

DEVELOPING INDIGENOUS RESOURCES-INDIA



“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

Brian Tracy

D I R –INDIA

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CEO's MESSAGE



April is the season of spring when flowers bloom and trees are covered with fresh leaves. The wave is of peace and harmony.

Developing Indigenous Resources India got flooded with young children between the age group of 2 years to three years plus. New admission of bubbling babies in SWAD School, some kids were emotional in new environments and some chirpy young lads were full of excitement. All children were made to play games followed by entertainment program with dance and music so that the child enjoys the new environments and gets orientated to new routine. This schedule carried on till mid April. The regular routine started of morning assembly followed by classes in third week of April.

We are grateful to Amit tandon for giving DIR India a loan in cash to run the organization. We are thankful to our friends and relatives for their contribution as donation to help our red zone children in NIPP program going.



DIR INDIA had interesting visitors in the month of April.

Dr. Shalini the Chairperson of DIR California surprised us with her visit

from USA. Dr. Shalini's mere presence gave DIR India team a great motivation and reassurance. Dr. Shalini's words of appreciation and acknowledgement boosted us all to work harder to achieve our goals.



Dr. Veena Parmar, a senior Paediatrician and her husband Dr. R.S. Parmar, an Ophthalmologist visited our Basti office. They both were impressed by the medical program. Dr. Veena Parmar volunteered to visit on Wednesday and run an Paediatric OPD for all children who need medical attention. Our compliments to Dr. Veena for helping and guiding us in child care.

We are grateful to Mr. SM Sharma, who invited six of his classmates from engineering college to see the Medical program of DIR on Sunday. The complete DIR INDIA Team



including the SWAD Teachers were present. The visitors were impressed by our HP's and reassured us of helping DIR India by projecting our work to the Industries in and around Chandigarh. They donated Ten thousand rupees in cash. One of the visitors Mr. H.S. Thukral who is the President of Industrial association assured that he would discuss DIR Projects with all the industrialist. He would invite DIR CEO to give Powerpoint presentation

of the organization to all the Industrialist so that they can consider DIR Projects in their CSR activity. We are still awaiting for their response.



In the last week of April, Ms.Kusum,a Punjab Development officer with her team conducted a Handicraft workshop for 5 days in DIR India. There were total of 28 ladies,in which few HP's also participated to learn the art and skill of making beautiful items like Table mats, Pen stand,key chains etc.etc.

In spite of financial constraints DEVELOPING INDIGENOUS RESOURCES is progressing well in all fronts.

We hope and pray that all the visitors who have promised to help DIR should consider to adopt DIR INDIA in their Corporate Social Responsibility which is mandatory for all Industries as per Government of India's new policy.

IMMUNIZATION PROGRAMME



In the month of April 2018 four immunization camps were held in collaboration with Punjab Government.

A team of 3 doctors and paramedical staff of homeopathic medical college and hospital of sector 26 Chandigarh did three medical camps in the month of April. Homeopathic Doctors gave consultation to 98 patients with free medical treatment. 36 patients were children and 62 were females. The common ailment was cold, fever, joint pain and vaginal discharge.

The Following Vaccinations were given during March 2018

SHOTS	1st DOSE	2nd DOSE	3rd DOSE
BCG	0	-	-
DPT 5 YEARS	-	-	-
DPT-B	12	-	-
MEASLES	8	12	-
PENTAVALENT+IPV	12+12=24	17	19+19=38
T.T BOOSTER	1	-	-
TT 1 INJECTION	13	-	-
TT 2 INJECTION	5	-	-
TT 5 YEARS	10	-	-
TT 10 YEARS	7	-	-
TT 16 YEARS	1	-	-
TOTAL	81	29	38



Vimal is from West Bengal, a contractor by trade in civil construction works. Vimal has two sons from his first wedding. Both the sons are married and live in West Bengal. Urmila is second wife of Vimal and they have one son Pritam, 14 years of age studying in school. Urmila's first cousin in the village has six daughters and two sons and the cousin delivered a ninth child, a baby girl. Frustration and poverty with eight children, Urmila's cousin decided to throw this baby in disgust and anger. When Urmila got to know that her cousin is getting rid of the child she requested the couple to let her adopt this baby. Vimal and Urmila were very happy to adopt the new born and they named her Pari.

