



# DEVELOPING INDIGENOUS RESOURCES

## Thought of the month-

“Life is a succession of lessons which must be lived to be understood.”

**-Helen Keller**

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## CEO's MESSAGE



**Dr. Asha Katoch**

March started with “Holi”, a festival of colors. It signifies victory over evil, an onset of spring after winter. It is also thanks giving to a good harvest. A festival of love and forgiveness.

The family of DIR-INDIA celebrated Holi with great warmth and joy. The staff applied colors on each other followed by hugs, thus spreading the message of warmth and compassion amongst themselves.

Children made colorful charts with hands soaked in watercolours. This activity of chart gave immense pleasure and excitement to the little ones.

March is a busy month for everybody. All schools are busy with examination fever whereas Industries and Banks are busy in auditing and filing financial returns. In India financial year ends on 31st March.

DIR too was deeply involved in filing FC4 online forms. At last FC4 of DIR-INDIA was accepted by FCRA online on 28/3/2018.

A big sigh of relief when it generated online a receipt of acceptance by Ministry of Home Affairs. This brought glories of joy to all the office staff who has been working on it for days.

The school with the Difference started its annual examination on 8/3/2018 which got over in weeks' time.



On 20/3/2018 was the Annual Report Day. Brigadier D.C.Katoch was the chief guest for the occasion. All Parents were invited and addressed on human values and importance of education in child's life.

On 12th February 2018 was a bad weather, severe cold with rain. Only 10 children attended school. These kids were rewarded with gifts and the standing ovation was given to these children by the audience. Parents of these 10 children were individually complimented. This was done to spread the message of being punctual and value of education in the life of a child. Prizes were also given to an outstanding student in each class. Parents are impressed by the discipline and the way **School with the Difference functions**. This has brought publicity to SWAD. Today we have 85 children who are registered in our school and many new kids are seeking admission.

On 6/3/2018 Harsharan Kaur and Priyanka from SEWA NGO brought a team of doctors to show our Medical Program. Dr. Shashi Kant, Ex-Director Health Services Punjab and Dr. Sonia from Government Medical College Chandigarh Sector 32 and Amit were highly impressed by DIR-India's medical program. SEWA is keen to replicate the DIR medical program in a small slum of Saketri with a population of 500 people. We supported the SEWA project and helped the NGO by taking one Medical class by me and one Nutrition class by Natasha. SHP Sangeeta and SHP Meenakshi helped the SEWA organization in training field work.

On 8/3/2018 was a "Women's Day." A team of two members Reena Singh and Preeti Jindal from Image Management Professionals associations(IMPA)-A non-profit organization came to celebrate the women's day with DIR staff and girls from Basti. The topic of discussion was on "Human Values "and women empowerment with pictures of great ladies of India and the world on the laptop screen. DIR Honoured the two with a big bouquet of flowers at the end of the session.

Michael and Monika, a newly married couple from Switzerland. They came for a holiday to India. Michael is an electronic Engineer. His hobbies are, composing songs and playing a different type of instruments. Susie and Michael are in the same Band in Switzerland and that is how Developing Indigenous Resources

India was introduced to the Honey moon couple. Monica is a Nurse working in Switzerland. Michael and Monica spared two days to see the DIR-India program by physically going to the slum from house to house along with SHP Sangeeta. The school educational standard and Medical program impressed them. Michael with his inborn talent for composing songs chose beautiful words and created a song on DIR which moved all of us emotionally. He has promised to send us a video on DIR song sung with instruments.

Mr. Vishal of Aptech institute came to see our program. He has promised to assist DIR in training five to six employees in computer skills in his institution at Sector 34 Chandigarh. Aptech is one of the top Software Institutions in Chandigarh.

Chief Manager of State Bank of India Ms. Sunita Rani along with her staff visited DIR-India office at Basti on 21/3/2018.

Ms. Sunita Rani was highly impressed by the kind of work the HP's are doing. She was fascinated by the entire DIR program on Health and Education. Her impression about DIR NGO was outstanding. She helped DIR-India to open a salary account for all employees in SBI Bank located inside Punjab Engineering College. For DIR the salary load is taken over by SBI located in PEC.



