



Developing Indigenous Resources India

JANUARY 2021



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CEO'S REPORT FOR JANUARY



A ray of hope, with the launch of Vaccine, life in Chandigarh has returned to normal and the fear of Corona Virus seems to have diluted.

Schools up to 5th Standard have reopened but the strength of students is still low.

DIR-India too was not far behind in its mission. On 4th January 2021, DIR-INDIA launched a new program “**ROZGAR HAMARA VYAPAAR**” for underprivileged women of Janta Colony, Nayagaon, Punjab.

The Masala Grinding Machine locally made in Chandigarh was delivered by the company to DIR-India. With full rituals, the inauguration ceremony was performed followed by a live demonstration of Masala grinding.

Our sincere thanks to Mr. Ravinder Jain for funding the complete equipment including the weighing machine and packing machine. It is a self-sustaining project as spices are used in every Indian home in daily cooking. The raw material is bought from vendors in the wholesale market and sold at a marginal profit after cleaning, grinding, weighing, and finally packing.



Our prime aim has always been to make the organization financially stable and generate employment for underprivileged women of the Basti.

The second project launched by DIR-India in 2021 is “**DISTANCE LEARNING PROGRAM**”. Our SWAD School teachers, Manjeet and Lata started online Hindi classes for Indian children living abroad. At present we have four students from California and Spain. We hope to expand this program once it gains momentum.



Our grocery distribution for malnourished children and pregnant mothers continues twice a month.

We are grateful to Hindustan Unilever’s for donating toiletries for Basti families and to Ma Foundation for funding the grocery stores.



Motherhood

In a world so bleak and full of problems, who do you trust the most to protect their child?



A mother!!!

But what happens when the mother herself is apathetic towards her skin and blood?

Meet Radha, a 22-year-old mother of one, who couldn't care less about herself or her child. Married off into a completely different culture of Uttar Pradesh at the mere age of 21, Radha set off on a toilsome journey, with no idea what was in store for her.

Not a year had passed when she became pregnant and her mother thought it necessary to bring her back home, to Nayagaon to care for her and the life growing inside of her. She wasn't taken care of nor was she given the attention required in those times at her husband's home, therefore her mother did what was crucial. With her husband working as a day laborer, it wasn't his concern as he was more worried about his job and the effect of the global pandemic on his family's financial status.

The first time we saw her, we didn't realize she was pregnant due to her extreme underweight body. Her careless attitude towards herself and more surprisingly towards her child was extremely shocking and heartbreaking to us. She refused our help in any way shape or form when we started to look after her. She didn't eat enough food, didn't come for follow-up checkups, and didn't take her supplements that would've helped her and whatnot. She refused all forms of treatment, which led to her health deteriorating.

It wasn't until our medical workers had several intense and extensive conversations with her about her health and her child that she began to come around. She was completely against the work done in D.I.R. India was often annoyed when we asked her questions or gave her suggestions. Due to her irritability, her stress levels increased, which made her even more unsusceptible towards the solutions provided. The child was underweight at birth, which led to a few complications with her delivery. The milk produced wasn't nutritious enough for the child as the mother herself didn't eat a nutritious diet. With the help of her mother, we made sure that she ate more than a single insubstantial meal a day, which she was used to, and took the important supplements to increase her weight and improve her health. With easy to follow food demonstrations and a regular supply of nutritious vegetables and groceries during the pandemic, her health improved drastically, although it still wasn't the best in the given case.

Even though she's still against the treatments offered to her by us, she's compliant. She's still underweight, but she now eats properly and is willing to cook more and eat more homemade meals. The child is doing better now, only a few kilos away from a healthy weight (i.e., in the yellow zone).



It does take an effort to raise a child, but what we didn't know was that it takes even more to change a mother's heart. It took a child born in the unforgiving chaos of the world to make Radha look at herself and realize her mistakes.

D.I.R. was successful in helping to shape the minds of young mothers and witnessing a love purer than anything else, and we will make sure to give Radha all the guidance she needs to lead a happier and more fulfilling life.

