

## **AWARENESS PROGRAMME FOR PREGNANT AND LACTATING MOTHERS**

<b>Nature of Programme</b>	<b>:</b>	<b>Nutritional Awareness</b>
<b>Title</b>	<b>:</b>	<b>Poshan Maah- Awareness programme</b>
		<b>For pregnant and lactating mothers.</b>
<b>Participants</b>	<b>:</b>	<b>Food Science &amp; Technology students</b>
<b>Date</b>	<b>:</b>	<b>4<sup>th</sup> September 2025.</b>
<b>Total No. of Participants</b>	<b>:</b>	<b>100</b>

### **Brief Report:**

To celebrate “Poshan Maah” the Department of Food Science and Technology, in collaboration with Integrated Child Development Services (ICDS), organized an awareness programme on 4<sup>th</sup> September 2025 at Zilla Parishad High School, Punadipadu, Andhra Pradesh, with a focus on pregnant and lactating mother by Final year FST students and staff members. The programme aimed to highlight the importance of exclusive breastfeeding for the first six months, which provides essential nutrients and immunity-boosting antibodies to infants, thereby reducing the risk of infections and promoting healthy growth and development. The sessions also covered maternal nutrition, stressing the need for mothers to consume a balanced diet rich in proteins, iron, calcium, and vitamins to support their own health and the nutritional needs of their children. Counselling was provided through charts and interactive discussions, making the information more engaging and easy to understand. Students explained the dos and don’ts for mothers during pregnancy and lactation, such as avoiding junk food, ensuring adequate hydration, and consuming locally available nutrient-rich foods.