## AN INSPIRATION- From Slums



Monika with her parents

Monika 11.5 years old girl lives in Naya Goan. Her parents Anil and Sunita moved to Janta colony from Bihar State many years back. She is currently a student of St. Stephan school studying in class 6th. Monika's mother Sunita works as a maid in a number of homes in Adarsh Nagar to support the family. Monika's father Anil has not been working for last two years and by nature he is a dictator head of the family exercising authority with no livelihood.

Anil has been an irresponsible father, he was working on daily wages. He has never been consistent with his job. Two years back Anil fractured his arm and this injury gave him enough reasons to stop working. Today the house runs on Sunita's earning as a maidservant. Monika has an elder brother who studied up to 8<sup>th</sup> class in Government Model School and then quit studies to work in a tailoring shop to build up his skills in stitching on men's wear. The financial conditions of the family were weak.

DIR-I had rented out two rooms of its building to Anganwadi. Monika was an Anganwadi student, a play school run by Indian Government. Later she took admission in DIR school SWAD, where she studied up to Kindergarten. Monika is a bright girl, confident and dynamic. DIR helped her in seeking admission in St. Stephen's school. After Kindergarten parents were keen to put Monika in a local school as they were hesitant to take admission in a Public school which is expensive. Monika is a bright student and DIR-I's policy is to assist and promote development. The Dir staff counseled the family and assured them that there will be a free education in St. Stephens. DIR will assist, guide and coach the child to cope up with school standard of education with a condition that effort has to be from both sides. DIR-I provides transportation and tuition to Monika. These efforts of DIR has changed the outlook of Monika's family that today they are very grateful to the organization for the pains and efforts it makes in improving the living standards of many families of Basti. Her academic performance is good and she can make conversation in English. Her dream in life is to become a doctor and improve the socioeconomic status of the family.



## IMMUNIZATION PROGRAMME



In DIR, every Wednesday is an immunization day which is done in collaboration with Punjab Government Health Services.

We are grateful to the team of doctors and pharmacist from Homeopathic medical College sector 26 Chandigarh for running

the OPD in the Basti office of DEVELOPING INDIGENOUS RESOURCES INDIA on every Wednesday along with immunization program.

In the month of March, we had four OPD days in which total of 158 patients was given free consultation and medication. Female patients 118 and 40 children.



### The Following Inoculations were given during February 2018

Shots	1 <sup>st</sup> dose	2 <sup>nd</sup> dose	3 <sup>rd</sup> dose
BCG	1	-	-
DPT 5 YEARS	28	-	-
DPT-B	25	-	-
MEASLES	26	25	-
PENTAVALENT + IPV	18+18=36	23	21+21=42
T.T BOOSTER	5	-	-
TT1 INJECTION.	8	-	-
TT2 INJECTION	16	-	-
TT 10 YEARS	12	-	-
TT 16 YEARS	3	-	-
TOTAL	160	48	42

In Janta colony, five children missed the scheduled dose of vaccination as they have gone to the village. We hope to cover them in next immunization day.



**HP Vandana**

HP Vandana has identified a lady Priyanka who is reluctant and adamant in not getting her 17 months old child immunized. She has a sad story behind her personal life. Priyanka had two marriages. She has a 14 years old son. She lost her first husband after two years of her wedding when the first baby was one year old. In 2015 she got married again and she has a 17 months old baby boy from the second marriage. Temperamentally she is hot-headed and arrogant. Her little one is cranky, malnourished and in red zone category with no immunization. She lives with her parents. Priyanka's belief is that the baby is malnourished, by giving immunization injections the child will run fever which will deteriorate the kids' health. Her parents want the child to be immunized but they hesitate to take any steps against the wish of their daughter. Priyanka's husband is a serving soldier in the Indian army. Priyanka's elder son is fully immunized since childhood and unfortunately the second child with immunization since birth. When this case into the notice of DIR-India, Nutritionist Natasha and senior Health Promoters along with the team of ASHA workers (Government employed team of immunization) visited the family. Priyanka was informed as she was at work. The mother's first reaction was aggressive but eventually, she mellowed down and agreed to get her child immunized. To our good luck, she took consultation from a Paediatrician, who asked the history of immunization shots. The doctor explained to her the importance of immunization and the reason behind child's illness due to poor immunity. Finally, the mother was convinced and got educated on the importance of Immunization. The 17 months old baby has got D.P.T 1 and 2 shots in DIR.



