



# Department of Home Science University of Lucknow

*celebrates*

## MISSION SHAKTI Phase 4

An initiative by Govt. of Uttar Pradesh

1st - 7th August 2022

Mode: Online/Offline

### **International Breastfeeding Week: Importance of First 1000 days in human life**

**Prof. Alok Kumar Rai**  
**Patron**

Hon'ble Vice-Chancellor  
University of Lucknow

**Prof. Madhurima Lall**  
**Convener**

Dept. of Applied Economics  
University of Lucknow

**Prof. Prem Suman Sharma**  
**Ex-officio**

**Head & Dean**

Dept. of Home Science  
University of Lucknow

**Dr. Meera Singh**  
**Coordinator**

Dept. of Home Science  
University of Lucknow

**Dr. Devina Sahai**  
**Lecturer**

Dept. of Home Science  
University of Lucknow

**Research Scholars & Students**

## **Program**

<b>Date</b>	<b>Speakers</b>	<b>Designation</b>
<b>01.08. 2022</b>	<b>Dr. Ruchira Rathore</b>	<b>Associate Professor Mahila P.G. College Lucknow</b>
<b>02.08.2022</b>	<b>Poster Competition</b>	<b>Dpt. of Home Science University of Lucknow</b>
<b>03.08.2022</b>	<b>Recipe Competition</b>	<b>Dpt. of Home Science University of Lucknow</b>
<b>04.08.2022</b>	<b>Dr. Padmini Ghugre</b>	<b>Professor SNDT College of Home Science Mumbai</b>
<b>05.08.2022</b>	<b>Dr. Ritu Singh (RD)</b>	<b>Chief Dietitian Jagrani Hospital</b>
<b>06.08.2022</b>	<b>Dr. Ankita Gupta (RD)</b>	<b>Assistant Professor IGNOU, New Delhi</b>
<b>07.08.2022</b>	<b>Dr. Manisha Narain</b>	<b>Deputy Director FSSAI, New Delhi</b>



