

## **BREAST FEEDING WEEK AWARENESS**

<b>Nature of Programme</b>	<b>: Awareness</b>
<b>Title</b>	<b>: Breast Feeding Week.</b>
<b>Number of Participants</b>	<b>: Food Science &amp; Technology students</b>
<b>Date</b>	<b>: 7<sup>th</sup> August 2025.</b>
<b>Total No. of Participants</b>	<b>: 45</b>

### **Brief Report:**

To celebrate Breast Feeding Week (Aug 1<sup>st</sup> to 7<sup>th</sup>) the Department of Food Science and Technology organised a Seminar on Breast Feeding by the students of final year FST. In collaboration with the Anganwadi, our students provided counselling to pregnant and lactating women, using charts to explain and create awareness among the mothers. The sessions emphasized the importance of breastfeeding in protecting child health by providing essential nutrition and antibodies. They also highlighted the role of maternal nutrition in promoting health and reducing healthcare costs, thereby offering economic benefits. Furthermore, the students explained the dos and don'ts for mothers, encouraging them to consume nutrient-rich foods to prevent diseases and ensure overall well-being.

