

SELF EDUCATION SERIES



# MULTIGRAINS

A road to wellness



## HEALTH & NUTRITION CENTRE APANGA MAHILA BAL VIKAS SANSTHA

Vidarbha Sanshodhan Maddal Premises  
Plot No 1 , Civil Lines, West High Court Road, Nagpur - 440 001  
Tel. 0712 2545477 (M) 98233 62161

[www.ashadeepsanstha.org](http://www.ashadeepsanstha.org)

WRITER

**Dr. Pratima Shastri**

M.Sc. Ph.D.

Retd. Professor and Head,  
Department of Food Technology  
Laxminarayan Institute of Technology  
R.T.M. Nagpur University, Nagpur



**Dr. Pratima N. Shastri**

M.Sc. (Biochemistry), Ph.D.

(M) +91 9823362161

E-mail : [pnsnit@yahoo.com](mailto:pnsnit@yahoo.com)

© All rights reserved.

30<sup>th</sup> September 2021

Published by

**Square Communications  
& Creatives, Nagpur**

Cover design by

**Prashant Kawale**  
(M) 9881479589

Printed at

**Kalyani Computers  
& Printers**

Kotwal Nagar, Atrey Layout,  
Nagpur - 440015

### **Professional experience (1971-2008)**

Teaching Food Science, Biochemistry, Nutrition, Microbiology and Biotechnology to undergraduate and postgraduate students at Laxminarayan Institute of Technology, RTM Nagpur University, Nagpur. Member of several academic bodies, scientific societies and committees on national level.

Supervision of M.Tech. M.Phil and Ph.D. candidates. Research publications in scientific journals and presentations in conferences. Implementation of research projects sponsored by national and international agencies.

Social commitment : President of Apanga Mahila Bal Vikas Sanstha, Nagpur. Coordination of Divyanga rehabilitation, as well as Health and Nutrition activities of the organization. Promotion of nutrition awareness and traditional food culture in society with the Message "Think Global-Eat Local".



**MULTIGRAINS**  
A road to wellness

*Dedicated to the memory of*

**Late Usha Sant**



21/1921 to 23/01/2007

**FOUNDER PRESIDENT**

Apanga, Mahila-Bal Vikas Sanstha  
NAGPUR, M.S., INDIA

[www.ashadeepsansta.org](http://www.ashadeepsansta.org)

## “एक से भले दो- दो से भले पांच”



आशादीप पोषण पुनर्वसन केंद्र

आशादीप, अफम महिला बाल विकास संस्था



**MULTIGRAINS**  
A road to wellness

## THINK GLOBAL : EAT LOCAL

Food is basic necessity for life since it provides the nutrients for survival. However, food is much more than the source of nutrients. Food spells security, power, hospitality, emotions and culture. Food culture thus, is described as the way in which humans convert the nature's bounty prior to the consumption, in short, every step from the farm to fork. It involves not only what you eat, but when, where, how, with whom & with what objective.

Although the nutrient requirement of an individual can be quantitatively described in a universal manner, source of these nutrients depends on the geographic location and climate, agricultural practices, technological developments, economic constraints, and many other factors, including political pressures. In recent times, pattern of food consumption has changed dramatically over the time and food is transformed from a basic necessity in to a marketable commodity.

Agencies like World Health organization, UNICEF, etc. emphasise the need to develop supplementary foods based on indigenous resources, which are familiar and culturally acceptable to the local population. Such foods are cost effective, compared to branded products in the open market. The production can be encouraged at local level, by engaging self help groups of women, since women folk is traditionally involved in the preparation of food.

Ashadeep Nutrition Rehabilitation Centre at Apanga Mahila Bal Vikas Sanstha is committed to the cause of promoting nutrition for everybody. The focus is to combine the knowledge with tradition & develop nutritious food supplements, based on local resources, compatible to local palate and avoid the use of chemical additives.

This booklet includes some representative recipes, with incorporation of the products of Ashadeep Nutrition centre, which support the theme of multigrain cookery. Users can suitably modify the concept, apply their creativity and try similar combinations to get many more interesting varieties and enjoy good health.

I gratefully acknowledge support and suggestions extended by Ashadeep team in preparation and updating this booklet.

Date : 30<sup>th</sup> September 2021

**Dr. Pratima Shastri**

President,

Apang, Mahila-Bal Vikas Sanstha



## INDEX

### Part - I : Multigrains - A road to wellness

• Unit - I	-	Know your grains	1
• Unit - II	-	Processing of grains	4
• Unit - III	-	Importance of Multigrain diet	8
• Unit - IV	-	Grain Cookery	10
• Unit - V	-	एक से भले दो, दो से भले पांच	11
• Appendix - I	-	Composition of Grains	13
• Appendix - II	-	Common names of grains	14

### Part - II : Ashadeep Nutriproducts

• Methi Biscuits	• Soya Biscuits	15
• Ragi Biscuits	• Ragi Malt	15
• Sukhada	• Paripoorna Laddoo Mix	15
• Navanna Suji	• Navanna Atta	16
• Ukarpendi Mix	• Muthia Mix	16
• Poshankur	• Sampoorna	16

### Ashadeep Recipes

• Ashadeep Toffee	• Satvik Kheer	17
• Hariyali Paratha	• Poshambil	18
• Sukhada Chatpata	• Navratan Muthia	19
• Ukarpendi		20
• Poornanna Thalipeeth	• Navanna Bhakri	21
• Nawanna Kadaboli	• Paripoorna Laddoo	22
• Navanna Patawadi		23
• Nawanna Suji		24
• High Pro Soup	• Chaitanya Bar	25
• Ragi Chocolate Cookies	• Ragi Vita and Ragi Sudha	26
• Ragi Dosa	• Chatani	27
• Multigrain Spicy Cake	• Sukhada Coco Desert	28

**Ashadeep Upakrama** 30

**Ashadeep Aavahan** 31

• References	32
--------------	----



## UNIT I : KNOW YOUR GRAINS

Grains are the mainstay in all parts of the world. Quantitatively, they constitute major portion of the diet, specially vegetarian diet, and contribute maximum energy in the form of carbohydrates, to keep us going. This includes seeds from grass family - called as cereals - i.e. Rice, wheat, corn, sorghum and other millets; and seeds from legume family - called as legumes - i.e. Tuar, channa, mung, urad, as well as minor legumes like moth beans (Matki) kidney beans (Rajma), cow pea (Chawali) and other local varieties like Kadawe wal.

Agroclimatic conditions determine the varieties of grains available in various regions, for example, rice is staple food in coastal areas, whereas wheat is cultivated in north and central India. Corn is consumed mainly in Rajasthan and Punjab, and other millets, including sorghum, ragi, barley and other millets are grown and consumed in certain pockets. Same is the case with legumes.

### Nutritional importance of grains :

#### CEREALS

They belong to grass family and seeds are described as monocotyledon (one piece seed). They contain 60-65% starch, that contributes energy. They also contribute proteins (8-13%), but the proteins are not complete. If consumed with husk, they provide fiber, which is essential for proper digestion. They also contribute B group vitamins and minerals like Iron, Calcium, Magnesium.