Pari was a bubbly child till six months of age. Pari suffered a very high fever with convulsions when she was seven months of age, this was due to Encephalitis. This illness changed the life of blooming child. Pari has no movement in the limbs. She is unable to walk or talk. Parents have consulted all doctors in Chandigarh including PGIMER but no recovery. The little girl gets seizures and she has not been immunized except BCG and Penta III. In February, the mother Urmila brought her to Homeopathic OPD at DIR Basti office. The Homeopathic consultants took detail history and prescribed her homeopathy medicines. To Pari's bad luck after few doses of medicine she developed rash all over her body, and the medicine was discontinued. Currently, the child is undergoing treatment by a Doctor from Government Hospital in Sector 16 Chandigarh. We hope and pray the sweet Pari recovers and rejuvenates from this sympathetic state.



INCOME GENERATION ACTIVITY

In this month we have 17 tailoring students in the morning class and 7 ladies are in the evening session. This month we taught them fancy suit, umbrella frock and jumpsuit. A surprise test was held in which Meenakshi stood first.



From 23rd april to 27th april, **Project Implementation Unit from Ropar** held the 5 days workshop to make best things from the wastage. In these 5 days, everyday, 25-30 ladies used to attend the workshops. They were taught how to stitch bags and showpieces, and also making table tea set from buckram and rope. It was a very interesting and valuable workshop for all of us.



Kusum Nehra with basti ladies during workshop



MY STORY



“Only those who have selfless contribution, learned the power of sincere and experience life’s deepest joy,a true fulfillment”. Today where I am working, gives me extreme joy and satisfaction. Whatever task is assigned to me I work with full dedication and commitment.I am Jayah Sharma, working as a secretary at Developing Indigenous Resources-India. I am a postgraduate in Sociology from the Punjab University, Chandigarh. At the very young age, when I saw my cousin volunteering for underprivileged children, I got the courage to do something for the society. After completing my higher secondary exams in 2011, I joined an NGO called Hamari Kaksha, which works in educating the young underprivileged children. I had not dealt with children before and it took me a month to adjust myself in that new environment. I still remember that day when I got my first salary of Rs 500. The amount was little but it gave me an abundance of pleasure and happiness. After serving there for 6.5 years, I joined DIR-India on 1/2/2018. I was told by my parents that whatever profession I choose,I should work with full dedication. After joining DIR-India, I was amazed and impressed to see the program. It is inspiring to see all Health Promoters who are the actual residents of the slum, work tirelessly and with full commitment towards the society. One thing I appreciate about DIR-India is, it is transparent and women empowerment program where every staff is working hard to uplift the health and economic status of the society. Every child is different and needs attention to develop his/her mental and physical wellness and DIR-India gives their best to keep them well and healthy. I am grateful to Dr. Asha, CEO of DIR-India, who gave me a chance to work for this organization and contribute towards growth of DIR-India. It's been 4 months since I am working in this organization and I am enjoying every moment to be here. My work is not as challenging as Health Promoters but I am experiencing new things and new stories of Janta colony every month which teaches you the challenges the women of Basti face.I am satisfied with my responsibilities and making my contribution in a small way. Dr.Asha always gives her best and works hard to make DIR-India independent and self-sufficient, this gives me inspirational energy everyday. I am very blessed and proud to be a part of DIR-India and wish that this organization grows in leaps and bounds and becomes one of the top role models of NGO in the country.

