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ADARSH VIDYA PRASARAK SANSTHA'S

ADARSH COLLEGE OF ARTS, COMMERCE & SCIENCE

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06/08/2024

Women Development Cell (WDC)

Report

Workshop on 'Importance of Breast-Feeding'

The Women Development Cell of Adarsh College of Arts, Commerce and Science, in association with Rotary club and Rajiv Gandhi Medical College and Chhatrapati Shivaji Maharaj Hospital, Kalwa, had organised a workshop on 'Importance of breastfeeding' on 6th August 2024 in the College Smart Room. 47 students and 10 faculty members had participated in this workshop. Dr. Dinesh Samel, Dr. Ranjana Zode, Dr. Pramod, Dr. Venketesh, Dr. Aswarya and Dr. Dhanashre, Chhatrapati Shivaji Maharaj Hospital, Kalwa, were the resource persons. Mr. Vaibhav Lavate, President Rotary Club of Badlapur Industrial Area and Mrs. Geeta Potnis were present for the workshop on behalf of Rotary Club. Dr. Sangeeta Pande (I/C. Principal and Chairperson- WDC) gave a brief background about Rotaract club and its objectives, and explained about the nature of the workshop. Ms. Tanishka Kadam, Student of TYBMS gave a brief background about the program. The guests were welcomed by Dr. Sangeeta Pande.

Thereafter, Dr. Dinesh Samel gave a detailed insight on the importance of breast milk in the growth and development of a newborn and an infant. Mother's breast milk provides a perfect nutritional mix of proteins, fats, carbohydrates, vitamins, and minerals for infants. It boosts the immune System of newborns and infants as breast milk is rich in antibodies and protects babies from various infections and diseases. Breast milk is also crucial for brain development of the infant as it contains fatty acids and cholesterol which is essential for brain growth and development of newborn babies. Breastfeeding promotes skin-to-skin contact between mother and her newborn which develops bonding between mother and child. A newborn feels most secure in the arms of its mother. Breastfeeding is important not only for the growth and development of infants but also has several health benefits for the mother such as it helps with post pregnancy uterus shrinkage, weight loss, and reduces the risk of breast and ovarian cancer.

Dr. Pramod, Dr. Vankatesh and Dr. Ashwarya explained the importance of first milk i.e. Colostrum. Colostrum is produced by the mammary glands of a mother in small amounts, in the first few days after giving birth. It's a yellowish fluid rich in nutrition.

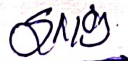
World Breastfeeding Week (WBW) is celebrated from 1st August to 7th August every year. It is a global campaign. The Theme of World Breastfeeding Week 2024 is "CLOSING THE GAP BREASTFEEDING SUPPORT FOR ALL". The objectives of this campaign is to raise awareness about breastfeeding benefits at global level, promote support for nursing mothers, encourage policy-makers to articulate and implement breastfeeding-friendly policies and to promote community engagement in breastfeeding support initiatives.

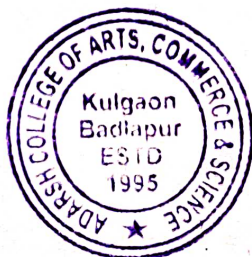
Dr. Ranjana Zode further explained the history of World Breastfeeding Week. WBW was first celebrated in 1992 by the World Alliance for Breastfeeding Action (WABA).

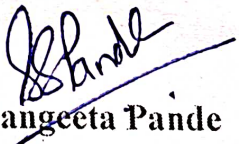
Dr. Dhanshree focussed on post-partum depression and challenges faced by nursing mothers. He said that a new mother needs family help and support through her journey of motherhood. She explained the methods of storing breast milk. Breast milk can be expressed by hand or by breast pump. It can be stored in airtight containers in the fridge for up to 3 days or in the freezer for up to 6 months and can be administered after thawing. Thereafter, an interactive session with the experts was conducted to clarify doubts and queries of the audience. The workshop concluded with a positive message 'Let's support and empower breastfeeding mothers this week and beyond!.

Mr. Vaibhav Lavate, President Rotary Club of Badlapur Industrial Area shared his golden memories with the college as he was also the student of Adarsh College of Arts and Commerce. As being one of the Alumni of our college he ensured us to provide various support and contribution in future also.

A vote of thanks was proposed by Ms. Preksha Kshirsagar, Student of SYBAF


Dr. Snehal Deshmukh
Co Ordinator- WDC




Dr. Sangeeta Pande
I/c. Principal and Chairperson- WDC