**Rice :** Rice is most widely consumed cereal in the world, and is main part of diet in coastal areas of India. Milling and polishing of rice removes most of the vitamins and minerals, but unpolished rice can not be stored for long period. Parboiled rice, consumed in coastal areas of India, specially prepared by precooking of paddy before milling, is relatively better from nutrition point.

**Wheat :** Wheat is grown and consumed in central India. It is unique cereal, which contains more protein than other cereals. Wheat protein "gluten" has unique property to form elastic and extensible dough and is widely used for preparation of bread, biscuits, varieties of rotis, sewai and pasta.



**Corn** : Consumption of corn (Makai) is restricted to Panjab Haryana and Rajasthan.

**Oat** : Oat is a grain, not grown in India but has gained popularity, because it has more protein fiber and energy compared to other cereals. However benefits of oats can be derived by judicious selection and combination of millets like Rajgira, Varagu ( Bhagar) to be cost effective.

**Millets** are coarse grains and a repository of protein, fibre, vitamins and minerals. They include **jowar (sorghum), ragi (finger millet), korra (foxtail millet), arke (kodo millet), sama (little millet), bajra (pearl millet), chena/barr (proso millet) and sanwa (barnyard millet).**

### **Ragi : A Nutrition Capsule**

**Ragi** - also called as Nachani or Nagali in local language – is a dark brown small round seed. It is cultivated in western coast, i.e. Karnataka, Kokan and western ghat. It has a tough coat and takes long time to cook . It is good source of Calcium and Iron.

The practice of consuming millets as part of the daily diet is not new to India. Millets had been the major staple food in central India, southern India and hilly regions of Uttarakhand for centuries till the time of the Green Revolution. After the advent of high-yielding varieties of rice and wheat during the 1970s, millets got sidelined from our food basket, The reason for this is lack of awareness about the nutritional benefits, the not-so-sumptuous taste and the tag of “a poor man's food”.

Consequently, this resulted in high consumption of polished rice and refined wheat flour, which happen to be the main ingredients of foods consumed by the urban population. This trend, coupled with sedentary lifestyles, has led to a rise in obesity and other lifestyle diseases like diabetes, hypertension and heart disease, across age groups, Millets were part of our grandparents' diet, it's only in the past few decades that their consumption has reduced. We need to embrace the goodness of millets: Their high-fibre content helps in bowel movement and manages diabetes and obesity. Their high magnesium level is good for lowering blood pressure, while the potassium content keeps hypertension at bay.





## LEGUMES

They belong to legume family. The seeds are described as Dicotyledons (two piece seed) and are in pods. They contain 2-2.5 times more proteins, compared to cereals, but proteins in legumes are also incomplete proteins. Apart from proteins, they are good source of minerals and B group vitamins. Whole grains also contribute fiber.

**Bengalgram (Channa)** : Channa is most common and versatile legume, consumed in most parts of India. It is consumed whole, as split dal and as flour in various recipes.

**Green gram (Moong)** : Moong is consumed in almost all parts of India. It is considered as non allergic and is preferred for children and patients. It can also be consumed in various ways to in different recipes.

**Red gram (Tuar or Tur)** : This is more popular in Western and Southern part of India. Commonly used as split dal to prepare plain or spicy dal - a major part of daily diet.

**Black gram (Udad or Urad)** : Black gram has a typical stickyness and beany tastes and gives several popular recipes after soaking grinding and fermentation.

**Soyabean : The Golden Bean** : Soyabean belongs to the legume group, but contains about 38-40% proteins 19-20% oil. Proteins from soyabean are complete proteins and excellent supplement for vegetarian diet. It is a good source of calcium and iron. However Soyabean contains some antinutritional factors, which interfere with the availability of these nutrients.

Other legumes like masur, matki, rajma, kidney beans, cow pea, etc are consumed is different areas.



## UNIT II : PROCESSING OF GRAINS

Grains need to be processed in various ways prior to consumption.

### Milling

**Milling** : Milling is the process of removal of husk and dry grinding to prepare grits or flour. All grains can be milled in the form of grits (suji) or flour.

**Milling of Rice** : In case of rice, milling is removal of the husk and polishing. Unpolished rice is more prone to flavor. Bran, which contains vitamins and minerals, is removed during polishing and the nutritive value is reduced.

**Parboiling of rice** means boiling the rice grain in its husk, before it is subjected to milling. This fixes the nutrients in the outer layer of the grain, thus reducing losses of nutrients during milling.

**Milling of Wheat** : Milling whole wheat grain gives yellowish coloured Atta (whole wheat flour), which contains the nutrients present in husk & germ. Moistening of grains before milling separates the husk and germ. Resultant **grits (Rawa)** or **flour (maida)** is white, but it lacks the vitamins and minerals present in husk and germ. Wheat germ is rich in nutrients like Vit. E.

**Milling of Legumes** : Whole legumes have outer hard husk, which is rich in fiber and takes along time to cook. But whole legumes are easily attacked by small insects, which enter inside the seed and eat away the seed. Splitting of legume pods removes the germ and prevents insect infestation. Split legumes are called as "dal", which can be prepared either with or without removal of husk.

**Wet milling of corn** : Corn is overnight steeped in water & softened grains are milled in a special grinder to break the seeds. Separated starch settles down in the bottom, isolated by centrifugal separators and dried. Corn Starch is used as thickening agent.



## Ready To Eat (RTE) breakfast Cereals

Grains or grits are soaked / precooked and dried quickly by sand roasting, resulting in a crispy precooked RTE product. This is done in different ways :

- **Puffing** : Whole grains are soaked/partially cooked, excess water is drained and is roasted rapidly in moist condition, when the water inside the grain is forced out to give precooked expanded grains. This is called “Lahi “ or “Lai” in different parts. Lahi can be prepared from Paddy, rice, corn, sorghum as well as from channa and soyabeans.
- **Flaking** : Whole grains or grits are cooked in water, sometimes with salt and sugar, passed through rollers and dried rapidly to remove moisture and give crispy texture. Flakes can be prepared from rice (Poha), corn, wheat grits or legumes like channa. These products are ready to eat, easy to digest and are suggested to be a healthy food anytime -anywhere.
- **Extrusion** : Dough prepared from the flour is extruded in the form of sewai, noodles, or pasta, which is dried before storage. These are cooked in water prior to consumption .
- **High pressure extrusion** : It is then by extrusion, when the moisture suddenly evaporated to give expanded structure. In modern method, a slurry of flour is cooked in high pressure extruder with addition of salt, sugar etc. The slurry is formed in to various shapes, dried and lightly toasted to give crisp texture. They are costly due to high technology and fancy packaging .

**Soya chunks** are prepared from the residue left after extraction of oil from soyabean. They contain 50% protein and are a very good protein supplement. They can be added in curry or biryani. They can be powdered and added to prepare aloo tikiya, stuffing for paratha or in soup.



## Germination and Malting

- **Germination** : Whole grains are soaked overnight in water. Excess water is drained and grains are kept covered in moist cloth. The embryo begins to grow and germinated grains are consumed within 8-10 hours, as such or after cooking. Germinated grains are easily digested and are rich in nutrients, specially vitamins, iron and calcium.

