

## B. K. L Walawalkar Rural Medical College

### WALAWALKAR LADDOO GOPAL YOJANA

#### Nutritious 'Ladoos'

Malnutrition in Konkan is a social disease, which can easily be treated with proper nutrition. Geographically located in mountainous terrain with poor soil quality, Konkan has extreme hot & humid weather on top of already low poverty levels. This has led to widespread nutrition issues amongst the population. To build a strong, positive & capable society, it was necessary to break this vicious cycle of malnutrition. And with this objective, the hospital decided to increase awareness of nutrition and developed a 'Ladoo' (a nutritious delicacy prepared from nuts, honey, dry dates, saffron, milk powder, Jaggery, local whole grains and some natural herbs such as 'Ashwagandha', 'Shatavari', 'pimpli', 'sunth', 'ahliv' etc.). They contain 5% Iron, 84% Calcium, 68% Carbohydrates & 10% Proteins and other vitamins.

As described earlier, these ladoos are distributed every week to ICDS centres (preschools), pregnant women & adolescent girls for free in all villages. Each person receives 2-3 ladoos for each day. These ladoos provide the daily nutrients required to this population, which struggles even for one decent meal of the day, and to track the effects of this nutritious supplement, the weight & height of the recipients is measured regularly. Furthermore, women are also trained on how to prepare a range of healthy food at home from easily available local ingredients in their regions. Until now, almost 617 pre-schools (approx. 21240 children) from the 3 districts of Ratnagiri, Sindhudurg and Satara, have received this service.

Regular consumption of these ladoos has shown remarkable improvements in Hemoglobin content in the blood & weight of the children/women. Such positive changes in pregnant women always help in delivering a healthier child. A report from the Maharashtra State Public Health Laboratory has indicated that this "Ladoo" contains about 410 Kcal energy per 100 grams, which proves its importance.

The hospital has been distributing these "Ladoos" to the malnourished population since the year 2000 and has continuously worked towards its goal of improving the overall health of the whole society.



## WALAWALKAR LADDOO GOPAL YOJANA



**Health Checkup**



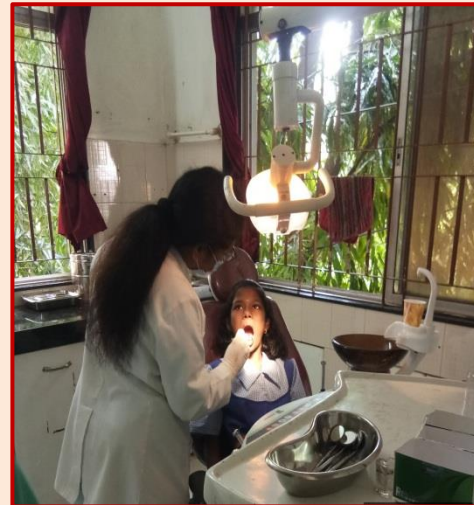
**Six Months Birthday Celebration**



**Ladoo Distribution**



**Lunch**



**Dental Checkup**



**Visit to dream Health park**

## INGREDIENTS OF LADDO

SR.NO.	NAME IN MARATHI	NAME IN ENGLISH
1	ASHWAGANDHA	WITHANIA SOMNIFERA
2	SHATAVARI	ASPARAGUS RACEMOSUS
3	PIMPALI	PIPPER LONGUM/ LONG PEPPER
4	SUNTHI	DRY GINGGER
5	HALIV	LEPIDIUM SATIVUM/ GARDEN CRESS SEEDS
6	SHINGADA	WATER CALTROP
7	KAJU	CASHEW NUT
8	KHARIK	DATES
9	KESHER	SAFFRON
10	CHAROLI	BUCHNANIA LANZAN
11	GODAMBI	MARKING NUT SEEDS/ SEMECARPUS ANACARDIUM
12	JAIFAL/ JAIPATRI	NUTMEG
13	MADH	HONEY
14	SALICHYA LAHYA	RICE POPS
15	VELACHI	CARDAMOM
16	MAKYACHYA LAHYA	CORN POPS
17	GAHU	WHEAT
18	SOYA	SOYA BEANS
19	HARBHRA	WHOLE GRAMS
20	SHENGDAHA	GROUND NUTS
21	MAGAJ BEE	WATER MELON SEEDS/ PUMPKIN
22	MOOG	GREEN GRAM
23	NACHNI	RAGI
24	POHA	FLATTENED RICE
25	RAJGEERA	AMARANTH GRAIN
26	SAJUK TUP	CLEARIFIED BUTTER
27	GUL	JAGGERY



### **Six months birthday celebration-**

The 1<sup>st</sup> 1000 days after delivery are very important. It is a period of opportunity when the foundation of optimum health, growth and neurodevelopment across the lifespan are laid. But there is a lack of awareness and plenty of misconception about visiting doctor for health consultation. Hence we celebrate six months birthday which gives us opportunity to check baby's health.

