

## AIM

This webinar aims to provide comprehensive information on breastfeeding to students and clinical nurses to enhance breastfeeding friendly environment in the hospitals.

## OBJECTIVES

1. To identify common myths and challenges of breastfeeding
2. To identify different strategies to improve lactational care.
3. To find out different ways to enhance breastfeeding practices among postnatal mothers
4. To discuss the strategies to overcome the barriers to breastfeeding.

## INTRODUCTION

World health organization recommends exclusive breastfeeding for first six months of life. All mothers need to be supported to initiate breastfeeding as soon as possible after the birth. The COVID 19 pandemic drastically distracted the focus of the health systems and limited the capacity to support breastfeeding friendly culture. The Governments, Health systems workplaces and communities together need to empower, strengthen and create breastfeeding friendly environment especially in the post pandemic world to enhance and support post-natal lactating mothers.

## PROGRAMME SCHEDULE

### Step Up for Breastfeeding: Educate and Support

| Time              | Session Title  | Resource persons  |
|-------------------|--|---|
| 2.00 pm – 2.10 pm | Welcome Address & Opening of the Theme                 | <i>Mrs. Maria Preethi Mathew<br/>Associate Professor<br/>MGMNBCON, Kamothe.</i>   |
| 2.10 pm – 2.45 pm | Common myths and challenges of Breastfeeding           | <i>Mrs. Abra Pearl C T<br/>Technical officer<br/>Indian Nursing Council</i>   |
| 2.45 pm – 3.30 pm | Practices to improve Lactational care                  | <i>Mrs. Manisha Kadam<br/>Professor<br/>Sadhu Vaswani College of Nursing.</i>   |
| 3.30 pm – 4.10 pm | Breaking barriers to promote and support Breastfeeding | <i>Dr. Rupali Jain<br/>Assistant Professor<br/>Department of Pediatrics<br/>MGM Medical College and Hospital, Kamothe</i> |
| 4.10 pm – 4.30 pm | Valedictory  | <i>Ms. Dipali Pingale<br/>Tutor<br/>MGMNBCON, Kamothe</i>   |



**MGM NEW BOMBAY COLLEGE OF NURSING  
MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed University u/s3ofUGC Act, 1956)  
Grade 'A++' Accredited by NAAC

**DEPARTMENT OF MIDWIFERY & OBSTETRICAL NURSING**

**NATIONAL WEBINAR**

On

**“Step Up for Breastfeeding: Educate and Support”**

**5<sup>th</sup> August 2022**



WABA | WORLD BREASTFEEDING WEEK 2022

**For Registration click here:**

<https://msteams.link/HPRB>

**Fill feedback form at the end of the session for e-certificate**

**ORGANIZING COMMITTEE**

|                                |   |  |
|--------------------------------|---|--|
| <b>Organizing Chairperson</b>  | : | Dr. (Mrs.) Prabha K. Dasila,<br>Professor & Director<br>MGMNBCON, Kamothe. |
| <b>Organizing Secretary</b>    | : | Mrs. Maria Preethi Mathew<br>Associate Professor<br>MGMNBCON, Kamothe.     |
| <b>Organizing Co-Secretary</b> | : | Ms. Dipali S. Pingale<br>Tutor<br>MGMNBCON, Kamothe.                       |

**Who can participate? *Student Nurses, Clinical Nurses, Faculty***

**Registration fee for Webinar: Rs.50/-**

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