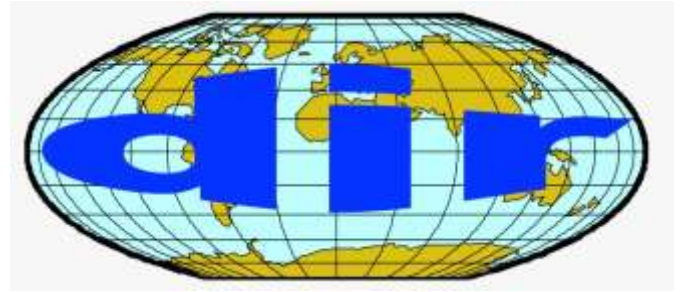


DEVELOPING INDIGENOUS RESOURCES



A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done. ~*Vince Lombardi*



CONTENTS



- CEO's MESSAGE
- MY STORY
- IMMUNIZATION PROGRAMME
- NUTRITION IMPROVEMENT PRIORITY PROGRAMME
- RED ZONE CHILDREN DATA
- MOTHER'S HEALTH
- STATISTICS OF PREGNANT AND NEWBORN DELIVERIES
- CHILD ACTIVIST PROGRAMME
- INCOME GENERATION ACTIVITY
- SMART-SCHOOL WITH A DIFFERENCE
- VISITOR IN DIR INDIA
- DETAILED INFORMATION OF MEDICAL PROJECT
- TOPPERS OF DIR INDIA
- NEW FACES
- DEPARTURE
- CONTACT INFORMATION
- OUR TEAM



CEO'S MESSAGE

July is another month with challenges of peculiar nature for DIR-I team. The sultry heat of peak summer, rise of humidity and sticky weather, with the regular water crisis in Nayagaon brings ill health to most of the residents. Worst affected are children, pregnant mothers, and old people. Residents were purchasing the drinking water from private sources. This lead to cases of Typhoid, diarrhea, and dysentery. This crisis is often faced by the masses of Nayagaon in summer and monsoon season. DIR-India medical team is skilled and trained to control such situations.



The SWAD school reopens after a summer break. Children are surprised and happy with a big gift “A SMART CLASS”(Screen, Projector and Tablet loaded with App. on children education Program). This glamorous gift is donated by Mr.Sukhi Chahal, Chairman, and CEO of Punjab Foundation. Mr. Sukhi Chahal is fondly remembered every time any visitor enters the classroom. Our compliments and special thanks to Mr. Sukhi Chahal for giving this facility and opportunity to underprivileged children. This has helped in improving the standard of English pronunciation of both students and children.

DIR-India is looking for organizations and Donors to financially contribute and support the good work so that it keeps on going.



MY STORY

My name is Poonam Bhatia and I belong to Himachal Pradesh. I have done B.A and diploma in computer application. I got married in 2009 and have two kids. My husband, Vijay Kumar is working in the office of Director of Technical Education, sector 12, Chandigarh. I feel proud to be part of DIR. I have gained knowledge of the medical and nutrition field which I was ignorant about. In DIR, we understand the importance of health and Nutrition. It teaches us how to take care of our body and practically implement this knowledge amongst our friends, relatives and in the communities of our project area assigned to us. I have the responsibility of counseling of local families both in Medical and Nutrition and pay special attention to Pregnant mothers and children under 5 years of age in my area. I feel honored to be part of this organization which is doing such a wonderful job for the welfare of the underprivileged people with no personal gains. I am very thankful to Dr. Asha Katoch for giving me the opportunity to be a part of the team of the DIR family.



IMMUNIZATION PROGRAMME

Wednesday is designated as immunization day 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 four medical camps in the month of July 2018.

In this month Measle Rubella (MR) vaccine has added in our Immunisation program.

HOMEOPATHIC MEDICAL CAMP: Total patients =40
Number of children=10
Number of females=30

- **Diagnosis among children:**
Loss of appetite, Diarrhoea (due to polluted water) and fever.
- **Diagnosis among females:**
Joint pain (due to an increase in uric acid and menopause), Diarrhoea, Fever, and Vaginal discharge.