MEDICAL TRAINING



Cervical cancer is a public health problem in developing countries like India, so much so that India alone accounts for one-quarter of the worldwide burden of cervical cancers.[1,2] It is one of the leading causes of cancer mortality, accounting for 17% of all cancer deaths among women aged between 30 and 69 years. It is estimated that cervical cancer will occur in approximately 1 in 53 Indian women during their lifetime compared with 1 in 100 women in more developed regions of

the world.[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5234166/>

Medical classes of the health promoters on the topics of cervical cancer, menstrual cycle, and menopause were taken by Dr. Sakshi Sharma. The role of hormones in the entire menstrual cycle and menopause was explained to the health promoters. Monthly tests on the same topic were taken on the last Thursday of January. Presentations on the topics of lung cancer, lymphatic system, circulatory system, and typhoid were taken by the health promoters.



NUTRITION TRAINING



- Dietitian Swati took nutrition classes on Topic **THYROID DISEASES AND DIET FOR HEALTHY THYROID**. Thyroid diseases are, arguably, among the commonest endocrine disorders worldwide. India too is no exception. According to a projection from various studies on thyroid disease, it has been estimated that about 42 million people in India suffer from thyroid diseases.

[:https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3169866/#:~:text=Thyroid%20diseases%20are%2C%20arguably%2C%20among,India%20suffer%20from%20thyroid%20diseases](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3169866/#:~:text=Thyroid%20diseases%20are%2C%20arguably%2C%20among,India%20suffer%20from%20thyroid%20diseases)

- Demonstration was conducted on Western recipes of Pan Cakes by DEEP FRYING the batter to make them calorie-rich for malnourished children. The main ingredient of the Pan Cake was SWEET POTATO which is cost-friendly and easily available during winters.

Sweet potatoes are **sweet**, starchy root vegetables that are grown worldwide. They come in a variety of sizes and colors including orange, white, and purple, and are rich in vitamins, minerals, antioxidants, and fiber. Not to mention, they provide several health benefits like Promoting Gut Health. The **fiber** and **antioxidants** in sweet potatoes are advantageous to gut health.

Other ingredients were whole wheat flour instead of Maida to provide additional benefits like fiber along with calories and protein, jaggery to infuse iron and honey for garnishing along with other health benefits like Honey has high levels of monosaccharides, fructose, and glucose. Honey also has antiseptic and antibacterial properties.