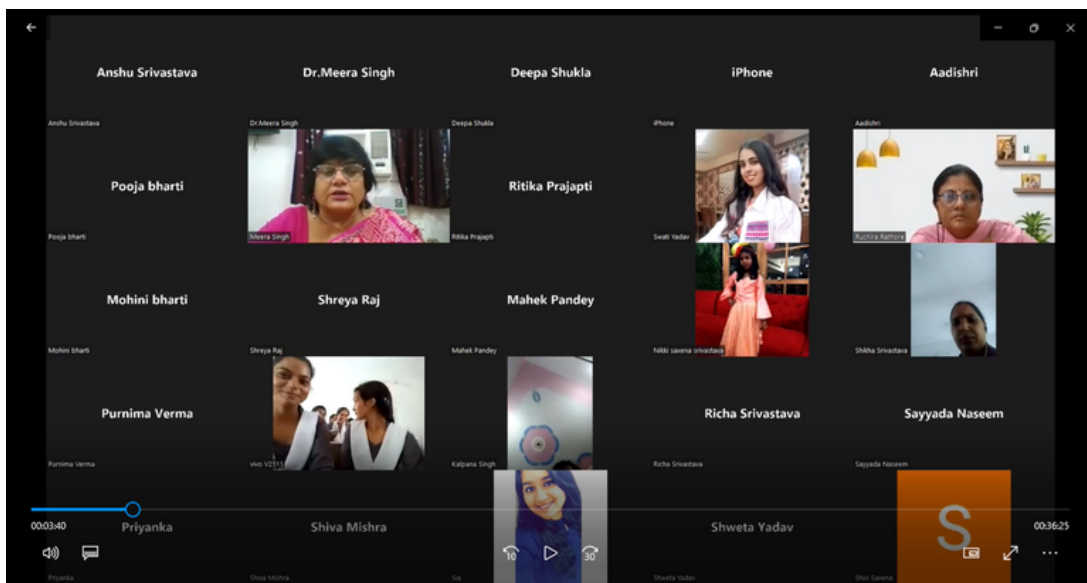
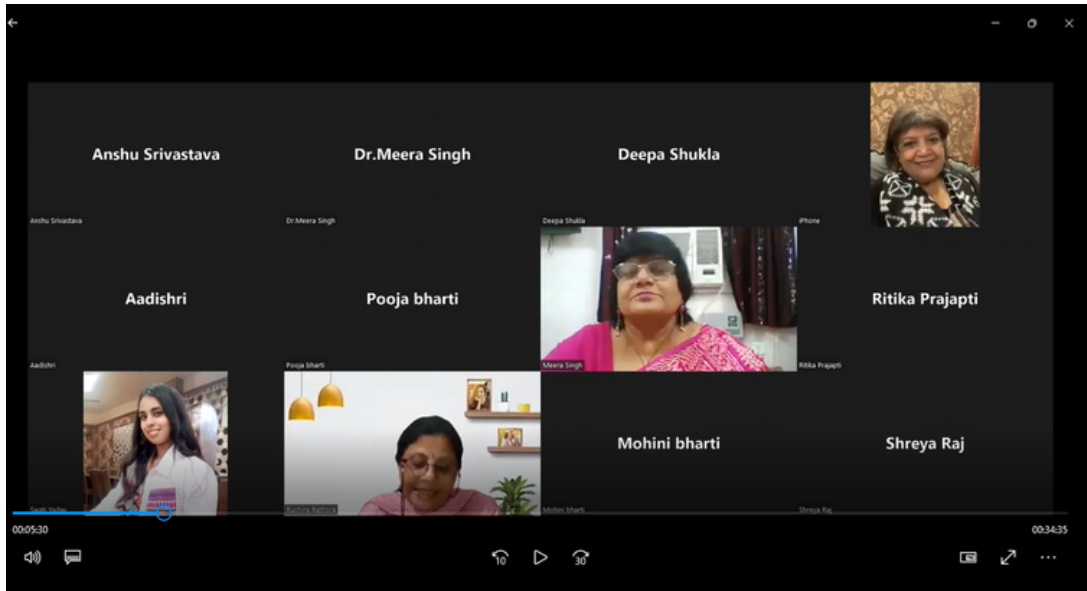
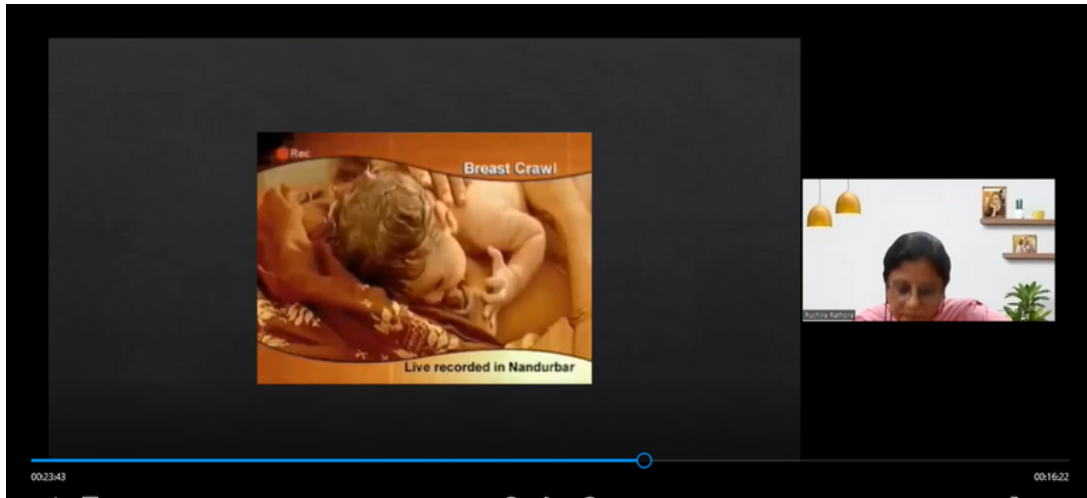
Under the patronage of Hon'ble Vice Chancellor Prof Alok Kumar Rai, the department of Home Science, University of Lucknow celebrated the International Breastfeeding Week under Mission Shakti phase-4 charter. The seven-day event was initiated by Prof. Madhurima Lal, convener, Mission Shakti, and was conducted and coordinated under the supervision of Prof. Prem Suman Sharma, Ex-officio, Head & Dean, Faculty of Arts, and Dr. Meera Singh, coordinator, Dept. of Home science.

The theme for the week was "Importance of the first 1000 days in human life". Several experts from various parts of the country contributed to the event and guided our students, especially young girls on various pregnancy and breastfeeding-related topics like the importance of good nutrition before conception, the importance of healthy eating during the first 1000 days of life, complementary feeding, food safety measures, etc.

