

**GOVINDRAO WANJARI AYURVEDIC**  
**HOSPITAL AND RESEARCH CENTRE,**  
**SALAI GODHANI, NAGPUR**

**REPORT ON WORLD BREAST FEEDING WEEK**

**AUGUST – 1<sup>st</sup> TO 7<sup>th</sup> 2025**

**THEME OF BREASTFEEDING WEEK 2025–**

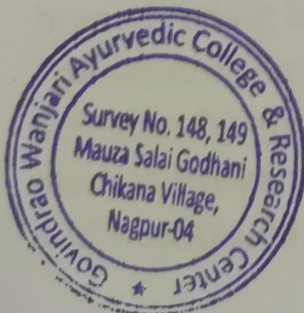
Prioritise Breastfeeding – Create Sustainable Support  
Systems.

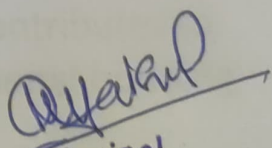
## INTRODUCTION

**World Breastfeeding Week** is a global campaign observed annually from **1st to 7th August**, commemorating the **1990 Innocenti Declaration**. The initiative aims to raise awareness, promote, and support breastfeeding as a fundamental component of maternal and child health.

The week emphasizes the **importance of breastfeeding in preventing malnutrition and disease**, strengthening the bond between mother and child, and contributing to sustainable development. Establishing and maintaining successful breastfeeding requires **practice, patience, and persistence**—qualities that need to be supported by families, communities, and healthcare systems.

In alignment with the **2025 theme** — "*Prioritise Breastfeeding – Create Sustainable Support Systems*", **Govindrao Wanjari Ayurvedic Hospital and Research Centre (GWAH&RC), Nagpur**, organized a series of lectures, awareness drives, and student activities to emphasize both the **modern and Ayurvedic perspectives** on breastfeeding.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## DAY 1 – Inauguration and Awareness Campaign

Date: 1st August 2025

Organized by: GWAH&RC Team

Venue: College Campus

Audience: BAMS 1<sup>ST</sup> YEAR Students and Faculty Members

### Event Overview:

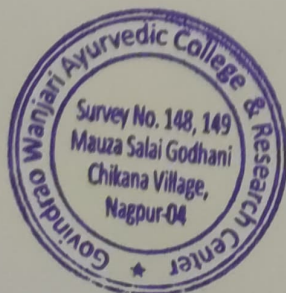
The World Breastfeeding Week 2025 celebration was formally inaugurated on 1st August under the guidance of the **Respected Principal Dr. Nagesh Jaiswal**, and **Deputy Superintendent Dr. Rasika Titarmare**. The session was coordinated by **Dr. Shweta Jiwane**, with active participation from faculty members including:

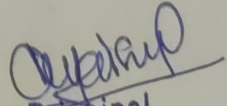
- Dr. Pallavi Ghuge
- Dr. Manisha Thakre
- Dr. Dayal Bawankar
- Dr. Minal Etankar
- Dr. Kalavati Dhok
- Dr. Amit Ahire

Medical students from 1<sup>st</sup> year bams were also present and engaged enthusiastically.

### Session Highlights:

- **Dr. Rasika Titarmare** addressed the audience, delivering an insightful talk on the **importance of breastfeeding**, this year's **campaign theme**, and the **long-term benefits** of exclusive breastfeeding for both mother and child.
- The session aimed to lay the foundation for the week-long activities by emphasizing how breastfeeding contributes to **disease prevention, maternal recovery, emotional bonding, and nutritional security**.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





Amar Sewa Mandal's

# GOVINDRAO WANJARI AYURVEDIC COLLEGE & RESEARCH CENTER



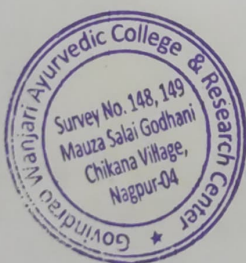
Salai Godhni, Near Chikna Village, Nagpur.