DATE OF NUTRITIONAL DEMONSTRATION - 12TH JANUARY 2021

NAME OF DISH - DEEP FRIED INDIAN STYLE PANCAKES

NUTRITIONAL VALUE (1 PANCAKE = 40 GM APPROX) - 110 CALORIES, 3 GM PROTEIN



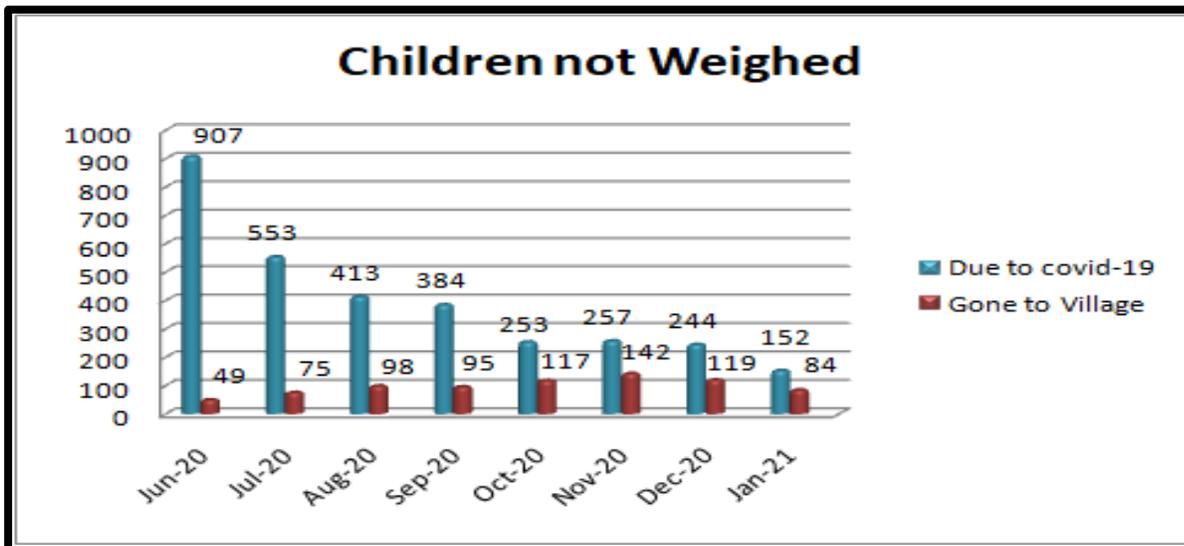
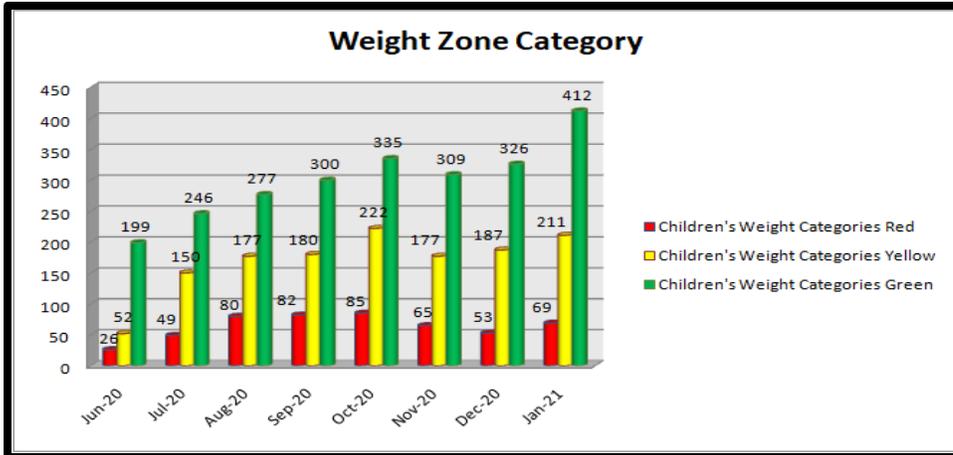
STATISTICS OF RED ZONE CHILDREN

Age (Months)	# Children	%
0-12	14	1.5%
13-24	7	0.8%
25-36	13	1.4%
37-48	15	1.6%
49-60	20	2.1%
Total children in the area	928	100%
Total Red zone children	85	9.2%
Red zone children gone to the village	7	0.8%
Not weighed due to COVID19 Pandemic	9	1%
Red Zone Children weighed	69	7.4%

- We would like to draw your attention here that we saw pronounced growth in the red zone category children. This month 13 children progressed from **RED ZONE** to **YELLOW ZONE** (gained weight by 1 to 2 kg).

STATISTICS OF MEDICAL PROJECT

Total Number of Population	14439
Total Males	7482
Total Females	6957
Total no. of children	928
<u>Total Red zone children</u>	85
Red zone children Weighed	69
Currently gone to the village	7
Not weighed due to COVID19 Pandemic	9
<u>Total Yellow zone children</u>	283
Yellow zone children weighed	211
Currently gone to the village	18
Not weighed due to COVID19 Pandemic	54
<u>Total Green Zone children</u>	560
Green zone children Weighed	412
Currently gone to the village	59
Not weighed due to COVID19 Pandemic	89



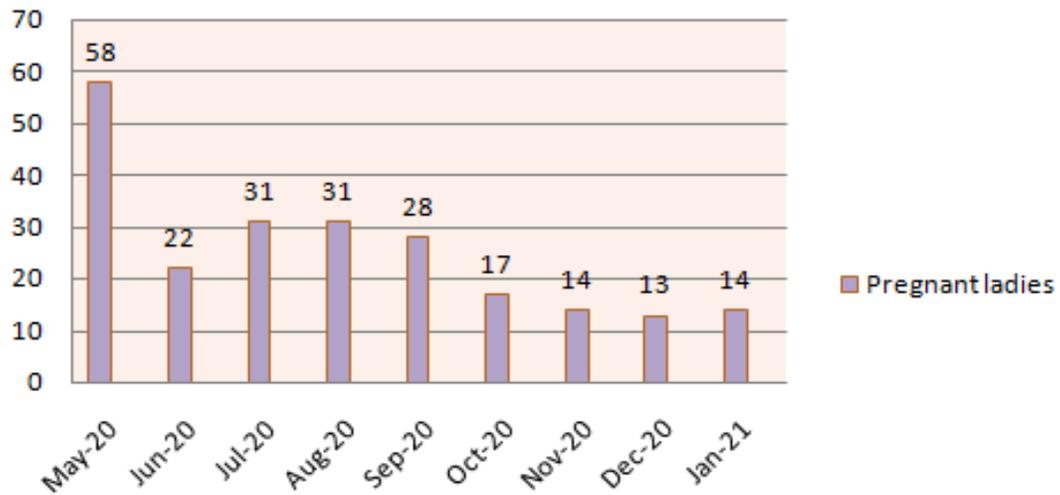
- Total number of children last month = 929
- Children permanently left Janta colony slum = 17
- Children reached 5 years of age (out of DIR medical program) = 19
- Newborn = 4
- 31 new kids under 5 in DIR medical program (migrant population)
- Total number of children this month = 928