### **Naming ceremony for baby girl-**

As mother delivered a girl child her husband and in laws start cursing her, affecting her mental as well as physical health. (Less secretion of breast milk, sadness of mood). Naming ceremony and celebration for baby girl child at hospital helps mother to acceptance of girl child. It encourages her to take care of health.

### **Methodology-**

#### **OPD and aganwadi (outside checkup camp)**

<b>Sr.no</b>	<b>Topics</b>
1.	Health checkup
2.	Anthropometry
3.	Medicine distribution
4.	Awareness lecture



## CDC camp (Sudama Yojana)

Date	Time	Activity
1 <sup>st</sup> Day	08:00am To 11:00am	Arrive Hospital
	11:15am To 01:00pm	Opd Dr. Checkup For Admission
	01:00pm To 03:00pm	Lunch And Rest Time
	03:00pm To 04:30pm	Blood Collection And X-Ray
	04:30pm To 05:30pm	Masti Time (Game)
	05:30pm To 06:00pm	Tea/Nashta
	06:00pm To 07:30pm	Dinner
2 <sup>nd</sup> Day	08:00am To 09:00am	Breakfast
	09:00am To 10:30am	Doctor Round
	10:30am To 11:30am	Reference
	11:30am To 12:00pm	Diet Lecture
	12:00am To 12:45pm	Pediatric Lecture
	01:00pm To 03:00pm	Lunch Time/Rest Time
	04:00pm To 05:00pm	Dream Health Park
	05:00pm To 05:30pm	Rest Time
	05:35pm To 06:00pm	Tea/Nashta
	06:00pm To 06:30pm	Psychological Health Awerness Lecture
3 <sup>rd</sup> Day	08:00am To 09:00am	Breakfast
	09:00am To 11:00am	Doctor Checkup Medicine Distribution
	11:00am To 02:00pm	Movie (Kids)
	02:00pm To 03:00pm	Lunch And Rest
	03:00pm	Live To Home

## AREA OF COVERAGE

### Total 6 TEHILS in Ratnagiri districts.

1. Guhagar
2. Chiplun
3. Sangameshwar
4. Ratnagiri
5. Rajapur
6. Kankavali





## Ladoo Distribution



<b>Years</b>	<b>Total no. of camps/ six months birthday/CDC camps / OPD Camps</b>	<b>Total no. of Beneficiary</b>	<b>Total no. of faculty/ JR</b>	<b>Total no. of Staff</b>	<b>Total no. of Intern / Medical Students Participated</b>
<b>2022</b>	66	2089	62	243	106
<b>2021</b>	30	1418	30	59	19
<b>2020</b>	23	955	10	20	-
<b>2019</b>	52	1713	54	24	-
<b>2018</b>	41	1172	40	22	-
<b>2017</b>	31	921	33	22	-
<b>2016</b>	24	413	22	20	-
<b>Total</b>	<b>267</b>	<b>8681</b>	<b>251</b>	<b>410</b>	<b>125</b>

<b>Months</b>	<b>Outside camps</b>	<b>Total no. of beneficiary</b>	<b>Sudama yojana / CDC Camps</b>	<b>Total no. of beneficiary</b>	<b>OPD checkup camps</b>	<b>Total No. of beneficiary</b>	<b>Six months birthday</b>	<b>Total No. of beneficiary</b>	<b>Total No. of faculty/JR</b>	<b>Total No. of intern / Medical Students Participated</b>	<b>Total No. of staff</b>
<b>2022</b>	33	1399	01	32	22	432	10	226	62	106	243
<b>2021</b>	24	1271	1	36	2	40	3	97	30	19	59
<b>2020</b>	11	627	4	108	5	141	3	79	10	-	20
<b>2019</b>	27	1094	8	181	11	322	6	116	54	-	24
<b>2018</b>	7	265	1	23	24	818	2	66	40	-	22
<b>2017</b>	11	330	-	-	13	397	7	194	33	-	22
<b>2016</b>	08	174	-	-	12	194	04	45	22	-	20
<b>Total</b>	<b>121</b>	<b>5160</b>	<b>15</b>	<b>380</b>	<b>89</b>	<b>2344</b>	<b>35</b>	<b>823</b>	<b>251</b>	<b>125</b>	<b>410</b>