**Priyanka with her 17 months old son**





**HP Maya**

## INCOME GENERATION ACTIVITY

Total strength of students is 22.

In March the students were taught belted blouse. Saree is the national dress of India for women. The saree blouses are of different design and different styles, today a belted blouse is one of the popular patterns in fashion amongst Bollywood stars. On 21st March, a surprise test was taken in which three ladies did outstandingly well, Rekha, Aarti, and Meenakshi.



## STORY



**AARTI**

Aarti, age 24, is a married woman with two children. A responsible wife and a mother of two children. Her husband works as a sweeper in MLA hostel. Aarti was the eldest of the siblings, she got married at the young age of 18. She has two sisters-in-law and a brother-in-law. Aarti's mother-in-law lost her husband at an early age. She is illiterate but is working as a helper.

Aarti's two daughters are studying in DIR School SWAD and her dream is to educate her two daughters and make them financially independent. Aarti has special skills in tailoring. Her quality of stitching is excellent. Her desire is to start her own boutique after qualifying the tailoring course from DIR. She is an active and talented woman. With her determination and zeal, she is motivated to achieve her mission in life. She is a role model to prove her skill development ability that in spite of illiteracy it does not limit one's goal in this world.

## MY STORY



I am Parveen Kumar s/o Shri Kidu Ram, working as a driver in DIR-I since 15/11/2017. We are three brothers and we hail from Saharanpur U.P. I belong to a humble family, our financial conditions were poor due to which our education was in a village. My brother completed his studies till 12<sup>th</sup> class and joined the Indian Army and I studied only till class 10<sup>th</sup>. I was not interested in studies but I was passionate about driving cars. To fulfill this desire, I left school and started learning driving. I passed the driving test and succeeded in getting a commercial driving license. After four years of driving, I got married and moved with my family to Chandigarh. My first job was in Panchkula, where I was appointed as a driver for 2 years. Later I shifted in Nayagaon. I came in contact with Capt. Bikram who was the former administrator of DIR. He asked me to join DIR-India as a driver for school Sumo vehicle for school children. It was a great opportunity for me to work near my home and also to work for a social organization. Without wasting a moment, I agreed to join DIR-INDIA. I have completed four months of service. DIR-India has given me a livelihood and a shelter for my family. I am a caretaker of the Basti office building for which I pay meagre rent. My both children are studying in SWAD as the standard of education is good. I am extremely grateful to DIR-India for full filling my needs which I have been dreaming all these years.

## NUTRITION TRAINING

*Mrs. Swati Nurpuri*

*Dietitian*

“Food is not just calories, it is an information. It takes to your DNA and tells it what to do. The most powerful tool to change your health, environment and the entire world is in your spoon.” Dr. Mark K Hyman.



Nutritionist Swati with Health Promoters

This month, we upgraded the academics from Basic to practical things. We covered vitamin A and Vitamin B complex with its functions, sources, deficiencies as well as its absorption in the human body.

Nutrition exam was taken on 13th of March in which HP Lata scored highest marks, while all other HPs scored above 90%. I am very much satisfied with their performance and still trying my best to introduce whatever latest has been discovered in the world of nutrition. Our main goal is to eradicate the red-zoned category of children and whole DIR team is working collectively to uproot this category.

Focusing on low cost, high carbohydrate, and protein-rich diet. This month we decided to give a nutritional demonstration on Dhokla ( a Gujarati snack made with channa flour ‘Besan’) seasonal vegetables like carrot, beans, onion, tomato, curry leaves along with cilantro for garnishing with fresh lime to make the snack colorful and tasty for kids. It is rich in calories, protein, vitamin A, calcium, fiber, vitamin B complex, and micronutrients.



