



GOKHALE MEMORIAL GIRLS' COLLEGE

ACTIVITY REPORT OF WORLD BREASTFEEDING WEEK OBSERVATION

1. **Name of Event:** World Breastfeeding Week Observation (WBWO)
2. **Organised by:** Department of Clinical Nutrition & Dietetics, Gokhale Memorial Girls' College (Affiliated to University of Kolkata)
3. **Conducted by:** Nabajatak Child Development Centre (NCDC)
4. **Date of the Event:** 08/08/2025
5. **Duration:** 3 hours
6. **Number of Participants:** 41
7. **Venue:** Room LT4, GMGC
8. **Sponsorship:** Rs. 1350 was sponsored by college for expenses incurred in arrangement of refreshments for resource persons, NCDC staff and student volunteers; mementos for resource persons.



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9. Name of Speakers with Designation and Affiliation

Name of Speaker	Designation	Affiliation	Topic
Dr. Anjan Bhattacharya	Senior Consultant Developmental Pediatrician	Apollo Multispecialty Hospital, Kolkata	Real Scenario- Concern of Teenagers Regarding Breast Cancer
Ms. Sangita Modak	HOD, Nutrition Dept.	NCDC, Child Development Centre (CDC) Apollo Multispecialty Hospital, Kolkata	Facts and Myths on Breastfeeding and Breast & Ovarian Cancer.
Ms. Amrita Dutta	Psychologist	CDC Apollo Multispecialty Hospital, Kolkata	The Role of Family Support in Reducing Psychological Distress around
Ms. Forum Udani	Psychologist	CDC, NCDC; CDC, AMHI, Kolkata	Breastfeeding and Breast Cancer Risk

10. **About the Event:** Theme of the Event was 'Prioritize Breastfeeding: Facts Behind Breastfeeding.' Topic of Event was "Breastfeeding and its Relationship with Breast and Ovarian Cancer." The programme was hosted by Course Coordinator of Dept. of Clinical Nutrition & Dietetics (CNDV), Smt. Pratyasha Agrawal. The event began with an introduction to WBW and the theme for year 2025 followed by importance of breastfeeding in reducing cancer risk. The IQAC Coordinator, Dr. Mausumi Mukherjee (Associate Professor in Dept. of Political Science) of Gokhale Memorial Girls' College (GMGC) shared her thoughts on topic of the event followed by felicitation of resource persons with saplings and mementos (prepared by a small-scale Entrepreneur, Ananya Ghoshal, ex-student of CNDV dept., GMGC). NCDC presented a skit on "Concern of Teenagers regarding Breast Cancer" which was enacted by Dr. Anjan Bhattacharya and both the Psychologists. They highlighted the common issues and unsolved queries, negative ideas of teenagers about body image and breastfeeding. Remaining staff of NCDC – Priya Halder (Nutritionist), Megha Goenka (Psychologist, Early Interventionist) & Srithi Ghosh (PGD Student) were felicitated with saplings. The session began with an overview of breastfeeding as the most natural and beneficial source of nutrition for infants. It highlighted the World Health Organization's recommendation of exclusive breastfeeding for the first six months and continuation up to two years with solid foods. The benefits of breastfeeding were discussed for both the mother and the child: for infants it ensures complete nutrition, immunity, and healthy growth, while for mothers it helps recovery after delivery, supports weight loss, reduces the risk of breast and ovarian cancer, and strengthens emotional bonding. The programme also addressed why some mothers



