



RAMAIAH
Medical College

WORLD BREASTFEEDING WEEK – 2021

Report on activities conducted by
Department of Community Medicine



Supported by



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List of Abbreviations

ANM -	Auxiliary Nurse Midwife
AWW -	AnganWadi Workers
ASHA -	Accredited Social Health Activist
BFHI -	Baby-friendly Hospital Initiative
FAQ -	Frequently Asked Questions
MSW -	Medico Social Worker
ORS-	Oral Rehydration Solution
PHC-	Primary Health Centre
SDG -	Sustainable Development Goals
UNICEF -	United Nations Children's Fund
UPHC -	Urban Primary Health Centre
WABA-	World Alliance for Breastfeeding Association
WBW -	World Breastfeeding Week
WHO -	World Health Organization

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WORLD BREASTFEEDING WEEK – 2021 CELEBRATION

1. Background

In commemoration of the 1990 Innocenti Declaration, World Breastfeeding Week (WBW) is celebrated every 1-7 August. In 1992, WBW started with annual themes including healthcare systems, women and work, the International Code of Marketing of Breastmilk Substitutes, community support, ecology, economy, science, education and human rights. Since 2016, WBW is aligned with the Sustainable Development Goals (SDGs). In 2018, a World Health Assembly resolution endorsed WBW as an important breastfeeding promotion strategy.

Breastfeeding is the cornerstone of infant and young child survival, nutrition, development and maternal health. This year's theme being – Protecting Breastfeeding: A Shared Responsibility as mentioned by WABA and on similar lines by BPNI - Protecting Breastfeeding: Where lies the Responsibility?. Focusing towards protection of breastfeeding women from the commercial influence of the baby food industry, supported at work places and in the hospitals where they come to deliver.

Although support at the individual level is very important, breastfeeding must be considered a public health issue that requires investment at all levels. The concept of 'building back better' after the COVID 19 pandemic will provide an opportunity to create a warm chain of support for breastfeeding that includes health systems, workplaces and communities at all levels of society. A warm chain of support will help build an enabling environment for breastfeeding and protect against industry influence. It is time to inform, anchor, engage and galvanise action to protect breastfeeding at all levels.(1)

1.2. Theme : Protecting Breastfeeding : A Shared Responsibility /Where lies the Responsibility?

Breastfeeding significantly improves the health, survival and wellbeing of infants, children and their mothers. It is one of the best investment, for saving lives and improving the health, social and economic development of individuals and nation. A public health approach to breastfeeding is needed to build back system in normal and crisis situation. We need to ensure consistent message and proper referral system throughout the warm chain, to protect breastfeeding dyad. All parents with young children should have access to skilled breastfeeding counselling and support from health facilities It is a shared responsibility to protect, provide and support breastfeeding to achieve sustainable development .

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1.2. Objectives of World Breastfeeding Week

