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**Parul Institute of Homoeopathy
and Research**

**Department of Community Medicine,
in collaboration with WDC,
organizes a Breast Feeding Awareness Program on**



SDG - 3

**World
Breastfeeding week**

Venue: Mastupura village

5th August, 2025 | 12 PM onwards

02-08-2025

CIRCULAR

All the faculty members and students of PIHR are hereby informed that the **Department of Community Medicine** in collaboration with **WDC**, is organizing the Breast Feeding Awareness Session on **World Breast Feeding Week Day**

Date and Time: 8th August 2025 (Monday) at 12:00 PM.

Venue: Anganwadi, Mastupura Village .



Dept of Community Medicine

PIHR



PRINCIPAL

PIHR

Principal
Parul Institute of
Homoeopathy & Research
Iswarpura, Limda, Vadodara-391760

Activity Report

DEPARTMENT	Community Medicine in collaboration with WDC		
ACTIVITY TYPE	World Breast Feeding Week		
ACTIVITY TITLE	Breast Feeding Awareness Program		
DATE & TIME	5 th August 2025 12:00 PM onwards	Duration	2 hours
PARTICIPANTS NO.	5		
EXPERT NAME WITH DESIGNATION	NA		
NAME OF EXPERT'S ORGANIZATION	NA		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	Dr. Pranali Mistry		
FACULTY CONTACT DETAILS	7600360741		
SDG	SDG 2 (Zero Hunger) and SDG 3 (Good Health & Well-being)		
MOU Activity	NA		
SPONSORING AUTHORITY	-	Sponsorship amount:	-

Objective:

- To increase awareness and knowledge among pregnant women regarding the importance and benefits of exclusive breastfeeding for both mother and child.
- To educate participants about the correct techniques of breastfeeding, including positioning, latching, and frequency, to promote successful initiation and continuation of breastfeeding.
- To identify and address common misconceptions and challenges related to breastfeeding through interactive discussion and counseling

Activity:

A breastfeeding awareness program was conducted at Mastupura Anganwadi to promote maternal and child health through proper breastfeeding practices by dept. of Community Medicine in collaboration with WDC. Around 6-7 pregnant ladies and married women of reproductive age group participated in the session.

The program was commenced by **Dr. Pranali Mistry**, who welcomed the participants and briefed them about the importance of breastfeeding awareness in ensuring better infant health outcomes. The session summary was given by Dr. Ranjita Gupta.

Following the introduction, **4th BHMS students** actively conducted the awareness session. They explained:

- The importance of exclusive breastfeeding for the first six months.
- Correct techniques of breastfeeding, including proper positioning and latching.
- The nutritional requirements of lactating mothers.



- **Common problems** such as cracked nipples, breast engorgement, and insufficient milk secretion, along with simple preventive and management tips.

Demonstrations using charts and models were also done to make the session more interactive and understandable for the participants. The women were encouraged to ask questions, share their experiences, and clarify their doubts.

Glimpses of activity



Outcome:

The participants showed keen interest and actively interacted throughout the session. They gained better understanding about:

- The importance of exclusive breastfeeding.
- Correct breastfeeding techniques.
- Nutritional care during lactation.

Post-session feedback indicated improved confidence among the women to practice breastfeeding effectively and to guide others in their community.

<p>Name & Signature of coordinator</p> <p><i>Dr. Banali Mishra</i></p>	<p>Name, Signature & stamp of Head of the Department</p> <p><i>Dr. Banali Mishra</i></p> <p>HOD DEPT. OF COMMUNITY MEDICINE PIHR</p>	<p>Name, Signature & stamp of HOI</p> <p><i>Dr. Ankur Desai</i></p> <p>Principal Parul Institute of Homoeopathy & Research Iswarpura, Limda, Vadodara-391760</p>
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