



Shri Shivaji Education Society Amravati's

**Mahatma Fule Arts, Commerce & Sitaramji Chaudhari  
Science Mahavidyalaya, Warud,  
Dist - Amravati 444906 (M.S.)**



Website: <https://mfulecollegewarud.org/> Ph. No. 07229-232022

**Women's Empowerment Cell ,Internal Complaints Committee,  
Department of Home-Economics**

**Report on  
"World Breastfeeding Week"  
on  
5th August 2025 and 6<sup>th</sup> August 2025**

**Aim**

The primary aim of organizing the special lecture on "*Adolescent Health Problems and Solutions*" during *World Breastfeeding Week* was to create awareness among students, especially adolescent girls, about physical, emotional, and social health challenges, while promoting scientific knowledge, healthy lifestyle practices, and self-confidence for overall well-being.

**Objectives**

1. **To educate** students about common health problems faced during adolescence, their causes, and preventive measures.
2. **To promote awareness** about the importance of proper nutrition, hygiene, and mental health care during adolescence.
3. **To encourage open discussion** on sensitive health issues in a safe and supportive environment.
4. **To connect** adolescent health with the broader themes of maternal and child well-being emphasized during *World Breastfeeding Week*.
5. **To empower** students, especially young women, with knowledge and practical solutions to make informed decisions about their health.
6. **To foster** a positive attitude towards seeking medical advice and using community health resources.

*Women's Empowerment Cell* in collaboration with the *Internal Complaints Committee* and the *Department of Home-Economics* of Mahatma Fule Arts, Commerce and Sitaramji Chaudhari Science Mahavidyalaya, Warud, organized a special lecture to mark the occasion of **World Breastfeeding Week** on **5th August 2025** and **6th August 2025**. The theme of the program was "**Adolescent Health Problems and Solutions**", aimed at raising awareness about the physical, emotional, and nutritional needs of adolescents and the importance of early health **education**.



Shri Shivaji Education Society, Amravati's  
Mahatma Fule Arts, Commerce and  
Sitaramji Chaudhari Science Mahavidyalaya, Warud, Dist. Amravati

# World Breast-feeding Week

Internal Complaints Committee  
Women's Empowerment Committee  
Home Economics Department

**Report on**  
**“World Breastfeeding Week”**  
Special Lecture  
On  
**“Adolescent Health Problems and Solution”**  
**(5<sup>th</sup> Aug 2025)**

A special lecture was organized on the topic “**Adolescent Health Problems and Solutions**”. The resource person for the session was **Dr. Shrutika Thakare**, Director, Thakare Hospital, Warud.

The program was presided over by **Ms. Vandana Kharode** (Department of Home Economics, Junior College). Dignitaries present on the dais included:

- **Dr. Nalini Bodkhe** – Head, Department of Home Economics & Coordinator, Internal Complaints Committee
- **Ms. Alka Sable (Pawar)** – Supervisor, Junior College
- **Dr. Reena Bakale** – Coordinator, Women’s Empowerment Cell

The program commenced with the **garlanding of portraits of Dr. Punjabrao alias Bhausaheb Deshmukh and Kranti Surya Mahatma Jyotiba File**.

The program commenced with a brief introduction by [**MS. Poonam Nanotkar**], highlighting the objectives of the session and the relevance of adolescent health in shaping a healthy society. [**Dr. Shrutika Thakare**], an expert in [**“Adolescent Health Problems and Solution”**], delivered an insightful lecture addressing common health issues faced by adolescents, including:

- Nutritional deficiencies and their impact on growth
- Menstrual health and hygiene management
- Mental health concerns such as stress, anxiety, and self-esteem issues
- The importance of balanced diet, exercise, and adequate rest
- Myths and misconceptions about physical development

The speaker also provided practical solutions, preventive measures, and encouraged students to adopt healthy habits and seek timely medical advice when necessary. The interactive session allowed students to ask questions and clarify doubts, making the program more engaging and informative.

The event witnessed enthusiastic participation from [**70**] students from both junior and senior college sections. Faculty members from various departments Dr. Pranjali Deshmukh, Dr. Priyanka Belsare, Ms. Amrapali Patil also attended and contributed to the discussions.

