



## B. K. L Walawalkar Rural Medical College

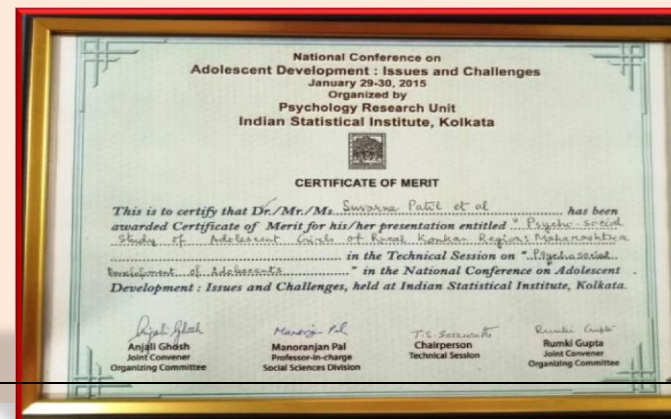
### WALAWALKAR SUKANYA YOJANA

#### Introduction

**Walawalkar Sukanya Project:** There are many reasons behind of child malnourishment, but most important reason is that If mother is malnourished, then her baby born malnourished, hence Many times a malnourished new-born doesn't yield positive results even with timely treatment. Reason for it has been traced to poor health of mother and her childhood. When this came into light, our hospital focused on its resources for improving the health of women, right from their teenage. For the development of a healthy & strong society, it is necessary to provide positive, favorable conditions so that the girls can eventually become psychologically & physically capable women. With this objective, hospital initiated a scheme for empowering young women. The 'Walawalkar Sukanya Project' (Sukanya means 'Maiden' was introduced in 2011 where rural girls between 10 to 19 years of age are invited to attend 1 day or 5-days camps on health awareness.

Girls come together and learn most important psychological and physical health lesson while having fun at these camps. Also these camp help teenage girls to build confidence develop communication skills, science behind the Indian culture, and awareness about physiological, psychological, social changes during adolescent age. Also beginning the day with yoga & exercise, they have a day packed with all-encompassing programs from health checkups to hygiene to nutrition. They are tested for hemoglobin (CBC), calcium, Sugar, Random urine, USG, fat, muscle, weight, height using scientific tools. Up to date, almost 50000 teenage girls from the region have been tested.

**This program was also appreciated by Indian Statistical Institute, Kolkata in 2015**



They are also introduced to self-hygiene, dental hygiene, menstruation, mental health, and nutrition.

The girls receive sex education, information about AIDS from experts in those fields.

Moreover, the girls are also trained on First-aid, CPR so they can calmly handle scorpion or snake bites or be able to save someone during a heart-attack in the absence of medical support.

A striking observation during these camps was the lack of hemoglobin in almost 80% of girls from the region. The average weight of the girls was only 35 to 38 kg. s, way below the expected standard. So they get special training on nutrition, how to cook healthy meals using local ingredients, cleanliness, how to build toilets, and even recommendations on books they can read.

In short, they are trained to become the ideal 'Divine Homemakers' and on track to become positive, confident future mothers as envisioned by Shree Maharaj.

