

## **Developing Indigenous Resources - India**

### **JULY 2020 - Monthly Report**



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## **CEO'S REPORT FOR JULY 2020**

July presented additional hurdles in the Basti office with frequent power cuts and fluctuations in electricity voltage as the entire building is on single phase power supply without any high voltage power points. It required additional efforts and professional guidance to make the administrative work smooth, convenient and without any hindrance.

DIR-India has been granted permission to have 8KV triple phase power supply. We are waiting for the government official to come and do the needful. We are extremely thankful to Colonel Suraj Prakash for financing the purchase of three new computers with latest technology and double tubular battery inverter of Luminous company (as power back up) to make our office work smooth and without any hindrance. Col. Suraj Prakash did the virtual inauguration of **Suraj Admin Office** this month as he was in Austin, USA that day.

Colonel LJS Gill, who makes frequent visits to our office, he realized the need of making DIR-India's dedicated team more comfortable. He donated three Air Conditioners with stabilizers to DIR-India. We admire his devotion towards the cause that he personally under his own supervision got the three AC's fitted fully functional which made the atmosphere cool and comfortable in hot, wet and sticky climate.

CCTV of six cameras has been installed for DIR-India's safety and security of the electronics and property. This helps the CEO in complete picture of all the functioning and movement within the premises of the organization.

DIR-India has signed an MOU with TATA TRUST for supply of GOMO Snacks which are high in protein for children between the age group of three to five years and six to 12 years. We are waiting for the shipment to come. This will help our Basti children to overcome protein deficiency malnutrition.

DIR-India has signed another MOU with the Ma Foundation run by Geeta Gopalkrishnan. The Ma foundation will be helping DIR-I with funds to feed 200 needy families with grocery items for two months.

Enactus Team of Panjab University donated masks for Basti families. They have been helping and assisting DIR-I by donating face shields and masks for the safety and security of our health promoters when they are weighing children and distributing ration kits in the field or interacting with people of Basti.

Medical team of DIR-India has done a study on the Menstrual Hygiene of Basti women in July. Detail information with graphic display is explained in coming up pages.

# **MENSTRUAL HYGIENE IN JANTA COLONY-STUDY & PROGRESS**

In November 2017, after Dr.Asha Katoch took over as CEO of DIR-India, a lot of female patients came up with a history of vaginal infections.

Poor menstrual hygiene was a common cause of infection. This motivated the medical team of DIR-India to do a study on personal hygiene; vaginal infection was found to be the common cause and this motivated the DIR-I team to find a solution to this agony. Health Promoters did a door to door survey on the personal hygiene of each woman in their respective area of Janta Colony, including menstrual hygiene.

DIR-India's medical team started an aggressive campaign and awareness program for young girls and women, educating them on different ways to maintain personal hygiene. There is a graphic display of statistics of February 2018 as a reference where the majority of women were using rags and cloth. .

Detailed Evaluation of Menstrual Hygiene was once again done after DIR-India started sale of sanitary napkins at a nominal rate in 2019 and this survey was again done in July 2020.

Graphic display of statistics, will explain the awareness and growth of female gender, residing in Janta Colony. Women today in this Basti have risen from sheer ignorance since 2006. Vaginal infection is not a common issue today. Majority of the ladies are aware of common ailments and learnt the skill of prevention of common diseases.

Credit and compliments goes to Health Promoters and senior staff, who brought this change in the mindset of women and helped them to grow in life to take care of future generations.

We are thankful and grateful to Mr.Harshvardhan Jain who has been donating Sanitary Napkins worth Rs 65,000/- (Rupees Sixty Five thousand only) to DIR-India every year since February 2019. Mr. Harshvardhan has an equal role to play to achieve this mission of DIR-India, in bringing this growth, as most of the women who are using these napkins are relieved of this pain and agony of infection. Menstrual Hygiene is another success of the Medical program of DIR-India today.

Graphic Display of statistics since 2018, 2019 and 2020 are displayed to appreciate the medical growth and awareness of Women residing in our project area.