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hesitate to breastfeed, pointing to cultural myths, lack of support, and stigma around breastfeeding in public. An interactive Q&A session stressed that breastfeeding lowers the risk of cancer later in life, and while formula milk is often chosen due to advertisements or social pressure, breast milk remains unmatched in its value. The presentations and interactions made the session engaging, covering the psychological, nutritional, and medical aspects of breastfeeding. 'Emotion Wheel' & 'Bronfenbrenner's Ecological Systems' were well explained by the psychologists. They emphasized how the mental health of a new mother is influenced by her environment, and how family support reduces isolation, burnout, and even the chances of postpartum depression. The nutritional role of breast milk was highlighted with special focus on colostrum, known as "liquid gold," for its rich nutrient and antibody content. The link between breastfeeding and reduced breast cancer risk was explained through hormonal factors, such as prolactin suppressing ovulation and lowering estrogen exposure, as well as immunological factors, where antibodies in breast milk protect both infants and mothers. Research evidence was shared, showing that longer and more intense breastfeeding practices provide stronger protection against cancer. Resource persons also discussed sensitive issues like body image concerns in new mothers, fears about marriage and motherhood, and doubts related to pain or insufficient milk supply. To make the session more relatable, a short drama was performed, centred around two sisters. 'One of them, after receiving a marriage proposal, expressed fear of future responsibilities like motherhood and breastfeeding. Her elder sister took her to a gynecologist, who helped clear her doubts, dispel myths, and explain the realities of breastfeeding, including its role in reducing the risks of breast and ovarian cancers, preventing postpartum depression, and supporting a mother's return to her pre-pregnancy body.' The drama effectively conveyed the importance of awareness, family support, and professional guidance in overcoming misconceptions.

11. **Outcome of the Workshop:** The Programme reinforced that maternal well-being is multidimensional; covering body, mind, and relationships and that family support is not a luxury but a necessity. Overall, the workshop was informative, creative, and thought provoking, underlining that *breastfeeding is not just a mother's duty but a collective responsibility of family and society*. By empowering mothers and creating a supportive environment, we ultimately empower future generations.



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Felicitation by IQAC Coordinator



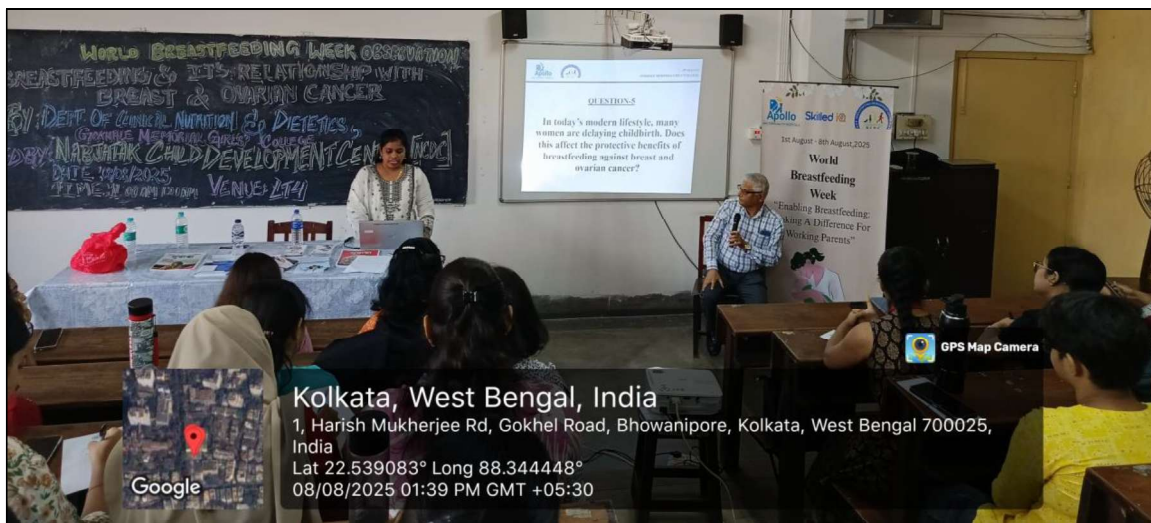
Skit by Doctor & Psychologists



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Presentation by Psychologists



Presentation by Nutritionist



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Group Photo with NCDC staff, CNDV Dept. Faculties and Psychology Dept. Faculty



Group Photo including all the Participants



Feedback cum Attendance sheet

Name of Activity WBW.O. (Breastfeeding & its relationship with Breast & ovarian Cancer)Name of the organizing cell/committee/ department Clinical Nutrition & Dietetics Date: 08/08/2025