STATISTICS OF PREGNANT MOTHERS AND NEWBORN

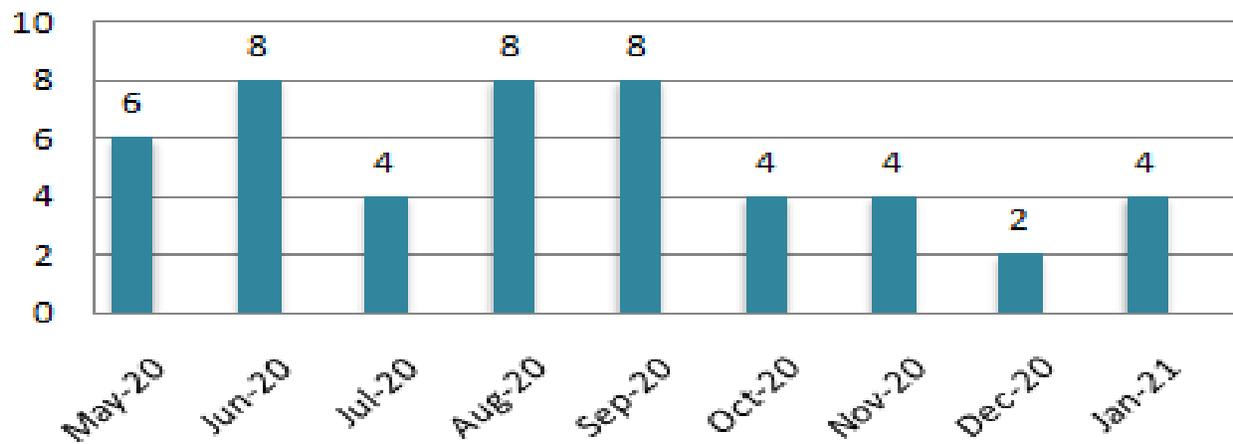
<u>Number of women pregnant last month</u>	<u>13</u>
<u>Number of deliveries</u>	<u>04</u>
<u>Births</u>	<u>Male: 03; Female: 01</u>
<u>Mothers who left Janta Colony</u>	<u>1</u>
<u>Infant death</u>	<u>1</u>
<u>Miscarriages</u>	<u>0</u>
<u>Abortions</u>	<u>0</u>
<u>Newly Pregnant</u>	<u>6</u>
<u>Trimester</u>	1 st trimester: 0 2 nd trimester: 09 3 rd trimester: 5
<u>Number of women pregnant this month</u>	<u>14</u>

