

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012



Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

WORLD BREASTFEEDING WEEK

First Week of August

2022

Event Report

Venue: Anganwadi Center, Kusumpur Pahari, Vasant Vihar, New Delhi

Date: 05/08/2022



A one-hour session was conducted with women of reproductive age at Anganwadi Center, Kusumpur Pahari, Vasant Vihar, Delhi to impart awareness about importance of breastfeeding on 05-08-2022 by FHTS team members.

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012

**World Breastfeeding Week celebrated by FHTS**

The World Breastfeeding Week is celebrated throughout the world during the first week of August. World Breastfeeding Week is celebrated with the objective to promote and support breastfeeding, as well as to raise awareness about the importance of breastfeeding, healthy breastfeeding practices, and a healthy diet required during lactation among women of reproductive age.

In the honour of World Breastfeeding Week, Foundation of Healthcare Technologies Societies (FHTS) conducted interactive session for significance of breastfeeding at anganwadi center of Kusumpur Pahari, Vasant Vihar, Delhi.

Event Details**Venue:** Anganwadi Center, Kusumpur Pahari, Vasant Vihar, Delhi**Date:** 5th August 2022**Objective:** To promote and support breastfeeding, as well as to raise awareness about the importance of breastfeeding, healthy breastfeeding practices, and a healthy diet required during lactation among women of reproductive age.**Duration of the session:** 60 minutes**Start time:** 11:30 AM**End time:** 12:30 AM**Team Members:** Dr Sakshi Sharma, Mansi Shukla and Shruti Sharma

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012



FHTS

Event Execution

Components of the camp	Topics Covered	Material and methods used
Introduction	<ul style="list-style-type: none">● Introduction to FHTS● Introduction to World Breastfeeding Week and importance of breastfeeding	<ul style="list-style-type: none">● Interactive session● Poster
Educational Awareness	<ul style="list-style-type: none">● Early initiation of breastfeeding● Exclusive breastfeeding● Importance of colostrum● Health benefits of breastfeeding for both mother and infant● Complementary feeding● Nutrient rich foods required during lactation● Importance of good attachment and posture during breastfeeding● Sanitation and hygiene practices during breastfeeding	<ul style="list-style-type: none">● Audio-visual aid● Brochure● Posters
Question and answer session	<ul style="list-style-type: none">● Breastfeeding myths	<ul style="list-style-type: none">● Interactive session

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012



Observations during the session:

- Seventeen women of reproductive age were a part of this session. Out of them 4 women were pregnant and 10 were lactating women. Details of the session are tabulated below. Many women were curious to know about healthy breastfeeding practices.
- Some shared their experiences regarding breastfeeding.
- Some asked their doubts regarding breastfeeding practices.
- All women were very happy to know all the information and they were very eager to share them with their relatives/neighbours/friends.

Photo Gallery



Picture 1: Every beneficiary received an orange ribbon



Picture 2: Brochure distributed to beneficiaries



Picture 3: Interactive session



Picture 4: Audio-visual aid shown to beneficiaries

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012



Educational Aids Used

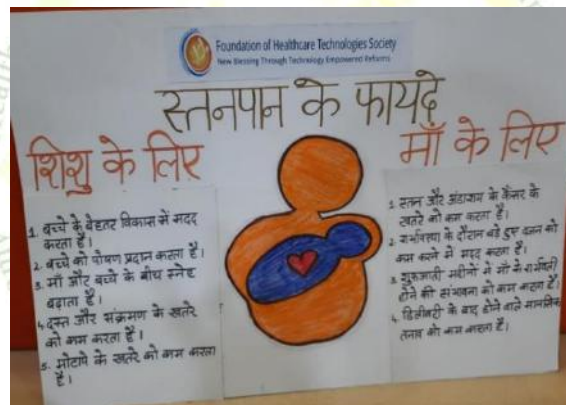
Posters:



Poster 1: Importance of world breastfeeding day



Poster 2: Important nutrients and their food source



Poster 3: Importance of breastfeeding for mother and infant

References: <https://wcd.nic.in>, <https://nhm.gov.in>

Foundation of Healthcare Technologies Society

321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066

Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in

Registration No.: S/877/SDM/NW/2012



Brochure:



Page 2: Importance of breastmilk

Page 1: Good attachment and posture required during breastfeeding

References: <https://wcd.nic.in>, <https://nhm.gov.in>

Audio-visual Aid: Press Information Bureau, Poshan Maah 2020, *Breastfeeding is the best food for the infant for first six months of life.*



Audio-visual Aid

References: Press Information Bureau, Poshan Maah 2020, *Breastfeeding is the best food for the infant for first six months of life.*