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1	Riya Aich	Psychology (Sem 2)	24/BSEH/073	riya.aich1423@gmail.com	Riya Aich 8/8/25	It was very a great experience
2	Shrisha Roy	Psychology (Sem-2)	24/BAH/153	shrisharoy248@gmail.com	Shrisha Roy 8/8/25	I got know many things in this workshop
3	Matirija Mukherjee	CNDV (Sem-2)	24/BSEV/006	matirijamukherjee@gmail.com	M. Mukherjee 8.8.25	It was very helpful.
4	Nityaa Gupta	CNDV (Sem 2)	24/BSEV/001	dreamsalive04@gmail.com	NG 8/8/25	The session was very an informative and thought provoking.
5	Bushra Abul Hayat	CNDV (Sem 2)	24/BSEV/010	hayathbushra1@gmail.com	B.A Hayat 8.8.25	The session was a great experience
6	Soumi Dey	CNDV (Sem 2)	24/BSEV/013	Soumi2248@gmail.com	S. Dey 8/8/25	It was really good session
7	Ambali Peethath	CNDV (Sem-2)	24/BSEV/012	ambalipeethath@gmail.com	Ambali Peethath 8/8/25	very insightful and gained awareness.
8	Nandani Kumari	CNDV (Sem-2)	24/BSEV/011	nandani.kumari2581@gmail.com	Nandani Kumari 8/8/25	Knowledgeable and helpful
9	Kumkum Digga	CNDV sem-2	24/BSEV/003	kumkumdigga@gmail.com	Kumkum Digga 8/8/25	Informative, awareness gained

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Feedback cum Attendance sheet

Name of Activity WBWD. (Breastfeeding & its relationship with breast & ovarian cancer)Name of the organizing cell/committee/ department CNDVDate: 08/08/2025

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1.	Prakruti Adhikary	Psychology Sem - II	24/BSCH/022	adhikaryprakruti1509@gmail.com	Prakruti Adhikary 8/08/25	It was good.
2.	Adrita Mutsuddy	Psychology Sem - II	24/BAH/120	adritamutsuddy@gmail.com	Adrita Mutsuddy 8/8/25	It was very informative.
3.	Fiha Nadeem	Psychology Sem - II	24/BAH/124	fihasan@gmail.com	Fiha Nadeem 8/08/25	It was interesting.
4.	Ritaja Dutta Gupta	Psychology Sem II	24/BAH/123	ritajadg@gmail.com	Ritaja Dutta Gupta 8/8/25	It was a very informative & enlightening.
5.	Ankona Mazumdar	Psychology Sem II	24/BAH/154	mazumdarankona1@gmail.com	Ankona Mazumdar 8/8/25	It was informative.
6.	Tamoha Mukhopadhyay	Psychology/Sem II	24/BSCH/037	tamohamukhopadhyay@gmail.com	Tamoha Mukhopadhyay 8/8/25	It was extremely informative.
7.	Madhuparna Ghosh	Mathematics Sem IV	23/BSCH/0056	madhuparnag16@gmail.com	Madhuparna Ghosh 8/8/25	Very informative.
8.	Debasmita Banja	Psychology Sem II	24/BAH/123		Debasmita Banja 8/8/25	Interesting.
9.	Soumita Biswas	Psychology Sem II	24/BSC II/033	soumita-biswas001@gmail.com	Soumita Biswas 8/8/25	Good.