- **Malting**:

Ragi malt is prepared by germination of ragi grains. Ragi is soaked overnight in water and excess water is drained next morning. It is then loosely tied in muslin cloth and kept in a perforated colander or basket for 16-20 hours for germination in airy place. Germinated seeds are spread as thin layer on tray in sun to dry and are finally roasted lightly for complete drying. Roasted malt has sweetish taste and a pleasant roasted flavour. This is milled to prepare ragi malt.

Malted ragi is easily digested, on account of the changes in starch and protein during germination. It is also a rich source of calcium and is therefore recommended for introducing solid foods for infant after 6 months. It is also suitable for elderly persons.

Ragi malt can be mixed in paratha, uppuma, mathari, laddoo, biscuits, etc. to make it more nutritious. It can be used to prepare a refreshing beverage by boiling one teaspoon malt in one cup of water with addition of cocoa or elaichi powder and some milk.

Barley and other grains can also be a malted for different uses.

## Fermentation

Grains / grits / flours or their combinations are mixed with water and allowed to undergo fermentation with natural bacteria or by adding curd. During fermentation, there is sourness and rise in volume due to gas production, with development of typical taste and flavor. Fermented foods are easy to digest & are suggested to be a healthy food anytime-anywhere.



## Household processing of soyabean

Soyabean is soaked overnight in sufficient water and excess water is drained. Next morning this reduces oxalate and phytate, which interfere with absorption of calcium. Drained soyabean is cooked in pressure cooker for 15-20 minutes, which destroys "Trypsin inhibitor", a protein which interferes with digestion of proteins. Cooked soyabean is sun dried completely. Processed soyabean, mixed in wheat in the ratio 1:4 improves the protein content of wheat from 10.6% to 16.6%. This composite flour can be used for chapatti, paratha or any other purpose.

Processed soyabean - roasted and mixed with spices - is a healthy high protein snack.

## Soya milk and Tofu

**Soya Milk :** Soyabeans are overnight soaked in water and skin is removed by rubbing the beans with hands. It is extracted with water, using wet grinder with 2-3 cups of warm water. Residue is separated by passing through muslin cloth and extraction is repeated 2-3 times with total 4-5 cups of water. Milk is boiled for about 20-30 minutes on medium flame, with constant stirring, to avoid settling of residue. Sugar and essence can be added at the end of boiling & milk can be consumed hot or cold, as desired. Prepared soyamilk can be stored in refrigerator in a sealed container for 2-3 days. It is excellent alternative food for lactose intolerant persons. The residue is called Ochara. It has residual proteins and fiber, and can be incorporated in other dishes like bhakari, wada, etc.

**Tofu is Soya paneer.** It is prepared from Soya milk. Slowly add citric acid or lemon juice in hot soya milk till the clot is formed. Switch of the flame & let it stand for 5 minutes. Separate watery part (Tofu whey) through cloth lined sieve. Transfer clot wrapped in muslin cloth in a colander, topped with a weight, for 20-30 minute, to drain water. The tofu is ready & can be cut into squares of desired shape. It can be stored in refrigerator in a closed box for 4-5 days. It can be consumed in various ways like regular paneer, in any recipe. Tofu is a healthy food, suitable for vegetarians & vegans.



## UNIT III : IMPORTANCE OF MULTIGRAIN DIET

Before we discuss about multigrain combination, we must know few basic things about role of food and nutrients in diet.

Wholesome food pleases the palate, satisfies the hunger and provides other essential nutrients like vitamins and minerals and fiber in right proportion. Although nutrient needs are similar all over the world, the sources to derive these nutrients are different and that constitutes local Food Culture, which is generally harmonious with local agriculture produce and environment.

All grains do not possess all nutrients in right proportion. Both cereals and legumes contain starch and proteins vitamins and minerals , but in varied amounts; and none of them can satisfy all requirements individually. Proteins in our body are made from different amino acid units, which are required in proper proportion to each other. Different grains contain unbalanced proportion of these amino acids, some being extra and some in short supply. The result is that proteins present in either of them are not absorbed efficiently in body. Although any single grain is insufficient ,when different grains are combined, one grain compensates for the shortage of amino acid in other grain and improves the utilisation of combined protein in the body. This is called as mutual supplementary action of proteins.

For example, a colourful string of beads is to be prepared, which needs blue, red and golden coloured beads in fixed proportion, say 20:20:10. Three different persons have total 100 assorted beads each, but the proportion is different from the required design. Individually, any one of them can make only 1 complete string, but if all beads are combined, they can make 5 string. We must note that we can prepare 5 strings, only when all beads are available at the same time .

Exactly in this manner, each grain has a typical combination of nutrients, which, by itself, is incomplete, but when mixed together, can help each other and provide wholesome foods. Grains proteins are deficient in lysine, whereas Legume proteins are deficient in methioninr but contain excess Lysine are when 2 parts of grains are combined with 1 part of legume, the amino acid composition is balanced.

## Problem of preparation of string from different coloured beads

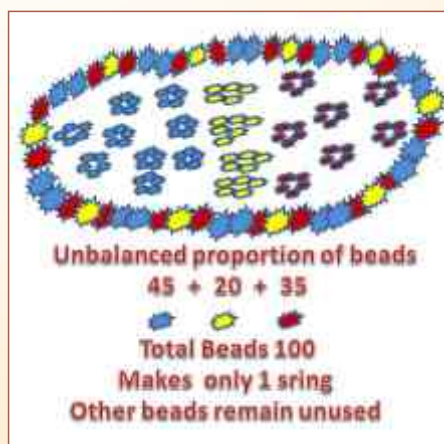
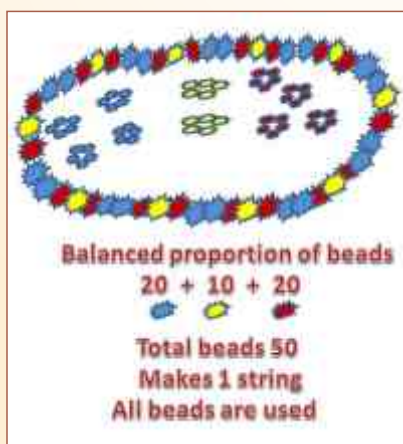
Colour	Ideal	I	II	III	Combined
Blue	20	60*	35**	30**	125*
Red	20	25**	45*	40	110**
Golden	10	15**	20	30*	65*
Total beads	50	100	100	100	300
Necklace	1	1	1	1	5

Note : \* - Excess \*\* - Less

That is the importance of including different grains simultaneously in the diet.

**Note :** Oils seeds like groundnut, coconut, gingelly (til) and Linseed (Jawas) are widely used ingredient in Indian cooking. They are excellent source of proteins, calcium and iron.

With current trend of Vegan Diet, proper combination of grains, legumes and nuts is very important.





## UNIT IV : GRAIN COOKERY

Grains are combined and cooked in various ways like Whole grains, Grits and Flours. Different ways of cooking include direct cooking, pressure cooking, steaming, baking, frying (Shallow and deep frying ) roasting etc.

Whole grains or grits of rice, wheat, Sorghum, Ragi etc are cooked in water with addition of salt and spices.

Split legumes called as dal after cooking with water is regular of Indian vegetarian diet. They are also converted into grits / flour, and used in various ways. The husk of grains in legume group is tough and takes a long time to cook, but after soaking and germination, is cooked easily and is well digested.