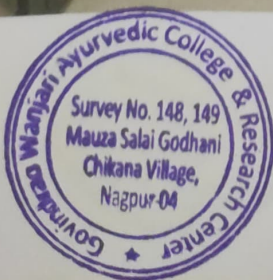
## WORLD BREAST FEEDING WEEK

1<sup>st</sup> August to 7<sup>th</sup> August

- ♦ Seminar
- ♦ Essay Competition
- ♦ Herbal, Medicinal & Nutritional Display
- ♦ Guest Lecture
- ♦ Quiz



Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.



*Govindrao Wanjari*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## DAY 2- DEPARTMENT OF AGADTANTRA

Date: 2nd August 2025

Venue: Govindrao Wanjari Ayurvedic College, Nagpur

Audience: First-Year BAMS Students

Speaker: Dr. Minal Etankar

Topic: Stanya Pariksha and Ayurvedic Remedies

### Overview:

As part of the World Breastfeeding Week celebrations at Govindrao Wanjari Ayurvedic College, Nagpur, a special lecture was organized on 2nd August 2025 to mark Day 1 of the observance. The session was tailored for first-year BAMS students and was delivered by Dr. Minal Etankar, a respected figure in the field of Ayurveda.

### Session Highlights:

The topic of the lecture was "Stanya Pariksha and Ayurvedic Remedies", focusing on the classical Ayurvedic approach to breast milk examination

and its relevance in modern health care, especially maternal and child health.

### Key points discussed included:

- Definition and Importance of Stanya (Breast Milk) in Ayurveda
- Stanya Pariksha (Examination of Breast Milk):
- Classical parameters from Ayurvedic texts (color, consistency, smell, taste, and specific tests mentioned in Samhitas)
- Interpretation and significance of abnormal findings



*(Signature)*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.



- Causes of Vitiating of Breast Milk and their impact on infant health

### **Ayurvedic Remedies and Management:**

Herbs and dietary recommendations for improving the quality and quantity of breast milk

Postpartum care for lactating mothers

Role of Rasayana (rejuvenative therapy) in enhancing maternal well-being

Dr. Minal Etankar also bridged traditional knowledge with modern understanding, highlighting how Ayurvedic concepts remain relevant in ensuring the nourishment and immunity of newborns.

### **Conclusion:**

The session was highly informative and provided valuable insights into the Ayurvedic perspective on breastfeeding. Students expressed keen interest and engaged actively in the Q&A session. The lecture laid a strong foundation for appreciating the role of Ayurveda in maternal and child health, aligning with the theme of World Breastfeeding Week 2025.

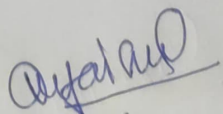
**Prepared by:**

**Dr. Minal Etankar**

**Department of Agadtantra**

**Govindrao Wanjari Ayurvedic College, Nagpur**



  
**Principal**  
**Govindrao Wanjari Ayurvedic**  
**College & Research Center,**  
**Nagpur.**



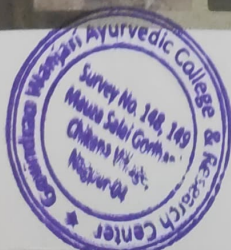
**Chikana, Maharashtra, India**  
 24fp+qfm, Chikana, Maharashtra 441204, India  
 Lat 21.024636° Long 79.133862°  
 02/08/2025 12:27 PM GMT +05:30

Google



**Salai Gadhani, Maharashtra, India**  
 148/149, Salai, Salai Gadhani, Maharashtra 441204, India  
 Lat 21.021568° Long 79.130381°  
 02/08/2025 12:27 PM GMT +05:30

Google



*Govindrao Wanjari*  
 Principal  
 Govindrao Wanjari Ayurvedic  
 College & Research Center,  
 Nagpur.



## DAY 3 & 4 –

### Report on World Breastfeeding Day – Day 3 & 4

Date: 4 th August 2025

Venue: Govindrao Wanjari Ayurvedic College, Nagpur

Audience: First-Year BAMS Students

Speaker: \*Dr.Bhagyashree Hemke

Topic: pathophysiology of lactation & breast milk composition & feeding position

#### Overview:

As part of the World Breastfeeding Week celebrations at Govindrao Wanjari Ayurvedic College, Nagpur, a special lecture was organized on 4th August 2025 to mark Day 3 of the observance. The session was Thorough knowledge for first-year BAMS students and was delivered by Dr. Bhagyashree Hemke , a respected figure in the field of Ayurveda.

