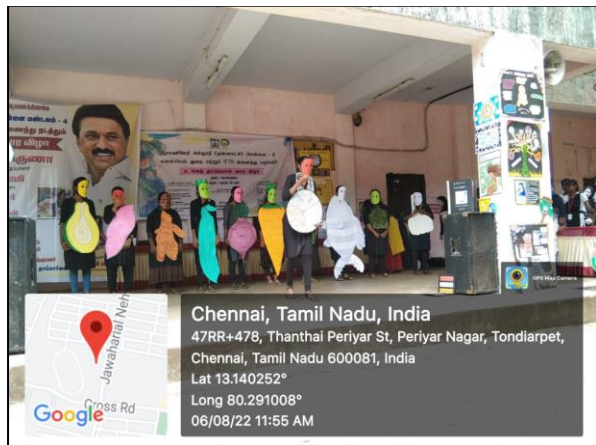
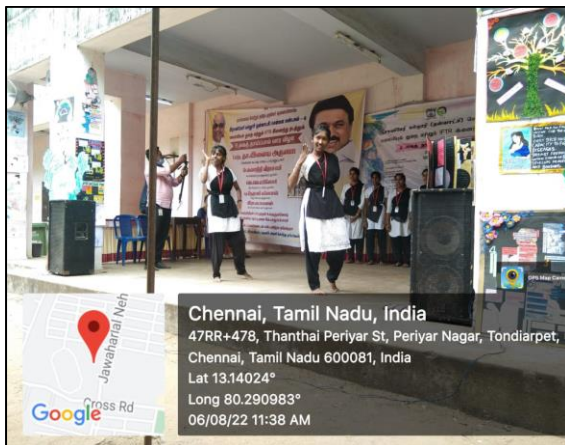
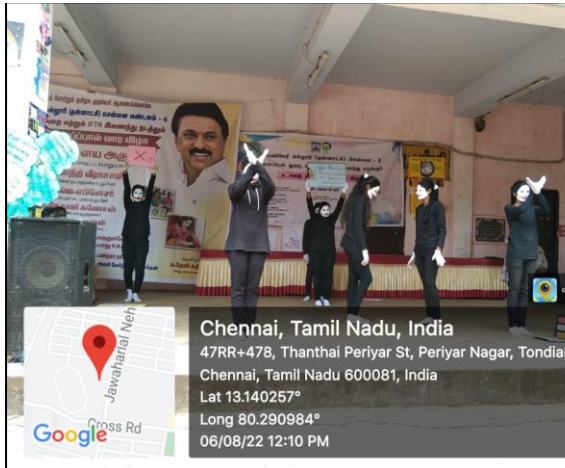
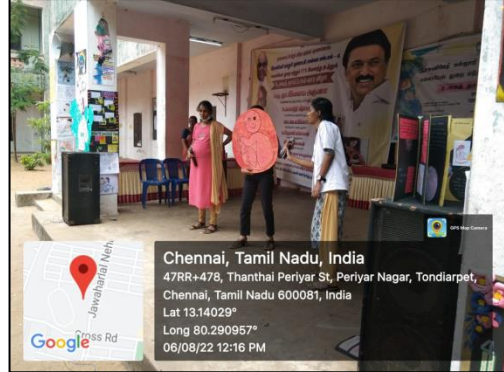
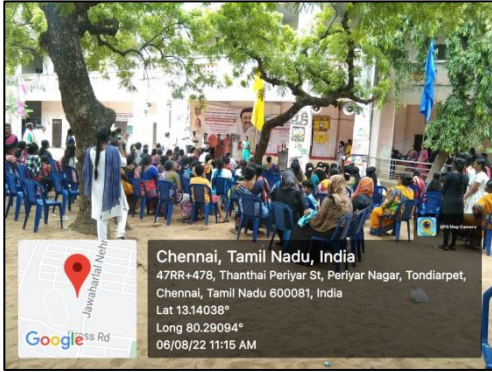


**QUEEN MARYS COLLEGE (AUTONOMOUS)**  
**DEPARTMENT OF HOME SCIENCE**  
**WORLD BREAST FEEDING WEEK CELEBRATION**  
**(06/08/2022)**









World breastfeeding week is annually celebrated from August 1 to 7, to encourage breastfeeding and improve the health of babies around the world. As per WHO breastfed children are more intellectual and fit. This year the theme for World breastfeeding week is "Step up for breastfeeding: educate and support". As a part of extension activity - in order to shed light on the importance of breastfeeding, an awareness program was conducted on 3rd August, at Chennai Corporation School, Tondiarpet for pregnant and lactating mothers residing in Tondiarpet. The program was organised by the Department of Home Science, Queen Mary's College ( Autonomous) in association with IFTE -

Final year students of both B.Sc. NFSMD and B.Sc. Clinical Nutrition and Dietetics provided a wholesome entertainment cum educative programme to the pregnant and lactating mothers. This included an exhibition on low cost lactogogue recipes, puppet show with song enactment, skit and street play to dispel the doubts and fears about breastfeeding. A beautiful poem on the importance of breastfeeding and the superiority of breast milk was narrated by one of the students. Students used lactogogue foods as attire and presented a fashion show which was very attractive and won the attention of all. Various charts were prepared and displayed on the importance of breast milk, myths and facts about breast milk, nutritive value, breast milk versus formula milk, feeding problem and solution, feeding position, breast milk storage and breast milk bank etc.

Overall the program was a huge success as it was well received and appreciated by the audience particularly pregnant and lactating mothers.