On day one, Dr. Ruchira Rathore from Mahila P.G. College, Lucknow, presented the real-world data that almost 60 percent of babies do not get breastfed regularly and only 39 percent of women exclusively breastfeed their child, which is a recommendation by World Health Organization. She emphasized the fact that breastfeeding is a natural phenomenon and all the mammal species of the world do the same thing. But the most intelligent homo sapiens are avoiding this nature's boon for the child and feed them from packaged boxes. She reiterated the necessity of starting breastfeeding within one hour of childbirth, exclusive breastfeeding for six months, and no introduction of shahad or ghutti at birth or during the first six months.

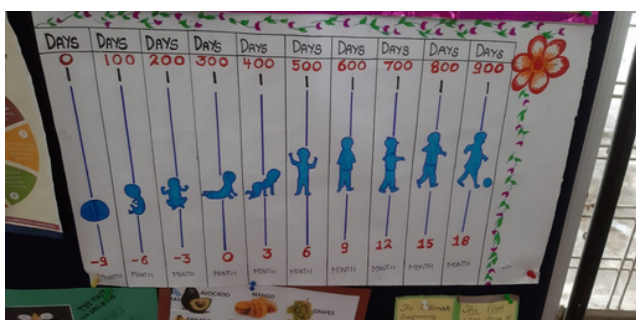
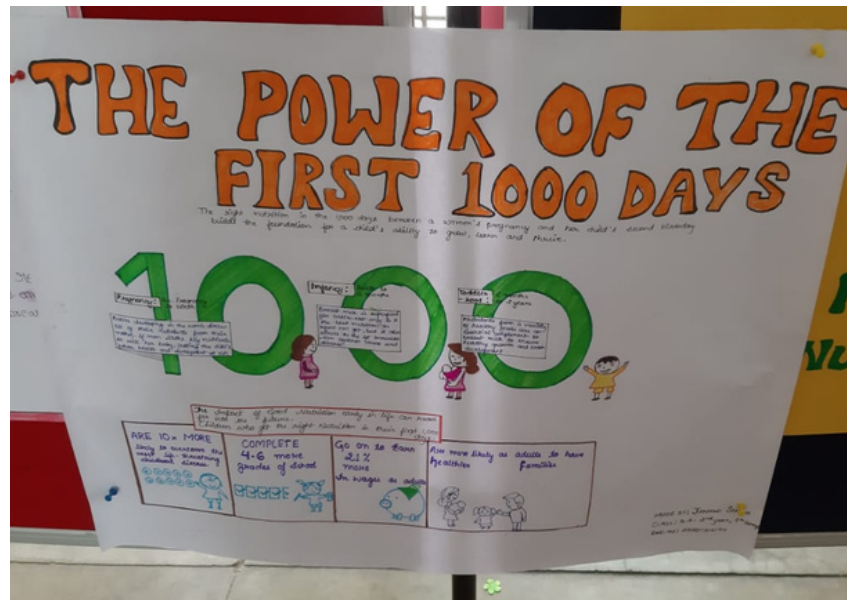
Then Dr. Rathore highlighted the day-to-day problems faced by working mothers about breastfeeding their children in public spaces. The taboos attached to breastfeeding children in public areas. She spotlighted the importance of working together and supporting the skilled support and education of the new mother from the time of antenatal care up to two years. We all should come together and make an environment that supports breastfeeding without any judgments.

The event was attended by more than 150 students of the department as well as NSS.



On the second day, a poster-making competition was organized in the department in which students presented their thoughts and information on different stages of the first 1000 days, and the importance of good nutrition during this period. Mainly the posters emphasized what the mother and child do and eat in the first 1000 days, making a difference for the rest of the child's life.

On the third day, a recipe-making competition was organized in which students prepared and displayed healthful recipes for both mother and child which could be consumed during the first 1000 days. In these recipes students amalgamated nutrition with various cuisines, showing that healthy food need not be boring. If we want we can introduce health in every dish of every cuisine. Students explained to the judges that if we introduce nutritious food with such a variety, the child will accept all the flavors and will not become picky eaters. The competitions were attended by more than 50 students.





Day four was concluded with an expert lecture on the bioactive components of human milk. Dr. Padmini Ghugre from SNTD University elaborated that human milk is a complete biological fluid both in its nutritional composition and non-nutritional bioactive components which promote survival, growth, and healthy development of young infants. She explained that the bioactive components are the elements that affect biological processes and hence have an impact on body functions like human immunity and disease prevention and ultimately health. She then explained probiotics and their antimicrobial, immunomodulatory, and gastrointestinal effects. The lecture was attended by more than 75 students.