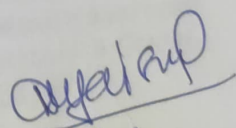
#### Session Highlights:

pathophysiology of lactation & breast milk composition & feeding position

#### Key points discussed included:

1) Definition of lactation



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## 2) Pathophysiology of lactation

- A) mammogenesis,
- B) Lactogenesis (further divided into stages I and II),
- C) Galactopoiesis,
- D) involution

## 3) Colostrum & breast milk composition

## 4) what are factor affecting lactation

### Conclusion:

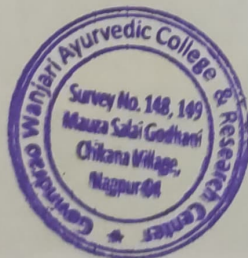
The pathophysiology of lactation focuses on the hormonal and cellular mechanisms that enable milk production and ejection, highlighting its importance for both infant and maternal health. Understanding these processes is crucial for addressing lactation challenges and promoting successful breastfeeding

Prepared by:

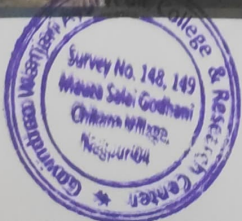
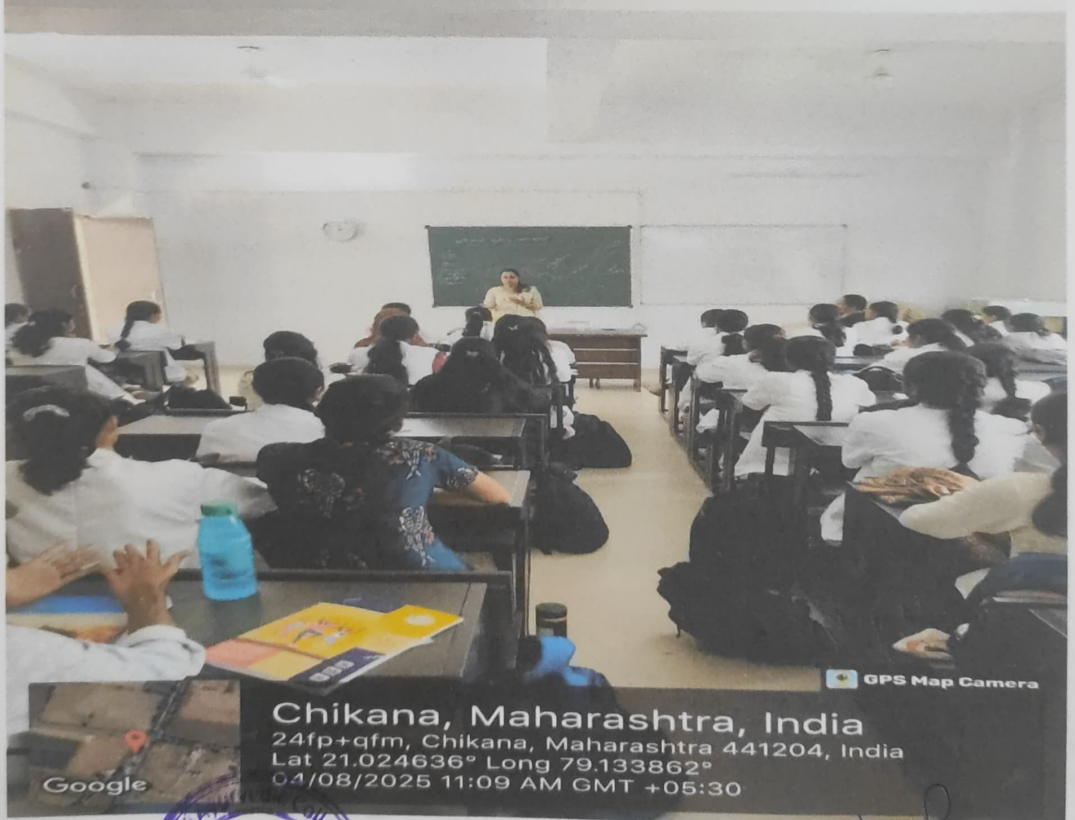
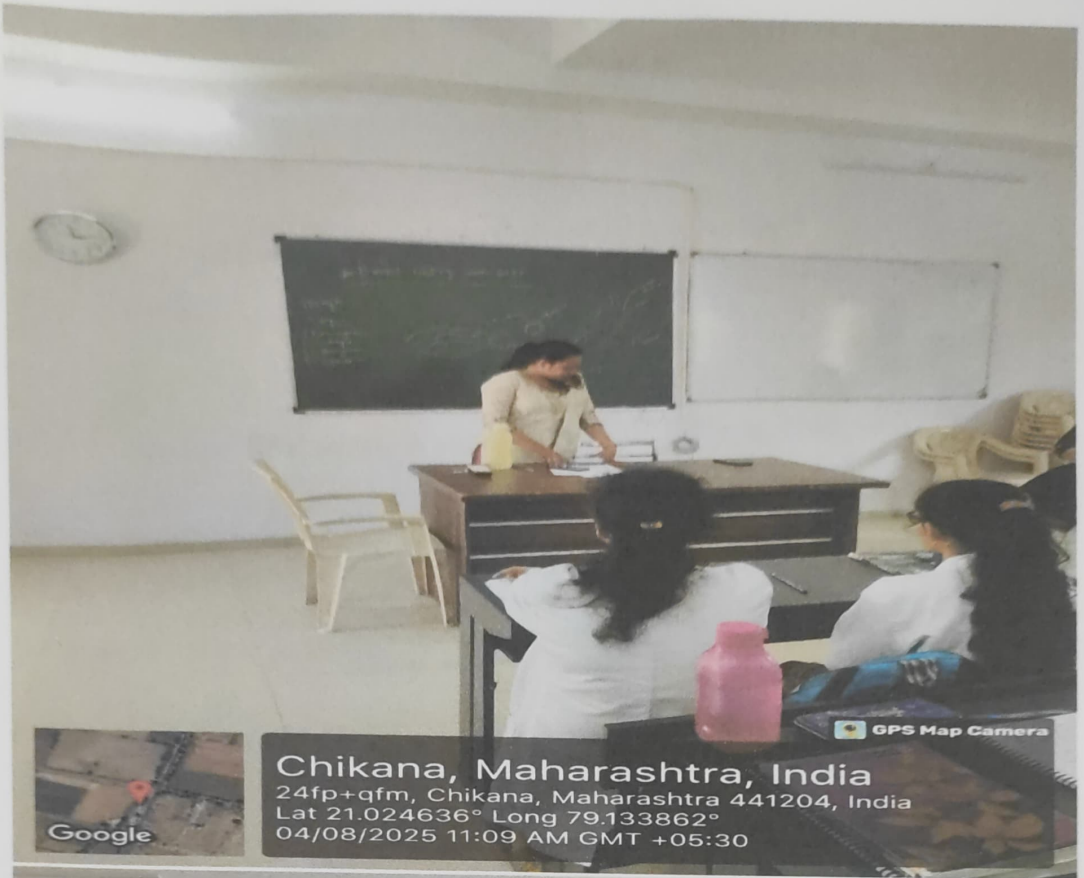
Dr. Bhagyashree Hemke

Department of Striroga & prasuti tantra

Govindrao Wanjari Ayurvedic College, Nagpur



*Ayazul*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.



*Govindrao Wanjari*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.