THE FOLLOWING VACCINATIONS WERE GIVEN IN JULY



VACCINATIONS FOR CHILDREN		VACCINATIONS FOR PFREGNANT	
SHOT	DOSES	SHOT	DOSES
BCG	0	T.T 1	10
PENTA 1+ IPV	7 + 7	T.T 2	12
PENTA 2	11	T.T BOOSTER	12
PENTA 3+ IPV	18 + 18	-	-
MR 1	6	-	-
MR 2	12	-	-
DPT BOOSTER	12	-	-
5 YEAR	15	-	-
T.T 10 YR	7	-	-
T.T 16 YR	1	-	-

TOTAL IMMUNIZED CHILDREN = 148

UNIMMUNIZED = 0

IMMUNIZATION STORY

(HP LATA)



In my area of Janta colony, there is a child named Kunal, 4 years old who lives with his mother Rakhi, and father Raju. Kunal has one elder sister who is 8 years old who is studying in 1st standard. Kunal's father is educated up to High School but his mother is illiterate. Kunal's sister is studying in 1st standard. They moved to Janta colony one year ago. Kunal's father is a sweeper in ROSE GARDEN, Chandigarh, while his mother is a housewife. They live in a rented apartment. When they came from village to Janta colony, Kunal was not fully immunized and parents were totally ignorant towards immunization. I along with senior staff counseled the family repeatedly but every time I visited them they used to give lame excuses that a child gets a fever on inoculation. I did not give up and kept the battle on with polite counseling and motivation tactics by showing them the benefits of immunization and how nonimmunized child is vulnerable to infection and disease. At last to my good luck, the family agreed to get Kunal immunized. Rakhi's brother and the nephew (son of her brother) lives along with them who were not immunized. Both children were immunized. This is how we fulfill our responsibilities and ensure no child is left without immunization in our project area. This is how we maintain a record of 100% immunization



NUTRITION TRAINING



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

-THOMAS EDISON



This month, we upgraded the academic from general to a higher level. We included topics like stones, dietary fibers in nutrition class. We taught the H.P's about the role of dietary fibers in daily life and how soluble fiber play important role in Type -2 diabetes and managing the bad cholesterol levels in the human body.

Nutrition exam was conducted on 10th of July in which H.P Banita stood first, while Meenakshi grabbed the second position and the aggregate of all H.P's was good.

We, Dieticians, are trying their best to inculcate new ideas and knowledge to all HP 's in much easier and practical way. Since our main goal is to eradicate the red zone category of children, hence the whole team is working wholeheartedly towards this goal. Focusing on low cost, high calorie and protein-rich diet. On 17th July, we decided to give a nutritional demonstration on a popular Indian snack “SWEET CORN CHAAT” which has basic ingredients like sweet



corn, peanuts, rice flakes, rice puffs, along with vegetables like onion, tomatoes, coriander, green chilies sprinkled with lemon juice. This snack is quick to make and the combo of health and taste for all age group of people, rich in calories, proteins, and micronutrients.





NUTRITION IMPROVEMENT PRIORITY PROGRAMME

NIPP PROGRESS

Total number of children in NIPP	37
A lactating woman in NIPP	2
No. of children gained weight	15
No. of children lose weight	7
No. of children with same weight	15

In this month we have a total of 37 children in the NIPP program in which 18 are male and 19 are female and we have also included 2 lactating women who are needy and are suffering from malnutrition. 15 children have gained weight in the NIPP program due to proper feeding and health counseling, 7 children have lost weight because of the ignorance and irresponsible attitude of mothers added with illness. In 15 children there are no changes in weight.



NIPP STORY

In my area, there is a family Harilal 27 years(father), Shanti 21 years(mother) with two children who live in one room with common toilets shared by other tenants. The elder son named Neeraj who is in the red zone category. They are basically from Ranchi, Bihar. Neeraj's father works as room service in a hotel in Chandigarh and is educated up to 10th standard while his mother is a housewife and is illiterate. Neeraj was born in a local village hospital. It was a normal delivery and his birth weight was 2.5kg. Nishant was also born in the hospital, it was a normal delivery weighing 2.8kg. When this family came under my supervision, Neeraj weighed 9kgs and his weight decreased to 8 kgs gradually. Then I along with Dietitian Swati ma'am counseled the family since the financial condition was poor, we asked the mother to bring Neeraj regularly to DIR for NIPP. His mother started visiting DIR and also paid attention to take care of his hygiene and started cooking low cost, nutritious food at home. After 2 months, his weight increased from 8kgs to 10kg.