Wheat is the only flour, which has the special protein known as gluten, which forms elastic and extensible dough on adding water. This dough is used to prepare bread, chapatti or poori or batti, pizza etc. It is also a base for preparation of extruded products like sewai, noodles and pasta.

Flours of individual or mixed grains are used to make dough based preparations like roti, paratha, khakra, Bhakari, missi roti, mathari, sev papadi, bhujia, cookies, coating of samosa, kachori, Gujiya ( Karanji) and many other culinary uses.

Different proportions of fat and water give different consistency dough. eg. soft and extensible dough for puranpoli or stiff dough for preparing crispy mathari.

Batter is pourable mixture of single or composite flour, which is fried (bhajia), used for coating for fried products like aloo-bonda or spread on tawa to make preparations like dosa, chilla. Batter can be used to prepare steamed products like idli, dhokla, whereas the batter is also baked to give cake, muffins, handua, etc.





## UNIT V : एक से भले दो, दो से भले पांच

Our daily food items are divided in 5 food groups.

Cereals, Legumes and nuts, animal products fruits and vegetables and oils fats sugar and spices. The key to get wholesome vegetarian diet , based on grains, is to combine different cereal grains and legumes/dals in 2:1 proportion and include sufficient portions of other three groups , i.e. fruits and vegetables, milk and eggs, and oils/sugar/spices, as per food pyramid.

An interesting observation is that most of the food cultures suggest the combination of different grains in regular diet. The concept of square meal Dal bhat, sabji roti, with chutney and raita promotes the multigrains.

Other suggested traditional combinations are

Khichadi, Papad, Kadhi

Rajma Chawal

Chhole Bhature

Missi roti, with raita

Zunka Bhakari

Dal Batti

Shortage of time and manpower , fast life style, calls for planning of diet to include multiple grains in a single recipe, for breakfast, lunch box, and snacks. It is not necessary to go for costly health foods, our traditional foods are equally healthy and tasty.

- Channa poha, Vegetable uppama, thalipeeth, junka bhakar, dhapode, ambul etc. are consumed fresh,
- Chiwda, rava besan laddo, daliya murmura laddo, khakra, sattu, chikki , etc. are ready to eat snacks.



## Some examples of wholesome diet

Single grain	Multi grain	Multigrain with other food groups
Rice	Khichadi  Biryani Idli / dosa /dhokla (Fermented )	Vegetable khichadi, pickles, papad, kadhi  Veg Biryani with soya chunks Idli /dosa with sambar and chutney
Wheat Chappati	Missi roti Thalipeeth	Vegetable paratha / thalipeeth with pickle and curd
Poha	Channa poha Chiwda,	Bhel puri, containing Shev, Chiwda, with added sprouts, green chutney, imli chutney, served with buttermilk
Wheat daliya	Pongal with wheat daliya and mung dal	Pongal with vegetables and curd / buttermilk
Jowar Ambil (Fermented)	Ambil with channa dal ground nut, coconut	Fermented ambil with some fruit / salad
Jowar Bhakari	Zunka Bhakar	Zunka Bhakar with chutney and curd
Bread	Misal pav	Misal pav with nimbu sharbat

### SOME TIPS

- Include different grains in single meal.
- Avoid fried foods, use pressure cooking, steaming or pan frying.
- Include fresh uncooked items like salad, sprouts, pickles.
- Include some form of milk/curd/buttermilk/paneer/egg in daily diet.
- Children need more proteins for growth.
- Additional nutrients are required during pregnancy and lactation.



## APPENDIX - I

### COMPOSITION OF GRAINS / 100 g

Name of grain	Cal.	Prot. gram	Fat gram	Carbo. gram	Fiber gram	Iron mg	Calcium mg
<b>CEREAL GRAINS</b>							
Wheat whole	322	10.6	1.47	64.7	11.2	3.97	39.3
Wheat atta	320	10.57	1.53	64.17	11.366	4.1	30.94
Maida	352	10.4	0.76	74.3	2.76	1.77	20.4
Rawa	333	11.36	0.74	68.43	9.72	2.98	29.38
Milled Rice	357	7.9	0.52	78.2	2.8	0.65	7.5
Parboiled rice	351	7.81	0.55	77.16	3.74	0.72	8.11
Poha	353	4.46	9.2	76.75	3.46	4.46	9.19
Jowar	335	9.8	1.73	67.7	10.2	3.9	27.6
Bajra	348	10.6	5.3	61.8	11.5	6.42	27.3
Ragi	342	7.16	1.92	66.8	11.2	4.6	364
Makai	335	8,8	3.8	64.8	12.2	2.5	8.9
Rajgira	356	13.27	5.56	61.46	7.47	8.02	162
Varagu	331	8.92	2.55	66.2	6.39	2.38	15.27
Oat meal	389	16.9	6.9	66.3	10.6	3.8	50
<b>LEGUME GRAINS</b>							
Channa	287	18.8	5.1	39.6	25.2	6.1	150
Channa dal	329	21.5	5.3	46.7	15,1	6.8	46.3
Urad dal	324	23.06	1.7	51.0	11.9	4.67	55.6
Mung dal	326	23.9	1.35	52.6	9.4	3.9	43.1
Tuar dal	331	21.7	1.56	55.2	9.1	3.9	71.7
Moth bean	308	19.7	1.76	52.1	15,1	7.9	154
Soya bean	382	35.6	19.8	12.8	21.5	8.3	239
<b>OIL SEEDS AND NUTS*</b>							
Ground nut	519.1	23.65	39.63	17.27	1038	54	3.44
Til	517	21.6	43,22	9.76	17.2	1174	14.95
Jawas	444.2	18.55	35.67	10.99	26.17	257	5.44
Coconut dry	624.6	7.27	63.26	8.01	15.88	32	3.13



## APPENDIX - II

### Common names of grains /grain products

Common Name	English name	Common Name	English name
<b>Cereal &amp; millets</b>		<b>Legumes</b>	
Gahu/ Gehu	Wheat	Channa	Bengal gram
Kanik / Atta	Whole wheat flour	Rajma	Kidney bean
Maida	Refined Wheat flour	Urad	Black gram
Rawa	Wheat semolina	Mung	Green gram
Suji /Daliya	Grits	Tuar	Red gram
Tandul/Chawal	Rice	Mataki	Moth bean
Ukada Tandul	Parboiled rice	Chawali	Cow pea
Poha	Flaked Rice	Masur	Lentil
Murmura	Puffed Rice	Bharad	Grits
Lahi	Popped grain	Dalwa/Dalya/ Futana	Popped Bengal gram
Jowar	Sorghum	Salichi/Chhilake wali dal	Split legume with husk
Bajra	Millet	Sola / Dhuli dal	Split dal without husk
Nachani	Ragi	Oilseeds	
Makai	Corn	Shengdana/ Mungphalli	Ground nut
Jav	Barley	Til	Gingelli
Bhagar	Varagu	Jawas	Linseed, Flax seeds
Rajgira	Amaranhus	Khobra	Coconut



## Ashadeep Nutriproduct

### Methi Biscuits

**FIBRE RICH** (without maida, with Fenugreek powder)  
Recommended for, lactating women, elderly, Diabetic and weight watchers