CHILD ACTIVIST PROGRAM

CAP program re-started in April 2018 after the annual examination. In anticipation of peak summer with heat waves, the topic selected for CAP is ORS(Oral rehydration Solution) to prevent against dehydration and Heat stroke. Janta Colony Children look forward to DIR's CAP activities as it gives them entertainment and awareness of medical knowledge. They were excited to visit DIR. The two topics selected were ORS preparation, its benefits and fever. In India we have



extreme summers, the temperature goes above 45 degrees. Dehydration is common in Janta colony. In addition mosquito, flies and poor civic sense adds up to give vomiting, diarrhea and dysentery. The Janta colony children are like messengers of DIR INDIA. Whatever is taught in CAP Program, these kids share this knowledge amongst family and friends. HP's gave a demo on ORS preparation and asked children to participate in preparing ORS. HP's educated

children how to take care of a patient who is having a fever, what kind of diet should be given to a person during sickness. They were told to have simple, easy to cook and digestible diet like cracked wheat porridge, soups, curd and khichdi, juices, ORS. The outdoor games played were Kho-Kho, skipping rope, football along with art and craft. HP's



taught them how to make an attractive wall hanging and pen-holders from waste materials like match-box, bangles, cardboard, newspapers, ribbon, bottle, wool threads. Kids enjoyed each activity and participated in all events with great enthusiasm. In April total number of children participated in CAP program was 286, in which we had 151 girls and 135 boys.

NUTRITION TRAINING

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” ~Thomas Edison



In the month of April, the nutritional topics covered are on Vit-B1 and Vit-C. We taught the health promoters the various sources of B1 and Vitamin C1. Functions of Vitamin B1 and Vitamin C, and also the RDA of both micronutrients. HP's were educated on the importance of Vit C in Iron absorption. On 17th April we held a demo class and prepared Besan Chilla i.e a low cost, highly nutritious (high carbs and high protein) snack which can be easily made, and relished by most of

the children. We added seasonal vegetables like grated carrots, curry leaves, coriander leaves, beans, onion and tomatoes plus peanuts which added colour to the presentation. This snack was served with curd or green chutney(Mint).



BESAN CHILLA (Chickpea Flour Pancake)



NUTRITION IMPROVEMENT PRIORITY PROGRAM

The above picture is of Rekha, 21 years of age who died in May 2018 in her village due to excessive bleeding. Rekha was five months pregnant when she came to DIR for NIPP program. She was married to Rajesh, 26 years of age, a labourer by trade. They had unpleasant married life. Rekha and Rajesh were married for 3 years during which she had two miscarriages. The couple moved to janta colony Nayagaon a year back. HP Sushma Bisht is the one who brought her to DIR Office for check up by Dr. Asha Katoch. Rekha was grossly anaemic and malnourished. She was introduced in NIPP program for high protein diet and she was given supplements which improved her health status. She gained 5 kg weight over a period of time. Rekha became more active and energised that she started looking good. She was not keen to go to village but her husband forcefully took her to village last month and left her there until the delivery of the baby. The information received is that she started bleeding. She was hospitalized but bleeding continued. Rekha forcefully left the hospital against medical advice and shifted to her parents house where she breathed her last. Rekha and her husband were uneducated and their civic sense was poor that they were asked to vacate the room by landlord after repeated warning. HP Sushma Bisht did repeated counselling to her own health and hygiene and HP ensured that she attended all committee meetings. She had bad obstetrical history of two abortions and third pregnancy in a span of 3 years of marriage. When ever she suffered any pain she would rush to local quacks. Ignorance and illiteracy lead to her demise. We pray that her soul rests in peace.

RED ZONE CHILDREN DATA

STATISTICS OF TOTAL RED ZONE KIDS IN OUR PROJECT AREA

AGE IN MONTHS	NUMBER OF CHILDREN	PERCENTAGE
0-12	36	2.32%
13-24	19	1.22%
25-36	54	3.49%
37-48	48	3.10%
49-60	38	2.45%

TOTAL NUMBER OF CHILDREN IN APRIL - 1547

TOTAL NUMBER OF CHILDREN IN RED ZONE- 195

MOTHER'S HEALTH



At the beginning of the month, we had 99 pregnant women in our project area. Out of these, 15 women delivered 7 male and 8 female babies. All babies were delivered in the hospital. All normal deliveries and all 15 infants were more than 2.5 kg weight at birth. These 15 women had regular Antenatal and Postnatal checkups.

Fortunately, no miscarriage, no stillborn, no abortion or death reported in this month. 7 pregnant women went to visit their respective village and 6 have left the area permanently. We have found 8 new cases of deliveries and 25 cases of new conception. Our new Dieticians Anjali Ma'am and Swati Ma'am are doing wonderful counselling on importance of nutritious diet and clarifying the doubts on Gestational diabetes, hypo & hyperthyroidism, and hypertension.