DAY 5<sup>TH</sup>

## Report on World Breastfeeding Day – Day 5

Date: 5th August 2025

Venue: Govindrao Wanjari Ayurvedic College, Nagpur

Audience: First-Year BAMS Students

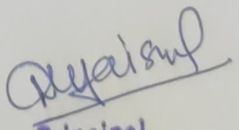
Speaker: Dr. Shweta Jiwane

Topic: Physiology of Lactation & Importance of Breast Milk in Child Health

### Overview:

As a part of the World Breastfeeding Week celebrations at Govindrao Wanjari Ayurvedic College, Nagpur, a special lecture was organized on 5th August 2025 to mark Day 5 of the observance. The session was aimed at enriching the knowledge of first-year BAMS students and was delivered by Dr. Shweta Jiwane, a respected faculty member from the Department of Kaumarbhritya.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

### Session Highlights:

The lecture focused on the "Physiology of Lactation and the Importance of Breast Milk" and included the following key topics:

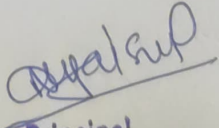
- Introduction to Stanya (Breast Milk) and the Theme of Breastfeeding Week 2025
- Physiology of Lactation – Hormonal and neurological control of milk production and ejection involving prolactin and oxytocin
- Composition and Types of Breast Milk – Colostrum, transitional milk, and mature milk
- Importance of Breastfeeding – Nutritional, immunological, psychological, and developmental benefits
- Human Milk Bank – Concept, benefits, and need for awareness
- Stanya Dushti (Vitiation of Breast Milk) – As described by Acharya Charak and Acharya Harit

### Conclusion:

The session provided an in-depth understanding of the physiological processes of lactation and the multifaceted benefits of breast milk for newborns. Emphasis was laid on how breast milk plays a crucial role in child growth, immunity, and cognitive development. The concept of Stanya Dushti, as mentioned in Ayurvedic classics, was also elaborated, providing students with an integrative view combining modern science and Ayurvedic wisdom.

The lecture concluded with a reminder of the global theme of Breastfeeding Week 2025 and its relevance in promoting maternal and child health.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

Prepared by:

Dr. Shweta Jiwane

Department of Kaumarbhritya (Paediatric)

Govindrao Wanjari Ayurvedic College, Nagpur



*Shweta Jiwane*

Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.



## DAY 6

### **\*Report on Lecture\***

**\*Topic:\* Diet and Lifestyle in Lactating Mothers**

**\*Occasion:\* World Breastfeeding Week**

**\*Date:\* 6th August 2025**

**\*Venue:\* Govindrao Wanjari Ayurvedic College, Nagpur**

**\*Target Audience:\* First Year BAMS Students**

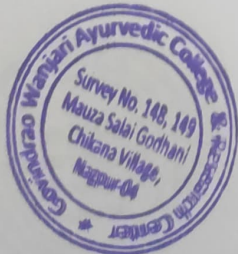
**Speaker : Dr.Asha Ramteke**

### **Introduction\***

On the occasion of World Breastfeeding Week, a special lecture was organized at \*Govindrao Wanjari Ayurvedic College\* on 6th August 2025 for the first-year BAMS students. The aim was to create awareness about the importance of proper diet and lifestyle during lactation with Ayurvedic principles.

### **Objectives of the Lecture-**

1. To educate students about the nutritional needs of lactating mothers.
2. To highlight Ayurvedic dietary principles (Sutika Paricharya and Rasadhatu Vardhak Aahar) relevant during lactation.
3. To emphasize lifestyle modifications that support physical and mental well-being of the mother.
4. To connect traditional Ayurvedic wisdom with modern scientific evidence.



*Ashu Ramteke*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## **\*Content Delivered\***

### **\*1. Importance of Lactation\***

- \* Role of breast milk in infant immunity, growth, and development.
- \* Benefits for the mother, including postpartum recovery and emotional bonding.

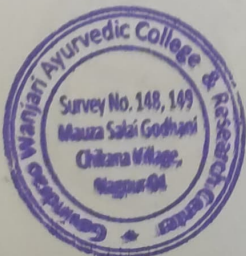
### **\*2. Diet During Lactation\***

#### **\*a) Modern Perspective\***

- \* Increased calorie and protein requirements.
- \* Inclusion of iron, calcium, and omega-3-rich foods.
- \* Hydration and safe supplementation guidelines.