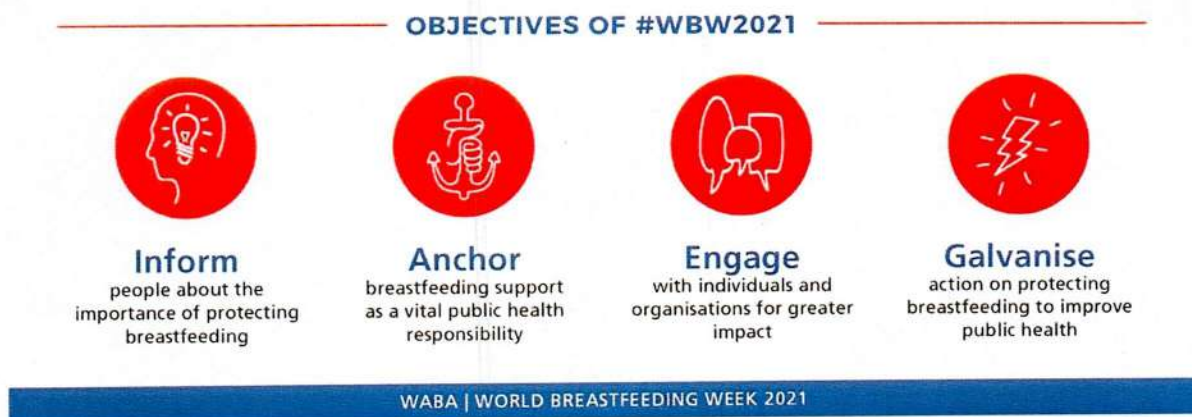


Figure 1: Objectives of WBW 2021

1.3. Brief overview of earlier WBW celebrations at Ramaiah Medical College

Every year, the Department of Community Medicine, Ramaiah Medical College has been celebrating WBW on a large scale at the community level both at urban and rural field practice areas. Many antenatal mothers, postnatal mothers and their family members have been educated and been provided information for enabling breastfeeding and importance of family support. The Ramaiah Medical College Hospital has been part of the Baby Friendly Hospital Initiative and has organized various workshops for the medical community to be better skilled in supporting breastfeeding mothers. The department felt the importance of breast feeding more so during the pandemic situation where access of care was affected. Hence the department took initiative of celebrating the WBW and special efforts even during the recent COVID pandemic to educate pregnant and post natal mothers the importance of breastfeeding observing necessary COVID appropriate behaviors. The efforts of the institution was recognized by BPNI in 2019 and 2020 with Ramaiah Medical College bagging the coveted 'Best WBW Celebration Award' for its efforts in transpiring the objectives of WBW into reality.

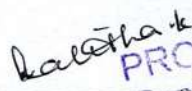
2. Breastfeeding and COVID 19 pandemic

The best nutrition for the baby begins with breast milk which protects the babies against illness. Disruption of breastfeeding can lead to a drop in milk supply, refusal by the infant to take the breast, and a decrease in protective immune factors contained in breast milk. But mothers will be understandably worried and asking themselves whether coronavirus can be passed on through breast milk and what they can do to protect themselves and their babies.

Key messages to be conveyed to breastfeeding mothers

- 3Ws
 - Wear a mask during feeding
 - Wash hands with soap before and after touching the baby
 - Wipe and disinfect surfaces regularly
- When mothers are too ill to breastfeed, they should seek immediate medical advice.


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- Use a cup and spoon to feed babies with expressed breast milk when too sick to breastfeed.

Action points for healthcare facilities and their staff

- Healthcare staff while providing maternity and newborn services, should not promote breast milk substitutes, feeding bottles, teats, pacifiers or dummies in any part of the facilities, or by any staff.
- Empower mothers and infants to remain together and practice skin-to-skin contact, and rooming-in throughout the day and night, especially straight after birth during establishment of breastfeeding, whether or not the mother or child has suspected, probable, or confirmed COVID-19.

Counselling and psychosocial support

If the mother and her child have suspected or confirmed COVID-19, breastfeeding counselling, basic psychosocial support, or practical feeding support from trained health care professionals and also community-based lay and peer breastfeeding counsellors should be facilitated.

Keeping ongoing COVID pandemic in mind, the WBW was conceptualized and implemented very meticulously with major three activities targeting pregnant and lactating mothers, health care workers and communities; an also on site campus activity to create awareness among students and faculty as well.

3. Preparation for World Breastfeeding Week

The preparation for WBW 2021 was deeply set, keeping in mind the ongoing COVID 19 pandemic. Interns posted to the various health centres of Ramaiah Medical College were trained prior to the campaign and the messages to be conveyed to the community were imparted to them from August 1-7th, 2021. As it was important to address the severe resource crunch with all resources being directed towards handling the pandemic, it was also imperative that this would not become a missed opportunity to reach out to the community to promote breastfeeding and the WBW theme. Hence, it was decided that all possible measures will be taken to reach as many mothers as possible with the available resources. This year Dr. Babitha Rajan, Asst. Prof was asked to forefront and coordinate this year's WBW celebration at Ramaiah Medical College under the guidance of The Head of the Community Medicine Department, Dr. K.Lalitha.

Emphasizing the importance of physical distancing to be followed strictly in order to prevent COVID 19, it was decided that every opportunity where an antenatal or lactating mother come in contact with the health system will be utilized for educating the mother for breastfeeding, a different strategy was applied in urban and rural areas. In the rural area, since we had the facility to reach out to larger audience it was feasible to conduct the awareness session, maintaining physical distancing whereas in the urban area, due to lack of space, a different strategy was adopted i.e. a house to house counselling was given to all the registered beneficiaries under the UPHC.

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Medico-social workers assisted the interns at the awareness sessions. Posters and pamphlets were prepared by interns in the local language to convey the benefits of breastfeeding and the importance of continuing breastfeeding during COVID- 19.

A survey on breastfeeding practices among mothers during the COVID pandemic and especially among the COVID infected lactating mothers was conducted by the postgraduates during this campaign.

To create awareness and to encourage students and faculty participation in the WBW week observation, poem writing and pencil sketching competition was organized by the department for the interns, under graduates, post graduates and faculties.

