



Developing Indigenous Resources India

**DECEMBER 2020**



# **CONTENTS**

## **S.NO.      TITLE**

1.            CEO REPORT
2.            STORY OF THE MONTH
4.            MEDICAL TRAINING
5.            NUTRITION TRAINING
5.            STATISTICS OF RED ZONE CHILDREN
6.            STATISTICS OF MEDICAL PROJECT
8.            STATISTICS OF PREGNANT MOTHERS AND NEWBORN
9.            DEATH DETAILS
10.          INCOME GENERATION PROGRAM
11.          DIR-INDIA DECEMBER HIGHLIGHTS
12.          ACADEMIC PERFORMANCE OF DIR-INDIA
13.          OUR TEAM AND CONTACT INFORMATION

## CEO'S REPORT FOR DECEMBER



The year 2020 has been challenging for everyone in the World.

With Corona virus in the air, breathing the fear of catching the infection every second and risking our lives with an optimistic attitude to ensure that, the DIR-INDIA Team reaches out to the needy, in the best possible way.

We have been successful in achieving our goals with full satisfaction. As an organization, we are constantly planning for future ventures by promoting new programs which generate employment for women to empower their skills and make them financially stable. Our aim is towards self sustaining projects.

We are extremely grateful to all our Donors and some of the Board members who have contributed liberally to help and assist the organization during these tough times and in making the above mission possible.

With sincere and hard work of Health Promoters, under the guidance of senior staff, in this month, 19 Red Zone children (weight more than 3 Kilogram less than the desired weight for that particular age) have gained weight.

This is satisfying and heartening news which brought smiles on our face on the New Year's Day when the monthly report was compiled.

### **Project: Covid-19 Relief Fund**

Grocery stores were distributed to 36 families on 3rd December and 30th December 2020, sponsored by Ma Foundation.

Ms.Santosh Sharma, Ex-Professor retired Panjab University and Ms.Shashi Nanda Ex-Professor retired from MCM Girls College Chandigarh appreciated the medical program of the organization. They gifted the underprivileged children who had come for weighing with soft blankets. Our compliments to both of them.

Institute of Fashion Technology And Vocational Development of Panjab University has collaborated with DIR-India for a professional advance training program in tailoring. This is called "Project TIGR2ESS "which is funded by Cambridge University via Panjab University Administration. It will be 6 months training program for Basti women. This will improve the tailoring skills to make DIR-India more competent in stitching and designing.

DIR-INDIA had a meeting with three faculty members, Ms.Nitika, Ms.Ginny and Project in charge Harpreet Kaur on 30th December 2020.

We hope and pray that the year 2021 improves our quality of life after the immunization drive starts in the Nation.



## MONSOON

Pushpa is a young woman of 24 living in the slum area in a small hut, made out of mud and tin. In a space barely enough to fit 2 people, she lives with her husband, their 3 children, her sister in law and her mother in law. As a housewife, she takes care of and looks after 7 people, including her. That adds up to a lot of stress, mentally and physically because of the age-old patriarchal thought of the young bride being the sole driving force, in the name of servitude.

Her husband worked as a painter, but due to the pandemic has since lost any work he could find. With no fixed source of income, their lives have been difficult. They need to feed their children and the uncertainty of food has led Pushpa into a spiral of anxiety and depressive thoughts.



With the monsoon coming, their living situation gets worse every year. With the mud houses, the dirty monsoon water fills up their home and the lack of a proper drainage system in the slum area makes them prone to several diseases. Her young children, with the help of DIR India, have been fully vaccinated and are somewhat safe. The situation for the family worsened when some inhabitants of the basti turned Covid-19 positive.

DIR India had started awareness drives for Covid-19 in January of 2020 before the pandemic hit India. Because of this, the vast majority of people were able to stay safe and healthy. We have also been helping them with monthly groceries and medical tests for the children.

We, at **DIR India**, would like to thank **Ma Foundation** for helping us with providing the much-needed help to Pushpa and her family during these trying times.



## MEDICAL TRAINING

Medical classes of the health promoters by Dr. Sakshi on cancer and its types i.e. lung cancer, breast cancer, and oral cancer were taken in the month of December. A video on self examination of the breast was also shown to the health promoters so that they can understand the steps performed in breast examination more efficiently and demonstrate to the slum women fluently.

