

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



**SDG - 3**

**World  
Breastfeeding week**

**Venue: Mastupura village  
5<sup>th</sup> 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.

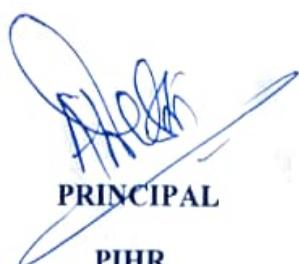
**Venue:** Anganwadi, Mastupura Village .



HOD

Dept of Community Medicine

PIHR



PRINCIPAL

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

**Activity Report**

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

**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

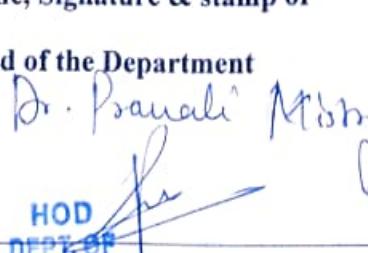
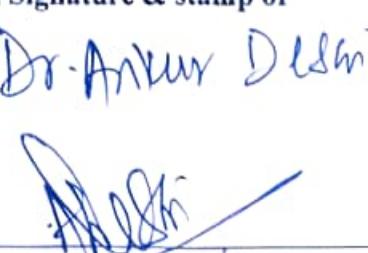


#### Outcome:

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.

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



PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH

## DEPT. OF COMMUNITY MEDICINE

WORLD BREAST FEEDING WEEK - AWARENESS PROGRAM

ATTENDANCE SHEET: 4th BHMS DATE: 5/8/2025



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