**Ingredients** : Wheat flour, Ragi malt, Processed soybean, Rajgira, Flax seeds, Fenugreek, Sugar, Shortening

### Soya Biscuits

**PROTEIN RICH**  
(No Maida)

Recommended for everyone in the family

**Ingredients** : Wheat flour, Processed Soybean, Sugar, shortening.

### Ragi Biscuits

**CALCIUM AND IRON RICH**  
(Free from Maida)

Ideal for everyone in the family  
**Ingredients** : Wheat flour, Ragi malt, Processed Soybean, Rajgira, Sugar, Shortening

### Ragi Malt

Nutrition packed

Rich source of Iron & Calcium

Ideal supplement for young and old alike

### Sukhada

Multipurpose ready to eat

Protein rich complete diet  
Ideal for everyone in the family  
**Ingredients** : Wheat, Channa Dal (Bengal gram), Moong dal (Green gram)

### Paripoorna Laddoo Mix

Complete nutrition  
(Ready in minutes)

Ideal for growing children, adolescents, lactating mothers  
**Ingredients** : Wheat, Channa Dal (Bengal gram), Moong dal (Green gram), Ragi malt



# MULTIGRAINS

A road to wellness

## Navanna Suji

Multigrain mix

Rich source of Fiber, Protein, Iron, and Calcium  
(for everybody in the family)

**Ingredients :** Jowar, Bajra, Wheat, Rice, Ragi, Channa Dal, Moong dal, Urad Dal, Processed Soybean.

## Navanna Atta

Multigrain mix

Rich source of Fiber, Protein, Iron, and Calcium  
(for everybody in the family)

**Ingredients :** Jowar, Bajra, Wheat, Rice, Ragi, Channa Dal, Moong dal, Urad Dal, Processed Soybean.

## Ukarpendi Mix

Traditional  
Multigrain Uppama

**Ingredients :** Wheat, Rice, Chana Dal, Moong Dal, Oil, Curry Leaves, Salt, Red Chilly Powder, Turmeric

## Muthia Mix

Tasty Healthy Snack

**Ingredients :** Jowar, Bajra, Wheat, Rice, Ragi, Channa Dal, Moong dal, Urad Dal, Processed Soybean, Hing, Jeera Powder, Til, Ajwain, Turmeric and Red Chilli Powder

## Poshankur

(Protein packed)

Grains for strength and sprouts for health Ideal for adolescence, pregnancy, lactation, old age, convalescence

**Ingredients :** Wheat, Rice, Ragi, Channa Dal (Bengal gram), Moong dal (Green gram), Matki (Moth beans) Processed Soybean

## Sampoorna

Complete food for convalescent patients and Ryal's tube feed.

**Ingredients :** Wheat, Rice, Ragi, Channa Dal (Bengal gram), Moong dal (Green gram), Matki (Moth beans) Processed Soybean + skimmed milk powder and vegetable oil



## Ashadeep Recipes

### Ashadeep Toffee

**Ingredients :**

Ragi Malt powder 100 g, Skimmed milk powder 80 g, sugar 200 g, Coco powder 10 g, Ghee 100 g, Few drops vanilla

**Method :**

Sieve ragi malt, milk powder and cocoa powder together. Prepare sugar syrup with three string consistency, add butter and let it melt. Add sieved ingredients slowly with constant stirring to avoid lumps. Keep on stirring till it begins to leave the sides of the pan. Put of the flame off. Add vanilla essence and keep on stirring. When it gets thick, pour on a ghee-coated dish and spread with spatula to form uniform thickness. Leave to cool and cut in to small regular pieces, when slightly warm.



**Highlights :**

- Milk and Ragi are rich source of calcium.
- Ragi is rich in iron
- Excellent supplement for all ages, as any time snack.

### Satvik Kheer

**Ingredients :**

Ragi malt 50 g, milk 3 cups, chopped nuts 1/4<sup>th</sup> cup, sugar 4 teaspoonful or equivalent sweetner

**Method :**

Disperse ragi malt in 1 cup of cold milk. Heat remaining milk to boiling. Add dispersed mixture to boiling milk, with continuous stirring and cook for 2-3 minutes on low flame. Add chopped nuts and sugar or equivalent sweetner and serve.





## Hariyali Paratha

### हरियाली पराठा

#### Ingredients :

Navanna paratha mix 100g, green vegetables (finely chopped/boiled), ½ katori, Oil 2 tablespoon



#### Method :

Mix chopped/boiled vegetables with Paratha mix and a tablespoon oil to form a smooth dough. Roll out 4 small parathas and roast on tawa from both sides. Finish roasting with little oil.

#### Serve with pickle and a bowl of curd

Vegetables add fiber and micronutrients.

#### Alternate suggestions

Any other vegetables can be used in place of green vegetables, to get red (beetroot) orange (carrot/pumkin) parathas.

## Poshambil

### पोषांबील

#### Ingredients :

Navanna Suji 100 g, Curd half cup, water 200 ml (one & half cup), Oil 1 tablespoon, 1 teapoon each roasted peanuts, fresh coconut, khuskhus, charoli, fresh coriander, green chilli, curry leaves as per taste



#### Method :

Blend Navanna suji with curd and keep in warm place for 30 minutes to initiate leavening. Add one tablespoon oil and half cup of water to make pourable batter. Heat one cup water with oil, green chilli and curry leaves and add to boiling. Add poshambil curd mix with continuous stirring till the batter gets thick.. Cover the pot and cook for 5 minutes. Finally, garnish with coriander leaves.





## Sukhada Chatpata

### सुखदा चटपटा

#### Ingredients :

Sukhada 100 g, Onion, carrot, cucumber grated/chopped finely (half cup), sprouted legume 1/4<sup>th</sup> cup, green chilli, coriander, half lemon, oil 1 tablespoon, ½ teaspoon chat masala, salt to taste



#### Method :

Grate carrot and cucumber, cut onion green chilli and coriander finely. Add sprouts, lemon juice, oil, mix and leave for few minutes. Sprinkle Chatpata mix, toss lightly and serve immediately.

#### Highlights :

- A complete meal , with wheat , legume, oil and veggies and sprouts Vit. C retained as this is not cooked.
- Calories from fat and other ingredients extra. Veggies add fiber and micronutrients.

**Suggestions :** Add any of dry chutneys containing lahsun , til , groundnut or curry leaves or methkut for different flavours.

## Navratan Muthia

### नवरतन मुठियां

#### Ingredients :

Muthia mix, 100 g mixed grated vegetables including carrot/pumkin/fenugreek leaves, green onions, cabbage etc 50 g, curd one table spoon, ginger garlic paste (optional), Oil 2 tablespoonful, mustard seeds, coriander/ coconut for decoration



#### Method :

Mix muthia mix , vegetables and half the oil with curd to form semi hard dough. Shape as long rolls, steam in a collander for 15 minutes and cool.



Slice the dumplings arrange on a shallow dish. Prepare Tadka with mustard seeds, khuskhus and hing using remaining oil and spread evenly. Decorate with coriander and grated coconut.

