



DEVELOPING INDIGENOUS RESOURCES INDIA

"There is no end to education.
It is not that you read a book,
pass an examination,
and finish with education.

The whole of life,
from the moment you are born
to the moment you die
is a process of learning."

~J. Krishnamurti

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MY STORY

I am Avinash Rana, S/o Mr. Shashi Paul Rana, I joined Developing Indigenous Resources-India as a data interpreter on 22nd June 2018. My father is a government employee, Mother is a housewife and I have a younger brother pursuing his Bachelors of technology in civil engineering from Chandigarh University. I was born in Himachal Pradesh. I do not remember much of my early childhood but my mom said that I was very active and curious. On the other hand, I was born with a problem of deaf impairment. It caused a lot of problems in my childhood as it made all things a little difficult to understand but I didn't give up. I built up high self-esteem.



Despite problems I was facing in my life, I never gave up on my dream to succeed in life. To cope up with my problem and to make people understand what I want to say, I learned sign languages. By matriculation and post-matriculation, I have completed Vatika high school Chandigarh and Ropar private institution respectively. Now I am pursuing my B.A.



from Annamalai University. In spite of all, I am very passionate about playing sports, especially badminton. I have played badminton at both state and national level. Other than sports, I am very keen on traveling and exploring new and adventurous places. I also had trekked with a group of 20 people from Manali all the way up to Friendship Peak to a height of 15,500 feet under the official guidance of Atal Bihari Guiding Institute. I understand very well that challenges and hardships are both integral elements of life. So I work hard every day to make my tomorrow better than yesterday. I am

sure that my knowledge, dedication, and passion will become my ticket to a better tomorrow. On the contrary, from my life experiences, I have learned that success is about recognizing your weakness and accepting help from people who genuinely want to help you. For instance, if there had not been my parent's support of my educational endeavors. I would perhaps not have been at this position today. Finally, I would like to say that like most people in other language minority cultures, deaf people are also born into it. However, unlike other cultures, deaf culture is not associated with a native land. It is actually a relationship-based culture made by people who provide common grounds. The deaf culture sees itself as a language minority instead of a disability group. And I'm proud to be a part of it now.



AVINASH TEACHING SIGN LANGUAGE

IMMUNIZATION PROGRAMME



Every Wednesday is designated as immunization in collaboration with Punjab Government Health Services. A team of 3 doctors and Para-Medical staff of Homeopathic Medical College and Hospital of Sector-26 Chandigarh did two medical camps in the month of August 2018. We have also introduced the Measle Rubella (MR) vaccine in our Immunisation camp.

HOMEOPATHIC MEDICAL CAMPS: 2

Total Patients= 27

Number of Children= 12

Number of Females= 15

- **Diagnosis among Children** = Cold, Fever, Diarrhea.
- **Diagnosis among Females**=Menopause, Arthritis.



THE FOLLOWING VACCINATIONS WERE GIVEN IN AUGUST 2018

VACCINATION FOR CHILDREN		VACCINATION FOR PREGNANT	
SHOT	DOSES	SHOT	DOSES
BCG	0	T.T BOOSTER	0
PENTA 1+ IPV	3+3	T.T 1	5
PENTA 2	4	T.T 2	6
PENTA3+ IPV	4+4		
MEASLES 1	7		
MEASLES 2	8		
MR	61		
DPT BOOSTER	8		
T.T 5 YR	6		
T.T 10 YR	2		
T.T 16 YR	0		

TOTAL IMMUNIZATION = 121

UNIMMUNIZED = 2

- ❖ 2 Children were recorded unimmunized in the month of August 2018 from Health Promoter Poonam's area because the children were not in the basti, they have gone to the village.



NUTRITION TRAINING

On 21st August, we gave a demonstration on Rava idli and incorporated multiple vegetables in idli batter. To make it more nutritious and impressive, we added colorful vegetables by grating them like carrots, coriander leaves, cauliflower, boiled potatoes, beetroot, spinach. We also added curd in idli batter to make idlis more soft, protein-rich and tangy in taste. Though this is a south Indian breakfast dish but is highly appreciated in north India also hence we made a little twist in a south Indian dish. This recipe is much easier and quicker to make, highly nutritious and its basic ingredient is semolina.