#### **b. Ayurvedic Perspective**

- \* Sutika Paricharya for the postpartum period.
- \* Rasadhātu Vardhak foods such as milk, ghee, jaggery, and moong dal.
- \* Use of galactagogue herbs (Shatavari, Vidari Kand, Jeera).
- \* Avoidance of Vata-var dhak foods and lifestyle habits.



*Devalay*

**Principal**  
**Govindrao Wanjari Ayurvedic**  
**College & Research Center,**  
**Nagpur.**

### **\*3. Lifestyle Recommendations\***

- \* Adequate rest and proper sleeping patterns.
- \* Gentle yogasanas (Bhujangasana, Vajrasana, Shashankasana) for improving digestion and mental calmness.
- \* Stress management through pranayama (Anulom Vilom, Bhramari).
- \* Maintenance of hygiene and emotional well-being.

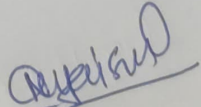
### **\*Outcome of the Lecture\***

- \* Students gained clarity on the nutritional and lifestyle needs of lactating mothers.
- \* Awareness about the importance of blending Ayurveda with modern dietetics increased.
- \* The session encouraged future practitioners to educate society about healthy lactation practices.

### **\*Conclusion\***

The lecture successfully achieved its objective of sensitizing future Ayurvedic doctors about the significance of diet and lifestyle during lactation.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

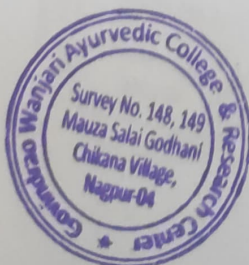


**\*Prepared by:\***

**\*Dr. Asha Ramteke\***

**Department of Swasthavritta & Yog Ayurveda**

**\*Date:\* 06/08/2025**



*[Signature]*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## Report on World Breastfeeding Day – Day 7

**Date:** 7th August 2025

**Venue:** Govindrao Wanjari Ayurvedic College, Nagpur

**Audience:** First-Year BAMS Students

**Event 1:** Quiz Competition

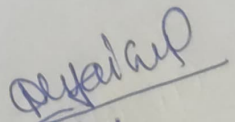
**Event 2:** Vote of Thanks Ceremony

### 1. Quiz Competition:

To mark the final day of **World Breastfeeding Week 2025**, a **quiz competition** was organized for the **First-Year BAMS students** at **12:00 PM** in their classroom.

- The quiz lasted for approximately **30 minutes**.
- A total of **20 questions** related to breastfeeding, its benefits, physiology, and Ayurveda-based perspectives were asked.
- **All students actively participated** in the competition, showing enthusiasm and interest.
- Notably, **three students achieved full marks** and were awarded with **certificates and trophies** in recognition of their excellence.



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

## 2. Vote of Thanks Ceremony:

Following the quiz competition, a **Vote of Thanks ceremony** was held on the college premises to formally conclude the week-long celebration.

- The session was conducted under the esteemed guidance of **Dr. Nagesh Jaiswal**, Principal of Govindrao Wanjari Ayurvedic College.
- Dr. Jaiswal addressed the students, emphasizing the **vital importance of breastfeeding** for both mother and child, and appreciated the students' active participation throughout the week.
- **Dr. Shweta Jiwane**, the coordinator of the World Breastfeeding Week campaign, also guided and inspired the students with her valuable insights.
- Faculty members including **Dr. Pallavi Ghuge** and **Dr. Manisha Thakre** conducted the **introductory part** of the session and ensured smooth coordination.



*(Signature)*  
**Principal**  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





*Principal*  
 Principal  
 Govindrao Wanjari Ayurvedic  
 College & Research Center,  
 Nagpur.

# Thank You

PREPARED & COMPILED BY-

DR. SHWETA JIWANE

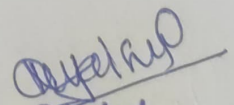
CO-ORDINATOR

DEPARTMENT OF KAUMARBHRITYA (BALROG)

वेद्यकीय अधिकारी  
बालरोग विभाग

गोवर्धराव वंजारी आयुर्वेदिक कॉलेज अॅण्ड रिसर्च सेंटर  
सालई गोघनी, जि. नागपूर (महा.)



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.