

REPORT ON WORLD BREAST FEEDING WEEK

1ST – 7TH August 2018

The Department of Clinical Nutrition and Dietetics celebrated the “World Breast feeding Week” in the College campus by providing awareness to the young individuals & staffs through Posters and charts which are hung in and around the College campus. The students of III semester and V semester majoring in Clinical Nutrition and Dietetics participated in the activity.

The celebration was wrapped up on the 7th of August 2018 by removing the Charts & Posters. It has provided great information for the staffs and the students of the College as a whole.





BREASTFEEDING



COMPOSITION OF BREAST MILK

→ PEDIATRICIANS RECOMMEND BREASTFEEDING UNTIL AT LEAST ONE YEAR
 → A HEALTHY NEWBORN'S INSTINCT TO BREASTFEED PEAKS 20-30 MINUTES AFTER BIRTH
 → BREAST MILK IS A LIVING SUBSTANCE
 → BREASTFEEDING LOWERS HEALTH RISKS

ANTIBODIES
HORMONES
ANTI-VIRUS
ANTI-ALLERGIES
ANTI-PARASITES
GROWTH FACTORS
ENZYMES
MINERALS
VITAMINS
FATS
DHA/ARA
CARBOHYDRATE
PROTEIN
WATER

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BREASTFEEDING

GOOD FOR BABY GOOD FOR MOM

BENEFITS FOR BABY :-

- PREVENTS DIARRHEA, EAR INFECTIONS, PNEUMONIA AND ASTHMA.
- CUTS RISK OF SUDDEN INFANT DEATH SYNDROME.
- LOWERS RISK FOR OBESITY, DEVELOPING ALLERGIES.



BENEFITS FOR MOM :-

- LESSENS RISK OF BREAST CANCER, OVARIAN CANCER.
- PREVENTS POSTPARTUM DEPRESSION, TYPE 2 DIABETES
- REDUCES STRESS

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BREAST FEEDING

HEALTH OF THE BABY

PERFECT NUTRITION FOR THE BABY

STRONGER IMMUNE SYSTEM

Breast Feeding is The Best Feeding

BONDING WITH THE MOTHER

HEALTH OF THE MOTHER

IQ 3-5 POINTS HIGHER

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BOTTLES FILL HIS STOMACH BUT

BREAST FEEDING FILLS HIS SOUL

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