



**SANDRA SHROFF COLLEGE**  
**OF NURSING, VAPI**

**DEPARTMENT OF CHILD HEALTH NURSING**

**REPORT ON**

**"WORLD BREASTFEEDING WEEK"**

**FROM 1<sup>ST</sup> AUGUST 2024 TO**

**7<sup>TH</sup> AUGUST 2024**



Principal  
Sandra Shroff College of Nursing

## REPORT ON BREASTFEEDING WEEK CELEBRATION

Sandra Shroff College of Nursing, Vapi. Department of Child Health Nursing and the Department of Obstetrics and Gynecological Nursing organized Breastfeeding Week from 1<sup>st</sup> August 2024 to 7<sup>th</sup> August 2024 to promote breastfeeding awareness at GMERS Civil Hospital, Valsad and Shrimad Rajchandra Hospital and Research Centre Dharampur. The theme of this year's celebration is **“CLOSING THE GAP: BREASTFEEDING SUPPORT FOR ALL”**

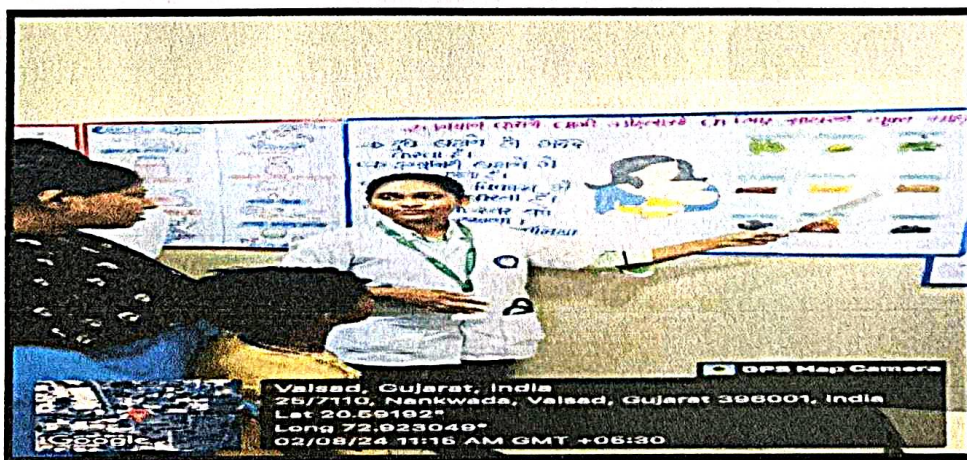
### **OBJECTIVES:**

1. Breastfeeding Week raises awareness and increases public understanding of the benefits of breastfeeding for both babies & mothers.
2. To empower communities by creating a supportive environment for Breastfeeding.
3. Provide information and policies that protect and support breastfeeding.
4. Encourage mothers to exclusively breastfeed their babies for the first six months.

Over the week different activities were conducted by 3<sup>rd</sup> year B.Sc. Nursing (5<sup>th</sup> semester) students at GMERS Hospital, Valsad. On the 1<sup>st</sup> of August 2024 planned and the program commenced with a welcome address followed by the unveiling theme it was done by Dr. Chintu Chaudhary, M.D. Pediatrics Consultant, Mrs Minal Pandey Deputy Nursing Superintendent, Mrs Rita Deputy Nursing Superintendent and faculty of Child Health Nursing Department Prof. Mrs. J.M. Silja, Mrs. Poonam Patel Assistant Professor, Mrs. Daulat Kuwar Nursing Tutor, Ms. Simran Shaikh, Nursing Tutor, Mrs. Sheetal M.K. Nursing Tutor. After the theme opening students performed an interactive drama on the topic of bridging the gap with support.



On 2<sup>nd</sup> day Vibrant Poster Gallery was exhibited at the postnatal ward of GMERS. 5th-semester students illustrated the benefits of breastfeeding insight and innovation by displaying posters on various topics like Breastfeeding positions, how to express breastmilk, the diet of lactating mothers, immunization schedule, etc. The poster gallery attracted a wide range of mothers and sparked meaningful conversations about breastfeeding practices.