A class test was taken on the 31st of December 2020.



## **NUTRITION TRAINING**

Dietitian Swati conducted a demonstration on winter essential snack “**Peanut chikki**” which is a high-protein and good quality snack for undernourished kids. The snack is prepared with a motive to overcome malnutrition which is prevalent in the slum and make the child physically, mentally and socially healthy and active. The main goal was to serve people and kids with essential micro and macro nutrients in order to make their body effective enough to complete this rough winter season.

Ingredients used were easily available in the community and are cost effective. We used jaggery which is a rich source of iron and gives hot essence to the body and therefore keeps the body heated, groundnut which contains good quality fats and proteins of high biological value, fennel which contains trace elements and gives mild cool essence to the body in order to maintain homeostasis was also used. After preparation, the chikki was refrigerated for setting and served with love.

**Date of the Nutritional demonstration:** 15 December, 2020

**Name of the dish:** PEANUT CHIKKI

**Nutritional value per serving of chikki:** Calories-88.7 kcal, Protein-3.1 g, Fiber-0.7 g



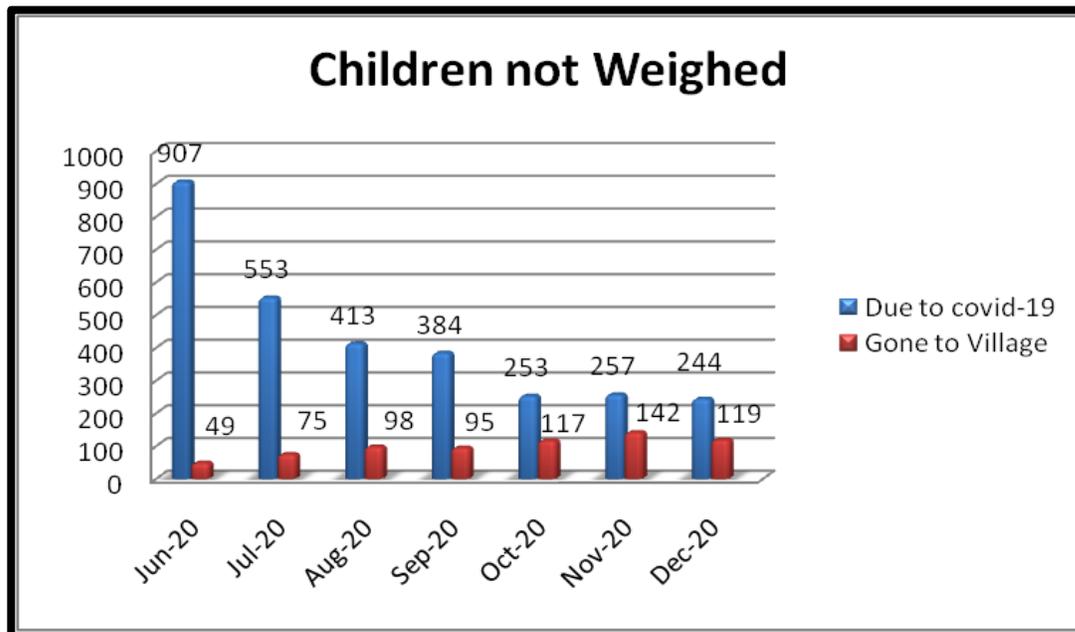
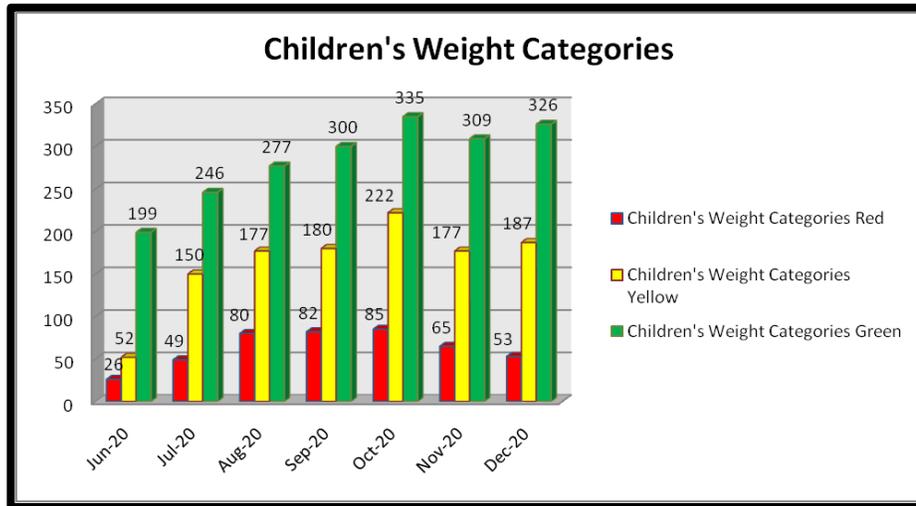
## STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	5	0.5%
13-24	4	0.4%
25-36	14	1.5%
37-48	12	1.3%
49-60	18	2.0%
Total children in the area	929	100%
Total Red zone children	87	9.4%
Red zone children gone to the village	13	1.4%
Not weighed due to COVID19 Pandemic	21	2.3%
Red Zone Children weighed	53	5.7%