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4. WBW Activities

4.2. Breastfeeding Awareness Campaign

The awareness campaign was conducted in both the rural and urban areas field practice areas and centres of MS Ramaiah Medical College. The Department of Community Medicine trained postgraduates, interns and medico-social workers (MSWs) to deliver the sessions observing thoroughly all precautions against spread of COVID 19, i.e. wearing of masks, hand hygiene and physical distancing. The participants were educated in small groups of 2 or 3 in rural areas or on a one on one basis at urban areas. At the health centres, opportunistic sessions were conducted among the mothers who came for antenatal care check-ups or for immunization of their children.

4.2.1. WBW in Rural areas

The rural practicing area of MS Ramaiah Medical College consists of the PHC areas of Kaiwara in the district of Chikaballapur, PHC areas of Avathi in the Devanahalli Taluk and RHTC of Ramaiah Leena of Bangalore Rural District. The awareness campaigns were conducted at the primary health centre and at the villages as well.

4.2.1.1. Kaiwara Primary Health Centres

Table 1: Overview of WBW in Kaiwara PHC area

Name of the area:	1. Kaiwara PHC 2. Guttahalli 3. T.Hosur 4. Kendanahalli 5. Nayindrahalli 6. Jagamsheegehalli 7. Gavi Road Kaiwara town
Dates:	01/08/2021 to 07/08/2021
Name of interns (resource persons):	1. Dr.Saloni Agarwal 2. Dr. Sushruth Vakkaleri 3. Dr.Sanjay Pillai 4. Dr.Shaily Awasthi 5. Dr.Sanah Ansari 6. Dr.Sarumathi S
Name of Staff involved	1. Dr.Shalini S 2. Dr.Arjunan Isaac 3. Dr.Ananth Ram 4. Mr Harisha KA

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Key points on which awareness created	<ol style="list-style-type: none"> 1. Educate antenatal and postnatal mothers about Exclusive Breastfeeding 2. Emphasize on 'on demand feeding' 3. Benefits and protective efficacy of mother's milk 4. Benefits of breast feeding to mother, child, family and Community 5. Appropriate technique of breastfeeding 6. Risks associated with pre lacteal and formula feeds 7. Explaining why other sources of milk are not ideal for the newborn 8. Nutritionally appropriate complementary feeding 9. COVID-19 & Breastfeeding 10. COVID & myths during breastfeeding 11. Universal Immunization 12. Importance of COVID vaccination
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Table 2: Details of beneficiaries of WBW who were given awareness in Kaiwara PHC area

DATE	VILLAGE NAME	Antenatal women	Postnatal mothers	ASHA	AWW	General population
1/8/2021	Kaiwara	3	0	6	4	0
2/8/2021	Kendanahalli	5	2	1	3	12
3/8/2021	T.Hosur	2	4	1	2	4
4/8/2021	Nayindrahalli	4	6	1	1	18
5/8/2021	Guttahalli	5	6	2	2	6
6/8/2021	Jangamsheeghalli	4	4	1	2	6
7/8/2021	Gavi Road Kaiwara	2	3	0	1	3

Brief description of the awareness programme:

To observe World Breastfeeding Week 2021, the interns posted at Kaiwara PHC, conducted awareness campaigns to educate expectant and postnatal mothers on various aspects of breastfeeding, the associated benefits and myths and misconceptions surrounding it. Special emphasis was laid on breastfeeding during COVID-19, and the precautions to be taken to ensure mother and child safety.

Mothers and their families were urged to ensure exclusive breastfeeding for the first 6 months and explained why breast milk was ideal for the new born. Advice on nutritive, economically appropriate and acceptable complementary feeding was also given.

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This exercise was done both at the PHC and at the houses of mothers in the villages. Charts and posters in the local language were used to ensure better efficacy. Taking account of the current pandemic and the rising number of cases, appropriate social distancing protocols, usage of masks, face shield and personal protection was ensured.



Kaiwara, Karnataka, India
 8XRQ+W3G, Kaiwara, Karnataka 563128, India
 Lat 13.342452°
 Long 77.987688°
 01/08/21 11:54 AM



Talagavara Amanikere, Karnataka, India
 Unnamed Road, Talagavara Amanikere, Karnataka 563128, India
 Lat 13.327234°
 Long 77.977604°
 03/08/21 11:57 AM



guttahalli, Karnataka, India
 Unnamed Road, guttahalli, Karnataka 563128, India
 Lat 13.327924°
 Long 78.028405°
 05/08/21 11:09 AM



jangamasheegehalli, Karnataka, India
 Unnamed Road, jangamasheegehalli, Karnataka 563128, India
 Lat 13.327924°
 Long 78.028405°
 06/08/21 12:32 PM

