overall well-being.



A nutrition training programme conducted by Ms. Gurpreet



A nutrition training programme conducted by Ms. Bhawana

NUTRITIONAL DEMONSTRATION

The nutritional demonstration could not be conducted during June due to the summer vacation period. Most of the community women had returned to their native villages, resulting in low attendance. Therefore, the demonstration was postponed and will be conducted after their return.

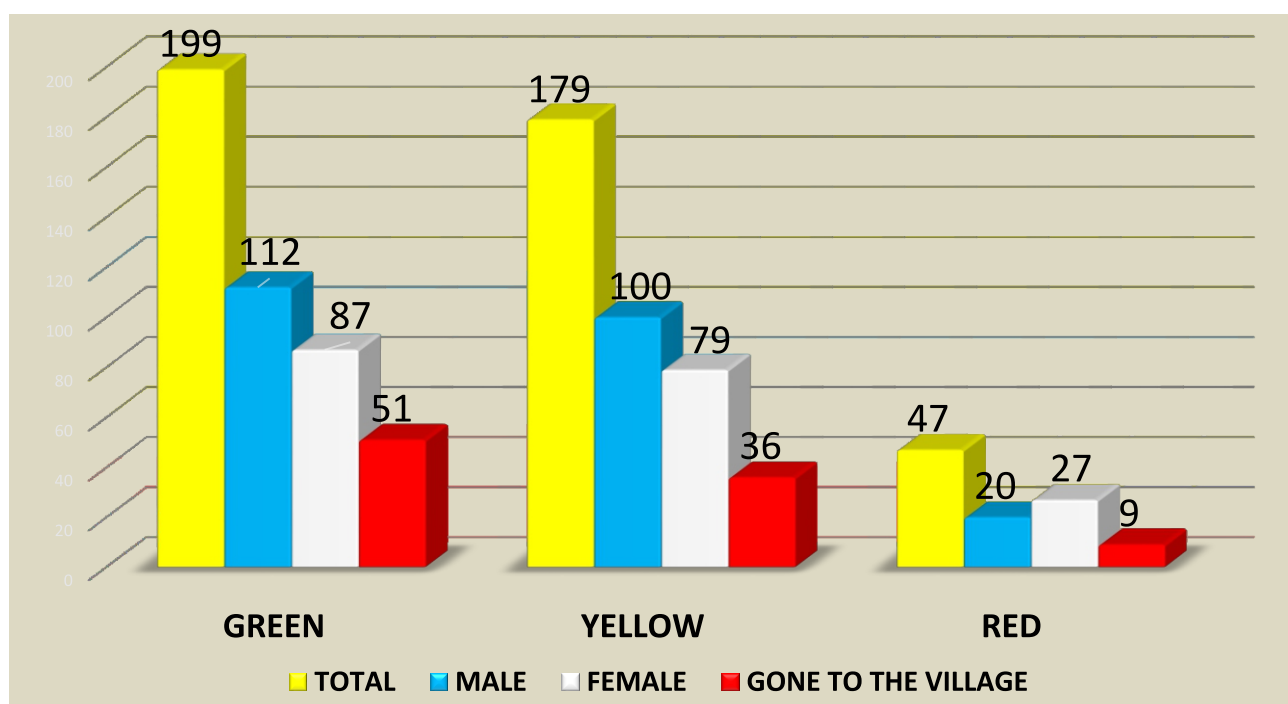
ATTENDANCE REPORT OF CHILDREN UNDER THE NIPP PROGRAM ADOPTED BY DONORS

As most of the families in the basti had migrated to their native villages, there was no attendance during June. Consequently, weight measurement activities could not be conducted during the month .



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



ATTENDANCE REPORT OF CHILDREN UNDER THE ALAMBANA PROJECT:

Due to the summer vacation, the school remained closed throughout June. Therefore, the Alambna class could not be conducted during the month.

TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9553	9739	19292
TOTAL MALES	4918	5296	10214
TOTAL FEMALES	4635	4443	9078
TOTAL NO. OF CHILDREN	521	528	1049

STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	112	87	199	51
YELLOW ZONE	100	79	179	36
RED ZONE	20	27	47	09

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

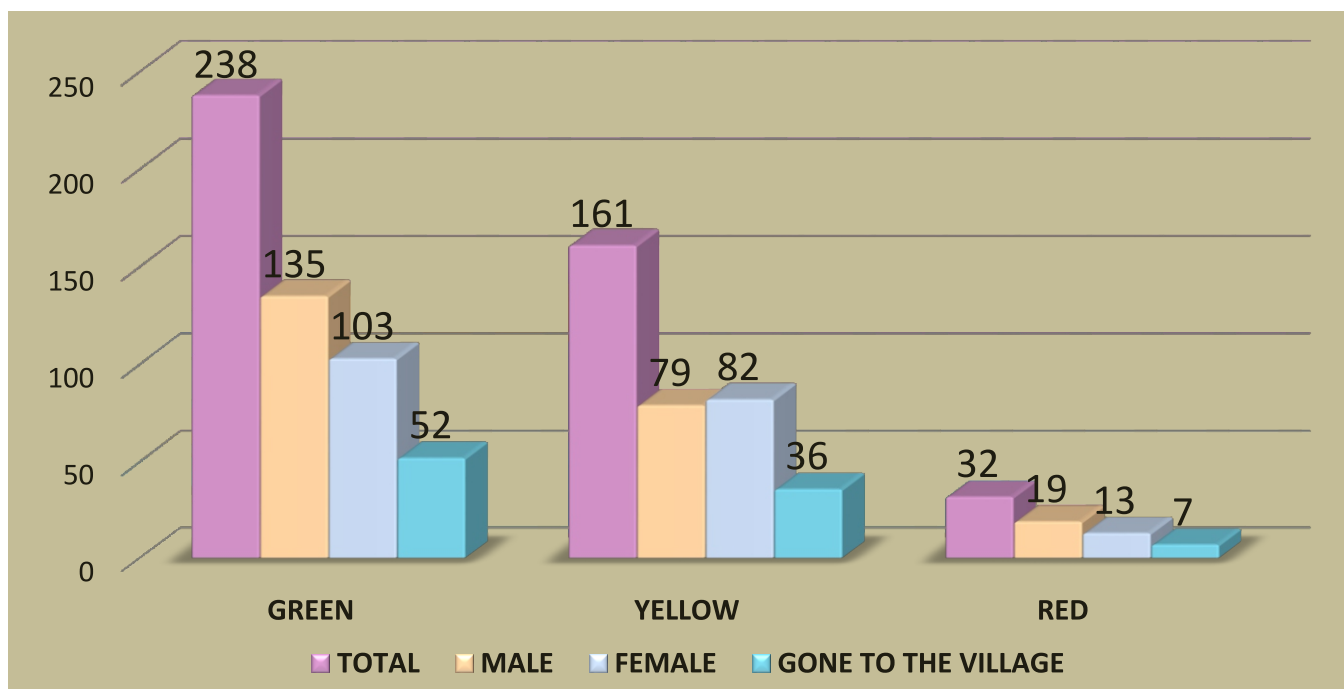
STATISTICS OF THE MEDICAL PROJECT IN DHANAS

ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	135	103	238	52
YELLOW ZONE	79	82	161	36
RED ZONE	19	13	32	07

NOTE- In Janta Colony, Green Zone cases decreased, whereas Yellow Zone and Red Zone cases increased during the period from May to June. Similarly, in Dhanas, Green Zone cases showed a decline, while Yellow Zone and Red Zone cases recorded an increase during the same period. This variation in cases could be attributed to the summer vacation period, during which many families migrated to their native villages. Additionally, the peak summer season was one of the factors contributing to an increase in seasonal illnesses such as diarrhoea and dehydration, which may have affected the number of cases during June.



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	517	528	1045
Children permanently left	02	07	09
Total Deliveries	02	01	03
Children aged 5 years age	05	05	10
New families moved into the area on rent with children under five	09	09	18

STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

	Janta Colony		Dhanas	
Age (Months)	Children	%Age	Children	%Age
0-12	5	1.0	2	0.4
13-24	8	1.5	04	0.8
25-35	09	1.7	9	1.7
36-48	12	2.3	8	1.5
49-60	13	2.5	9	1.7
Total Red Zone Children	56	10.7	39	7.4
Red Zone Children (Weighed)	47	9.0	32	6.1
Children not Weighed (gone to the Village)	09	1.7	7	1.3



