



**Shri Guru Ram Rai Institute of Medical & Health Sciences  
College of Nursing**

Patel Nagar, Dehradun - 248 001

SGRR/CON/2025-902


31-07-2025

**NOTIFICATION FOR WORLD BREASTFEEDING WEEK**

This is to inform you that SGRRIM&HS College of Nursing is observing World Breastfeeding Week from 1<sup>st</sup> to 7<sup>th</sup> August 2025. Theme for this year is **“Invest in Breastfeeding, invest in the future”**.

**The Programme will be celebrated as follows:**

S.No.	Dates	Events	Venue
1.	02/08/2025	Rangoli and Poster competition	SGRRIM&HS College of Nursing
2.	05/08/2025	Role play and Health Education	Shri Mahant Indires Hospital
3.	06/08/2025	Role play and Health Education	Shri Mahant Indires Hospital
4.	07/08/2025	Role play and Health Education	Brahampuri, Dehradun

  
**PRINCIPAL**  
Principal  
College of Nursing  
S.G.R.R.I.M.H.S.  
Patel Nagar, Dehradun



# **SGRR UNIVERSITY, S.G.R.R.I.M&H.S COLLEGE OF NURSING, DEHRADUN**

## **A Report on World Breastfeeding Week Celebration 2025 (August 1<sup>st</sup> – 7<sup>th</sup>)**



## **DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL (OBG) NURSING**

**Date:** 02/08/2025

**Venue:** SGRR College of Nursing

**Date: Faculties, Department of OBG Nursing:**

1. Dr. Dineshwori Ravindra, Professor & H.O.D
2. Prof. Rebecca Priti, Professor
3. Mrs. Kirti Harjai, Associate Professor
4. Mrs. Deepti Kukerti, Assistant Professor
5. Ms. Rosalind Beulah, Assistant Professor
6. Ms. Sheenu Singh, Nursing Tutor
7. Mrs. Shashi, Nursing Tutor
8. Ms. Mamta, Nursing Tutor
9. Ms. Sonia, Nursing Tutor
10. Ms. Shivani Rawat, Nursing Tutor
11. Ms. Bharti Thakur, Nursing Tutor

### **World Breastfeeding Week 2025**

SGRRU College of Nursing Dehradun observed World Breastfeeding Week from 1<sup>st</sup> to 7<sup>th</sup> August 2025 on the theme **“Invest in Breastfeeding, invest in the future”**.

In India 3 out of 5 newborns do not get to begin breastfeeding within an hour of birth, 1 out of 2 women is not able to exclusively breastfeed her baby, out of 10 infants do not get minimum acceptable diet along with breastfeeding after six months of age. Keeping this in mind and to raise awareness among people regarding the importance of breastfeeding and on the theme **“Invest in Breastfeeding, invest in the future”** activities were organized for nursing students, postnatal mothers, family members and the public by the faculty members and students of SGRRU College of Nursing, Dehradun.

The event was conducted under the guidance of **Dr. (Prof) G. Ramalakshmi, Dean, SGRRU, SGRRIM&HS, College of Nursing, Dehradun.**

**The various activities planned and conducted were as follows:**



## Activity 1: Poster and Rangoli Competition

The programme was inaugurated by Dr. G. Ramalakshmi, Principal SGRRU College of Nursing on 2<sup>nd</sup> August 2025 from 10:00am to 12.30pm at Nursing College.

Welcome speech was proposed by Ms. Rebecca Priti, Professor followed by Poster and Rangoli competition on theme of breastfeeding week by the nursing students. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize were given to the students in both Poster and Rangoli competition which was judged by Dr. G. Ramalakshmi and Dr. Rosaline Lilly. The prize was distributed by Dr. G. Ramalakshmi to the winners of the competition.



## Activity 2: Educating mothers and caregivers on breastfeeding

An interactive health education session on breastfeeding, positions, technique, postnatal diet breast related issues etc. and it's important to mother and caregivers of newborns admitted in postnatal wards of SMI Hospital was conducted on 6<sup>th</sup> August 2025 by students of M.Sc. Nursing and B.Sc. Nursing and faculties of Obstetrics & Gynaecological Nursing. Mothers were educated on breastfeeding their babies, physiology of lactation, how breast milk works, latching and bonding position, care of breast before and after feed, contents of breast milk, expressing breast milk, difficulties in feeding and its treatment, nutrition for mother, position & technique and advantage of breast feeding to the mother and baby. Mothers and family members actively participated in this session and benefitted out of teaching. Concerns of the mothers were clarified during the session.







