DIR

Developing Indigenous Resources

CONTENTS

- IMMUNIZATION PROGRAMME
- NUTRITION IMPROVEMENT PRIORITY PROGRAMME
- RED ZONE CHILDREN DATA
- MOTHER'S HEALTH
- STATISTICS OF PREGNANT AND NEWBORN DELIVERIES
- SMART-SCHOOL WITH A DIFFERENCE
- DETAILED INFORMATION OF MEDICAL PROJECT
- CAP (CHILD ACTIVIST PROGRAMME)
- TOPPERS OF DIR INDIA
- CONTACT INFORMATION
- OUR TEAM

CEO REPORT

The continuous hot and humid weather of July is a clear indication that the monsoon is delayed this year. Which means that Northern India is still waiting for the rains, even though the month of July is at its end and there is no visible respite from the unbearable Indian summer/heat.

DIR-India's SWAD school has reopened, as the summer vacations are also over. There is a visible wave of excitement amongst children, you can feel them vibrating with the need to share stories about their vacation experiences, with their teachers and friends. Amongst the tiny tots, there is also a sense of apprehension, especially among the newly admitted children, due to the new environments, but entertaining and playful method incorporated by our teaching staff, with toys, books keeps them occupied. In addition, we have a smart class which keeps the children entertained and amused.

On the other front, DIR-India has been working for the welfare of Pregnant and lactating mothers along

with improving the health status of children under five years of age. Health education, awareness and counselling is the focus of our health program but despite these efforts we do encounter unfortunate and preventable accidents, caused due to the innocent negligence and lack of awareness of some mothers.

Recently we encountered a sad case of death, of a baby boy, of the mother Khushboo. Baby boy Krish, two months of age (DOB 23/4/2019) was her second child. The probable cause of death is Asphyxia.

Krish was a healthy child, in green zone, born in hospital. Health Promoter Meenakshi was looking after the family. In June when SHP Meenakshi went to weigh the child, she was informed about the demise of the baby. The mother fell asleep while feeding the baby around midnight. The added weight and pressure of the breast itself suffocated the baby and he passed away. In the morning, around 2am when the mother woke up, she discovered that the baby wasn’t breathing and rushed to Postgraduate Institute of Referral and Research Hospital Chandigarh, where the baby was declared brought

dead by the doctors. Parents opted against the option of postmortem of the child.

Keeping the accident in mind and to avoid its reoccurrence, DIR-India Medical team took it on themselves to start counselling the mothers, with a sensitively placed emphasis on educating the women and mothers about the issue, while demonstrating the right posture and position of the head of the child while feeding a baby, in the committee meetings. It is unfortunate that the mothers forget or are unaware that feeding the

baby in lying down position is dangerous. This is the second accident of such nature in Janta Colony. The first took place when DIR-India started this medical project in 2007.

IMMUNIZATION PROGRAMME

Every week, on Wednesday DIR-INDIA runs an Immunization day, in collaboration with Punjab Government Health Services.

- **A total of 183 children were immunized this month.**

THE FOLLOWING VACCINATION WERE GIVEN IN JULY 2019

VACCINATION FOR CHILDREN		VACCINATION FOR PREGNANT WOMEN	
SHOT	**DOSE**	**SHOT**	**DOSE**
BCG	0	T.T 1	9
PENTA 1+IPV	13+13	T.T 2	15
PENTA 2	11	T.T BOOSTER	2
PENTA 3+IPV	13+13		
MR 1	19		
MR 2	30		
DPT BOOSTER	30		
DPT 5 year	10		
DPT 10 year	4		
DPT 16 year	1		

TOTAL IMMUNIZED= 183
UNIMMUNIZED=0

NUTRITION TRAINING

Nutritionist team of Dir, India introduced and demonstrated a new recipe based on low cost high calorie and high protein diet.

- **Date of nutritional demonstration: 18th July 2019**
- **Name of the dish: HIGH PROTEIN BESAN CHILLA**
- **Ingredients: Besan, cottage cheese, chilies, curd, pumpkin, coriander and spinach leaves, salt and oil**
- **Nutritional value: calories in 1 chilla = 180, protein = 17gm approx. for average size.**

AYURVEDIC MEDICAL CAMPS

Dr. Inderjeet Kaur, an ayurvedic doctor started holding ayurvedic camps in Dir, India headquarters from the month of June 2019.

HOMEOPATHIC MEDICAL CAMPS

A team of 3 doctors and Para-Medical staff of Homeopathic Medical College and Hospital of Sector-26 Chandigarh, conducted two medical camps in the month of July 2019.

HOMEOPATHIC MEDICAL CAMPS: 2

- **Total number of Patients=67**
- **Number of Children=11**
- **Number of Females=47**
- **Number of Elderly patients= 9**

- **<u>Common ailments:</u> Menopause, Leucorrhea and Arthritis, joint pain, acne, backache, cold, fever, body pain, piles, hypertension.**

NUTRITION IMPROVEMENT PRIORITY PROGRAMME

NIPP ATTENDANCE	
AGE GROUP	NUMBER
0-12 Month	1
13-24 Month	6
25-36 Month	10
37-48 Month	14
49-60 Month	7
Lactational	4
Pregnant	2
TOTAL = 44	
Weight gain	22
Weight loss of the children	3
Same weight	19

As mentioned earlier, some of the families in this month have gone to their respective villages. This is the major reason for a visible drop in total number of NIPP children this month.