# EVALUATION AND STUDY ON MENSTRUAL HYGIENE OF JANTA COLONY

**TABLE NO 1:**

## **STATISTICS ON MENSTRUAL HYGIENE IN 2018**

CLOTH AND RAGS	91%
COTTON GAUZE	9%

**TABLE NO 2:**

## **STATISTICS ON MENSTRUAL HYGIENE IN 2019**

SANITARY NAPKINS	2003	59%
CLOTH	1081	32%
COTTON GAUZE	302	9%

**TABLE NO 3:**

## **STATISTICS ON MENSTRUAL HYGIENE IN 2020**

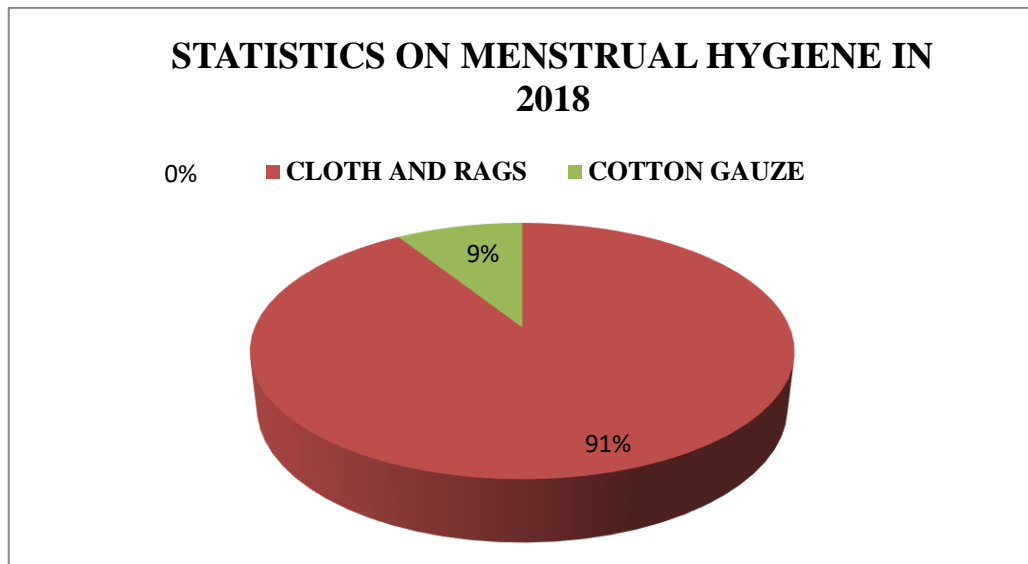
SANITARY NAPKINS	2648	71%
CLOTH	637	17%
COTTON GAUZE	437	12%