COMMUNITY MEETING ON THYROID AND DENGUE IN JANTA COLONY

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	5	5	0	1	0	4	0	0	0	1
Dimple	52	6	5	1	2	1	2	0	0	2	0
Lata Gosain	53	7	6	1	0	4	2	0	0	4	0
Meenakshi	51	4	4	0	1	0	2	0	0	0	1
Kajal	41	5	4	1	2	0	2	0	0	4	0
Pooja	42	4	1	3	0	1	0	0	0	0	0
Lata Chandel	47	4	4	0	1	2	1	0	1	0	1
Sushma	37	1	1	0	0	0	1	0	0	0	0
Sunita	46	4	4	0	2	1	1	0	1	0	0
Veena	29	4	3	1	0	2	1	0	0	1	0
Anita	40	8	6	2	2	3	1	0	0	3	0
Meena	40	4	4	0	0	1	3	0	0	2	0



COMMUNITY MEETING ON THYROID AND DENGUE IN DHANAS

DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS, CHANDIGARH

H.P.'s Name	Total Children	Red Zone	Weighted	Gone to Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Mont
Nisha	52	3	2	1	1	0	1	0	0	0	0
Dimple	51	2	2	0	1	1	0	0	0	0	0
Lata Gosain	41	4	3	1	0	1	2	0	0	0	0
Meenakshi	38	3	3	0	1	1	0	0	0	0	0
Kajal	46	3	3	0	1	2	0	0	0	0	0
Pooja	46	4	2	2	1	1	0	0	0	0	0
Lata Chandel	46	5	4	1	0	2	2	0	0	0	0
Sushma	38	1	1	0	0	0	1	0	0	0	0
Sunita	47	2	2	0	0	0	2	0	1	0	0
Veena	47	3	3	0	0	1	2	0	0	0	0
Anita	41	8	6	2	2	2	2	0	0	0	0
Meena	33	1	1	0	1	0	0	0	0	0	0

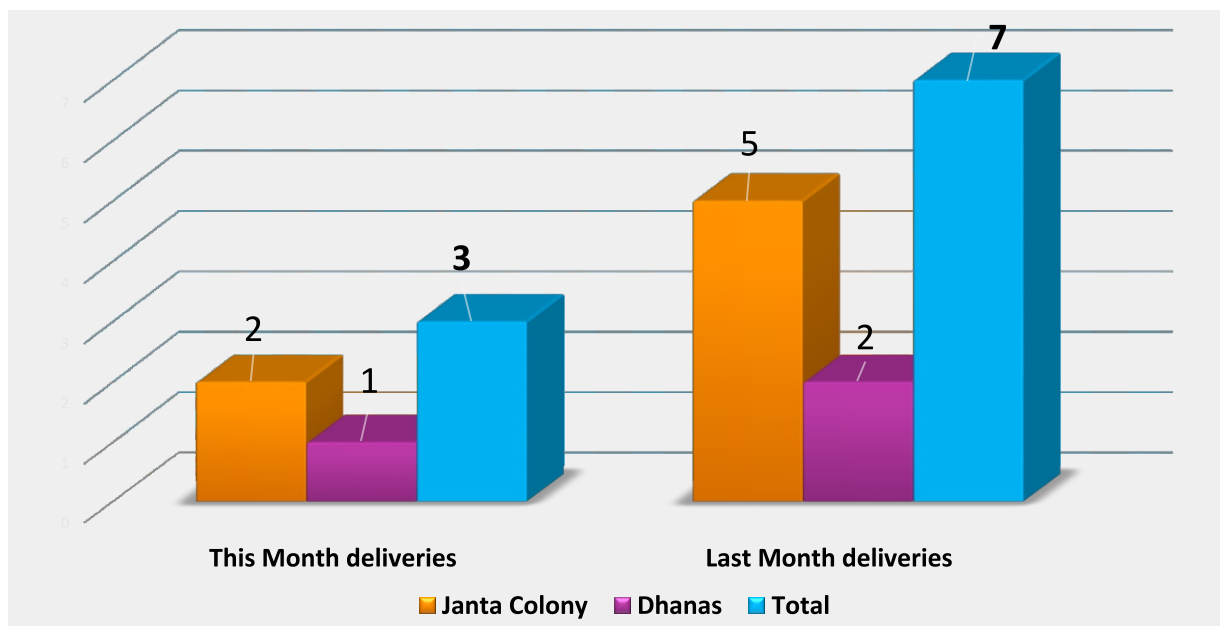
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	21	08	29
Number of deliveries	2	1	3
Births	Male:01 Female:01	Male: 01 Female: 0	2 1