**Bioactive Components in Human Milk**  
Dr. Padmini S Ghugre

**Special Effects :** Protect against bacterial & viral infections by mechanisms –

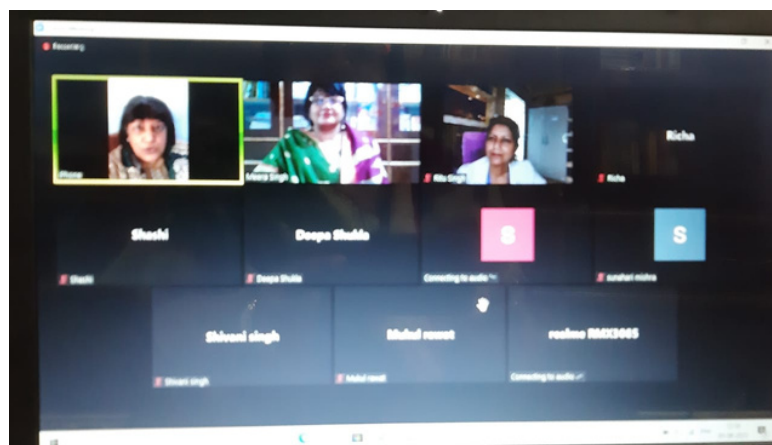
- Probiotics produce antimicrobial compounds – organic acids, Hydrophobicity, Adhesion, Inhibition of Salmonella spp, E.coli
- Probiotics improve intestinal barrier by increasing mucin production and decreasing intestinal permeability
- Probiotics compete with pathogens for nutrients and epithelial cell receptor binding sites

**Suggestions**

- Promote breast feeding
- Well balanced diet to mothers
- Mothers to avoid trans fatty acids and increase intake of long chain saturated fatty acids
- Maintain optimum body weight
- Avoid stress
- Regular light exercises
- Avoid smoking & alcohol

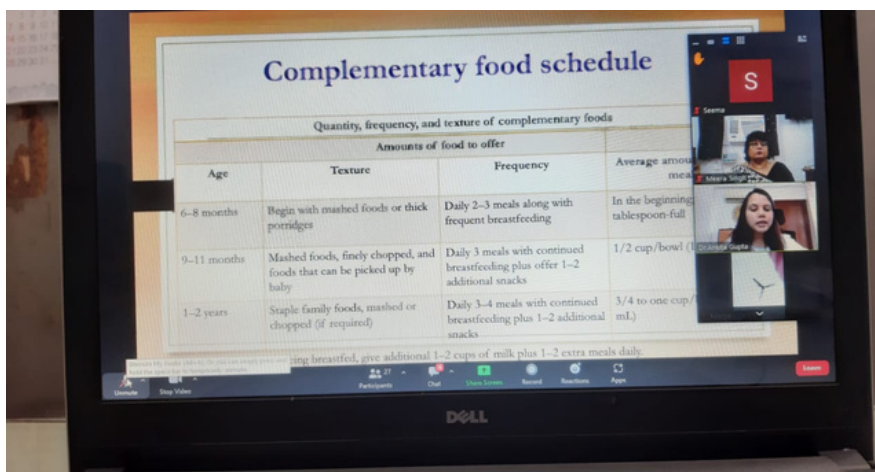
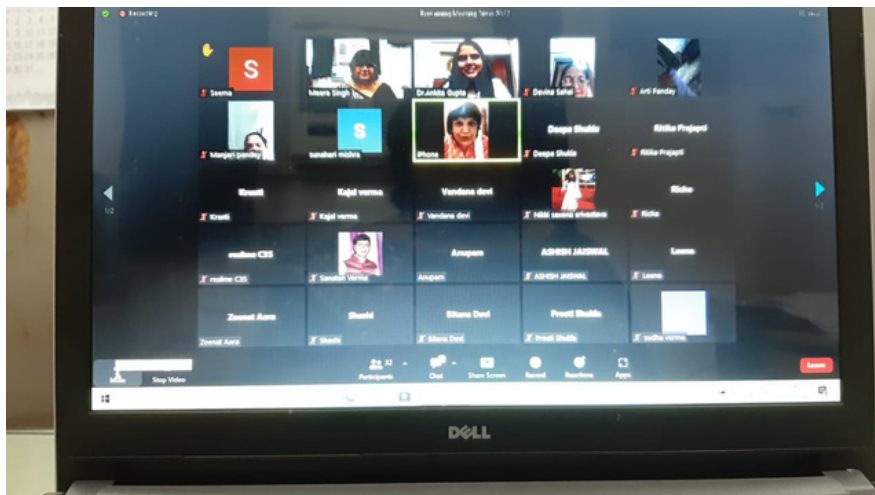
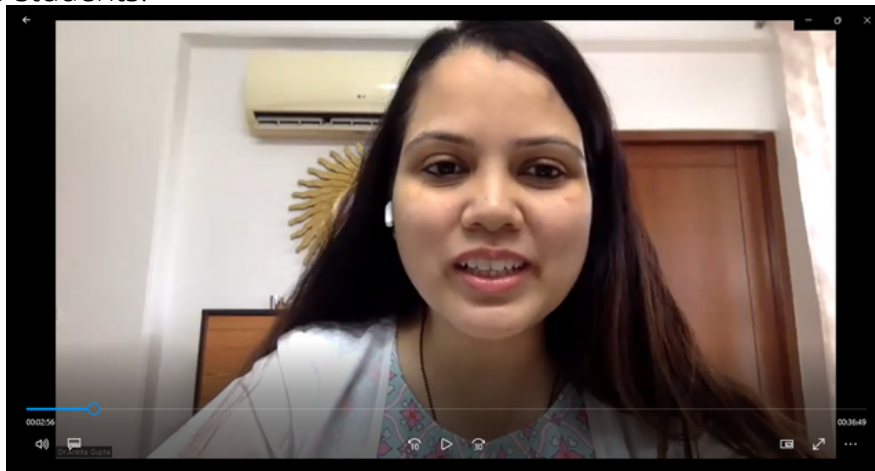


