



## *Department of Nutrition & Health Education St. Bede's College, Shimla*

### **NUTRITION AND HEALTH EDUCATION**

#### **EXTENSION ACTIVITIES (2023-2024)**

#### **CELEBRATION OF WORLD BREAST FEEDING DAY**

#### **VISIT TO MATERNAL HOSPITAL**

**Dated: 5<sup>th</sup> August, 2023**

#### **Event Name: Significance and Benefits of Exclusive Breast Feeding**

**Description:** On occasion of World Breastfeeding Week, Department of Nutrition celebrated by visiting the maternal hospital and presented the presentation on importance of exclusive breast feeding and nutritional requirement of lactating women. The family members of the lactating and pregnant women was made aware on importance of breast feeding and also nutritional assessment of women was done by the students. The students also got information on Care Companion Program (CCP).





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