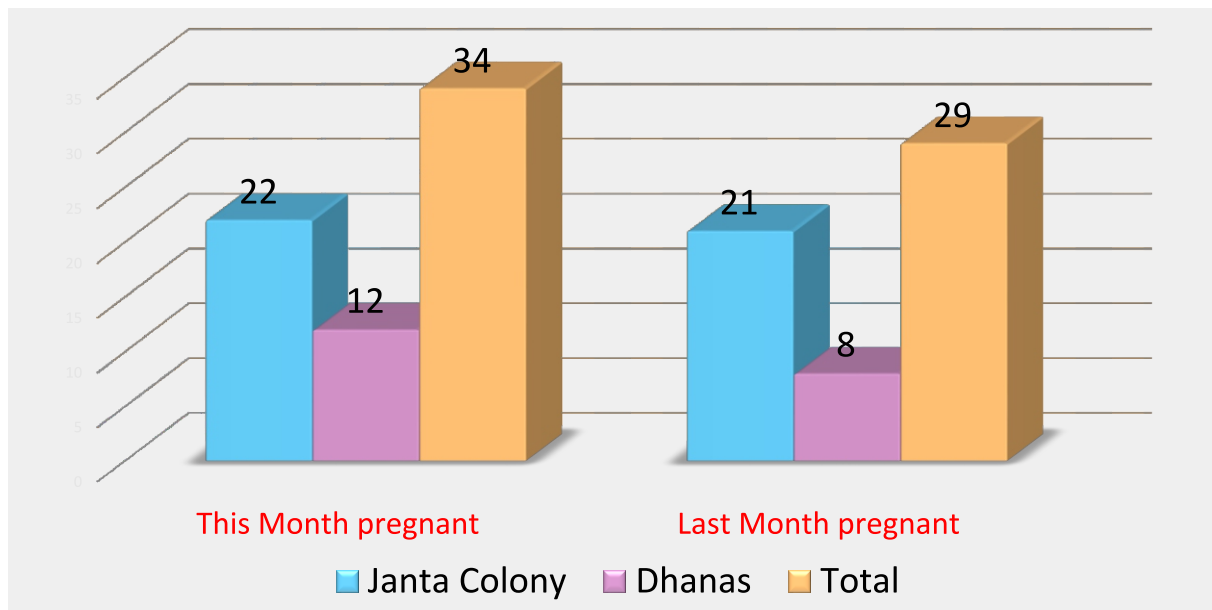
STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
Mothers who left the Colony	2	1	3
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	5	6	11
Trimester	1st Trimester: 01 2nd Trimester: 07 3rd Trimester: 14	1st Trimester: 02 2nd Trimester: 05 3rd Trimester: 05	03 12 19
Number of Pregnant women this month	22	12	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
Babli	60 years	Female	Cardiac Arrest	Kajal
Raj	60 years	Male	Alcoholism	Lata Chandel
Kali Bahadur	65 Years	Male	Alcoholism	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 a valuable skill that combines creativity with craftsmanship to create well-fitted, stylish, and functional garments. This month's tailoring section focused on developing essential sewing and garment construction skills through the study of various techniques and practical projects. The topics covered are as follows:

- Different types of darts were studied, including Half Dart, Full Dart, Contour Dart, Open Dart, French Dart, Neck Dart, Blouse Dart, Fish-Eye Dart, and Slash Dart.
- Various frock designs were studied, including Gathering Frock and Umbrella Frock.
- Pattern cutting and stitching techniques for Gathering Frock and Umbrella Frock were taught and practiced.



COMPUTER PROGRAM

During June, computer classes remain closed for the annual summer vacation, providing students with a break from their regular learning activities.

EDUCATION PROGRAM:

SWAD SCHOOL PROGRESS REPORT:

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.

ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:

During this month, Swad School remained closed due to the scheduled vacation period. As a result, regular academic classes and school activities were temporarily suspended.

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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