

**DEPARTMENT OF COMMUNITY MEDICINE, MIMER MEDICAL COLLEGE,
TALEGAON DABHADE**

**WORKSHOP: HANDS ON TRAINING ON BREASTFEEDING FOR ANGANWADI WORKERS &
SUPERVISORS**

A workshop was organised by the Department of Community Medicine, MIMER Medical College on 03rd August 2022 on the above topic.

The inauguration speech was given by the Principal, Dr. Swati Belsare, MIMER Medical College, followed by welcome address by Dr. Sanjeev V Chincholikar, Professor and Head, Department of Community Medicine, MIMER Medical College, Talegaon.

The first guest speaker was, Smt. Sudha Shankar Desale, Anganwadi supervisor, Maval area who explained to the audience the importance of breastfeeding and its advantages.

Our Medical Superintendent, Dr. Prashant Kamath, also addressed the Anganwadi workers and appreciated their efforts on breastfeeding and taught them about the importance of breastfeeding week.

A short introduction to the workshop and importance of breastfeeding week was addressed by the 1st year PG Students of the Department of Community Medicine, Dr. Oshin Agrawal and Dr. Sadhana Bhangare.

This was followed by an informative session and principles of Breastfeeding given by Dr. Madhura Ashturkar, Associate Professor, Department of Community Medicine, MIMER Medical College.

The next speaker was Dr. Anuradha Sutar, Faculty, MAEER's Physiotherapy College, who emphasised the position training and expression of breast milk which was conducted in the Post Natal Care (PNC) Wards of BSTR Hospital, Talegaon.

Later, Dr. Aastha Pandey, Professor, Department of Community Medicine, MIMER Medical College, took a session on breaking the myths regarding breastfeeding practices in which she clarified the doubts of the Anganwadi workers and supervisors upon breastfeeding.

Dr. Ashlesha Dandekar, Tutor, Department of Community Medicine, MIMER Medical College, then took an enlightening session on "Optimizing breastfeeding in the community through Anganwadi workers" which showed extremely positive responses from the audience.

A pre-test and post-test questionnaire was given to all participants and upon evaluation average pre-test scores were 58.9% which improves significantly to 92.52% (an increase of 33.62%) on post-test evaluation.

At the end of each session there was a question answer session in which participants asked questions and all the speakers answered the queries. Dr. Maya Kshirsagar, Assistant Professor, Department of Community Medicine, MIMER Medical College, then summarised the final workshop and interacted personally with all the Anganwadi workers as well as supervisors. Dr. Dandekar gave a vote of thanks at the end of session.

The entire programme was hosted by Dr. Ashlesha Dandekar and Dr. Surendra Kulkarni. Total 53 participants attended the Workshop including 5 Anganwadi supervisors. They were all felicitated with certificates for the same in the end by Dr. Sanjeev Chincholikar. The entire programme was conducted under the guidance of Hon Executive Director Dr. Suchitra Nagare & Principal Dr. Swati Belsare, MIMER Medical College, Talegaon Dabhade.