STATISTICS OF RED ZONE CHILDREN IN OUR PROJECT AREA



Age in months	Number of children	Percentage
0-12	32	2.2%
13-24	38	2.6%
25-36	48	3.3%
37-48	64	4.4%
49-60	45	3.1%
Total number of Red Zone children = 227		
Red Zone children went to village = 24		



MOTHER'S HEALTH

SAD STORY BY HP MEENAKSHI

In my area of Janta colony, there is a pregnant woman Pooja 22 years old, married to Pradeep 30 years old. Both belong to Bihar but have been residing here for 26 years. They have their own house in Janta Colony. The couple got married in 2016 and after three months she was pregnant but the fetus was not properly developed, hence it was aborted in the government hospital, Sector 22 Chandigarh. Pradeep parents take good care of Pooja. Pradeep is an auto-driver and has one younger brother doing the private job and one sister studying in college. Pooja and the mother-in-law jointly take care of the housework and the father-in-law is in a government job.

Her LMP was 4.11.17 and EDD was 11.8.18. Until six months, pregnancy was going on well, but unfortunately, in the seventh month, she developed high blood pressure and Gestational Diabetes Mellitus. The Doctor put her on medication. The whole family of Pooja is worried about her and the baby's health. Our Dietitian Anjali ma'am gave her personalized diet chart for gestational diabetes and dietician Swati ma'am visited her home and counseled the whole family for Pooja's regular B.P checkup and the diet to be



given in hypertension with pregnancy. I am monitoring her B.P regularly and also counseling her, boosting her confidence and helping her psychologically to be stress-free. I also provided her multivitamins, got her immunized with T.T shots. She is looking after herself well and we hope and pray for her safe and normal delivery with a healthy child.



MOTHER'S HEALTH REPORT

BY: SANGEETA



In the month of June, the number of pregnant women was 120 in our project area. 15 pregnant woman delivered babies in this month. Out of 15 newborns, 6 were male and 9 were female. All the deliveries occurred in the hospital, 9 deliveries in GMSH, 16 deliveries in PGI, and 1 delivery in sector 22. All the mothers and their babies are healthy and live.

There are 4 new pregnant mothers who have moved into Janta Colony and 13 new pregnant cases identified in our project area. 7 pregnant women left the project area permanently and 4 went to their villages temporarily.

Unfortunately, one of the pregnant from Senior Health Promoter Banita's area named Geeta w/o Abhishek # 1849 had a miscarriage due to the absence of fetal heart rate and it was her first baby (4 month 2 trimester). In July month the number of pregnant women was 114.

All the HP's are providing multivitamin supplements to the pregnant woman of our Basti.

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	
120	15	6	9	4	7	-	1	-	17	4	47	63	114



CHILD ACTIVIST PROGRAMME (CAP)

HP: BANITA



In July monsoon set in. Children were excited to come to D.I.R after one month vacation. Due to heavy rainfall, it is also the breeding season for mosquitoes, flies, and bugs due to which chances of infection becomes a double and infectious disease like dengue, malaria, fever etc. spread easily among kids as they play outdoor games. This month we taught kids about the importance of hand hygiene, and six steps for hand wash. We also taught them about Dengue and



how to prevent the mosquito from breeding. Through visual education i.e by the chart, we made them learn six steps of hand washing. H.P's taught them about symptoms of Dengue fever.

Along with hand hygiene, an activity on how to make dustbin from the newspaper was also taught to kids. This month total 244 kids participated in

CAP, out of which 132 were boys and 112 were girls. We hope that these kids will implement this healthy practice of hand washing wherever they go and will teach others too.



INCOME GENERATION ACTIVITY

In the month of July 8 ladies were attending stitching classes. Health promoter Maya taught them Afghani Salwar and Jean Top. Due to less attendance in this month, no test was conducted.



HP MAYA



SCHOOL WITH A DIFFERENCE

After one month of vacation, School has reopened on 2 July 2018. We have introduced the



Smart Class Operating system donated by Mr. Sukhi Chahal. It is a very unique system and interesting for the students and a good platform for learning in an efficient way. All the students are enjoying the smart class and learning interesting things.