- We would like to draw your attention here that we saw pronounced growth in the red zone category children. This month 19 children progressed from **RED ZONE** to **YELLOW ZONE** (gained weight by 1 to 2 kg).

## STATISTICS OF MEDICAL PROJECT

Total Number of Population	14,422
Total Males	7469
Total Females	6953
Total no. of children	929
<u>Total Red zone children</u>	87
Red zone children Weighed	53
Currently gone to the village	13
Not weighed due to COVID19 Pandemic	21
<u>Total Yellow zone children</u>	299
Yellow zone children weighed	187
Currently gone to the village	32
Not weighed due to COVID19 Pandemic	80
<u>Total Green Zone children</u>	543
Green zone children Weighed	326
Currently gone to the village	74
Not weighed due to COVID19 Pandemic	143

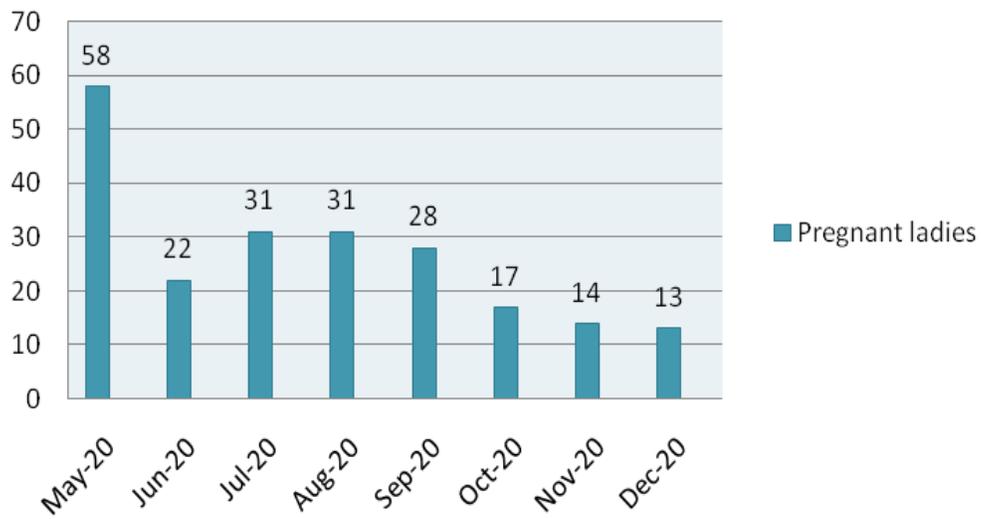


- Total number of children last month = 950
- Children permanently left Janta colony slum = 19
- Children reached 5 years of age (out of DIR medical program) = 9
- New born = 2
- 5 new kids under 5 in DIR medical program (migrant population)
- Total number of children this month = 929

