

**AMDA Institute of Health Science
Damak, Jhapa
Report on Breast feeding week (1st to 7th august 2026)**

Academic year: -2083/2084

Venue: AMDA Hospital and AIHS, Damak

Theme: “Prioritise Breastfeeding: Create Sustainable Support Systems”

Date: 1st–7th August

World Breastfeeding Week was successfully celebrated at **AMDA Institute of Health Science, Damak**, from **1st to 7th August** to raise awareness about the importance of breastfeeding and to promote proper breastfeeding practices. During the week, different activities were conducted to educate and encourage people regarding its importance.

Objectives:

- ❖ To raise awareness about the importance and benefits of breastfeeding.
- ❖ To promote exclusive breastfeeding and appropriate breastfeeding practices.
- ❖ To encourage students and participants to express their knowledge and creativity regarding breastfeeding.
- ❖ To promote community awareness about maternal and child health.
- ❖ To provide health education related to breastfeeding

Activities:

Throughout the breastfeeding week, health teaching sessions related to breastfeeding were conducted by third year nursing students in AMDA hospital. The sessions focused on the importance of breastfeeding, the benefits of breast milk for both mother and baby, exclusive breastfeeding, proper breastfeeding techniques, and appropriate infant feeding practices.

At the end of the week, an art and poem competition related to breastfeeding was organized by the institution. Participants actively took part in the competition and expressed their knowledge, ideas, and creativity through artworks and poems.

The celebration concluded with a **formal closing program**, during which the **Principal ma’am Ms. Sajana Vaidya** delivered a concluding speech and expressed sincere gratitude to all students, faculty members, hospital staff, judges, participants, and everyone involved in the program.

Conclusion:

The world breastfeeding week celebration was successfully conducted through various educational creative activities and spreading awareness supporting the theme “**Prioritise Breastfeeding: Create Sustainable Support System.**”

Gallery:





THANK YOU!

AIHS, DAMAK