**TABLE NO 4:**

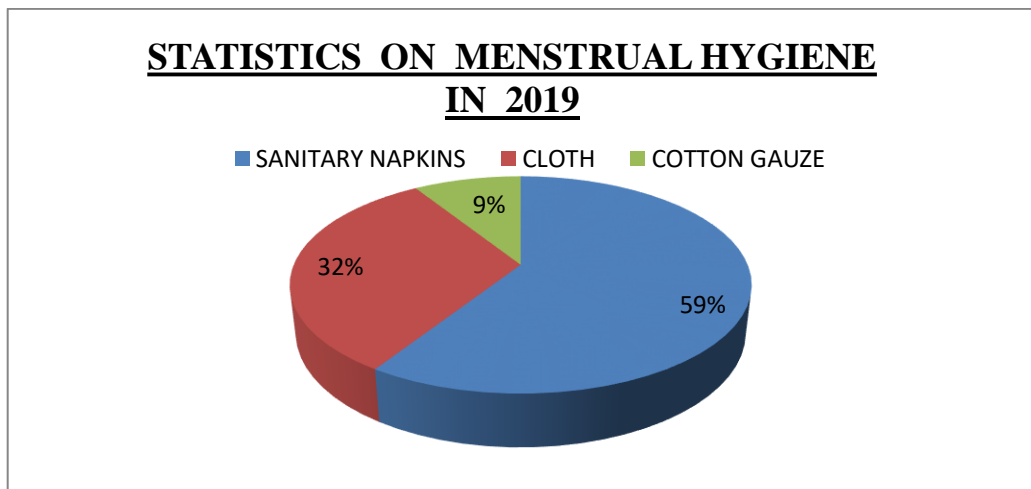
## **MENSTRUAL HYGIENE PRACTICES IN DIFFERENT AGE-GROUP IN 2020**

AGE	SANITARY NAPKINS		CLOTH		COTTON GAUZE	
	TOTAL NO.	PERCENTAGE	TOTAL NO.	PERCENTAGE	TOTAL NO.	PERCENTAGE
7-17 YEARS	220	83%	24	9%	20	8%
18-28 YEARS	1123	76%	203	14%	157	10%
29-39 YEARS	1055	67%	307	20%	200	13%
40-50 YEARS	250	61%	103	25%	60	14%

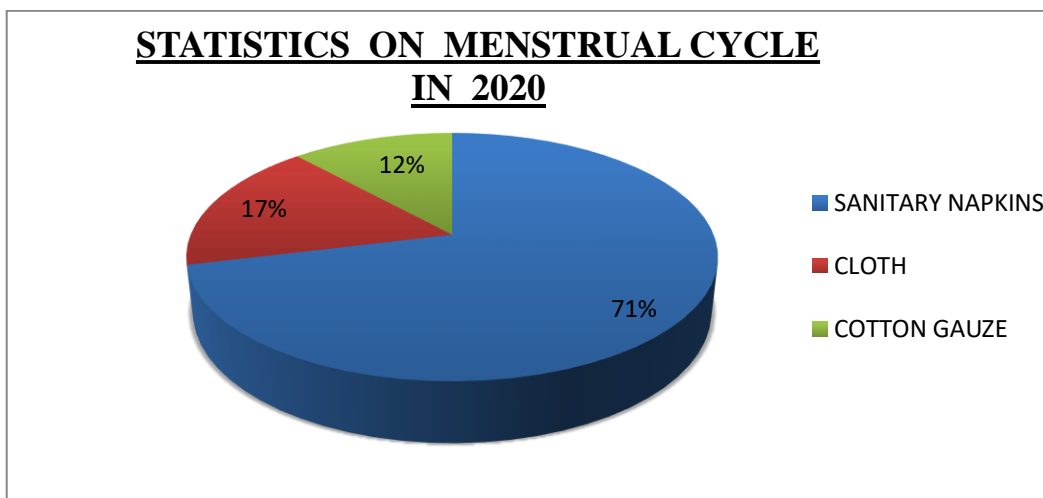
## GRAPH NO 1:



## GRAPH NO 2:

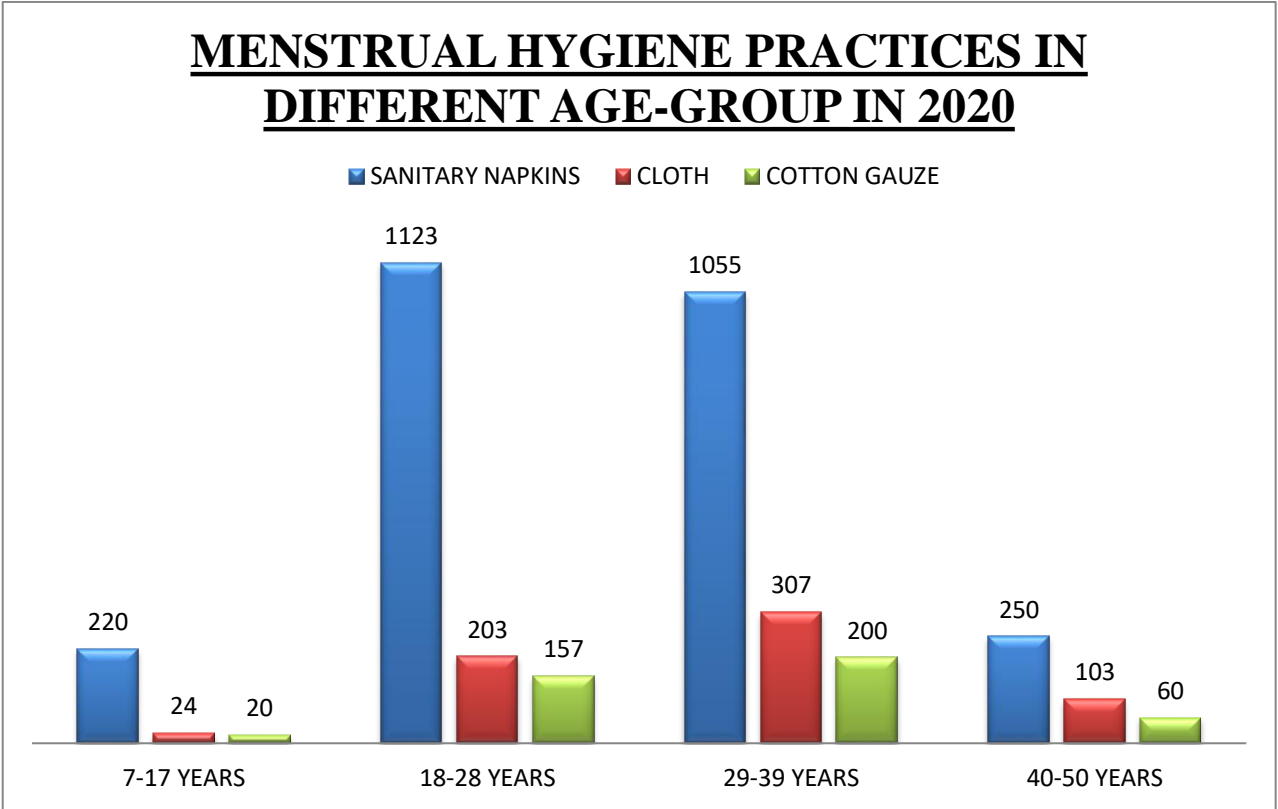


## GRAPH NO 3:





**GRAPH NO 4:**



# NUTRITION TRAINING

Nutritional demonstration for the month of July was **stuffed and steamed Sooji Balls**.

It is a low cost, high protein, high calorie breakfast recipe prepared by steaming. It is an easy and quick recipe, providing all the necessary nutrients for the morning diet.

Nutritional value per Sooji ball:  
**Protein: 2gm, Energy: 74**





# **STATISTICS OF MEDICAL PROJECT**

<b>Total # of Population</b>	14424
<b># Males</b>	7471
<b># Females</b>	6953
<b>Total # of children</b>	1073
<b>Red zone children</b>	49
<b>Currently gone to village</b>	8
<b>Yellow zone children</b>	150
<b>Currently gone to village</b>	30
<b>Green Zone</b>	246
<b>Currently gone to village</b>	37
<b>Due to COVID-19 Pandemic, not weighed</b>	553

## **STATISTICS OF RED ZONE CHILDREN**

	# total children	%age
<b>Total children in area</b>	1073	100
<b>Red zone children</b>	49	4.6
<b>Red zone children gone to village</b>	8	0.75
<b>Due to COVID-19 Pandemic, not weighed</b>	36	3.36

# STATISTICS OF PREGNANT MOTHERS AND NEW DELIVERIES

<b># of women pregnant last month</b>	22
<b># of deliveries</b>	4
<b>Births</b>	Male: 3, Female: 1
<b>Mothers who left Basti</b>	6
<b>Infant Death</b>	0
<b>Miscarriages</b>	0
<b>Abortions</b>	0
<b>Newly Pregnant</b>	19
<b>Trimester</b>	First: 2, Second: 9, Third: 20
<b># of women pregnant this month</b>	31

## DEATH DETAILS

<b>Health Promoter</b>	<b>Age of Deceased (Years)</b>	<b>Gender</b>	<b>Cause of Death</b>
Sunita	70yrs	Male	Heart attack
Sunita	28yrs	Male	Unknown

# INCOME GENERATION PROGRAM

DIR-INDIA got its first massive Order of 300 Masks by the Enactus team from PanjabUniversity. Health Promoters and Basti women are jointly making new Masks in great speed because public demand has suddenly grown. Wearing of masks is compulsive as per Government orders and Police is monitoring this in all corners of the street.



