

Report on Workshop on Breast Feeding at Amaltas Institute of Nursing Sciences, Dewas)

An event titled **Breast Feeding** was organized by **OBG Nursing** Department of Amaltas Institute of Nursing Sciences, Dewas.

On the occasion of breast feeding week from 1st August to 7th august 2025

Theme:- Create sustainable support system

We organized day by day different programme to create awareness and support

POSTER COMPETITION

Date:- 02/08/2025

Time:-12noon onwards

Venue:- Amaltas Institute of Nursing sciences

Objectives

The poster competitions aimed

- Promote Breastfeeding Awareness: Educate participants about the benefits of breastfeeding for both mothers and babies.
- Encourage Creative Expression: Provide a platform for students to showcase their artistic skills while spreading awareness about breastfeeding.
- Foster Supportive Environments: Emphasize the importance of creating supportive environments for breastfeeding mothers.

Impact

These events contributed to a greater understanding of breastfeeding's significance, encouraging participants to promote and support breastfeeding practices in their communities



RANGOLI COMPETITION

Date:- 05/08/2025

Time:-12:00noon onwards

Venue:-Amaltas Institute of Nursing sciences

Objectives

The primary objectives of these Rangoli competitions are to:

- Promote breastfeeding awareness and its benefits
- Encourage creative expression and artistry
- Foster a supportive community for breastfeeding mothers
- Raise awareness about the importance of breastfeeding support for working parents

Impact

These events not only showcased artistic talent but also contributed to a greater understanding of breastfeeding's significance. By engaging participants and attendees, the competitions helped create a more informed and supportive environment for breastfeeding mothers



SEMINAR

Priorities breastfeeding: Create sustainable support systems invest in breastfeeding invest in future

Date:- 7th august 2025

Time:- 11am onwards

Venue :- Mayank Hall 2nd floor

Amaltas hospital & research center

- The main objective of this event was to **provide knowledge breast feeding advantage and encourage society for exclusive breast feeding for 6 months.**

Details of the Event

- The event began at 11 AM with a warm welcome address delivered by Mrs. Subita Bagri, Asst. Professor, AINS who greeted the guests and participants and provided an overview of the event's significance.
- This was followed by *lamp lighting, invocation song and Ganesh Vandana*. The dignitaries present included Shri Suresh Singh Bhadoriya, Founder Chairman, Amaltas Group of Institutions, Shri Mayakraj Singh Bhadoriya, Chairman, Amaltas Group of Institutions, Dr. Maya Kalyani, CBMO, Toankkhurd, Dewas, Chief Guest, Dr. S.C. Wankhede, Vice Chancellor, Dr. Sangeeta Tiwari, Principal, Amaltas Nursing College, Dr. Sneha Sahay Youtham, Organizing Secretary of the workshop, all the HOI and HOD of the Department were present in the workshop.
- Dr. Maya Kalyanis spoke on Breast feeding.
She highlighted key aspects such as:
 - Advantages of the breast feeding
 - Technique of feeding the baby
 - The colostrum milk, its benefits and effects on the baby.
 - The process of feeding the baby with both the breast with duration and concluded with some explains about the type of milk which receive during the feeding.
 - She explained the process and method to make mother aware about the exclusive breast feeding, which kept the audience engaged and informed.
- Subsequently, the program included the demonstration session of holding the baby while feeding, managing the twins baby feeding with various methods of feeding. Participants actively took part in discussion, which added great value to the event.

Outcomes and Feedback

The event proved to be highly beneficial as it *enhanced knowledge, skill development, increased awareness regarding breast feeding*. Many students and faculty members expressed their appreciation for the quality and relevance of the content delivered.

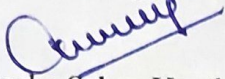
Feedback from participants was overwhelmingly positive. The event also provided an excellent platform for networking and sharing ideas among students and experts in the field.

Conclusion

In conclusion, the vote of thanks was given by Ms. Sarita Mandloi, Nursing Tutor, AINS. The **Breast Feeding** was a remarkable initiative Amaltas Institute of Nursing Sciences, Dewas, successfully achieving its objectives. The efforts of all organizers, faculty, and participants were commendable and played a crucial role in making the event a grand success.

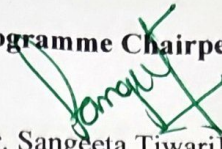


Programme Organizer :-



[Dr. Sneha Sahay Youtham]
[HOD, Obstetrical & Gynecological Nursing]
[Amaltas Institute of Nursing Sciences/Amaltas University]

Programme Chairperson:-



[Dr. Sangeeta Tiwari]
[Principal]
[Amaltas Institute of Nursing Sciences/Amaltas University]
Principal,
Amaltas Institute of
Nursing Sciences
Bangar, Dewas

Enclosures to be included:

1. Copy of Circular/Notice
2. Brochure, if available
3. Photographs
4. Sample Certificate
5. Photo of the Banner
6. Newspaper



AMALTAS UNIVERSITY

AMALTAS INSTITUTE OF NURSING SCIENCES



You are invited to attend

Priorities Breastfeeding: Create Sustainable Support Systems

Invest in breastfeeding, invest in the future

Seminar

August 7 2025

11:00 am onwards

On the occasion of

Breast Feeding Week

1st august to 7th august

Chief Guest

Dr. Maya Kalyani

CBMO Toankkhurd

Dewas M.P.

