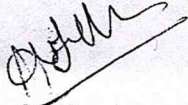


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## CIRCULAR

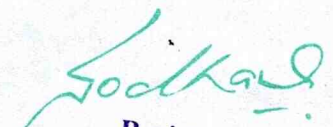
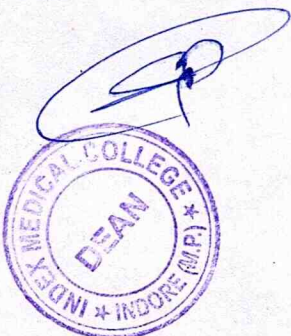
We are pleased to inform all the respected faculty members and students of Index Medical College, Hospital & Research Centre, Indore that Breast Feeding Week will be held in the 1<sup>st</sup> week of August 2023 at Anganwadi Centre, Village Banjari.



Prof & Head  
Dept of Community Medicine  
IMCHRC, INDORE

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①

**A Report on Breast feeding week,**  
**Conducted by Department of Community Medicine,**  
**at Index Medical College, Hospital & Research Centre, Indore**

On the occasion of Breastfeeding Week, The Department of Community Medicine, Index Medical College, Indore planned to organise a role play at Anganwadi centre of village Banjari, prepared by the Medical Interns (Batch 2022-23) in the first week of August 2023

The program began with the lamp lighting followed by the introductory session by Dr. Col. VK Arora Sir.

In an attempt to generate awareness among the mothers, various informative posters were displayed depicting the importance of Exclusive Breast feeding, its advantages for the baby and the mother, Constituents of Breast milk, it's role in Kangaroo mother care for preventing Low Birth weight and process of weaning, importance of Colustrum and role of Breast milk in providing protection against Diseases and providing immunity.

Following this, the interns performed the skit or role play ( nukkad natak), covering all the important aspects of Breastfeeding and also stressed on Baby Friendly Hospital Initiative and various health programs and schemes that promotes Breast feeding.

Lastly, a was seminar organised at Index Medical College Auditorium where Presentation covering all the important aspects of Breastfeeding was addressed

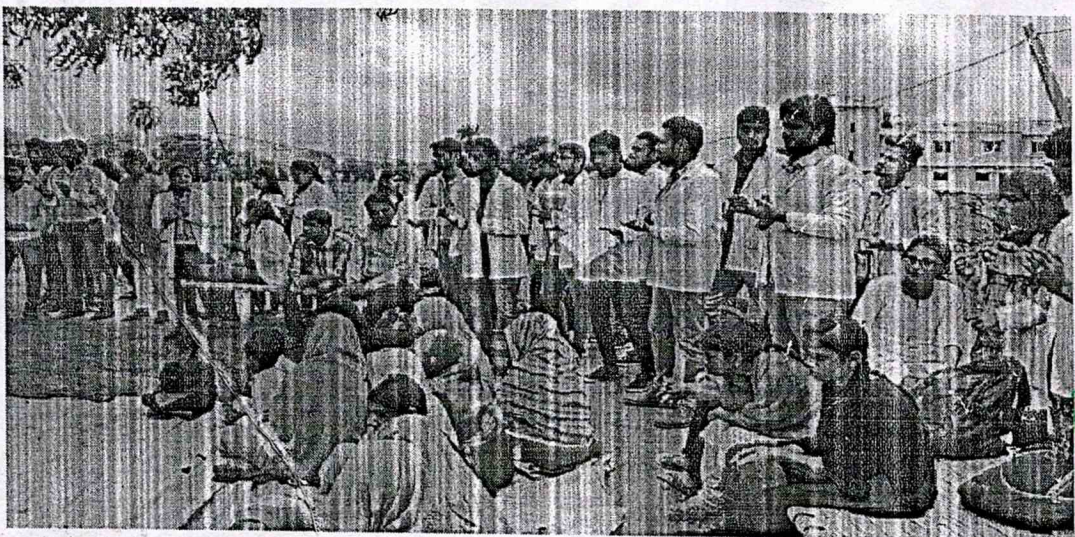


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by Dr. Aarti Sahastrabudde, Professor and Head, Department of Community Medicine

The session came to an end with vote of thanks by the faculties of Dept of Community Medicine.



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