In July Parents Teachers meeting were conducted in which parents were informed about the student's performances and about the punctuality. Parents were also educated about maintaining of the notebooks and timely payment of school fees.

July is the month of monsoon and we conducted activity on monsoon day. They did a colorful drawing of umbrellas, rainbow, and clouds. Paper folding

activity was also conducted in which by folding colored papers, fan and butterflies were made.



VISITOR

On 13th July 2018, personality development team members Reena Singh, Simran Johnson along with her son Samuel Johnson visited



DIR, Janta colony basti office to take a session on personality development. Every member of DIR participated with full enthusiasm. Simran ma'am took the session on topic GOAL and counseled team DIR about how to remain optimistic and focused while moving towards a goal without getting distracted and bored by surrounding conditions that come in between Goal and us. She also included a game in this team by which she explained different sorts of hurdles which we

should overcome while moving towards our Goal and how to remain calm and energized. It was a wonderful experience and we learned many new things in that session.

On 20th of July, two students from Ashoka University, Leela Gowtham, and Kavya Bhol visited DIR Janta colony office. They heard about DIR from CHOTI SI ASHA and were curious to know ground



facts of a genuine working in social welfare as they were doing there masters in the field of Social welfare.

On 23rd of July, Rachit Bansal along with the president Mr.SM Sharma paid a visit to DIR basti office and interacted with the medical team as well as SWAD faculty and kids. He promised to donate 5 computers to basti



office so as to facilitate reporting efficiency, and decrease workload and time required for daily data Entries of field visits and also to run computer classes for basti people so that they can gain basic knowledge of computers in their daily life.



RACHIT BANSAL IN BLACK SHIRT

DETAILED INFORMATION OF PROJECT AREA



TOTAL NUMBER OF POPULATION	17267
NUMBER OF MALES	8992
NUMBER OF FEMALES	8275

NUMBER OF COMMITTEE MEETING	48
TOTAL NUMBER OF PEOPLE ATTENDED MEETING	538

TOTAL NUMBER OF CHILDREN	RED ZONE CHILDREN	YELLOW ZONE CHILDREN	GREEN ZONE CHILDREN
1440	251 (24 gone to village)	402 (39 gone to village)	670 (78 gone to village)

NUMBER OF PREGNANT MOTHERS	TOTAL NUMBER OF DELIVERIES	DELIVERY OF MALE CHILD	DELIVERY OF FEMALE CHILD	TOTAL NUMBER OF BIRTHS
114	15	6	9	15

DEATH DETAILS			
HEALTH PROMOTER	AGE (YEARS)	GENDER	CAUSE
MEENAKSHI	75	Male	Natural death
SUSHMA DEVI	54	Female	Heart attack
LATA	60	Male	Cancer
SUSHMA BISHT	1 month	Male	Due to fever
MEENA	30	Male	Murder
SANGEETA	6 month	Female	Dehydration
SUNITA	<30 days	Male	Premature
SUNITA	60	Female	Lung cancer



TOPPERS OF DIR INDIA



BANITA



VEENA



MEENAKSHI



LATA



SUNITA



VEENA

NUTRITION TOPPERS: Banita, Veena, grabbed the first position by scoring 50 marks out of 50 and Meenakshi stood second by scoring 48.5 marks.

MEDICAL TOPPERS: Meenakshi, Lata, Veena, Meena, Sunita grabbed the first position by scoring 50 marks out of 50 and Banita, Sushma Bisht stood second with 49.5 marks.

NEW FACES

SAPNA joined DIR on 2nd July as Health Promoter. She is qualified to 12th standard. After she passed out high school, she got admission in B.A. but could not complete because she got married.



DEPARTURE

SAPANDEEP KAUR has left the organization on 25th July 2018. She served the organization for 2 years as Teacher cum Accountant.



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OUR TEAM



THANK
YOU

A watercolor illustration of autumn foliage and berries. The leaves are in shades of red, pink, and orange, with some showing white veins. Small clusters of dark berries are interspersed among the leaves. The text "THANK YOU" is written in a black, serif font, with the words arranged in two lines. The illustration is centered on the page.