Feedback cum Attendance sheet

Name of Activity LBWO (Breastfeeding & 1st. Relationship with Breast & ovarian Cancer)Name of the organizing cell/committee/ department CNDVDate: 08/08/2025

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1.	Bhagyashree Perinjal	Psychology Sem-II	24/BAH/126	perinjalbhagyashree.bp@gmail.com	Bhagyashree Perinjal 08.8.25	Informative
2.	Asmita Rakshit	Psychology SEM-II	24/BSC/026	asmita.rakshit50@gmail.com	Asmita Rakshit 08.8.25	Informative and insightful.
3.	Vaibhavi Desai	Psychology Sem-II	24/BAH/121	desaivaibhavi294@gmail.com	Vaibhavi Desai 08.08.25	Informative.
4.	Rupkatha Bose	Psychology Sem 2	24/BAH/152	soumibose926@gmail.com	Rupkatha Bose 08.8.25	Information received
5.	Sneha Acharya	Psychology Sem 2	24/BAH/115	snehaacharya32191@gmail.com	Sneha Acharya 08/08/25	Very informative & engaging
6.	Devangi Mukherjee	Psychology sem 2	24/BAH/140	devangi1@gmail.com	Devangi Mukherjee	Engaging
7.	Samadrita Maity	Psychology sem II	24/BSC/031	Samadritamaiti356@gmail.com	Samadrita Maity	Engaging.
8.	Anwita Samanta	Psychology Sem-II	24/BAH/125	anwita295@gmail.com	Anwita Samanta	Informative.
9.	Sabali	CNDV Sem-IV	23/BSCV/0092	Sabchagmail@gmail.com	Sabali	Very informative & useful



Feedback cum Attendance sheet

Name of Activity WBWO (Breakfasting & its Relationship with
Diet & women career)Date: 08/08/2025Name of the organizing cell/committee/ department CNDV

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1.	DR. RITASHA SAWOO	CNDV	FACULTY	ritasha.sawoo@yahoo.in	<i>Ritasha Sawoo</i> 8/8/25	Informative Session
2.	Dr. Mounika Ghosh	CNDV	Faculty	1908mau@gmail.com	<i>M. Ghosh</i> 8/8/25	very interactive and informative presentation
3.	Ms. Jyoti Pachisia	CNDV	faculty	jyotipachisia@gmail.com	<i>Jyoti Pachisia</i> 8/8/2025	Informative Session.
4.	Anurika Dhar	CNDV	24/BSCV/004	anurika.dhar@gmail.com	<i>Anurika Dhar</i> 8/8/25	Informative session
5.	Pratiksha Dey	CNDV	24/BSCV/005	pratikshadey004@gmail.com	<i>P. Dey</i> 8/8/25	Helpful.
6.	Shreya Pathak	CNDV	24/BSCV/009	pathakshreya@gmail.com	<i>Shreya Pathak</i> 8/8/25	very informative
7.	Kadusha Ganguly	CNDV	24/BSCV/006	gangulykadusha@gmail.com	<i>K. Ganguly</i> 8.8.25	very helpful and informative
8.	Aanchal Dasgupta	CNDV	24/BSCV/015	Aanchal.dasgupta@gmail.com	<i>Aanchal Dasgupta</i> 8/8/25	Very informative session
9.	Shreyashee Dasgupta	CNDV	23/BSCV/0017	dasguptashreyashee@gmail.com	<i>Shreyashee Dasgupta</i> 8/8/25	very informative session.



Feedback cum Attendance sheet

Name of Activity WB WD (Breastfeeding & I+B Relationship with Breast & Ovarian Cancer)Name of the organizing cell/committee/ department CNDVDate: 02/08/2025

Sl. No.	Name of participant	Dept./ Semester	Roll No.	Email Id	Signature of Participants with date	Feedback (in few words)
1.	Bhatacharya Dhr	CNDV Sem-IV	23/BSEV/0002	bhatacharyadhr26@gmail.com	Bhatacharya 8/8/25	This session is very informative.
2.	Swastika Chandra	CNDV Sem-11	24/BSEV/002	chandraswastika15@gmail.com	Swastika 8/8/25	I really enjoyed it. This session is very informative.
3.	Supra Shroen	CNDV Sem-11	24/BSEV/002	suprashroen09@gmail.com	Supra Shroen 8/8/25	Very informative for our time.
4.	Arijit De	Chemistry Faculty		arijitde74@gmail.com	A De 8/8/25	Very useful topic.
5.	Goutam Mahata	Chemistry Faculty		goutammahata1977@gmail.com	G 8/8/25	very informative