



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act 1956 Permanently Affiliated to Thiruvalluvar University

Re-Accredited with "A" Grade by NAAC (3rd Cycle) An ISO 21001:2018 Certified Institution



PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION ORGANIZES AWARENESS PROGRAM- BREAST FEEDING WEEK ON 04/08/2023

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN VANIYAMBADI



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PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION ORGANIZES AWARENESS PROGRAM - BREAST FEEDING WEEK



Dr. N. RAJAKUMARI

MBBS, MD, FCID (DIAB), FIPM (PAIN)

**Consultant, Krishna Neuro & Multispeciality Hospital
Ambur, Tirupattur Dt**

**THEME: ENABLING BREAST FEEDING -
Make a Difference for Working Parents**

AUGUST **04** 2023

TIME: 1:30 PM

FRIDAY

Venue: Old Seminar Hall

ALL ARE CORDIALLY INVITED !!!

Sri.C.Lickmichand Jain
Secretary

Dr.M.Inbavalli
Principal

Ms.R.Mahalakshmi
Head, Department of
Foods & Nutrition




PRINCIPAL
Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751.



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AGENDA



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ORGANIZES**

AWARENESS PROGRAM - BREASTFEEDING WEEK

ON THEME

" ENABLING BREASTFEEDING - Make a Difference for Working Parents "

on

04/08/2023, Friday

AGENDA

Prayer

Welcome Address

: Ms. Libina Cristy S
II B.SC Nutrition, FSM & Dietetics
MKJC

Felicitation

: Dr. M. Inbavalli
Principal, MKJC

Chief Guest Introduction

: Ms. Ananthashivaini B
II B.Sc Nutrition, FSM & Dietetics
MKJC

Address by Chief Guest

: Dr. Rajakumari N
MBBS, MD, FCID (DIAB), FIPM (PAIN)
Consultant
Krishna Neuro & Multispeciality Hospital
Ambur, Tirupattur Dt

Vote of Thanks

: Ms. Nandhini S
I B.Sc Nutrition, FSM & Dietetics
MKJC

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ORGANIZES**

**AWARENESS PROGRAM– BREAST FEEDING WEEK ON
04/08/2023**

REPORT

The PG and Research Department of Foods and Nutrition of Marudhar Kesari Jain College for Women, Vaniyambadi, Organized One Day Awareness program on account of Breast-Feeding Week on the Theme “ENABLING BREAST FEEDING – MAKE A DIFFERENCE FOR WORKING PARENTS” on 04.08.2023.

The Program begun with Prayer song and Ms. Libina Cristy S of II B. Sc Nutrition FSM and Dietetics delivered the welcome address. Dr. M. Inbavalli, Principal, Marudhar Kesari Jain College for Women, felicitated the gathering by emphasizing the importance of Breast feeding for women and the aspects of leading a healthy life. Ms. Ananthashivani B of II B. Sc Nutrition, FSM & Dietetics introduced the resource person, Dr. N. Rajakumari MBBS, MD, FCID (DIAB), FIPM (PAIN), Consultant and Director, Krishna Neuro and Multispeciality Hospital, Ambur. Dr. N. Rajakumari gave a brief introduction on the benefits of breast feeding a baby, breast milk composition like colostrums, transitional milk, mature milk, preterm milk, fore milk and hind milk. She highlighted the basis of breast feeding for a working mother like being prepared to breastfeed at work, to pump breast milk at least two weeks prior, and practicing the infants for bottle feeding of mother's milk by other family members. Some of the key points delivered by the resource person were: breast milk storage, self-examination of breast and clinical breast examination. The students actively interacted with the resource person and got their queries cleared. The Department also conducted Inter Department Competitions on breast feeding awareness theme like slogan writing, drawing and poster presentation competitions. I, II and III Prizes were distributed to the outstanding entries in the competitions by the resource person. MS. Nandhini S of I B.Sc Nutrition, FSM and Dietetics proposed vote of thanks and the awareness program came to an end with the National Anthem.



HEAD OF THE DEPARTMENT


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PHOTOS