# WINGS OF HOPE

“All sorts of strange people were around, people who looked more at home than she was, even the homeless ones who spoke no English, more at home maybe because they were younger, and when she went out it seemed to her that she too had migrated, that everyone migrates, even if we stay in the same houses our whole lives, because we can't help it.

We are all migrants through time.”

— Mohsin Hamid, ‘Exit West’

Birds migrate to move from areas of low or decreasing resources to areas of high or increasing resources. The two primary resources being sought are food and living locations. As winter approaches and the availability of insects and other food drops, the birds move south again. But why do people migrate? For the same reasons, just without the freedom to go back.

**Reena** is a young woman, a mother of 2, who moved to **Nayagaon** after her marriage to Jay Prakash. Jay's family had moved here 20 years ago, in search for a better life for him and his sister. Her husband is a daily wager. Reena had her first child about 2 years ago, and everything seemed alright. Her husband and her father in law (who is mason) worked while the three women stayed back, taking care of the house and the child. With two low, yet dispensable incomes, they lived a subpar life. **D.I.R.** had been helping them with the education of the child at home with regular classes and assignments.

As the lockdown hit, the stress levels rose, the sources of income became uncertain, and Reena was about to give birth to her second child. With 7 mouths to feed, they became desperate to stay afloat in the drowning economy. Jay Prakash lost his job at the court after the lockdown, and stayed at home despite his wishes to go out and to find work. With only a single low source of income at their hands, the family struggled to put food on the table and to bear the medical expenses on a new born child.





By the grace of God, and the **NIPP program of D.I.R.**, the child born was 3kgs at birth, which is in the green zone. The older child is now in the yellow zone, at 10.5kgs at 2 years of age.

The National Democratic Alliance government's move to provide food to migrant workers during the nationwide lockdown has come under scrutiny as senior officials in the government have told a panel on labour that only 31% people identified in the programme benefited from it. So many people who looked up to the local governments for help, had to return empty handed and had to suffer. Reena's father in law was the only one working, but even with his old age, it was difficult to work constantly. With 7 people living under the same tin roof with walls made of mud and some bricks, in a single room, with no constant water supply, no electricity and very little hygiene, it was impossible for Reena to live healthily mentally and physically.



Keeping everything in mind, D.I.R. intervened and **adopted the family**. We have been providing them with regular supplies of healthy and nutritious food, making sure that the children have good and healthy food available, with proper education given at our tuition classes. We go to their house for regular checkups and weigh-ins for the children, and have been helping the family cope in the pandemic.

Sometimes still longing to go back home, they know that that life there would be worse than it is here. Their only hope is to hold on and move forward slowly, no matter what happens. Keeping their spirits high, Reena takes the reins and makes sure that her family has what they need to survive, mentally and physically. D.I.R. just helps them realize those needs and fulfill them.



# DIR-INDIA DECEMBER HIGHLIGHTS & VISITORS

- **Distribution of grocery stores on 15/16 July, 128households and population 523**

COVID-19 Relief distribution is held every month to needy families. This month's distribution was on 15<sup>th</sup> July 2020 and 16<sup>th</sup> July 2020. DIR-INDIA distributed 128 grocerykits, feeding hunger to 529 starving stomachs.

Funds were raised by PEP-TURF,an adventure sports Company owned by Lt. Col. ManojMalhotra on an International Yoga Day.

Each kit contained: -, Wheat Flour, Sugar, Cooking Oil, Chana Daal(Lentils), Rice, TeaLeaves, Red Pepper Powder, Haldi(Turmeric), onebathing Soap and Multivitamin supplements one bottle.





