



Symbiosis International University

**Symbiosis School of Biomedical
Sciences**

Department of Nutrition and
Dietetics

World Breastfeeding Week

**Seminar on “Breastfeeding: A key to sustainable
development”**

August 2nd 2016

World Breastfeeding Week is celebrated every year from 1 to 7 August to encourage breastfeeding and improve the health of babies around the world. The World Breastfeeding Week 2016 theme is on raising awareness of the links between breastfeeding and the Sustainable Development Goals (SDGs). By recognizing that breastfeeding is a key to sustainable development, the theme for this year is “Breast feeding a key to sustainable development”. 2016 commemorates the beginning of the SDGs. There is a reason why virtually every country around the world observes World Breastfeeding Week every year. Breastfeeding is one of the most effective and cost effective ways to save and improve the lives of children everywhere, yielding lifelong health benefits for infants and their mothers. And increasingly, it is clear that breastfeeding is not only the cornerstone of a child’s healthy development, it is also the foundation of a country’s development.

This year the Nutrition and Dietetics faculty, Symbiosis School of Biomedical Sciences (SS BS), jointly organized a seminar with t h e Indian Medical Association (IMA), Pune Chapter at SS BS, Lavale campus, between 2.00 and 5.00 p m, on 2nd August 2016.

The aim of the seminar was to bring together experts in this field, to foster learning and inspire the young minds. This would empower the students with the knowledge and skills needed for reaching out to the community. The programme comprised of five topics. It included the physiology of breastfeeding, advantages, problems in breast feeding and its management. This was followed by a session on maternal nutrition and sustainable development, which focused on the current year’s theme. A novel theme on human milk banking was highly appreciated by the participants. A video on “Breast crawl” by UNICEF, India was projected to the participants to highlight the importance of initiation of breast feeding within the fir st hour of childbirth. A team of ten experts from Indian medical Association, P une chapter graced the

occasion. Dr. Anuradha Vaidya, Deputy Director SS BS, invited the guests and introduced the SSBS to the dignitaries. Dr. Vaijayanti Patwardhan, Gynaecologist and management committee member, IMA coordinated the event. It was an enriching session for the students of SSBS with an interaction and a round of questions and answers. The students gained an insight into the significance of breastfeeding feeding practices as well as this session opened up newer avenues for those students who would be interested in pursuing their careers as Lactation consultants.

During the same breastfeeding week (1st August – 7th August 2016), students of the M.Sc. Nutrition and Dietetics (3rd semester) prepared posters on themes revolving on '*Significance of breastfeeding*', '*Foods which promote milk production*', '*Importance of breastfeeding*'. The students disseminated this knowledge to the nursing mothers in Sus gaon, Mulshi Taluk, Pune by which they created awareness on importance of breastfeeding. In addition the students demonstrated low cost recipes to educate women on combining affordable food ingredients to preparing holistic food preparations. Both students and faculty of Nutrition and Dietetics showed enthusiasm and made an impact on the community through their participation.



Indian Medical Association, Pune chapter Members (From L-R): Dr. Deshmukh (Secretary, IMA), Dr. Padma lyer (Vice President, IMA), Dr. Jayanr Navrange (Trustee, IMA), Dr. Vaijayanti Patwardhan (Member, IMA), Dr. Saket Patwardhan



Welcome address by Dr. Anuradha Vaidya (Deputy Director, SSBS)



Guest speaker – Dr. Jayant Navrangan



Guest speaker – Dr. Prakash Marathe (President Elect, IMA)



M.Sc. Nutrition & Dietetics (Sem III) students of SSBS demonstrating a poster with the aim to educate the nursing mothers on importance of breastfeeding, Sus Gaon, Mulshi Taluk, Pune.



M.Sc. Nutrition & Dietetics (Sem III) students of SSBS demonstrating a low cost healthy recipe (Steam cooked banana pancake) with the aim to educate the nursing mothers on preparation of healthy foods