On day five, Dr. Ritu Singh from Jagrani Hospital Lucknow described that the future health of the child majorly depends on how much care is being given in the first 1000 days of life. She said that along with educating the mothers and their families it is also very important to support breastfeeding. Making an environment that supports breastfeeding is the need of the hour. She also elaborated that regular breastfeeding help mothers burn calories thus managing their gained weight, reducing the risk of breast cancer, lowering the risk of type 2 diabetes, etc. It protects babies from infections, obesity, heart diseases, etc. She also touched upon the composition of breast milk. When and which complementary foods to be started at what age group and the food groups to be included in complementary feeding etc. The event was attended by 50-plus students.

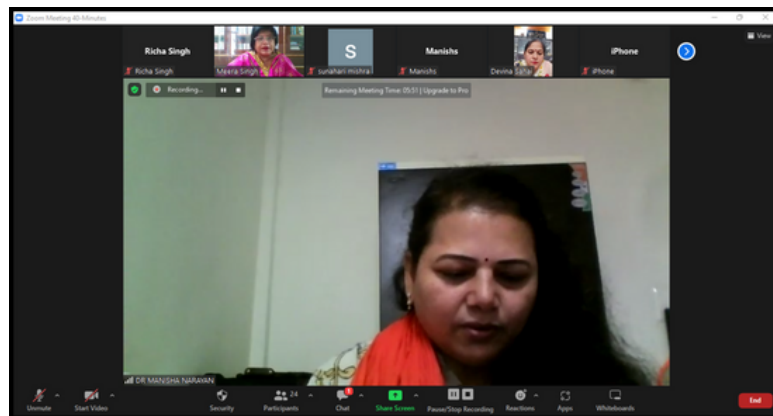




. On day six, Dr. Ankita Gupta from IGNOU, New Delhi, deliberated on the importance of complementary feeding and how and when to start it along with breastfeeding. She guided the listeners about the balanced complementary diets with the food pyramid, which showed which food groups to be included and in what quantities to make feeds balanced. She also shared several recipes which new mothers can easily prepare at home. She emphasized the importance of homemade complementary food over packaged baby foods. She also touched upon food safety and hygiene and gave several tips for maintaining the hygiene of complementary feeds. The meeting was attended more than 40 students.



. The final seventh day was concluded with an abundantly informative session by Dr. Manisha Narain from FSSAI, New Delhi. She threw light on the key importance of various nutrients during the first 1000 days in a mother's as well as in a child's diet. She focused on the importance of consuming a healthy diet before conception. Also, she presented a detailed description of the food safety issues and ways to tackle them in the diets of pregnant women. She focused on the day-to-day problems and queries listeners are facing and presented real-time solutions to them regarding the safety of different food products available in the market. She also addressed the packaging and advertising dilemmas faced by the general public and guided how to select the best from the sea of advertising gimmicks. The lecture was attended by more than 70 students.



Overall the event was attended by more than seventy students. Such programs organized in the department proved to be of extreme importance as they impart immense knowledge and awareness to the girls which are going to be mothers in the future. These learnings will help them lead a healthy life and nurture healthy children. Therefore, the Mission Shakti Program in its fourth phase was extremely fruitful.