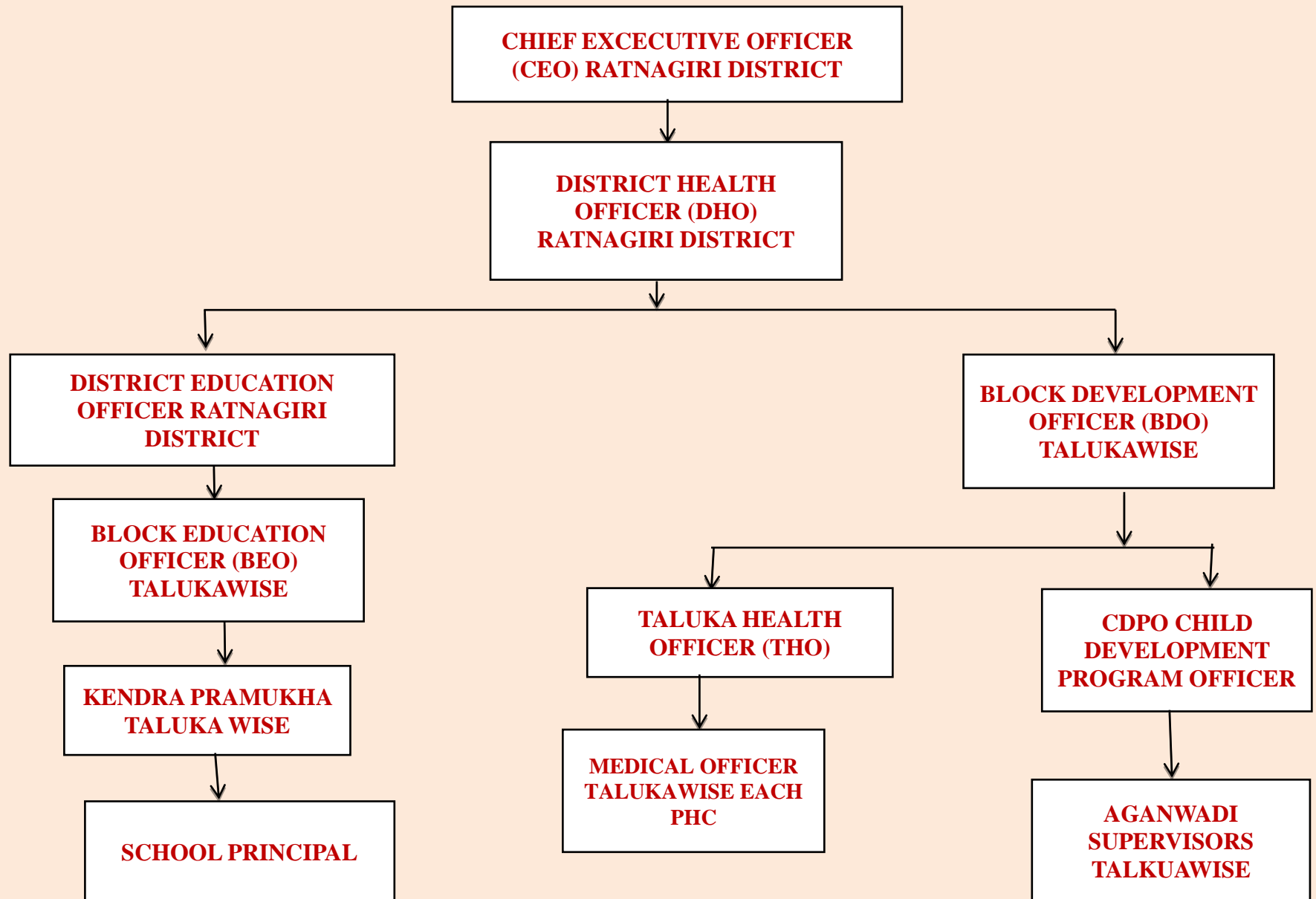
At the end of the camp, a written exam is administered to ensure and test if the girls have gained the required knowledge. They receive a certificate of completion at the end of the camp, but the hospital's responsibility does not end here. The hospital takes responsibility for their future health and well-being, supports & provides them with an opportunity for future education, and ensures they become self-dependent, progressive women in the future.

Also we organized **1 day outside and 1 day in hospital camp** for girls who are unable to participate in residential camp. In this camp their HB, anthropometry is examined and also examined by doctors. In this camp they are also given guidance on health, physical and psychological changes during adolescent age and healthy diet habits. Impressed with this initiative, the Indian Statistical Institute of Calcutta has praised and awarded a certificate of recognition to the B.K.L.W hospital and Rural Medical College.

### **Cultural program Bhondala Celebration-**

Girls think that hospital is only for treatment, and because of this girls are afraid to come to the hospital. In order to allay their fears about the hospital not only treats the ailments but also explains to them what needs to be done keep everyone from falling ill. And this is the purpose for which this event is organized.