NUTRITION IMPROVEMENT PRIORITY PROGRAMME

NIPP PROGRESS

Total number of children in NIPP	37
A lactating woman in NIPP	5
No. of children gained weight	19
No. of Children lose weight	7
No. of children with same weight	16



NIPP STORY

(HP BANITA)

In my area of Janta colony, there is a woman called Aruna who is 24 years old housewife, living with her husband Ranbir, 25 years old working as a sweeper in the college of sector 32, Chandigarh. They have been married for 4 years and belong to Gajipur, Meerut, U.P. After their marriage, they moved to Nayagaon Janta colony basti. They have two kids, older one is Ananya who is 29 months old and was born in sector 16 hospital on 10th March 2016 via normal delivery and the younger



one is Khushboo who is 8 months old and was born on 15th December 2017 in the hospital when the couple was in their village via the normal procedure. There was no miscarriage or abortion case before and after these two kids. She came in my area in April 2018 and I weighed Ananya who was 9kgs that time while Khushboo was 4 kgs and both of them were underweight and fell in red zone category.

Mother herself weighed 36 kg as she was malnourished and breastfeeding little one. There was no hygiene at their home. When I told about their condition to our dietitian Swati ma'am, she visited her along with me. Aruna and her husband live in one room kitchen within that room in a rented apartment with a separate bathroom. On her first visit, Swati ma'am noticed the condition of the room, analyzed the situation, inquired the women about their financial situation, what have they eaten since morning. The entire room

was smelling with leakage of the gas cylinder and the lady herself was suffering from fever since last two days. She was so weak and malnourished, that she could barely move, breastfeed and cook to feed her kids and herself. Our senior prescribed her general paracetamol for fever and asked her to cook khichdi in such a critical situation and serve it with curd. She told her to visit DIR and feed herself and her kids under the NIIP program as soon as she gets better, she also counseled her about oral hygiene. After two days, Aruna got better and started visiting DIR for NIIP meal, she also made her room clean and hygienic. We also taught her how to cook quick, low-cost high calorie and high protein diet at home in crisis. After regular monitoring of her and her kids, we noticed that Ananya weighed 10.5kg which was 9kgs earlier and shifted from red to yellow category, Khushboo also gained weight from 4kgs to 6kgs. Now this family has been shifted to H.P dimple's area and we both are monitoring the growth of them, and we hope soon both the kids will fall in green zone category and the mother will also become healthy.



ANANYA



**MOTHER ARUNA WITH
KHUSHBOO**

STATISTICS OF RED ZONE CHILDREN IN OUR PROJECT AREA

Age in months	Number of children	Percentage
0-12	32	2.4%
13-24	31	2.1%
25-36	45	3.1%
37-48	53	3.7%
49-60	47	3.3%
Total number of Red Zone children = 208		
Red Zone children went to village = 10		





STATISTICS OF PREGNANT MOTHERS AND NEWBORN DELIVERIES

LAST MONTH PREGNANT	NUMBER OF DELIVERIES	BIRTHS		MOTHERS WHO LEFT BASTI		STILLBORN	MISCARRIAGE	ABORTION / MEDICAL TERMINATION	NEWLY PREGNANT	TRIMESTER			THIS MONTH PREGNANT IN THE BASTI
		MALE	FEMALE	TEMPORARILY	PERMANENTLY					FIRST	SECOND	THIRD	
114	25	13	12	10	5	-	-	-	13	2	49	52	97



CHILD ACTIVIST PROGRAMME

In the month of August 2018, we made kids aware of oral hygiene and malaria and taught them to play games like football, Kho-Kho, and rope skipping. In oral hygiene, we taught them about how to take care of teeth and what different methods are used to clean teeth like toothbrush, toothpaste, floss, mouthwash etc. We gave them a demo by using dentures on dental hygiene. We taught them to brush their teeth twice a day. About malaria, we taught them how malaria mosquito breed, its signs, and symptoms and how to prevent malaria from breeding and spreading diseases and fever. Apart from that this month, we had RAKHI making a class for students. We taught them how to make beautiful rakhis from different threads and beads at home only. This month total 90 boys and 68 girls participated actively in CAP program. In short, we tried our best to inculcate values and knowledge in the brain of these youngsters who are future of growing and developing India.



INCOME GENERATION ACTIVITY

In the month of August 15 ladies were learning to stitch. HP Maya taught them bag making, Patiala Salwar, Butterfly Salwar. She also took a test on the topic Umbrella Frock.