### Alternate suggestions

- Slice the dumplings , shallow fry the slices and use as patties in a burger with onion, tomato and spinach leaves.
- Slice the dumplings. Prepare curry with onions and other ingredients. add slices before serving , and serve as Kofta curry.
- Crush the dumplings. Heat oil mustard seeds, few groundnuts, curry leaves, chilli and crushed muthia, Stirr fry, and serve as chutney
- Crush the dumplings. Add half teaspoon garam masala and use it as stuffing in vegetables like capsicum, parwar, etc.

## Ukarpendi

### उकरपेंडी

#### Ingredients :

Poshak Ukarpendi mix 100 g, water 150 ml (one cup ful), oil one tablespoon , coconut and corriander leaves for garnish

#### Method :

Heat oil and water in container. Add poshak ukarpendi mix and blend completely to avoid lumps. Continue to heat for 5 minutes in covered pot. Add 2 tablespoon sour curd / lemon juice. Garnish with chopped coriander, coconut.

#### Serve with a glass of buttermilk

#### Alternate suggestions :

- Add onion/ green chilli / garlic as per your taste
- Replace ½ cup water with buttermilk





## Poornanna Thalipeeth

### पूर्णन्न थालीपीठ

#### Ingredients :

Thalipeeth atta 100 g, mixed grated vegetables like onion, cucumber, carrot, pumpkin, fenugreek leaves, green onions, cabbage etc. 50 g, ½ teaspoon turmeric, Ajwain and til seeds, salt and chilli as per taste, 2 tablespoon Oil

#### Method :

Mix thalipeeth atta with vegetables and half tablespoon oil with water to form spreadable loose dough. Divide in 4 parts. Spread one part on nonstick pan, add half teaspoonful oil, cover and cook for few minutes. Turn around carefully, add more oil, cook till crisp .

**Serve with curd and green chutney.**

#### Alternate Suggestions :

Ginger garlic and green chilli paste can be added.



## Navanna Bhakri

### नवान्न भाकरी

#### Ingredients :

Navanna mixed atta 250 g, Salt 5 g, Jeera 5 g.  
Warm water

#### Method :

Add salt and jeera to navanna atta and prepare smooth dough with warm water. Sprinkle some gingelli seeds on Roll out small Bhakari on wooden board and roast on preheated tawa. Finish on direct flame and serve hot with vegetable.

#### Highlights :

Excellent tasty accompaniment for green vegetables.





## Nawanna Kadaboli

### नवान्न कडबोली

#### Ingredients :

1 katori Nawanna aata, 1 katori Rice flour, ½ spoon full each of turmeric, hing, jeera powder, dhaniya powder and ajawain , 1 teaspoon full sesame seeds, Salt and red chilli powder as per taste, 1 tablespoon oil as shortening, 1/4<sup>th</sup> cup sour curd, Oil for frying



#### Method :

Mix both flours and other ingredients except oil in a bowl. Heat oil, in a kadhai and add 1 tablespoon of hot oil in the mixture and mix thoroughly and ensure that the oil binds the flour particles. Add curd and just enough water to make a stiff dough. Roll out long cylindrical pieces of the dough, fold them in typical Kadbole form (signet ring structure). Fry Kadbole slowly till crisp and drain on tissue paper. It makes a handy snack anytime anywhere.

## Paripoorna Laddoo

### परिपूर्ण लाडू

#### Ingredients :

3 katori Ashadeep Paripoorna laddoo mix , ½ katori each Kharik powder, grated Dry coconut, 1/4<sup>th</sup> katori khus khus, 1/4<sup>th</sup> katori garden cress ahaleev seeds ( optional), 3 katori (400 g) grated jaggery, 2 katori (200g) Ghee Nutmeg and cardamom powder as per taste



#### Method :

Roast grated coconut and khus khus lightly in dry kadhai. Roast garden cress seed in kadhai till they splutter. Roast dry date powder lightly in 2 spoonful ghee. Blend all roasted ingredients in a mixer, to prepare powder.



Soften jaggery by grating or slight warming in kadhai ( it can be softened by putting in microwave oven for 30 seconds). Mix thoroughly Paripoorna laddo mix & all roasted and powdered ingredients along with cardamom and nutmeg powder, with softened jaggery.

Melt ghee in kadhai and add to above mixture. Mix all ingredients together, and prepare laddoos while slightly warm. **No need to roast the flours and prepare syrup.**

#### Note :

- In place of Ashadeep Paripoorna laddo mix, we can use 2 katori (200g) Sattu flour + 1 katori (100g) Ragi malt
- you may add other dry fruits as per your choice
- Kharik, coconut, khuskhus and Ragi are rich sources of iron and calcium. Multigrain base is good source of proteins.
- Garden cress seeds are rich in iron and have galactagogue action.

## Navanna Patawadi

### नवान्न पाटवडी

#### Ingredients :

1 katori each Navanna atta and besan, 1 katori sour curd / 2 katori buttermilk, 1 teapoon ginger garlic paste, 1 teaspoon jeera powder, ½ teaspoon sugar, salt and red chilli powder as per taste



**For tempering :** 3 tablespoon oil, 1/2 teaspoon each of mustard seeds, turmeric and hing, 8-10 curry leaves finely chopped, 2-3 green chillies finely chopped

**Garnishing :** chopped coriander, grated coconut, ½ teaspoon each of khuskhus and charoli

#### Method :

Disperse both flours and other ingredients except oil and garnishing in a vessel and break the lumps. If curd is used , then add 1 katori water.



Place heavy bottom pan on the flame, add 2 tablespoon oil and mustard seeds. As soon as the seeds splutter, add turmeric, hing, chopped chillies and curry leaves. Next, pour prepared mixture with continuous stirring, to avoid lump formation. After the mixture attains thick consistency, add 1 tablespoon oil, mix thoroughly and cover the vessel with tight fitting lid, and let it cook on a slow flame.

Meanwhile, apply small quantity of oil to a stainless steel thali. Pour well cooked mixture and spread evenly in the thali, Garnish with coriander leaves mixture, and let it cool.

Cut into small squares after cooling. Pat wadi can be shallow fried on a non-stick pan prior to serving.

Tasty accompaniment for any meal.

## Nawanna Suji

### नवान्न सूजी

#### Ingredients :

1 katori Nawanna suji, 1 katori mixture of chopped vegetables (carrot, cabbage, capsicum, cauliflower, spring onion/onion, green peas, tomato) 1 tablespoon groundnut, 1 teaspoon grated ginger, 1 tablespoon oil for tempering, ½ teaspoon each of mustard seeds, black peppers, hing, 8-10 fresh curry leaves, 2-3 dry red chillies.



#### Method :

Roast suji in a kadhai without adding oil till it emits roasted flavour. Meanwhile boil app 2 katori water on a pot. Remove suji from kadhai and add oil, followed by mustard seeds, black pepper, hing, red chillies, curry leaves & groundnuts, when groundnut starts spluttering, add all vegetables, cook them on low flame till half done.

Add roasted suji, followed by boiling water, mix thoroughly and let it cook on a slow flame till done (app 10 minutes). Additional water may be added, if needed. Suji may be cooked in a pressure cooker or in microwave, for appropriate time. Serve hot, garnished with coriander leaves and grated coconut. Sumptuous and healthy breakfast.