## Methodology



Sr. No	Activities
1.	1 <sup>st</sup> Visit to village and school for convince parents and girls
2.	Health checkup (by consultant) and investigations (blood test, USG)
3.	Awareness session about physical, psychological, social changes, diet
4.	Sex education, information about AIDS from experts in those fields
5.	First aid training
6.	Certificate distribution

### Area of coverage

#### Total 9 TEHILS in Ratnagiri districts

1. Dapoli
2. Khed
3. Guhagar
4. Chiplun
5. Sangmeshwar
6. Ratnagiri
7. Rajapur
8. Lanja



### One day workshop-

Sr.no	Activities
1.	Health awareness session
2.	Diet and hygiene
3.	Dental hygiene
4.	Hemoglobin checkup
5.	Anthropometry
6.	Health checkup

### Bhondala celebration

Sr.no.	Activities
1.	Lamp lightning
2.	Awareness session/ video
3.	Pooja/ aarti

Sr. No.	Years	Total no. of camps/program/ residential camps	Total no. of beneficiary	Total no. of faculty/ JR	Total no. of Staff/ Intern / Medical students participated
1.	2022	40	2518	45	249
2.	2021	21	567	19	37
3.	2020	12	3085	6	12
4.	2019	34	3652	57	28
5.	2018	39	6737	23	30
6.	2017	45	10389	20	46
7.	2016	71	17126	11	41
	<b>Total</b>	<b>249</b>	<b>44074</b>	<b>181</b>	<b>352</b>

Year	No .of One day outside camps	Total no. of beneficiary	Residential camps	Total no. of beneficiary	One day hospital camps	Total no. of beneficiary	No. of Bhondla program	Total no. of beneficiary	Total no. of faculty /JR participated	Total no. of intern/ Medical students participated	Total no. of Community & Nursing staff
2022	27	2309	08	145	03	10	01	54	45	84	165
2021	16	475	1	19	3	57	1	16	19	7	30
2020	6	242	3	64	-	-	3	111	6	NA	12
2019	20	1015	13	286	0	0	1	80	57	NA	28
2018	29	1209	8	251	2	41	-	-	23	NA	30
2017	32	2223	08	301	05	181	-	-	20	NA	46
2016	61	2941	05	108	05	97	-	-	11		41
<b>Total</b>	<b>191</b>	<b>10414</b>	<b>46</b>	<b>1174</b>	<b>18</b>	<b>386</b>	<b>6</b>	<b>261</b>	<b>181</b>	<b>91</b>	<b>352</b>



## Outside Camp

### Visit to High School



### Health Checkup



### Awareness Session



### Health Checkup



## Residential Camp

### Space lab Visit



### Health Checkup



### Exercise Session





## Dream Health Park Visit



## Anemia detection



## Games & Activities conducted by interns





## Bondala Pooja



## Residential Camp Planning Time Table

Date	Event	Resource Person
Day 1	Introduction Session	Swati Sonawane (Psychologist)
	Health Awareness And Motivational Video	Rupali Chavan (Psychologist) Swati Sonawane (Psychologist)
	General health check-up & proforma explanation	Dr. Manasi Chaudhari (intern) Dr. Aishwarya Birajdar (intern)
Day 2	Ophthal , Derma, OBGY & dental references	1.Dr.Priyanka Patil (Ophthal Junior Resident) 2.Dr.Sushant Salekar ( Dermatology Junior Resident) 3.Dr.Shraddha Wankhade ( Dermatology Junior Resident) 4.Dr.Snehal Murade (Gynac Senior Resident) 5.Dr.Ashwini Gajakos (Dentist) 6. Dr.Pooja Jadhav ( Dentist))
	Physiotherapy	Dr. Meghana Palkhade (Physiotherapist)
Day 3	Career Guidance	Premkumar Korochnikar
	Awareness Session	Swati Sonawane (Psychologist) Rupali Chavan (Nursing Assistant)
	Dohale jevan & six month birthday attend	Dr. Manasi Chaudhari (intern) Dr. Aishwarya Birajdar (intern)
Day 4	Menstrual hygiene and POCSO ACT session	Dr. Manasi chaudhari (intern)
	Diet session	Dr. Rachna Mohite (dietician)