SCHOOL WITH A DIFFERENCE

In the month of August, the teacher's goal was to prepare the students for the September terminal exam. Following Syllabus were revised with students:

- Alphabet A-Z (Missing alphabets and cursive writing)
- Matching Pictures
- Counting numbers 1-100 and Reverse counting 50-1 (missing counting)
- Hindi Alphabets and fill in the blanks.
- Fruits names, Vegetable names (both in English and Hindi)
- Myself



AWARDS

	BEST DRESSED	MOST PUNCTUAL	BEST BEHAVIOUR	BEST ATTENDANCE	MOST IMPROVED	BEST GRADES
Pre- Nursery (LATA)	NIHARIKA	PRINCE	SHRISHTIKA	AYUSH	TARUN	HIMANSHU
Nursery	KARTIKAY	TANSIH	DIVYANSHI	KHUSHI	KHUSHI	ANANYA
Pre- Nursery (ANITA)		RISHAB	RADHIKA	NISHA	ANANYA	ARUSH

SWAD EVENTS

TEEJ CELEBRATIONS: Teej was celebrated in SWAD on 3 Aug 2018. On this day, all students were dressed in green color and they decorated Kites with paints, colors, and glitters. After the celebration, nutritious Veg Poha was served to all the staff and students.



INDEPENDENCE DAY: On 15 August, our SWAD along with all the DIR staff celebrated Independence Day. The students performed Dance, Patriotic poems and Patriotic songs. Even the Health promoters performed dance and song on this occasion. Children were dressed so beautifully and they made a tricolor flag. Big. D.C. Katoch was invited as chief guest and he distributed sweets to all the children.



RAKSHA BANDHAN CELEBRATION: On the occasion of Raksha Bandhan, the SWAD teachers and students made handmade rakhi and decorated with a bindi, glitters, stars, decorative stones, etc. Teachers shared the knowledge of Rakhi festival to students and gave the candies too.



JANMASHTAMI: On 31 Aug 2018, DIR celebrated Janmashtami, the students were dressed up like God Krishna and Goddess Radha. Students performed dance, songs, and poems. They also did painting and decorated pots and flute with stones, stars, and pencil waste.



VISITOR

On 23 Aug 2018, a team from Rotary Club Chandigarh, Mr. Shaam, Manjeet Kaur, and Meenakshi Gupta paid a visit to DIR-I. They inspected all the toilets and promised to provide better facilities and better conditions to SWAD toilets. They funded School toilets and promised to renovate toilet 's floor with designing tiles and steel wash basin for hand wash. Meenakshi Gupta funded Rs. 500 for NIPP meal that day.



MR.SHAAM , MANJEET KAUR AND MEENAKSHI GUPTA

DETAILED INFORMATION OF PROJECT AREA

TOTAL NUMBER OF POPULATION	17298
NUMBER OF MALES	9014
NUMBER OF FEMALES	8284

NUMBER OF COMMITTEE MEETING	49
TOTAL NUMBER OF PEOPLE ATTENDED MEETING	601

TOTAL NUMBER OF CHILDREN	RED ZONE CHILDREN	YELLOW ZONE CHILDREN	GREEN ZONE CHILDREN
1420	218(10 gone to the village)	442(25 gone to the village)	760(58 gone to the village)

NUMBER OF PREGNANT MOTHERS	TOTAL NUMBER OF DELIVERIES	DELIVERY OF MALE CHILD	DELIVERY OF FEMALE CHILD	TOTAL NUMBE R OF BIRTHS
97	25	13	12	25

DEATH DETAILS

HEALTH PROMOTER	AGE (YEARS)	GENDER	CAUSE
MEENA	65	MALE	HEART FAILURE
SANJEEV	65	MALE	HEART FAILURE



TOPPERS OF DIR INDIA



MEENA



LATA



MEENAKSHI



BANITA



MAYA



VEENA

NUTRITION TOPPER: Meena and Lata grabbed the first position by scoring 49 marks and Meenakshi stood the second position by scoring 48.5 marks out of 50.

MEDICAL TOPPER: Meena, Meenakshi, and Banita grabbed the first position by scoring 50/50 marks and Maya, Lata and Veena stood Second by scoring 49.5 marks out of 50.

NEW FACES

Muskaan and Jyoti joined DIR-I on 23 Aug 2018 as Health Promoter.



HP MUSKAAN



HP JYOTI

Anita joined DIR-I on 7 Aug 2018 as Nursery Teacher. She has completed her graduation in Arts and done Nursery Training Teacher course from DAV Model School Sector 15, Chandigarh.



TEACHER ANITA

CONTACT INFORMATION



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OUR TEAM



