



Index

MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)
(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



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Date:-6/8/2023

CIRCULAR

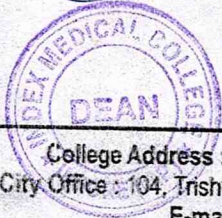
Department of Paediatrics, Index Medical College Hospital & Research Centre is Celebrating Breast feeding on 8/8/2023. All Interns, Nursing students, post graduates from department of paediatrics are requested to be present in Obstetrics on 8/8/2023 at 10am for the programme.

H.O.D

Dept of paediatrics
Index Medical College,
Hospital & Research Centre,
Khudel, Indore (M.P.)

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INDEX MEDICAL COLLEGE HOSPITAL & RESERACH CENTRE
DEPARTMENT OF PAEDIATRICS
BREAST FEEDING WEEK REPORT

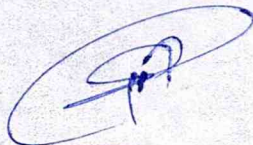
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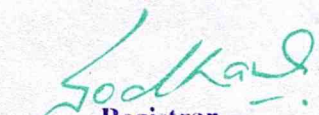
Date:- 8/8/23

REPORT

The Department of Paediatrics of Index Medical college Hospital & Research centre Index Malwanchal University ,in Collaboration with Indian Academy of Paediatrics ,Indore Branch observed 'world Breast Feeding Week ' from 1/8/23 to 8/8/23 .It was celebrated on 8/8/23 in post natal ward of the Hospital Department of Obstetrics was also invited for the event.

The theme of breast feeding week was "Enabling Breast feeding making a difference for working parents" Head of Departments of Dept of Paediatrics IMCHRC and Amaltas Hospital .faculty ,post graduates, undergraduates ,nursing students and ward attendants and postnatal mothers were present for the programme. Dr.Priyanka Jain {Associate Professor } anchored the programme and welcomed everyone for the programme .Dr.Swati Prashant {HOD,Dept of Paediatrics ,IMCHRC} delivered a speech on the importance and advantages of breastfeeding.Dr.Shubhangi Mahashabde {Professor} explained the various day to day problems of lactating mothers and various solution for the same. Dr.Deepika verma {Professor ,Dept of OBGY} delivered a speech on antenatal counseling of pregnant mothers to prepare them for location.Dr.Sharad Thora {HOD ,Dept of Paediatrics ,Amaltas Hospital} dicussed regarding human milk bank and need of such banks in the society. A short sheet play was performed by postgraduates & Interns of dept of Paediatrics & OBGY on the importance of breastfeeding and debuting various myths associated with breast milk. Dr.Saurabh Piparsania {Associate Professor} thanked everyone for their active participation for the programme .




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Breastfeeding is one of the most effective ways to ensure child health and survival. However, contrary to WHO recommendations, fewer than half of infants under 6 months old are exclusively breastfed.

Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

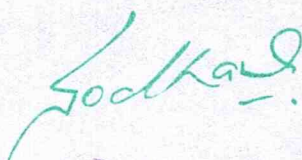
Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers.

Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide.

When you sit and feed, then sit with your back straight and well supported. You need to hold your baby close to you, at the level of your breast and turned towards you in such a way that her tummy touches yours and her face is towards your breast with her nose opposite the nipple so that she can take both the nipple and surrounding black part (called areola) into her mouth to latch on to the breast and effectively draw out the milk.

Only if a mother is noncompliant with her medications or is suffering from multidrug-resistant TB, then she should not directly breastfeed or be in direct contact with her baby until appropriate drug treatment is administered and she is no longer infectious. Meanwhile her expressed breastmilk (EBM), collected with all hygienic procedures including respiratory (wearing a mask) and hand hygiene could be fed to the baby by cup or wati or katori and spoon by a noninfected caretaker.




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(M.D.) Department of Obstetrics
& Gynaecology
Medical College
Indore (M.P.)
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List of participants

- 1)Dr Swati Prashant
- 2)Dr Anuradha Jain
- 3)Dr Saurabh Piparsania
- 4)Dr Naikey Minarey
- 5)Dr Shubhangi Mahashabde
- 6)Dr Stuti Gagrani
- 7)Dr Nikita Singh

PGs

- 1)Dr Suyash Singh Mahdele
- 2)Dr Greeshma Malviya
- 3)Dr Sakshi Singh
- 4)Dr Ankit Tiwari
- 5)Dr Vipin Patel
- 6)Dr Alok Chaturvedi
- 7)Dr Barkha Singh Parmar
- 8)Dr Shivani Singh

Sodkand
Registrar
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