



Department of Community Medicine

World Breast Feeding Week

UHTC, Villianur (8th August)

Report

Under the guidance of Dr. D.R. Vedapriya, Professor and Head, Department of Community Medicine, SVMCH&RC, in collaboration with IMA , Pondicherry, Mother Theresa Nursing College and Villianur PHC, Breast Feeding Week was celebrated for the general public in Manaveli, Villianuron 8th August 2022.

Activity

Venue: ManaveliSubcentre, Villianur

Date: 08/08/2022

Time: 10.00am – 12.00 noon

Total number of participants: 25

Breastfeeding is the best way of providing young infants with the nutrients they need for healthy growth and development. WHO recommends exclusive breastfeeding for the first 6 months of life, followed by continued breastfeeding with appropriate complementary foods for up to 2 years and beyond. WHO also recommends early and uninterrupted skin-to skin contact, rooming-in and kangaroo mother care which significantly improve neonatal survival and reduce morbidity.

World Breastfeeding Week is celebrated from 1 to 7 August every year. The week aims to spread awareness about the importance of breastfeeding and its need in the lives of babies and mothers. World Breastfeeding Week is a global campaign, which aims to galvanise actions on themes surrounding breastfeeding. This year's theme for the World Breastfeeding Week is 'Step Up For Breastfeeding: Educate and Support'.

The session started around 10.30 AM. Dr. J. Thamizhmathi welcomed the gathering and gave an introduction on World Breast Feeding Week. Following that health education was given by the interns using Posters on the following topics- Importance of Breast Feeding, Health benefits, storage of breast milk and Foods that increase breast milk. Then Mime, Drama, Villu Songs about World Breast Feeding Week was done by Mother Theresa nursing college students Health Benefits. Refreshments were provided to all the participants. The programme ended with vote of thanks.

Glimpse of the event:





Professor and Head