## NUTRITION IMPROVEMENT PRIORITY PROGRAMME



*HP NAME – MEENAKSHI*

### *STORY OF ANSHIKA*

This story is about a girl child named Anshika who is 18 months old. Her mother Neetu is 21 years old and her father Ram Milan is 23 years old. Neetu and Ram got married in 2015 and after 5 months of marriage, Neetu conceived but unfortunately, she had a miscarriage. After one year, Anshika was born. When Anshika was 9 months old, Neetu conceived again but lost the fetus due to abortion. Because of multiple miscarriages, Neetu was under stress and was not able to take care of her baby girl Anshika and her own health. The above bad obstetrical history occurred when they used to live in the village. In December 2017, Family came to Chandigarh to attend a marriage function. Ram Milan liked the place and decided to live here and look for a job in Chandigarh. Ram Milan is Safeda Colony and during her field visit, she met Neetu and Anshika. HP Meenakshi introduced herself and the DIR program to the new family, collected the relevant information. Anshika looked pale, weak, and dull. She was unable to stand on her own and the family believed in demon worship. To our surprise, 18 month old Anshika was only on breastfeeding. When HP Meenakshi weighed her, she was only 7 kg at the age of 16 months. The white-washer on daily wages, the income is meager. The family has recently moved to Safeda colony where rent is low. HP Meenakshi is in charge of the financial condition of the family was weak so Anshika was taken in NIPP program of DIR-INDIA on 21st December 2017. HP Meenakshi personally started feeding and supervising the case. Anshika started responding, her weight improved and she



**Little Anshika with her mother**



started walking slowly by gaining strength in her legs. Anshika took the first bite of food in our office after joining NIPP program. Meenakshi kept visiting the family, to guide Neetu in keeping the house clean, maintain hygiene, take special



Anshika starts walking

care of her daughter with special attention to her diet. Neetu followed the instructions and also started learning low-cost high protein diet recipes from NIPP program. Within 3 months of special feeding, Anshika's weight increased from 7 kg to 8.5 kg. Anshika became active, started walking on her own and started playing and moving in the neighborhood. Neetu is grateful to DIR and gives credit to HP Meenakshi for giving Anshika a joyful, happy and healthy life. According to Neetu, none

of these basic things are taught in their village and women are completely ignorant about health and hygiene education due to which we suffer. Neetu and Ram Milan are highly obliged to DIR INDIA which has helped in uplifting the health status of their daughter Anshika. In the last week of March, the family had to go back to the village. The mother Neetu has taken the contact number of HP Meenakshi so that she is in touch with HP to take time to time advice from Meenakshi on Anshika's health.

### RED ZONE CHILDREN DATA

STATISTICS OF TOTAL RED ZONE KIDS IN OUR PROJECT AREA		
Age in Months	Number of Children	Percentage
0-12	41	21%
13-24	19	10%
25-36	46	24%
37-48	40	20%
49-60	40	20%
TOTAL	186	



HP-Sangeeta

## MOTHER'S HEALTH

In March 2018 total of 21 deliveries, 13 male babies and 8 female babies were born. In Banita's area, there was one MTP due to a health issue.

All the medical care of pregnant women is done under the Supervision of the Health Promoters.

All pregnant women of Janta Colony regularly visit DIR office for antenatal checkups and collection of supplements and multivitamin.

The health of a pregnant women gets affected by the environment she is living in. The health promoters councils the entire family to ensure clean and hygienic environment so that the health of infant does not get affected.

There are 14 new cases of early pregnancy in Janta colony, of which 3 are new arrivals in our project area. Eight pregnant women left the area permanently and 7 women have gone to village temporarily.

