

# WORLD BREAST FEEDING WEEK 2022

Department of Community Medicine

SREE GOKULAM MEDICAL COLLEGE

Report



WABA | WORLD BREASTFEEDING WEEK 2022

# TRIVANDRUM DISTRICT SEMINAR, WORLD BREAST FEEDING WEEK

Venue

Lecture Theatre

Date

05/08/2022

Time

9.30AM-3.30PM

A district seminar on breast-feeding and importance of crèches at workplace was conducted on 4/08/22. The seminar was conducted jointly by department of Community Medicine and ICDS. Inaugural session started with a prayer song by Dr Divija associate professor community medicine, Sree Gokulam medical college. The seminar was officially inaugurated by Dr.Manojan KK, the Honourable Director of Sree Gokulam medical college. The keynote speaker was Dr.Chandramohan, Dean, Sree Gokulam medical college and welcome speech was given by Dr Benny PV, Professor & HOD of Department of community medicine of Sree Gokulam medical college.



Inaugural speech by Dr.Manojan KK, Director, SGMC

The district programme manager of ICDS Miss.Kavitharani Renjith presided over the inaugural session. Keynote address was given by the Dean of Sree Gokulam medical college, Dr.Chandramohan. He stressed about the need and importance breast feeding.



District Programme Manager, ICDS, Miss.Kavitharani Renjith

The welcome address by Dr. Benny PV, stressed on importance of more public private partnership. Inaugural session was attended by various other dignitaries from local self-government. This seminar was organised for various political leaders, including Block Panchayat Presidents, Municipal Chairpersons, ICDS Supervisor, CDPOs, Anganwadi Workers, Community nursing staffs and faculty and students of community medicine. During Inaugural speech Honourable Director, Dr. Manojan KK stressed on the importance of more creches at work place.



**Audience from different sectors**

After the inauguration the first session of seminar was taken by SREELA MENON (State coordinator to Nirbhaya cell ). The subject of the talk was on the importance of crèches in work places. She started the class with the importance of maternity benefit act 1961 and discussed about the recent amendments and importance of crèches at work places. The session was very informative and engaging .



**Adv. Sreela Menon, State coordinator to Nirbhaya cell**

The second session was on “Step Up For Breast Feeding Educate and Support” by Dr. Amar Fettle. The talk covered many vivid areas of practical implementation of the act. Dr. Amar also stressed out on adolescent clinics and health education in the community.



**Dr. Amar fettle, State Nodal officer, Adolescent Health & Public Health Emergencies of International concern**

After the lunch the session was taken by Dr. Jaya Sureshbabu, Senior Consultant, Paediatrics. The session dealt about scientific rational about effective breast feeding and steps in a very good breast feeding.



**Dr. Jaya Sureshbabu, Senior Consultant, Paediatrics- on Breast Feeding techniques**

The last session was taken by Dr Regi Jose on the subject Breastfeeding and Breast Cancer. The session dealt with importance of breast feeding in preventing breast cancer.



**Dr. Regi Jose, Professor of Community Medicine- on Breast feeding and Protection for Breast Cancer**



**Team Behind the programme**

# OBSERVANCE OF BREAST FEEDING WEEK AT KALLARA

## Venue

Anganwadi Centre, Ward 3, Kallara

## Date

05/08/22

## Timing

11:00 am-12:00pm

The World Breast Feeding Week (August 1-7) was observed at Kallara by Department of Community Medicine on 5<sup>th</sup> August 2022. Dr. Satheeshan, Resident Medical Officer, Rural Health and Training Center, Kallara and Dr. Divija, Associate Professor, Department of Community Medicine took part in the event. The awareness class was organized at an Anganwadi Centre, Ward 3, Kallara. The class was attended by the



Ward Member and a total of 14 participants were present.

The awareness class began by an introduction by the Dr. Satheeshan regarding the importance of breast feeding and the observance of World Breast Feeding Week. This was followed by a talk by Dr Divija on advantages, disadvantages, correct positions and practice of breast feeding.

There was one lactating mother and one antenatal mother among the participants for the awareness session. The class ended by a note of thanks by the ward member. This was followed by distribution of egg and milk to each child who attended the Anganwadi Center as part of the newly started egg and milk distribution scheme under ICDS, Kerala.



**Awareness talk on breast feeding by Dr Divija (Associate Professor, Community Medicine, SGMCRF)**



**Introductory talk by Dr.Satheeshan (RMO RHTC Kallara)**



**Introductory talk by Dr Satheeshan ( RMO RHTC Kallara)**



**Distribution of egg and milk to the children of the Anganwadi centre**

# OBSERVANCE OF WORLD BREAST FEEDING WEEK

## Venue

Museum, Thiruvananthapuram

## Date

06/08/22

A “Neothon” Mini Marathon was organized by Neogen Home Care Services in collaboration with Indian Red Cross Society and Snehita Women’s Health Foundation.

Dr.Regis Jose, Professor, Department of Community Medicine delivered a session on Breast Feeding for the participants of the event and handed over prizes to the winners for the event. In her speech, she mainly focused on importance of breast feeding in related to the breast cancer. Those who breastfeed more than two years, in aggregate has less chance for breast cancer, when compared to less breast feed.



Awareness class on breast feeding by Dr.Regis Jose, Professor, Department of Community Medicine, Sree Gokulam Medical College



Certificate distribution to winners by Dr.Regis Jose, Professor, Department of Community Medicine, Sree Gokulam Medical College

# Health education session at Post-natal Ward SGMC

## Venue

Postnatal ward, SGMC

## Date

5.8.22

## Time

2.30-3.00 pm

Audience: Post-natal mothers and their caregivers



### Breast feeding awareness classes at ward

As part of observing the World Breastfeeding Week (1-7 August), a health education session was conducted for mothers in the post-natal ward of SGMC by the Department of Community Medicine. Ms. Sarika greeted the audience on behalf of the department and introduced the topic and speakers. Dr. Namitha highlighted the importance of Breastfeeding Week and explained why breastfeeding is best for both the baby and the mother.



### Training young mothers on breast feeding

Dr. Merin explained the young mothers about the correct technique of breastfeeding.



### Group awareness programme on breast feeding techniques





Dr.Mariyam taking class on breast feeding

Dr. Mariyam spoke about the dos and don'ts for caregivers to facilitate successful breastfeeding. Doubts about breastfeeding were addressed.

A positive feedback was received from the audience regarding the usefulness of the session.

Department of Community Medicine , Sree Gokulam Medical College