Figure 2: Glimpses of WBW awareness programme in Kaiwara PHC area

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4.2.1.2. Avathi PHC area and Leena Ramaiah RHTC

Table 3: Overview of WBW observation in Avathi PHC and Ramaiah Leena RHTC

Name of the villages at Devanahalli :	<ol style="list-style-type: none"> 1. Yelank Veedi 2. Gobbarakunte 3. DVM colony 4. Bijjavara 5. Leena Ramaiah Hospital 6. Avathi PHC
Dates:	02/08/2021 – 07/08/2021
Name of interns (resource persons):	<ul style="list-style-type: none"> • Dr.Sandesh N • Dr.Sarasija P • Dr.Shalini M • Dr.Shashwat • Dr.Siddhart Garg • Dr.Sushmitha CJ
Name of Staff involved :	<ul style="list-style-type: none"> • Dr.Manjula • Dr.Lalitha k • Dr. Dinesh Rajaram • Dr.Pavithra Cheluvaraj • Dr.Yashaswini • Dr.Aishwarya • Mr. Venkateshappa T
Key points emphasis	<ul style="list-style-type: none"> • Advantages of breastfeeding • Importance of colostrum& exclusive breastfeeding • Techniques of breast feeding for good attachment • Harmful effects of pre-lacteal feeds and bottle feeds. • Importance of complementary feeds after 6 months. • Emphasized on about breastfeeding practices during COVID and among those infected • Importance of COVID vaccination to lactating and pregnant mothers.

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Table 4: Details of beneficiaries of WBW who were given awareness in Avathi PHC area and Ramiah leena RHTC

DATE	VILLAGE NAME	Antenatal women	Postnatal mothers	ASHA	AWW	General population
2/8/21	Leena Ramaiah Hospital	8	4	0	0	6
3/8/21	Yelank Veedi	9	3	2	24	10
4/8/21	Gobbarakunte	8	4	1	1	5
5/8/21	Avathi	6	4	1	1	10
6/8/21	DVM colony	20	10	2	2	10
7/8/21	Bijjavara	10	8	1	1	10

Brief description of the awareness programme:

- Beneficiaries were asked to follow COVID Appropriate Behaviours - Social distancing, Hand hygiene and Wearing mask.
- Benefits of breastfeeding for the infant as well as mother were discussed and the mothers were encouraged for exclusive breastfeeding for 6 months.
- Mothers were taught the correct technique to breastfeed.
- Myths and misconceptions regarding breastfeeding were cleared.
- COVID related information, myths and vaccination



Gobbaragunte, Karnataka, India
 Unnamed Road, Gobbaragunte, Karnataka 562110, India
 Lat 13.291942°
 Long 77.73258°
 04/08/21 10:36 AM

Bangalore Rural, Karnataka, India
 2nd Cross Rd, Prashantha Nagar, Devanahalli, Karnataka 562110, India
 Lat 13.24092°
 Long 77.711868°
 06/08/21 11:37 AM



Bijjavara, Karnataka, India
 Timmahalli Road, Bijjavara, Karnataka 562110, India
 Lat 13.32974°
 Long 77.745307°
 07/08/21 11:11 AM

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Figure 3: Glimpses of awareness programme conducted in Avathi PHC area

4.2.2. WBW in Urban Areas

MS Ramaiah Medical College lends its services to the urban primary health centres at Mathikere and Nethaji Circle, Bangalore. The interns under the supervision of the health centre staff and faculty of the department, provided one on one, awareness on importance of breastfeeding to mothers.

4.2.2.1. Netaji Urban Primary Health Centre

Table 5: Overview of WBW activities in Netaji Circle UPHC

Name of the centre:	Nethaji Circle UPHC
Dates:	01/08/2021 to 04/08/2021
Name of interns (resource persons):	1. Dr.Shreyas Vastrad 2. Dr.Sindhu Badarish 3. Dr.Shreya Prakash, 4. Dr.Simran Gupta 5. Dr.Sumedha Jolly 6. Dr.Tanmay
Names of centre staff:	1. Medical officer- Dr Sachin, Dr Bhagyalakshmi 2. Faculty – Dr.Suman G ,Dr.Priyadarshini,Dr.Babitha Rajan,Dr.Aishawarya,Dr.Bhavna 3. MSW – Dinesh,Chethan,Ashwini 4. ANM- Mrs Sharada, Mrs Shivananjamma,Suma 5. Anganwadi teacher- Mrs Jayamma 6. Asha worker- Mrs Shashikala
Agenda of the awareness programme:	1. Educate the mothers about importance of breastfeeding 2. Encourage the family to support breastfeeding 3. Counsel the mothers regarding correct techniques of breastfeeding 4. To bust the myths about breastfeeding during COVID-19 pandemic and COVID vaccination 5. Early initiation of breastfeeding within half an hour of birth 6. Exclusive breastfeeding for the first 6 months of life 7. Continued breastfeeding up to 2 years of age or beyond, with introduction of nutritionally adequate