Pregnant Mothers	No of Delivery	Births		Mothers who Moved		Still Born	Miss-carriage	Abortion	Medically Termination	Newly-Pregnant		Trimester			Pregnant mothers this month
		M	F	Temporarily	Permanently					Arrived	Conceived	1	2	3	
112	21	13	08	7	8	0	0	0	1	3	14	6	55	38	99

## GOOD STORY



**HP LATA**

In HP Lata's project area, there was a pregnant woman named Aruna who is 24 years old and has given birth to a baby boy. Her husband, Tribhuvan is 27 years old and works as a Gardener. The family of six members including Tribhuvan's parents lives in a 2 room set. The hygienic condition of the house is poor as there is no source of ventilation except the main door. Their kitchen is in open. Aruna's mother in law is illiterate, ignorant and irresponsible. During the pregnancy, only her

husband was

supporting and he took good care of her health, ensuring Aruna eats nutritious food. She had stomach infection and fever when she conceived. During her first ultrasound, it was confirmed that she had stones (0.7 mm) in her left kidney which were naturally flushed out from the body before her second ultrasound. During the Yend of the second trimester, she was detected with hypothyroidism and she was



**Aruna with her newborn baby**

put under medication. Lack of knowledge and without proper guidance by the Hospital Aruna was confused, she did not what time of day medicine has to be taken and what foods and vegetables are suitable for Hypothyroidism. HP Lata took the responsibility to guide Aruna and her husband. Her husband was very cooperative and listened carefully to all the instructions regarding her diet, medicines and health care. On 24th March, Aruna gave birth to a healthy baby boy weighing 3 kg in a Government Hospital sector-16. It was a normal delivery. She is advised for a post-natal check-up of her and the baby.

## SAD STORY

Rajni, 24 years of age is pregnant in Janta colony. She is a house wife and her husband Sunil, 28 years of age is on a private job as a sweeper in sector 17. They belong to Meerut, Uttar Pradesh. Poverty with no livelihood in village forced her in-laws to shift from a village in U.P to Chandigarh for better employment and opportunities when Sunil was a young child. Now the couple lives in a rented, one and a half room set along with elder brother-in-law. This couple has one daughter named Vanshika who is 4.2 years old. Vanshika was born in Government hospital sector 16 Chandigarh and presently studies in SWAD.



HP Lata with Rajni

Rajni is expecting her second child and she is in her 7 months pregnancy. First pregnancy was normal. In this pregnancy she is growing anemic with the passage of time. Rajni visited sector 22 government hospital for her regular checkup, her hemoglobin was 9.7gms and 45Kg. weight. She was given supplements and injections to increase blood hemoglobin. With the hope of good results, she again visited the hospital for a checkup in March but that time her hemoglobin level decreased from 9.7 gm to 6.5 gm. The doctors have increased the doses of all medicines which includes iron, calcium and multivitamin to improve her HB level. The first shot of these injection and doses were given on 22nd March but there was no increase in HB level. It is a matter of concern that pregnancy is progressing well but Hemoglobin levels are not improving significantly. We are monitoring the case very closely by regular visits of HP.



## SCHOOL WITH A DIFFERENCE



Children celebrating Holi

### Holi Festival

Holi a festival of colors and great joy is a Hindu festival In India in the month of Falgun (March). Holi indicates the beginning of spring season.

In DIR all the children and the staff members warmly took part in the celebration of the festival.

School with a difference also organized an activity on Holi for the children in which they made hand made paintings on chart paper.



Dr. Asha Katoch addressing the SWAD children and parents

### Result Declaration

On 20th of March, was the result declaration day. Parents were shown the academic performance of a respective child.

CEO Dr. Asha Katoch addressed the parents on the importance of education to overcome the vicious circle of poverty and ignorance. Education improves the socioeconomic status of the family. School generates discipline in a child.

On 12th February the weather was intolerable. It was biting cold with thunder and rain, only ten students attended school, Aryan, Garima, Priya, Muskan, Vanshika, Anshuman, Parth, Aashish, Ansh, and Sujal. These children were given standing ovation by all the parents and the staff and were rewarded with prizes. This was a good platform to motivate other parents. Brigadier DC Katoch was invited as the chief guest. All the children who stood first in their respective class were given prizes.