Pregnant Mothers Last Month	No of Delivery	Births		Mothers who Moved			Miss-carriage	Abortion	Medically Termination		Newly-Pregnant	Trimester			Pregnant mothers this month
		M	F	Temporarily	Permanently	Still Born			Arrived	Conceived		1	2	3	
99	15	07	08	7	6	0	0	0	0	8	25	11	62	38	111



In HP Meena's area, a family belongs to Kumaon Hills, presently residing in Janta colony H.No. #864, Adarsh Nagar. Manju, aged 41 years is a housewife, and her husband Lalit is 48 years old is a medical representative. They have two sons, elder son is 20 years studying in college and younger son is 16 years, studying in school. DIR adopted this area in 2015. HP Meena held the committee meetings in this area where she started checking the Blood pressure. When HP Meena checked Manju's Blood pressure for the first time, her BP rating was high. During her counseling, it was noted that Manju had never got her medical checkup or BP check up done in life. She had the problem of body ache and weakness with lethargy. She was told not to have a pickle, fried foods and consume less salt in her food. After few days, HP Meena visited Manju's house to check her BP again, the BP readings were still high as before. Manju was advised to consult the doctor for expert opinion and advice. Manju acknowledged and visited the Govt. Hospital Sector-16 where she was given medicines, and guided on diet chart. She has followed the instructions carefully and her health is better. She is grateful to HP Meena for generating awareness and guiding her to lead healthy life.

SCHOOL WITH A DIFFERENCE



In the month of April, we have total strength of 83 students including newcomers. First 15 days all the staff and faculty were busy entertaining the newcomers along with old students with games, dance and music. School is a platform not only for education but also prepares us for lifetime values. By telling each teachers' names, the students were taught how to interact or talk and share things with

others. It is important to mould the small children to learn to share with others, so that they make more friends, learn to share things and are playful by nature.

On 22nd April, we celebrated earth day with children as it is one of the most widely celebrated environmental events across the globe. The small children were advised to throw wastage in dustbin, reuse the things, avoid usage of plastic, plant more trees and save water.



The children participated in paper activities, in which they made paper bird, boat, star and flowers. All the students participated interestingly and enjoy very much.



DETAILED INFORMATION OF PROJECT AREA



FIELD COORDINATOR-SANJEEV

DETAILED INFORMATION OF CHILDREN AND PREGNANT MOTHERS

Total number of Population	Male	Female
17979	9233	8746
Number of committee meetings	43	
Total number of people attended the meeting	603	

NUMBER OF DEATHS IN JANTA COLONY

HP name	Age	Gender	Cause
Sangeeta	32 years	Female	Tuber Culosis
Sushma Bisht	50 years	Female	Diabetes and Hypertension
Dimple	50 years	Male	Liver damage

VISITORS IN APRIL 2018



Dr. Shalini, the Chairperson of DIR California surprised DIR-India with her pleasant visit from USA. DIR-India was grateful to have her as she gave the assurance to make DIR-India independent and self-sufficient. She was highly impressed by our program and gave her best wishes.

Dr. Veena Parmar, a senior Paediatrician and Dr. R.S. Parmar, an Ophthalmologist visited DIR Basti. They both were impressed by our complete program. Dr. Veena Parmar volunteered to visit on Wednesday and run a Paediatric OPD.



Mr. S.M. Sharma, who invited six of his classmates from engineering college to see the Medical program of DIR on 29th May. The complete DIR INDIA Team including the SWAD Teachers were present. The visitors were impressed by our HP's and reassured us of helping DIR India by projecting our work to the Industries in and around Chandigarh.

TOPPERS OF DIR-INDIA

MEDICAL EXAM- Scored 100%



NUTRITION EXAM- Meena Kumari, Lata and Meenakshi were successful to achieve first position by scoring 49.5 marks out of 50.



MEENA



LATA



MEENAKSHI



TEAM WHICH MAKE THINGS POSSIBLE FROM IMPOSSIBLE