Organizing Chairperson

Dr. Sangeeta Tiwari

{Principal, Amaltas Institute of Nursing sciences}

Organizing Secretary

Dr. Sneha Sahay Youtham

{HOD cum Professor, Amaltas Institute of Nursing sciences}

Master of formal procedure

Mrs. Subhita Bagri

{Asst. Professor, Amaltas Institute of Nursing sciences}

Vote of thanks

Ms. Sarita Mandloi

{Tutor, Amaltas Institute of Nursing sciences}



AMALTAS UNIVERSITY, DEWAS
AMALTAS Institute of Nursing Sciences

Breast Feeding Week

1st August to 7th August 2025

Priorities Breastfeeding: Create Sustainable Support Systems

Invest in breastfeeding, invest in the future



Venue:- Mayank Hall, 2nd Floor, Amaltas Hospital

देवास अमलतास इंस्टीट्यूट ऑफ नर्सिंग साइंसेज में विश्व स्तनपान सप्ताह मनाया गया

जन जागरण संदेश

राम मीणा देवास। विश्वभर में हर वर्ष 1 से 7 अगस्त तक 'विश्व स्तनपान सप्ताह' मनाया जाता है, जिसका उद्देश्य स्तनपान को बढ़ावा देना, संरक्षण करना और इसके महत्व के प्रति समाज को जागरूक करना है। इसी क्रम में अमलतास इंस्टीट्यूट ऑफ नर्सिंग साइंसेज (अमलतास यूनिवर्सिटी) द्वारा स्तनपान जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में मुख्य अतिथि के रूप में चीफ ब्लॉक मेडिकल ऑफिसर डॉ. माया कल्याणी उपस्थित रहीं। डॉ. माया कल्याणी ने विद्यार्थियों को संबोधित करते हुए कहा कि नवजात शिशु को जन्म के बाद पहले छह माह तक केवल माँ का दूध ही देना चाहिए। उन्होंने शिशु को स्तनपान कराते समय सही ढंग से गोद में लेने की विधि, स्तनपान के शारीरिक व मानसिक लाभ, और छह माह के बाद पूरक आहार के सही तरीकों की जानकारी दी। उन्होंने कहा कि माँ का दूध न केवल शिशु के लिए सर्वोत्तम पोषण है, बल्कि यह बच्चे और माँ दोनों के स्वास्थ्य के लिए मजबूत आधार भी प्रदान करता है। कार्यक्रम की अध्यक्षता अमलतास यूनिवर्सिटी के कुलगुरु डॉ. शरदचंद्र वानखेड़े ने की। इस अवसर पर रजिस्ट्रार श्री संजय रामबोले, नर्सिंग प्रिंसिपल डॉ. संगीता तिवारी, जनरल



मैनेजर डॉ. मनीष शर्मा, डायरेक्टर डॉ. स्नेहा यूथम, विश्वविद्यालय के विभिन्न महाविद्यालयों के प्राचार्य, शिक्षक एवं छात्र-छात्राएँ तथा अन्य गणमान्य अतिथि उपस्थित रहे। अमलतास सुपर स्पेशलिटी हॉस्पिटल के चेयरमैन श्री मयंक राज सिंह भदौरिया ने कहा कि इस सप्ताह के माध्यम से हम समाज में एक ऐसी सोच विकसित करना चाहते हैं, जहाँ स्तनपान को एक सामान्य, स्वाभाविक और सम्मानित प्रक्रिया के रूप में स्वीकार किया जाए। उन्होंने कहा कि आधुनिक समय में जागरूकता और सही

जानकारी के अभाव में कई माताएँ शिशु को उचित पोषण नहीं दे पातीं, जिससे बच्चे के स्वास्थ्य पर नकारात्मक असर पड़ता है। ऐसे में स्वास्थ्य पेशेवरों, शिक्षण संस्थानों और समाज के संयुक्त प्रयासों से ही इस दिशा में बदलाव लाया जा सकता है। कार्यक्रम के अंत में नर्सिंग कॉलेज के विद्यार्थियों ने पोस्टर और स्लोगन के माध्यम से स्तनपान के महत्व पर संदेश दिए। मंच संचालन वरिष्ठ व्याख्याता द्वारा किया गया एवं आभार नर्सिंग प्रिंसिपल डॉ. संगीता तिवारी ने व्यक्त किया।