The program concluded with a vote of thanks by [**Ms. Sujata Kandare**], appreciating the efforts of the organizing team and encouraging students to spread the message of health awareness among peers and the community. All this program is hosted by [**Ms. Kavita Chaudhari**]



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Cipla

## ADOLESCENT HEALTH PROBLEMS ? AND SOLUTION



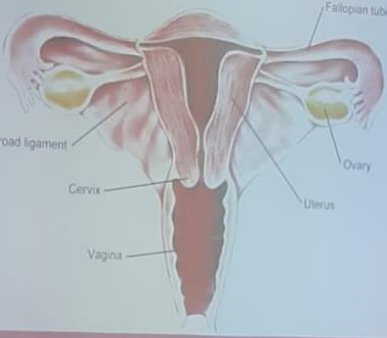
DR.SHRUTIKA THAKARE  
DIRECTOR THAKRE HOSPITAL WARUD




07:23:00 AM

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Cipla

## Female reproductive system



Fallopian tube  
Broad ligament  
Ovary  
Uterus  
Cervix  
Vagina





**Report on**  
**“World Breastfeeding Week”**  
**Awareness Rally**  
**(6<sup>th</sup> Aug 2025)**

As part of *World Breastfeeding Week* (celebrated globally from 1st to 7th August), an awareness rally was organized on **6th August 2025** to promote the importance of breastfeeding for the health and well-being of both mother and child. The rally aimed to educate the public about the nutritional, emotional, and economic benefits of breastfeeding, as well as to encourage a supportive environment for nursing mothers.

**Details of the Event:**

The rally commenced at [Mahatma Fule Arts, Commerce and Sitaramji Chaudhari Science Mahavidyalaya, Warud] at [10:00am], with participants including healthcare professionals, students, community volunteers, and members of local self-help groups. Placards, banners, and slogans highlighting the theme **“Breastfeeding: Foundation of Life”** were carried to spread the message effectively. Informational pamphlets were distributed to bystanders to raise awareness about exclusive breastfeeding for the first six months of a baby’s life.

**Key Highlights:**

- Speeches by doctors and nutritionists emphasized breastfeeding’s role in preventing malnutrition and boosting immunity.
- Street plays and interactive sessions were conducted to engage the public.
- Special focus was given to dispelling myths and misconceptions surrounding breastfeeding.
- Participation from local media ensured wider coverage of the event.

**Impact:**

The rally successfully reached a large section of the community, fostering awareness and positive attitudes towards breastfeeding. Many participants pledged to support breastfeeding mothers in their families and communities.

**Conclusion:**

The *World Breastfeeding Week* awareness rally on 6th August 2025 was a significant step towards creating an informed society that values and supports breastfeeding. The enthusiastic participation and strong community response reflected the importance of such initiatives in promoting maternal and child health.







GPS Map Camera



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**Mahatma Fule Arts, Commerce & Sitaramji Chaudhari  
Science Mahavidyalaya Warud  
Department of Home-Economics, Women's Empowerment Committee,  
Internal complains Committee  
Breast Feeding Day, Date-05/08/2025**

Sr. No.	Name of students	Signature
17	Jasmin Ashok Dufonde	Jasmin A. Dufonde
27	Nisha Ramdas Ewancy	Nisha R. Ewancy
37	Sorali Shankar Yuvanate	S. Yuvanate
47	Monika Vinod Dhale	M.V. Dhale
57	Divyani Subhash Digrauskar	Digrauskar
67	Divya Suresh Niwazade	Niwazade
77	Divyani Sudhir Chaudhari	Sudhir
87	Ujjwala Babasaheb Pande	U.B. Pande
97	Srushti RAJENDRA Anwane	S. R. Anwane
107	Puja Gajanan Chauhan	Puja Chauhan
117	Ranu vilas Gisi	Ranu vilas Gisi
127	Rakhi Jagdish Wankhade	Wankhade
137	Rushi Shyamrao Amete	Amete
147	Prashika Gopu Patil	Patil
157	Tanishka Karkade	Karkade
167	Vaishnavi Khasborge	V. Khasborge
177	Ashmira Arif shuku	A. shuku
187	Abhilasha Bhukte	Bhukte
197	Shravani Raut	Raut
207	Sneha A. Bhujade	Bhujade
217	Vanishika N. Nandane	Nandane
227	Dhanshei R. Kalaskar	D. Kalaskar
237	Diksha S. Badode	D. Badode
247	Nandini sanjay Kolhe	N. Kolhe
257	Lina Shainam Mankar	Mankar
267	Juhi Salame	Juhi
277	Nandini Mohanrao Gohate	N.M. Gohate
287	Namrata V. Vilatakar	N. Vilatakar
297	Aahana Firdos Saiyyud Faruk	A. Faruk
307	Bhumiika K. Zaslade	B. Zaslade
317	Shravani S. Pohane	S. Pohane
327	Gayatri Rameshwar shendre	Gayatri R. shendre
337	Nandini Prakash Mahalle	N.P. Mahalle
347	Vaishnavi Manoj Dongre	V. Dongre
357	Rakhi mangesh Waghade	R. Waghade
367	Vaishnavi D. Chaudhari	D. Chaudhari
377	Bharti P. Burwade	B. Burwade
387	Chanchal G. Kale	C.G. Kale