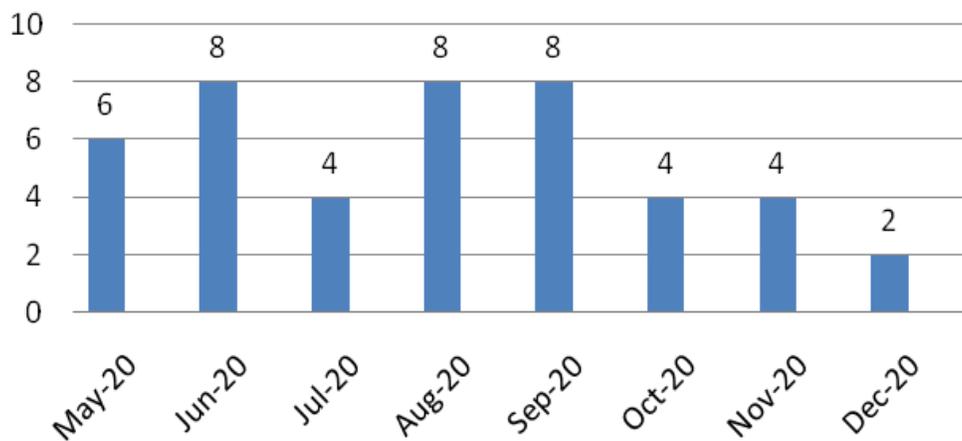
# STATISTICS OF PREGNANT MOTHERS AND NEWBORN

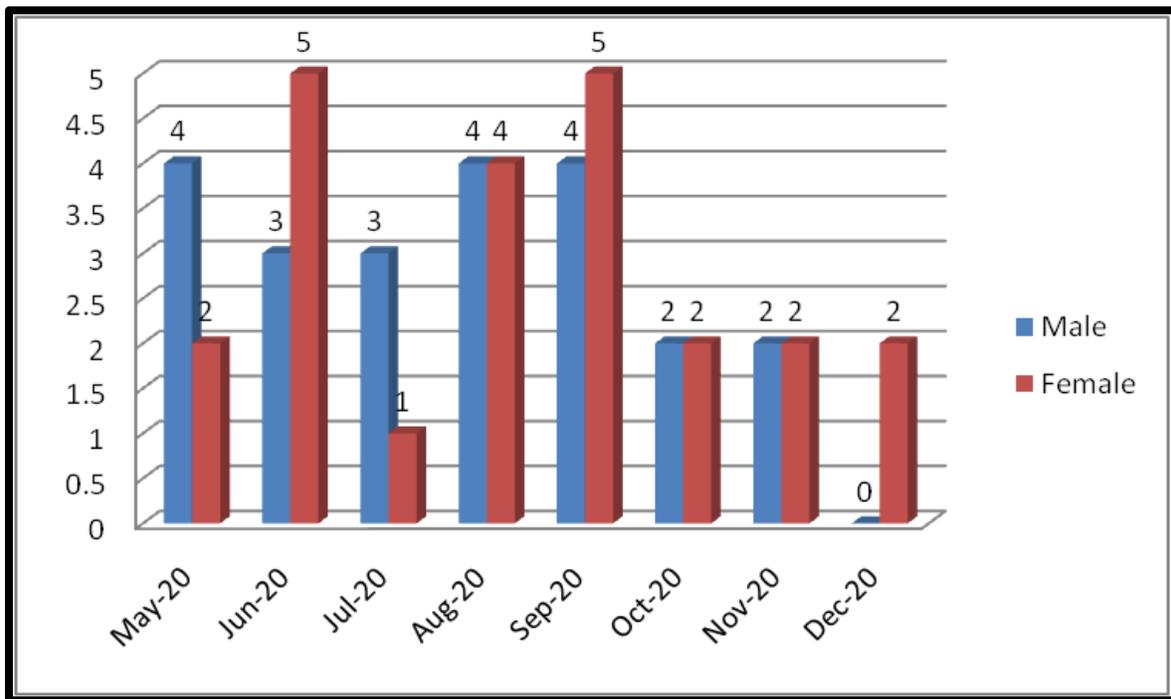
<u>Number of women pregnant last month</u>	<u>14</u>
<u>Number of deliveries</u>	<u>02</u>
<u>Births</u>	<u>Male: 00; Female: 02</u>
<u>Mothers who left Janta Colony</u>	<u>5</u>
<u>Infant death</u>	<u>0</u>
<u>Miscarriages</u>	<u>0</u>
<u>Abortions</u>	<u>0</u>
<u>Newly Pregnant</u>	<u>3</u>
<u>Trimester</u>	1 <sup>st</sup> trimester: 2 2 <sup>nd</sup> trimester: 01 3 <sup>rd</sup> trimester: 10
<u>Number of women pregnant this month</u>	<u>13</u>

