



Mittal Institute of Education

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

Opposite Bhopal Memorial Hospital & Research Center Nabi Bagh, Bhopal – 38

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Session 2022-2023



World Breast Feeding Week

Dated - 1 -7 July 2022

Time – 10:00 AM to 12:00 PM

World Breast Feeding Week

World Breastfeeding Week is an annual celebration which is held every year from 1 to 7 August the theme for world breastfeeding week 2022 is “Step up for breast feeding educates and support”

World Breastfeeding week is aimed at spreading awareness about the various advantages of Breastfeeding. According to WHO two out of three children are not breast fed, which makes it important to spread awareness about this week.

We did awareness activities in college and in different anganwadi centers.

On 1st August

Students of B.Sc. 2nd year clinical nutrition described importance of breastfeeding to all the staff members and students.

Students talked about exclusive breastfeeding they said mother should breastfeed their Infant exclusively for at least six months as the antibodies found in breast milk improve the infant's defense against germs and viruses. Breastfeeding is good for mother because it reduces risk of breast and ovarian cancer.

Students also told about the advantages of breastfeeding for mother and babies.

On 2nd August

Three students of B.Sc. 2nd year namely Maseera Atique, Deeksha Lodhi and Lipsa Benupani along with faculty Ms. Rohini Chourasiya visited anganwadi center 183 at Shivani Homes, Karond .

Ms. Vinita Sharma was the anganwadi in-charge. 15 pregnant and lactating ladies came there. Students counseled them about the importance of colostrum, exclusive breastfeeding; complementary feeding and importance of balanced diet to mothers, with the help of poster students explained them.

Students demonstrated cross cradle hold of breastfeeding to mother using doll. They told ladies about the lower areola feeding and correct latching position and at the end student answered the queries of the mothers.

On 3rd August

Students along with faculty visited anganwadi center 1082 at Radha Krishna Colony, Karond.

Mrs. Saloni Chouksey was the anganwadi incharge 13 pregnant and lactating ladies came there.

Here also we demonstrated them about cross cradle hold, counselled about exclusive breastfeeding, Importance of colostrums, complementary feeding, balanced diet and anaemia.

On 4th August

Students along with faculty visited anganwadi center 160 at Rajvansh Colony, Karond.

Mrs. Aarti Raikwar was the anganwadi incharge.

15 pregnant or lactating ladies came there, students demonstrated cross cradle hold using doll, told them about lower areola feeding, importance of colostrum, exclusive breastfeeding, complementary feeding, importance of balanced diet to mother and about prevention of anemia.









Mittal Group of Institutes

EXCLUSIVE BREASTFEEDING & COMPLEMENTARY FEEDING

FIRST 6 MONTH (Exclusive Breast Feeding)



Correct latching



Cross - Cradle

6-24 MONTH

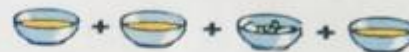
COMPLEMENTARY FEEDING



6 month



6-9 month



9-12 month



12-24 month



Prevention of Anaemia

Adolescent Girl



Women of Reproductive Age



IRON TABLET

Pregnant Women



Lactating Mothers



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