



**Dayananda Sagar**  
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## **Report on "Nurturing Bonds: Physiotherapy Enhanced Breastfeeding Support for Mother & Child"**

Date: 16-08-2023

Location: BBMP Maternity Hospital, NR Colony

The breastfeeding awareness camp titled "Nurturing Bonds: Physiotherapy Enhanced Breastfeeding Support for Mother & Child" was held at the BBMP Maternity Hospital, NR Colony, with the aim of promoting and facilitating optimal breastfeeding practices among new mothers. The camp was organized by College of Physiotherapy, Dayananda Sagar University in collaboration with the hospital to provide education, guidance, and physiotherapy-enhanced support for breastfeeding mothers and their infants.

The primary objective of the camp was to raise awareness about the importance of breastfeeding and provide mothers with practical knowledge and skills to overcome breastfeeding challenges through physiotherapy techniques.

The camp commenced with informative lectures by experienced Gynaecologist Dr Anupama and Dr Bharga, Paediatrician from BBMP Maternity Hospital, NR Colony and followed by Dr Sai Bhavani and Dr Feba, Assistant Professors from COPT, DSU. The sessions covered topics such as the benefits of breastfeeding, correct latching techniques, common breastfeeding challenges, and the role of physiotherapy in addressing these challenges.

Practical demonstrations of proper breastfeeding positions and latching techniques were conducted to empower mothers with hands-on knowledge. These demonstrations were particularly helpful for new mothers who often struggle with initiating breastfeeding.

Participants had the opportunity to engage in open discussions, ask questions, and seek personalized advice from the experts. This interactive approach helped to address specific concerns and provide tailored solutions.

The "Nurturing Bonds" camp achieved its goals of promoting breastfeeding awareness and providing physiotherapy-enhanced support. Participants gained confidence in their breastfeeding abilities and learned effective techniques to address challenges. The event's impact was evident through improved understanding, positive feedback from participants, and increased willingness to continue breastfeeding.

We extend our gratitude to College of Physiotherapy, Dayananda Sagar University, the participating experts, and the BBMP Maternity Hospital for their collaborative efforts in making this event a meaningful and impactful experience for all involved.

The Program co-ordinators for the camp were Dr Sai Bhavani and Dr Feba Roy



Program Co-ordinator

Principal