- **Enactus participation**

Enactus team had collaborated with DIR and donated 100 Masks to needy ones.



- **Virtual inauguration of Suraj admin room**

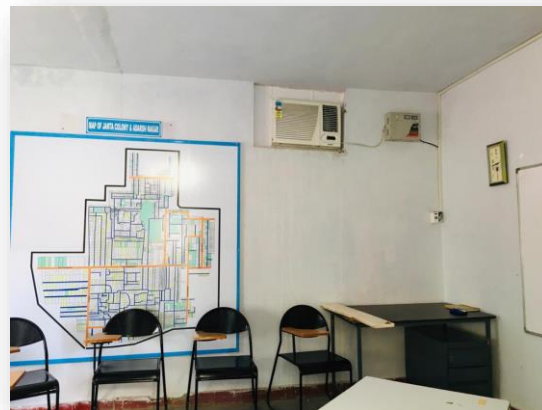
DIR-INDIA Administration office has been upgraded with 3 new computers along with a double battery inverter as backup donated by Col. Suraj Prakash. He did a virtual inauguration of this office as he lives in Texas,USA. Our thanks and appreciation to Col. Suraj Prakash for making our office work easy and convenient.





- **Donation by Col. Lali Gill**

3 Ac, 2 Stabilizer, 1 Fan was donated by Col. Lali Gill.

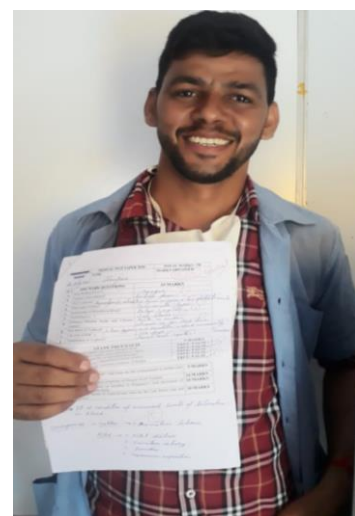
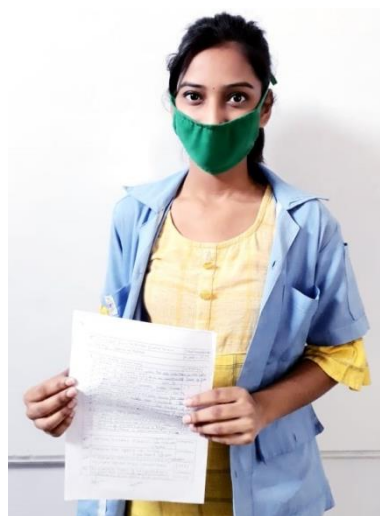
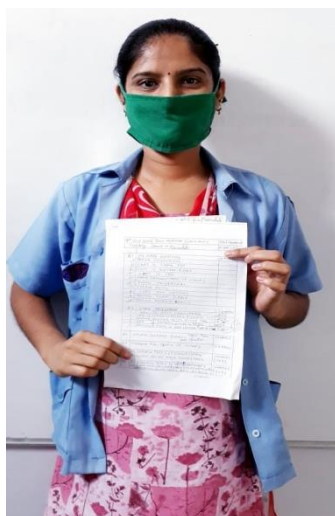


# TOP ACADEMIC PERFORMERS OF DIR-INDIA

**Medical Test Results for February:**

## **FIRST TOPPERS**

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## **SECOND TOPPERS**

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## Nutrition Test Results for December:

### FIRST TOPPERS

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### SECOND TOPPERS

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## OUR TEAM



## CONTACT INFORMATION

<b>DIR-India CENTRE:</b>	705-C Adarash Nagar, Nayagaon, Sas Nagar, Mohali
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<b>TELEPHONE NUMBER:</b>	+911725034227, +91-9478866412

### Bank details:

DIR INDIA BANK DETAILS	
IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
RTGS/NEFT/IFSC CODE	SBIN0018249
MICR CODE	160002091
INSTAMOJO LINK:	<a href="https://instamojo.com/@dir">instamojo.com/@dir</a>



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