## High Pro Soup

### Ingredients :

Tomato 250 g, Carrot 50g, Onion 50 g, Ginger and garlic 5 g each, Poshankur 20 g, Salt, Sugar, Black pepper, Cumin powder for taste, ½ teaspoon butter,



### Method :

Boil all vegetables together and prepare puree. Add seasoning, water salt and sugar and bring to boil. Mix Poshankur with half cup warm water and add it to boiling soup, followed by butter. Serve with cream and croutons.

### Highlights :

- Amylase rich sprouted ingredients reduce the viscosity and allow more solids, as compared to conventional thickeners.
- Adds proteins (1.9 g/10 g Poshankur) as against corn flour, which has no proteins.
- Combination of grains give balanced proteins.

## Chaitanya Bar

### चैतन्य बार

### Ingredients :

1 katori each of Murmura and Rajgira Lahi  
1/4<sup>th</sup> katori each of roasted channa daliya and groundnuts, 1 katori jaggery, 2 tablespoon ghee, 4-5 dates (Khajoor) and 2 dry figs (anjeer) cut into small pieces



### Method :

Grind coarsely Murmura , roasted channa daliya and roasted groundnuts in dry blender. Prepare 2 string stage jaggery syrup with small amount of water, and add ghee .Ghee should melt and syrup should start giving small bubbles. Meanwhile, apply ghee to a tray. Add remaining ingredients with constant stirring, pour in the greased tray and press firmly to smooth the surface. Let it cool for some time and cut in to 2" x4" bars.

Excellent snack for anywhere - anybody - anytime.



## Ragi Chocolate Cookies

### नाचणी कुकीज

#### Ingredients :

1 ½ katori wheat soya blended atta, ½ katori ragi malt, 1 katori powdered sugar, ½ katori butter /ghee, 4 teaspoon coco powder, ½ teaspoon baking powder or ¼<sup>th</sup> teaspoon baking soda, Pinch of salt , few drops vanilla essence, ½ katori milk



#### Method :

Mix atta, ragi malt, coco powder, salt and baking powder & sieve together twice to get uniform mixing. Cream butter/ghee and sugar thoroughly till light and fluffy. Add sieved mixture gradually and rub lightly with hands to break any lumps . Add small amount of milk , just to prepare a soft dough & keep the dough in refrigerator for 5-10 minutes. Meanwhile preheat oven to 180° C. Prepare even sized cookies, either with hand or a mold and bake in the oven for 10-12 minutes. Allow to cool for 30 minutes , and enjoy with a cup of coffee.

## Ragi Vita and Ragi Sudha

#### Ingredients :

1 teaspoon Ragi malt, ¼<sup>th</sup> teaspoon cocoa powder, 1½ cup milk, ½ spoonful cocoa powder or ¼<sup>th</sup> teaspoon mixture of dry ginger, nutmeg & cardamom powder, Sugar to taste



#### Method :

Disperse ragi malt & cocoa powder in half cup of cold milk. Heat remaining milk to boiling , add sugar to taste. Add dispersed mixture with constant stirring , and heat to boiling .

For Ragi sudha, coco powder is replaced by a mixture of ½ teaspoon mixture of dried ginger , nutmeg and cardamom powder.

Enjoy caffeine free refreshing drink Ragi Vita/Ragi Sudha, any time of the day.





## Ragi Dosa

### Ingredients :

1 medium size bowl Rice, 1 medium size bowl Urad dal, 2 tsp thick Rice flakes, ½ tsp Fenugreek seeds, 2 medium size bowl Ragi malt, Salt as per taste

### Method :

Wash rice. Split skinned black gram lentils and fenugreek seeds together nicely. Soak the above mixture for 6 to 7 hrs. After soaking for 6/7 hrs, take out extra water from it and keep it aside. Now wash rice flakes nicely & soak it for 5 min. Drain out water completely & mix it with the above mixture of rice & black gram. Mix Ragi malt with double the quantity of water to it & break the lumps to a smooth consistency.

Now grind rice & lentil mixture in a grinder/mixer to a fine consistency. Add Ragi malt batter & mix it well. Add salt according to taste. Keep the whole mixture in a warm place for another 6/7 hours to ferment to ferment. Now the dosa batter is ready for use.

Before you start making dosa, apply ¼<sup>th</sup> tsp oil evenly on cast iron Dosa pan, sprinkle little salt on it, spread it uniformly and wipe off the salt. Now the pan is ready for use. Heat the pan on "HIGH" flame till it is hot, sprinkle little water on it, now turn gas on "SIM" & pour large spoon ful of dosa batter & spread it nicely a circular motion uniformly. Put little oil from all sides of dosa. Let the side on the pan become brown and then flip it on the other side. If necessary put little oil again and let this side till crisp. Now fold Dosa twice and serve it hot with dosa chutney.



## Chatani चटणी

**Ingredients :** 3 tsp Coconut (grated), 2 tsp each Split chickpeas (chana dal) and Split black lentils (Udid Dal), 1-2 green chillies, 3-4 dry red chilli, ¼<sup>th</sup> tsp Asfoetida, ¾<sup>th</sup> teaspoon each of mustard seed and cumin seed, half cupful of curry leaves, salt to taste

**Method :** Heat oil. Add mustard seeds followed by cumin seeds, chickpeas and black lentils. After the grains are well roasted, add pieces of green chillies, curry leaves & asfoetida. Put off the flame and add a pinch of red chilli powder. Finally add grated coconut, mix it well and grind it to a fine paste in the grinder/mixer with little water. Dosa chutney is ready and it can be mixed with a tablespoonful of curd prior to serving.



## Multigrain Spicy Cake

### खारी केक

#### Ingredients :

1 katori Besan, 1 katori Rawa, ½ Katori Ragi malt, 1 katori grated cucumber, 1 katori curd  
1 spoonful ginger garlic paste, ½ teaspoon each of ajwain and cumin seed powder, 1 spoonful finely chopped green chilli/ red chilli powder, 1 teaspoonful sugar, Salt to taste, ¼<sup>th</sup> katori oil, ¼<sup>th</sup> teaspoon baking soda



#### Method :

Mix besan, rawa and ragi malt with grated cucumber, curd, salt and sugar, and keep aside for ½ hour. Mix all other ingredients and add water if necessary to prepare a batter of pouring consistency. Coat a baking pan with a layer of oil. Pre heat oven to 180 degree C. Warm ¼<sup>th</sup> katori water and oil in a bowl, add baking soda and mix this in prepared batter. Transfer the batter immediately to oil coated pan and bake at 180° C. for 30 – 40 minutes, till fully baked. (Cake begins to leave the sides of pan & inserted knife comes out clean.) Let it cool and cut into pieces of required size.

## Sukhada Coco Dessert

#### Ingredients :

½ katori multigrain roasted mix Sukhada, 2 teaspoon coco powder, ½ litre milk, 4 Tablespoon Sugar, Few drops vanilla, ½ katori mixture of chopped walnut, cashewnuts and almonds



#### Method :

Disperse Sukhada and coco powder in half cup of milk. Boil milk with sugar, and add dispersed mixture in the boiling milk with constant stirring, till the mixture thickens. Cook for 2-3 minutes and pour in a shallow bowls. Add chopped nuts on the top, and cool in the refrigerator for 2-3 hours prior to serving.