## Pregnant Ladies



## Number of Deliveries





## DEATH DETAILS

HEALTH PROMOTER	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH
BANITA	82	FEMALE	NATURAL DEATH
SUSHMA	70	MALE	CARDIAC ARREST
UMA	50	FEMALE	CHRONIC ASTHMA
VEENA	40	MALE	PARALYTIC STROKE
SANGEETA	45	MALE	LIVER CIRRHOSIS

# INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- Masks =144
- Wall hangings= 9
- Fancy bags = 1



●On 30th December 2020, Institute of Fashion Technology And Vocational Development of Panjab University collaborated with DIR-India for a professional advance training program in tailoring.

This is called " **Project TIGR2ESS** "which is funded by **Cambridge University** via Panjab University Administration. It will be 6 months training program for Basti women. This will improve the tailoring skills to make DIR-India more competent in stitching and designing.



# DIR-INDIA DECEMBER HIGHLIGHTS

- On 3<sup>rd</sup> December, Ration stores were distributed amongst 15 needy families from the Janta Colony slum. These kits were sponsored by Ma Foundation.



• On 30<sup>th</sup> December, 21 underprivileged families from Janta colony slum were given ration stores sponsored by Ma foundation.



- On 30<sup>th</sup> December, Blankets were distributed to 30 needy families by Ms.Santosh Sharma, Ex-Professor retired Panjab University and Ms.Shashi Nanda, Ex-Professor retired from MCM Girls College Chandigarh.



# ACADEMIC PERFORMANCE OF DIR-INDIA

## Medical Test

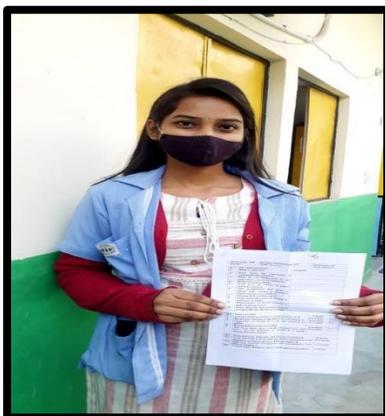


**FIRST POSITION - HP LATA**



**SECOND POSITION - SHP BANITA**

## Nutrition Test



**FIRST POSITION - HP MUSKAN**



**SECOND POSITION - HP LATA**

## OUR TEAM



## CONTACT INFORMATION

---

DIR-India  
CENTRE:

705-C Adarsh Nagar,  
Nayagaon, SAS Nagar, Mohali

EMAIL:

admin@dir.ngo,  
ceo@dir.ngo

Phone No.

0172-5034227

---

Mobile No.

+91-9478866412

<b>DIR INDIA BANK DETAILS</b>	
<b>IN FAVOUR OF</b>	DEVELOPING INDIGENOUS RESOURCES INDIA
<b>BANK</b>	STATE BANK OF INDIA
<b>BRANCH</b>	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
<b>ACCOUNT NO.</b>	37375923235
<b>RTGS/NEFT/IFSC CODE</b>	SBIN0018249
<b>MICR CODE</b>	160002091
<b>INSTAMOJO LINK:</b>	<a href="https://www.instagram.com/@dir">instamojo.com/@dir</a>

***❖ Please follow us on our Social Media Accounts***

INSTAGRAM	<a href="https://www.instagram.com/DIR">https://www.instagram.com/DIR</a>
FACEBOOK	<a href="https://www.facebook.com/dir">https://www.facebook.com/dir</a>
TWITTER	<a href="https://twitter.com/@dirdotngo">twitter.com/@dirdotngo</a>
YOUTUBE	<a href="https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg">https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg</a>
GIVE INDIA	<a href="https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india">https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india</a>