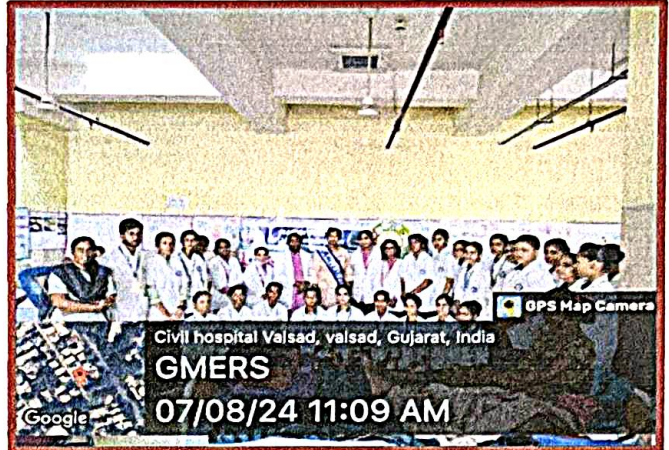


Then expert talk was organized on 3<sup>rd</sup> August 2024. The lecture was delivered by Dr.Chintu Chaudhri, M.D. Pediatrics, Consultant At OPD on the topic of exclusive breastfeeding, Nutritional benefits for the baby, types of breastmilk, composition of breastmilk, and duration of breastmilk. The session was very informative. Students are enlightened with knowledge.



On 5<sup>th</sup> August 2024 Mrs Lucky's brain contest was organized for postnatal mothers at the Obstetrics ward Out of 30 mothers 5 mothers were selected from the preliminary round. Then the quiz competition was conducted which had 2 rounds. The quiz master was Mr. Arjun Swami Student of the 5<sup>th</sup> semester and Ms Anjali Mishra Student of the 5<sup>th</sup> semester. The winner of the quiz competition Mrs. Sadhna Jaiswal was titled as Mrs. Lucky Brain Contest. Winners were awarded prizes. Postnatal mothers were encouraged by happy breastfeeding cards and gifts.



Then on 6<sup>th</sup> August 2024 cross sectional survey was done to explore the myths and attitudes of mothers toward breastfeeding.



On the final day mega rally was conducted by students of 5<sup>th</sup> semester B.Sc. Nursing, the rally aimed to educate the public about the importance of breastfeeding. It began from the ground floor to the 6<sup>th</sup> floor of the hospital premises. All students were deeply involved & educated the general public with the pamphlet distribution.



CONCLUSION: World Breastfeeding Week provided an invaluable platform to raise awareness about the role of breastfeeding in promoting the health and well-being of babies and mothers. Through various activities and public awareness rally, the week highlighted the boon of breastfeeding and disproved the myths.

 <b>SANDRA SHROFF COLLEGE OF NURSING , VAPI</b>			
<b>DEPARTMENT OF CHILD HEALTH NURSING &amp; OBSTETRICS &amp; GYNECOLOGICAL NURSING ORGANIZES</b>			
<b>DATE : 1<sup>ST</sup> AUGUST 2024 TO 7<sup>TH</sup> AUGUST 2024</b>			
<b>THEME : " CLOSING THE GAP: BREAST FEEDING SUPPORT FOR ALL "</b>			
DATE	EVENT		
	G.M.E.R.S. HOSPITAL , VALSAD	SRH , HOSPITAL, DHARAMPUR	
01/08/2024 Thursday	Welcome Address Unveiling Theme Interactive drama on Breast feeding : Bridging the gap with support	Welcome Address Unveiling Theme Health Education on closing the gap: Breastfeeding support for all	
02/08/2024 Friday	Poster Gallery : Breast feeding Insight and Innovations	Manual Expression of Breast Milk	
03/08/2024 Saturday	The impact of early and exclusive Breast-feeding on infant Health Expert Talk By Dr. Chintu Chaudhari , M.D. Pediatrics	Breastfeeding Exercise	
05/08/2024 Monday	Mrs. Lucky Brain Contest for Postnatal Mothers	In-service Education on closing the gap: Breast feeding support for all	
06/08/2024 Tuesday	Exploring myths and attitude of Mothers towards Breast feeding : A cross sectional Survey	Diet plan for Postnatal Mothers	
07/08/2024 Wednesday	Public awareness drive rally : Pamphlet Distribution Vote of Thanks	Role play on Breast feeding awareness Vote of Thanks	
<b>ORGANIZING COMMITTEE MEMBERS</b> <b>Child Health Nursing Department</b> 1. Prof. Mrs. J. M. Silja HOD 2. Mrs. Poonam Patel Assistant Professor 3. Mrs. Daulat Kuwar Nursing Tutor 4. Ms. Simran Shaikh Nursing Tutor 5. Mrs. Sheetal M.K. Nursing Tutor <b>Obstetrics &amp; Gynecological Nursing Department</b> 1. Mrs. Mayuri Patel HOD 2. Mrs. Darshna Gavli Assistant Professor 3. Ms. Damini Patel Nursing Tutor 4. Ms. Sangita Kansara Nursing Tutor		