## LACTOGENIC SNACK BASKET



8 days Nutritious snack  
supplement for lactating mother



"STAY FIT -SEVEN"



HEALTHY BREAKFAST PACK





## आशादीप केंद्राचे उपक्रम

### आशादीप दिव्यांग पुनर्वसन केंद्र

- आर्थिक मदत : साधने, व्यावसायिक प्रशिक्षण, वाहन, भोजन, निवास खर्च इ.
- स्व. पद्मजा डोंगरे स्मृती शैक्षणिक सुविधा केंद्र : ऑडिओ बुक लायब्ररी, वाचन कट्टा, लेखनिक प्रकल्प
- व्यक्तिमत्व विकास केंद्र : व्यक्तिमत्व व कौशल्य विकास, प्रेरक व्याख्याने, स्पर्धा परीक्षेचे मार्गदर्शन
- प्रोत्साहन व प्रेरणा : स्व. उषा संत स्मृती पुरस्कार व दिव्यांग गुणवंत सत्कार
- क्रिडा : अंध महिला क्रिकेट चमूचे संघटन

### आशादीप आरोग्य व पोषण केंद्र

- दिव्यांग आरोग्य शिबीर
- आहार जागर
- पोषक आहार उत्पादन केंद्र
- आहार सल्ला व मार्गदर्शन

### उद्योग मंदिर

- कागदी व कापडी पिशव्या प्रशिक्षण व विक्री
- पेपर मॅशेच्या वस्तू - प्रशिक्षण व विक्री
- दिव्यांग उत्पादित वस्तूंची विक्री

आमच्या उपक्रमांची अधिक माहिती  
ashadeepsansta या You tube चॅनेलवर बघता येईल.



## आवाहन

आमची संस्था सामाजिक दायित्वाचा वसा घेऊन दिव्यांग व महिला-बाल सेवा कार्यात आपला खारीचा वाटा उचलण्याचा प्रयत्न करीत आहे. कोणतेही कार्य समाजाच्या शुभेच्छा व सक्रिय पाठिंब्यानेच उभे राहू शकते. याची जाणीव ठेवून आपल्याकडून सहकार्याची अपेक्षा आहे.

### आपण काय करू इच्छिता?

सभासदत्व -	आजीव	- रु. ५००/-
	वार्षिक	- रु. १००/-
	स्नेही मंडळ	- रु. १००/-

### देणगी

रोख व वस्तुरूपात खालील उपक्रमांसाठी स्वीकारण्यात येते.

- दिव्यांग पुनर्वसन प्रकल्प
- पोषण पुनर्वसन प्रकल्प
- संस्थेचे इतर उपक्रम

अधिक माहितीसाठी आमची वेबसाइट

[www.ashadeepsansta.org](http://www.ashadeepsansta.org) बघावी.

रक्कम आयकर ८० जी नुसार करमुक्त राहिल.

### आपण हे करू शकता

- आपल्या परिसरात आहार जागर कार्यक्रमाची आखणी करणे.
- पोषण पुनर्वसन केंद्रातील पदार्थांच्या विक्री करीता मदत करणे.
- संस्थेची माहिती दिव्यांग व्यक्तिपर्यंत पोहचविणे.
- संस्थेच्या कार्यात प्रत्यक्ष/अप्रत्यक्ष मदत व कार्यक्रमाला उपस्थिती.



### References :

1. Indian Food Composition Tables (2017), T. Longvah, R. Ananthan, K. Bhaskarachary, K. Vainkaiyah; National Institute of Nutrition, Hyderabad
2. आरोग्य, आहार, आजार (२०१५) - डॉ. प्रभा बल्लाळ, डॉ. प्रतिमा शास्त्री  
अपंग महिला बाल विकास संस्था, नागपूर
3. Foods - Facts and Principles (1987); Manay Shakuntala and Shadaksharswamy; Wiley Eastern Ltd
4. Food Science (2016): Srilakshmi B. New Age International Publisher, New Delhi



**MULTIGRAINS**  
A road to wellness

## कार्यकारिणी मंडळ

अध्यक्ष

डॉ. प्रतिमा शास्त्री

९८२३३६२१६१

उपाध्यक्ष

श्रीमती वनिता पाटील

९२२५२६३५७९

उपाध्यक्ष

श्रीमती छाया तारे

९७३०२७८२०४

सचिव

श्रीमती अपर्णा कुळकर्णी

९४२१२१२४४८

सहसचिव

श्रीमती रेखा पारखी

९८५०६१७६१४

कोषाध्यक्ष

डॉ. नुतन देव

७७९८४१४२१५

सहकोषाध्यक्ष

डॉ. अनघा नासेरी

९८२३४२४२७१

सदस्य

श्रीमती अंजली जोशी

८९९९५९२४७५

सदस्य

डॉ. पुष्पा दुर्गे

९८२३३८८५०८

सदस्य

डॉ. निवेदिता कुळकर्णी

९४०३११६२८

सदस्य

श्रीमती ज्योती शेवडे

९४२१९७९९५०

सदस्य

श्रीमती आरती संत

९७६६७३९३८५

सदस्य

डॉ. जयश्री पंढरपूरकर

९८९००५९६९३

सदस्य

श्रीमती अलका शेष

९९२३१४२३३४

सदस्य

श्रीमती अलका देशपांडे

९४२२४४१२५९

## हितचिंतक व सल्लागार

श्री एल. बी. पाटील

श्री प्रकाश शेष

डॉ. रेणुका मांडे

श्री पराग पांढरीपांडे

डॉ. विभावरी यावलकर

डॉ. मधुकर भोतमांगे

डॉ. प्रभा बल्लाळ

डॉ. प्रकाश देव

श्री प्रदीप संत

आजची किशोरी  
उद्याची माता  
उत्तम पोषण हवे  
तिच्या करिता

अपर्णा, महिला - बाल विकास संस्था, नागपूर  
इ. क्र. 2226548

Reg. No. 413403, M.F.A. No. 50235

आशादीप

[www.ashadeepsanstha.org](http://www.ashadeepsanstha.org)



## HEALTH & NUTRITION CENTRE APANGA MAHILA BAL VIKAS SANSTHA

Vidarbha Sanshodhan Maddal Premises  
Plot No 1 , Civil Lines, West High Court Road, Nagpur - 440 001  
Tel. 0712 2545477 (M) 98233 62161

### आपले पोषण आपल्या हाती

- नाचणी सत्व
- प्रथिन युक्त पूरक आहार  
(सुखदा, सम्पूर्ण, पोषांकुर)
- मिश्र धान्य पिठे व सोजी  
(सोया युक्त आटा, नवान्न  
आटा व सोजी, थालीपीठ आटा)
- चटपटीत चटण्या (जवस,  
गोडलिंब, अंबाडी)
- मिश्र धान्य बिस्किटे  
(सोया, नाचणी, मेथी युक्त)
- सकस व सुरस झटपट  
नाश्ता (उपरपेंडी, मुठिया, पास्ता,  
पराठा, लाडू इ. चे तयार पीठ)

आमची उत्पादने : परिवार स्वास्थ्यासाठी