

## WORKSHOP ON AWARENESS ON BREAST FEEDING

DATE: 15.09.2022

A workshop on awareness on breast feeding was organized in Madhsudan auditorium in Shailabala Women's Autonomous College, Cuttack on 15.09.2022 at 11:30 AM in collaboration with HDFC Bank, Cuttack. Principal Prof. Dr. Gayatri Biswal inaugurated the program, offered welcome address and highlighted redarding importance of breast feeding to the participants. Dr. Sarojini Sarangi, veteran Retd. Gynaecologist, SCBMCH discussed in detail about breast feeding. Dr. Prabhavati Panda, Retd. Prof. of Odia spoke about the significance of breast feeding in maintaining health of both mother and child and ultimately as a beneficial method to make healthy future India. Breastfed children perform better on intelligence tests, are less likely to be overweight and less prone to diabetes in later life. It also relaxes from stress, helps to maintain healthy weight, good for reproductive health and protects from breast cancer. Dr. Menakarani Sahoo, OIC, Red Cross offered guest introduction. Dr. Gayatri Kar, Member, YRC co-ordinated and offered vote of thanks. All YRC volunteers and faculty members attended the program.

**Outcome:** The participants got aware regarding significance of breast feeding.



*Gayatri Kar.*