- **Most of the Children with no change in weight, are new additions in the NIPP program. They were recently adopted into the program after it was observed, that there was no improvement in their weight gain for the last few months, despite deworming and personal counselling.**
- **Few of the children have also lost weight, due to the loss of appetite and diarrhea, caused by the intense hot weather.**
- **Some of the children have also reverted to the red category. The main reason for this is their visit to their native villages for almost a month and there is a comparative lack of care and monitoring in the village.**

STATISTICS OF RED ZONE CHILDREN IN OUR PROJECT AREA

Age in months	Number of children	Percentage
0-12	25	1.8%
13-24	26	1.9%
25-36	39	2.9%
37-48	40	2.9%
49-60	37	2.7%
Number of red zone children=167(12.4%)		
Red zone children gone to village=4(0.29%)		

STATISTICS OF PREGNANT MOTHERS AND NEW DELIVERIES

LAST MONTH PREGNANT	NO. OF DELIVERIES	BIRTHS		MOTHERS WHO LEFT BASTI		INFANT DEATH	MISCARRIAGE	ABORTION / MEDICAL TERMINATION	NEWLY PREGNANT	TRIMESTER			THIS MONTH PREGNANT IN THE BASTI
		MALE	FEMALE	TEMPORARILY	PERMANENTLY					FIRST	SECOND	THIRD	
85	17	8	9	8	2	1	1	-	25	6	35	49	90

SCHOOL WITH A DIFFERENCE

July being the season of heavy rains, is loved by the children. Keeping that in mind, the teachers of SWAD made sure that the children learned a few things associated with the season and made the kids participate in various activities revolving around the theme of Monsoon.

- Kids had an outdoor class, where while enjoying the weather they also learned how to draw and color umbrellas, clouds, sun and rain.

DETAILED INFORMATION OF MEDICAL PROJECT

TOTAL NUMBER OF POPULATION				17617
NUMBER OF MALES				9146
NUMBER OF FEMALES				8471
NUMBER OF COMMITTEE MEETING				52
NUMBER OF PEOPLE ATTENDED MEETING				619
RED ZONE CHILDREN	YELLOW ZONE CHILDREN	GREEN ZONE CHILDREN	TOTAL NUMBER OF CHILDREN	
167(4 gone to village)	406(36 gone to village)	669(58 gone to village)	1340	
NUMBER OF PREGNANT MOTHERS	TOTAL NUMBER OF DELIVERIES	MALE CHILD	FEMALE CHILD	TOTAL NO. OF BIRTHS
90	17	8	9	17

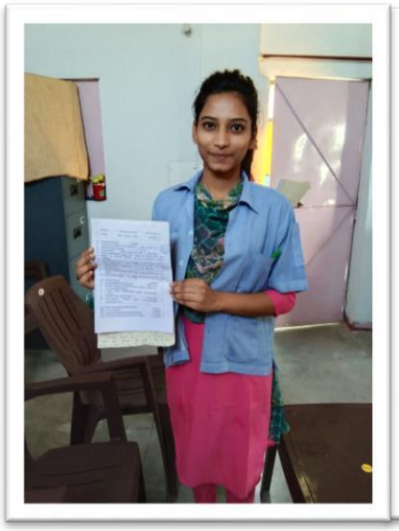
DEATH DETAILS

HEALTH PROMOTER	AGE OF DIED PERSON	GENDER	CAUSE OF DEATH
BANITA	4 DAYS OLD	MALE	OLIGOHYDR-AMNIOUSAND ACUTE-FETAL DISTRESS
UMA	60YEARS OLD	FEMALE	DIABETES

TOPPERS OF DIR INDIA

Our Health promoters while striving to make a difference in their communities, also show immense potential for leaning by scoring amazingly in their monthly exams

Nutrition Toppers:



H.P Muskaan, Lata and Dimple scored full marks in nutrition exam held in the month of July. While SHP Banita, Meena and Meenakshi scored 49/50.

Medical Toppers:

H.P Banita scored highest marks 49.5/50, while H.P Sushma and Meenakshi scored 48.5/50.

VISITORS

- On 24th July, SBI team from PEC visited basti office.
- Mrs. Alka Thakur along with Mr. Rajinder Sharma took time to explain the staff and the health promoters about various bank account related benefits and schemes. He also answered the queries related to the same.

OUR TEAM

CONTACT INFORMATION

Dr. ASHA KATOCH

ADDRESS: 705 C ADARSH NAGAR, NAYAGAON
MAILING ADDRESS: HOUSE NO. 1535
, SECTOR 11D, CHANDIGARH.
E-MAIL:dirindia.chd@gmail.com,
Ceo@dir.ngo, admin@dir.ngo
TEL. : 9478866412

thank you