

# IMPORTANCE OF BREAST FEEDING

**Preamble:** Importance of breast feeding

**Date** : Aug 6th, 2022

**Time** : 1 PM

**Venue** : Classroom, SDMSM KALASALA

**Report** : On 6th August 2022, poster competition and essay competition was conducted on "Importance of breast feeding" by the Dept. of Food Science & Technology in association with Inner Wheel Club, Vijayawada. She emphasized the need for a plant. Breastfeeding is good for both infants and mothers. Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat - everything that a baby needs for optimum growth and development. Students from first year and second year FMB & FMC participated in the competitions. First and second prizes were awarded to the winners by **Dr. K. Swetha, Secretary, Inner Wheel Club, Vijayawada.** She appreciated the student's performance and motivated them to participate in many more such programs.