## Outside Camps (Health checkup & Calcium Medicine Distribution)





## OPD Checkup





## Six Months Birthday (Awareness sessions)





## Child Development Center (Sudama Yojana)





## Ladoo received second prize in the “Meri Puastik Rasoi” competition arranged by Glen mark Foundation



आयोजित पाककृती स्पर्धा

# मेरी पौष्टिक रसोई

पारंपरिक, पौष्टिक,  
स्थानिक पाककृती स्पर्धा

‘मेरी पौष्टिक रसोई’ ही केवळ पाककृती स्पर्धा नसून पारंपारीक पद्धतीने बनविल्या जाणाऱ्या पौष्टिक स्थानिक पाककृतींची माहिती जमवण्याचा व जतन करण्याचा हा एक प्रयत्न आहे.

TOTAL CASH  
**PRIZE**  
₹2,00,000  
FOR ENTRIES UNDER  
ALL CATEGORIES

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प्रतियोगितेसाठी अपेक्षित सहभागी वर्ग

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- व्यावसायिक/ विद्यार्थी
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## Analysis of Ladoo Report



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Tilak Road, Pune 411 002, India Tel : 91-20-24440079, 24441776  
Email : nafaripune@yahoo.co.in nafarinstitute@gmail.com www.nafari.org

**NABL Accredited Laboratory as per ISO / IEC : 17025 : 2005**  
CIN No. U74220PN2002NPL017463

Report No. : 16-17/0839 Date of Issue : 16/07/2016

Issued To : Shree Annapurna Caterers  
C/o- Shruti Mangal Karyalaya  
1236, Apte Road, Pune-411004

Kind Attn. : Mr. Kulkarni

**TEST REPORT**

- Sample Name : Paushtik Laddu (1107161322)
- Date of Sample Receipt : 11/07/2016
- Your Ref.No. : Test Request Form
- Sample Pkg : Non Commercial Foil Bag
- Sample Collected By : Client
- Date(s) of Testing : 12/07/2016 to 14/07/2016


SR.NO.	PARAMETERS	RESULTS	UNITS	TEST METHODS
1	Energy Value	480	kcal/100 g	By Calculation
2	Protein	15.33	g/100 g	IS:2234:2010
3	Carbohydrate	64.24	g/100 g	IS:1656:2012
4	Total Sugar as Sucrose	39.4	g/100 g	AOAC 923.09
5	Fat	17.92	g/100 g	IS:12220:2010
6	Moisture	1.41	g/100 g	IS:2234:2010
7	Ash	1.1	g/100 g	IS:2234:2010
8	Calcium	118.26	mg/100 g	IS:15121:2013
9	Magnesium	90.78	mg/100 g	IS:15121:2013
10	Phosphorous	920.16	mg/100 g	IS:14828:2013
11	Zinc	1.49	mg/100 g	AOAC 969.32
12	Iron	6.18	mg/100 g	AOAC 944.02, 32.01.09

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End of Report

Authorised By: Bhagyashree Kulkarni  
Sec. Incharge Instru

The above results pertain only to the sample tested.  
This Report, in full or in part, shall not be used for advertising or legal action.  
This Report cannot be re-produced, except when in full, without the written permission from the Director.  
The sample will be destroyed after one month from the date of issue of test report (in case of non-perishable items only.)  
Fees not established between the company and the client at the time the order is placed or a contract is negotiated shall be at the company's standard rates (which are subject to change) and all applicable taxes shall be payable by the client.  
This test report in no manner implies that the product tested is approved by NABL.



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Report No. : 15-16/1019 Date of Issue : 18/08/2015

Issued To : Shree Annapurna Caterers  
C/o- Shruti Mangal Karyalaya  
1236, Apte Road, Pune-411004

Kind Attn. : Mr. Kulkarni

**TEST REPORT**

- Sample Name : Ladu (1008151011)
- Date of Sample Receipt : 10/08/2015
- Your Ref.No. : Test Request Form
- Sample Pkg : Non Commercial Foil Bag
- Sample Collected By : Client
- Date(s) of Testing : 13/08/2015 to 18/08/2015


SR.NO.	PARAMETERS	RESULTS	UNITS	TEST METHODS
1	Energy Value	507	kcal/100 g	By Calculation
2	Protein	11.8	g/100 g	IS:4079:2011
3	Carbohydrate	65.03	g/100 g	IS:1656:2012
4	Total Sugar as Sucrose	36.52	g/100 g	AOAC 923.09
5	Fat	22.16	g/100 g	IS:12220:2010

End of Report

Authorised By: Vinay Oswal  
Director

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