

Mohamed Sathak College of Arts and Science

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(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.



OUTREACH PROGRAM REPORT

NAME OF THE EVENT : Outreach program on the occasion of World Breast feeding week 2026

CONDUCTED BY : UG Department Of Home Science - Clinical Nutrition and
Dietetics in association with IQAC

DATE : 06th August 2026.

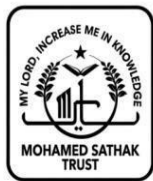
VENUE : Primary Health Centre, Semmancherry

PARTICIPANTS : Expectant and lactating mothers

DIGNITARIES : Dr. M.S. MOHAMED JAABIR, Principal, MSCAS
Dr. M.SYED ALI, Vice Principal & IQAC Coordinator, MSCAS.
Dr. S. PADMA PRIYA, HoD, Department of Home Science –
Clinical Nutrition and Dietetics, MSCAS

ABOUT THE EVENT:

In observance of World Breastfeeding Week 2026, the Department of Home Science – Clinical Nutrition and Dietetics, Mohamed Sathak College of Arts and Science, organized a Nutritional Outreach Programme on 06.08.2026 at Semmenchery Primary Health Centre for expectant and lactating mothers. The programme aimed to enhance awareness of maternal and infant nutrition through educational charts, food displays, and interactive cultural activities. Students disseminated information on the Golden 1000 Days, Golden Liquid (Colostrum), Lactogenic Foods, Iron and Folic Acid-rich Foods, Exclusive Breastfeeding, and Low-cost Complementary Feeding (6–8 and 9–12 months). A skit emphasized that colostrum is the baby's first vaccine and should never be discarded. A dance performance highlighted the lifelong health benefits of breastfeeding for both mother and child, while an awareness song encouraged mothers to choose breastmilk over formula milk and practice exclusive breastfeeding for the first six months.



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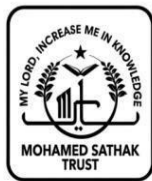
The post-awareness survey reflected positive responses from all participants. Dr. Shaekiezhar highly appreciated the students for their innovative, interactive, and scientifically relevant presentation. The programme concluded with expectant and lactating mothers gaining practical knowledge to promote optimal maternal and infant nutrition.

PROGRAMME OBJECTIVES

- To create awareness among expectant and lactating mothers about the importance of exclusive breastfeeding and the benefits of colostrum.
- To educate participants on the significance of the Golden 1000 Days and the nutritional requirements during pregnancy and lactation.
- To promote healthy dietary practices by introducing lactogenic foods, iron and folic acid-rich foods, and low-cost complementary feeding for infants.
- To encourage the adoption of evidence-based infant feeding practices through interactive educational activities such as charts, food displays, skits, dance, and awareness songs.

OUTCOME:

- Participants gained enhanced knowledge about the benefits of exclusive breastfeeding, colostrum, and appropriate complementary feeding practices.
- Mothers developed a better understanding of affordable and nutritious food choices for maternal and infant health.
- The interactive educational activities increased participant engagement and reinforced key messages on breastfeeding and infant nutrition.
- The post-awareness survey reflected positive responses, indicating improved awareness and willingness among participants to practice healthy feeding behaviours.



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PROGRAMME CONCLUSION:

The Nutrition Outreach Programme conducted as part of World Breastfeeding Week 2026 successfully created awareness among expectant and lactating mothers regarding the importance of breastfeeding and maternal nutrition. Through informative charts, food displays, and engaging cultural performances, the programme emphasized the value of colostrum, exclusive breastfeeding, and appropriate complementary feeding practices. Overall, the initiative empowered mothers with practical information to support healthy maternal and infant nutrition and contributed to promoting better community health.

EVENT COORDINATOR: Dr. S.PADMA PRIYA, HoD, Department of Home Science - Clinical Nutrition and Dietetics, MSCAS.

EVENT SCHEDULE : 06TH AUGUST 2026, Primary Health Centre, Semmancherry.