Chief guest D.C. Katoch giving a prize to Akshra

### List of toppers

No.	Name	Class	Percentage
1.	Sidharth	K.G	99.5%
2.	Priya	Nursery	98%
3.	Yamini	Pre-Nursery	100%
4.	Akshara	Pre-Nursery	98%

## BENEFICIARY



**HP Veena with Seema and her children**

I am Seema, 28 years of age. I got married in Naya Gaon 6 years ago. I live with my husband and two children, Lavish and Lavina. I lost my brother some years back so I have adopted my nephew who also lives with us.

Lavina, my daughter was an underweight child. HP Veena madam looks after my daughter. With HP Veena's regular visit and counseling on high protein diet, Lavina's health started improving. Lavina gained weight but due to our frequent traveling to village Lavina has a tendency to lose weight whenever she goes to the village. I am making all efforts to feed my daughter with a high protein diet and this has improved the health status of Lavina.

I am very thankful to the organization for taking a personal interest and guiding us on health issues. Whatever knowledge I have gained through DIR I share it with all my friends in the village.

## DETAILED INFORMATION OF PROJECT AREA



FIELD COORDINATOR- SANJEEV

### DETAILED INFORMATION OF CHILDREN AND PREGNANT MOTHERS

Total No. of Children	Red Zone	Yellow Zone		Green Zone
1572	186	409		884
Number of Pregnant mothers	Total No. Of Deliveries	Female	Male	Total No. of Birth
99	21	08	13	21

### NUMBER OF DEATH IN JANTA COLONY

HP Name	Age	Gender	Cause
Sunita	20 years	Female	Due to accident in village
Meenakshi	70 years	Female	Breathing Problem
Meenakshi	48 years	Female	Breast Cancer
Banita	60 years	Female	Chronic Diabetes
Sangeeta	40 years	Male	Kidney failure due to alcohol



## Visitors in March 2018

- On 6th March, Dr. Shashikant, Dr. Sonia from GMCH-32 with their team members Mr. Amit (lawyer), Ms. Harsharan Kaur and Ms. Priyanka visited DIR to see the working environment of the organization. SEWA NGO wants to replicate this type of project in a small slum of 500 residents in Saketri. The visitor's team made the DIR staff aware of different health schemes run by Center Government and Punjab Government for the benefit of the poor.



- On Women's Day i.e. on 8th March two motivational speakers Ms. Priti and Ms. Reena came to DIR. They talked about personality development and how to enhance the confidence of an individual by giving examples of Indian women who have achieved something in their lives. They spoke about different chemical reactions producing hormones responsible for physiological changes in the human body which generates happiness. It was a very interesting class.

- On 12th of March, A Swiss couple Mr. Michael Berwerger and Mrs. Monika Berwerger visited DIR as they wanted to see our program. All the money which couple had collected on their wedding day, they both decided to donate that money to DIR INDIA. Both Michael and Monika went to the field with Senior Health Promoters. The staff enjoyed their company as Michael sang songs in the evening and also participated in the meditation class held by Brigadier Narinder.





- On 13th March, Mr. Vishal and Mr. Neeraj visited DIR. They run a computer training school named “Aptech Techno Campus”. They are interested to teach computers to the basti people and DIR staff. Vishal helps DIR in beautifying the Monthly report of DIR.

- On 16th March, Ms. Jasleen Kaur came and took a lecture on personality development for the staff members of DIR.



- On 21st March, Chief Manager of SBI Ms. Sunita Rani visited DIR to collect the documents of the staff for the salary accounts. She introduced to the staff about different schemes which are available in the bank. If anyone was interested in any kind of investment he/she could avail the opportunity.

## TOPPERS OF DIR-INDIA

### MEDICAL EXAM – Scored 100%



**BANITA**



**VANDANA**

**NUTRITION EXAM-** Lata stood first in the nutrition exam by scoring 49.5 marks and Meenakshi and Meena were successful to get second position by scoring 49 out of 50 marks.



**LATA**



**MEENAKSHI**



**MEENA**



## OUR TEAM



**A TEAM WHICH MAKES THINGS POSSIBLE FROM IMPOSSIBLE**

