



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Counselling the Gap: Breastfeeding Support for All - 2024-25

**Date-** 2<sup>nd</sup> Aug.2024

**Time:** 9:00am-2:00pm

**Program** – Primary Health Care for Tribal Region, Kalsi

**Location** – Nagthar Kalsi

**Beneficiaries** –84

**Supporting Agency** – New Space India Limited (NSIL) RDI-HIHT

**University Role** – 2 staff members (Mr. Vikash Bora, Ms. Nirmala), Student-10

**From government department.** Block Coordinator, CHO, ASHAs, and AWW.

### Activity Details –

World Breastfeeding Week is celebrated every year from 1-7 August. The organization celebrated it with the communities, emphasizing this year's theme, "Counselling the Gap: Breastfeeding Support for All". Community members and breastfeeding mothers were educated on the benefits of breast milk. They were sensitized on the importance of colostrum (the first thick yellow milk) for newborns, proper breastfeeding techniques for newborns, health benefits of regular breastfeeding for mothers and nutritional and developmental benefits of consistent breastfeeding for infants.

This initiative was carried out in collaboration with Community Health Officers (CHO), ASHAs, and Anganwadi workers from the Government Department at PHC Kalsi. A total of 84 breastfeeding mothers with children aged 0 to 2 years participated in awareness sessions during the entire week.



  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

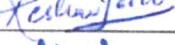
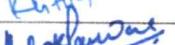
Rural Development Institute  
Swami Rama Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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**Program** – Primary Health Care for Tribal Region, Kalsi

**Location** – Nagthat Kalsi

S. No.	Registration No.	Name of Student	Signature
1.	DD22113301052	Kajal Nautiyal	
2.	DD22113301053	Kajal Rana	
3.	DD22113301054	Kajal Yadav	
4.	DD22113301055	Kanika Barthwal	
5.	DD22113301056	Keshav Joshi	
6.	DD22113301057	Khushi	
7.	DD22113301058	Kritika Thakur	
8.	DD22113301059	Mahek Panwar	
9.	DD22113301060	Mahika Kandari	
10.	DD22113301061	Mandeep Kumar	

  
Dr. Rajeev Bjalwan  
(Dy. Director-Health)

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