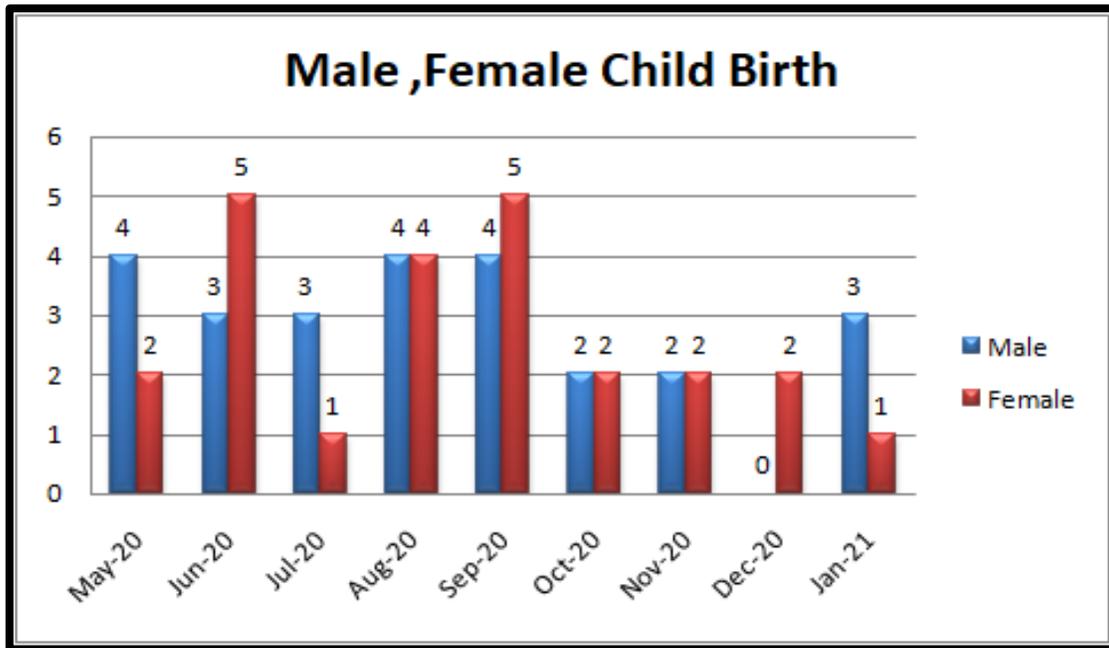
- Infant death due to fetal distress. Delivery was in government hospital, Mohali, Punjab.

Pregnant Ladies



Number of Deliveries





DEATH DETAILS

HEALTH PROMOTER	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH
BANITA	54	FEMALE	STOMACH CANCER
SANJEEV	70	FEMALE	CARDIAC ARREST
DIMPLE	70	FEMALE	CARDIAC ARREST
LATA	1 DAY	FEMALE	FETAL DISTRESS

INCOME GENERATION PROGRAM

Our Tailoring team of HPs stitched:

- Masks =54
- Wall hangings= 3
- Apron = 2



DIR-INDIA JANUARY HIGHLIGHTS

- On 12th, 13th, 26th January (the Republic Day), and 31st January Grocery stores distribution worth approximately 500-1000 rupees was distributed amongst 86 families. The financial support was done by Ma Foundation.



- Lohri celebration on 13th January 2021



- On 14th January Hindustan Unilever donated toiletries for Basti families.



Launch of New Projects in 2021:

- **DISTANCE LEARNING PROGRAM**- Our SWAD School teachers, Manjeet and Lata started online Hindi classes for Indian children living in California and Spain.



- **ROZGAR HAMARA VYAPAAR**- for underprivileged women of Janta Colony, Nayagaon, Punjab.

It is a self-sustaining project as spices are used in every Indian home in daily cooking. The raw material is bought from vendors in the wholesale market and sold at a marginal profit after cleaning, grinding, weighing, and finally packing. Our prime aim has always been to make the organization financially stable and generate employment for underprivileged women of the Basti.

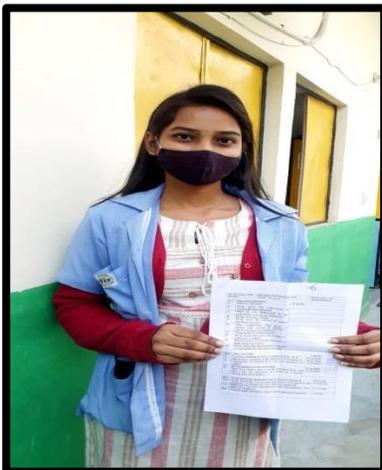


ACADEMIC PERFORMANCE OF DIR-INDIA

Medical Test



Nutrition Test



OUR TEAM



CONTACT INFORMATION

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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:	instamojo.com/@dir

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FACEBOOK	https://www.facebook.com/dir
TWITTER	twitter.com/@dirdotngo
YOUTUBE	https://www.youtube.com/channel/UCvjksGNLMLNLR6ji-7_kQPg
GIVE INDIA	https://fundraisers.giveindia.org/nonprofits/developing-indigenous-resources-india