### Activity 3: Awareness programme among the postnatal mothers and family members

Participant of skit do not only strengthen one's confidence to face the audience but also helps in developing awareness about importance of breast feeding and its myths and facts. Young learners are the best messengers to spread the awareness of the social and global issues and their voice do leave an impact on one's mind. To spread the message SGRRU College of Nursing had organised skit on 6<sup>th</sup> August at postnatal wards of SMI Hospital. The skit is based on World Breastfeeding Week theme **"Invest in Breastfeeding, invest in the future"**. More than 20 new moms and family members were the part of the activity as necessary knowledge were provided and cleared the myths of breastfeeding by their act. A myth like first milk, the colostrum's is not good for the new born. Hence such plays are conducted to educate them. Postnatal diet was distributed to the postnatal mothers.



### Closing ceremony of World breastfeeding week celebrations:

Snacks were distributed to all the student participant of posters and rangoli competition and participant of skit. Dr. Dineshwori proposed the vote of thanks. The week event was coordinated by Dr. Dineshwori Paonam, Professor & H.O.D, Department of OBG.



## DEPARTMENT OF CHILD HEALTH NURSING

**Date:** 05/08/2025

**Venue:** Shri Mahant Indiresht Hospital

**The organizing committee included:**

Prof. Dinesha M.

Mrs. Rachel, Associate Professor

Mrs. Kanchan, Assistant Professor

Mr. Christopher, Nursing Tutor

Ms. Bhawana, Nursing Tutor

Ms. Anjali, Nursing Tutor

Ms. Komal, Nursing Tutor

Ms. Anshika, Nursing Tutor

**The Staff Nurses and other hospital staff also extended their full cooperation and helped in making the necessary arrangements.**



### **Postgraduate Students Involvement:**

M.Sc. Nursing students also played a vital role in organizing and facilitating various aspects of the program. Their contribution included assisting in event coordination, guiding



undergraduate students during role play and poster presentation, and supporting faculty in managing the smooth execution of the event.



### Event Highlights:

A Role play & Poster was presented by B.Sc. Nursing 6<sup>th</sup> semester students to educate mothers in the pediatric unit about breastfeeding techniques and benefits.







### Refreshments:

Following the activities, refreshments were arranged for all the participants, faculty members, and attendees to encourage interaction and create an informal platform for discussion and feedback.





## DEPARTMENT OF COMMUNITY HEALTH NURSING

**Date:** 07/08/2025

**Venue:** Barampuri Chowk, Niranjapur, Dehradun

**The organizing committee included:**

Ms. Deeksha, Associate Professor

Ms. Arti, Assistant Professor

Mr. Anoop Sasi, Assistant Professor

Ms. Asha Rawat, Assistant Professor

Mr. Sojan Thomas, Nursing Tutor

Ms. Anjali Mehra, Nursing Tutor

Mr. Gaurav, Nursing Tutor

Ms. Meenakshi, Nursing tutor

**The ASHA worker and Anganwadi worker also extended their full cooperation and helped in making the necessary arrangements.**



**Additional Faculty Involvement:**



Apart from core team, the following faculty members also actively contributed to the success of the event through their support and participation:

Ms. Rosaline, Professor

Ms. Rosaline Buelah, Assistant Professor

Ms. Preeti, Assistant Professor

Mr. Christopher, Nursing Tutor

Mr. Ankit, Nursing Tutor



### **Postgraduate Students Involvement:**

M.Sc. Nursing students also played a vital role in organizing and facilitating various aspects of the program. Their contribution included assisting in event coordination, guiding undergraduate students during role play and poster presentation, and supporting faculty in managing the smooth execution of the event.

### **Event Highlights:**

A **Role play** was presented by **B.Sc. Nursing 6<sup>th</sup> semester students** to educate mothers in the Community area about breastfeeding techniques and benefits.







### Refreshments:

Following the activities, refreshments were arranged for all the participants, faculty members, and attendees to encourage interaction and create an informal platform for discussion and feedback.



At the end the program was concluded by M.Sc. student Ms. Riya 1<sup>st</sup> year (Community Health Nursing) with the poem on Breastfeeding.



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