Table 6: Number of beneficiaries reached for awareness in Netaji Circle health centre area

DATE	Urban slum areas	Antenatal women	Postnatal mothers	ASHA	AWW	General population
1/8/21	MRJ colony	3	4	1	0	7
2/8/21	NH colony	3	5	1	1	6
3/8/21	AK colony	4	6	2	2	7
4/8/21	Sanjeevappa colony	4	7	1	1	6

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Brief description of the awareness programme

- Awareness session to the identified beneficiaries was given through one on one, and counselled with the help of posters prepared by the interns regarding the importance of breastfeeding, benefits to the mother and baby, need for exclusive breastfeeding for the first 6 months, complementary feeding, correct technique and positions for breastfeeding.
- Educated mothers regarding frequency of feeds, cracked nipples, hygiene and care of the breast, signs of good attachment and criteria for adequate feed.
- Queries regarding feeding post- covid vaccination, and advised mothers to continue the same methods during Covid-19 pandemic and vaccination were addressed.
- Special emphasis was laid on this year's theme, and husbands and other family members were counselled regarding breastfeeding being a shared responsibility.



Figure 4: Glimpses of awareness programme conducted in Netaji Circle UPHC Area

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4.2.2.2. Mathikere Urban Primary Health Centre

Table 7: Overview of WBW activities in BK Nagar UPHC and MK nagar

Name of the centre:	Mathikere UPHC
Dates:	05/08/2021 to 07/08/2021
Name of interns (resource persons):	Dr.Smrithi Nayak, Dr.Sourabha Hegde Dr. Swathi N Dr.Aditi M Singh Dr.Shashank
Names of centre staff:	1. Dr.Priyadarshini 2. Dr Aishwarya 3. Dr. Yashaswini 4. Mrs Ashwini PHN 5. Mr.Chethan 6. Mrs Manjula Anganwadi teacher, 7. Mrs Revathi ASHA worker, 8. Mrs Seema ICDS supervisor
Agenda of the awareness programme:	1. Educated the importance of antenatal care, 2. Advantages of postnatal care 3. Importance of Breastfeeding, colostrum and kangaroo mother care for Low birth weight babies. 4. Harmful effects of bottle feeding and prelacteal feeds. 5. Counsel the mothers regarding correct techniques of breastfeeding 6. To bust the myths about breastfeeding during COVID-19 pandemic and COVID vaccination 7. Early initiation of breastfeeding within half an hour of birth 8. Exclusive breastfeeding for the first 6 months of life 9. Continued breastfeeding up to 2 years of age or beyond, with introduction of nutritionally adequate

Table 8: Number of beneficiaries reached for awareness in Mathikere UPHC

DATE	Urban slum areas	Antenatal women	Postnatal mothers	ASHA	AWW	General population
5/8/21	Muneshwara slum Anganwadi	2	9	1	1	7
6/8/21	Akkiyappa Garden, MK Nagar	2	7	0	1	6
7/8/21	Poornapura slum, Mathikere UPHC	4	6	2	2	7

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Brief description of the awareness programme

- Participants were identified through the help of health worker of Mathikere UPHC.
- Awareness session was given to the identified beneficiaries, through one on one, and counselled with the help of posters prepared by the interns regarding the importance of breastfeeding, benefits to the mother and baby, need for exclusive breastfeeding for the first 6 months, complementary feeding, correct technique and positions for breastfeeding.
- Mothers and to be mothers were educated regarding frequency of feeds, cracked nipples, hygiene and care of the breast, signs of good attachment and criteria for adequate feed.
- Queries regarding Covid-19 pandemic and vaccination, feeding post- COVID vaccination were addressed.
- A special emphasis was laid on this year's theme, and husbands and other family members were counselled regarding breastfeeding being a shared responsibility.



Figure 5: Glimpses of awareness programme conducted in Mathikere health centre areas

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4.3. Survey on Breastfeeding Practices during COVID 19 Pandemic in Rural And Urban Field Practice Areas

4.3.1. Background

The infection with the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV-2) and designated COVID-19 by the World Health Organization (WHO) was first identified in humans in December 2019, in the city of Wuhan, China(2) and can present from asymptomatic to a severe acute respiratory infection requiring intensive care(3)

As the cases vibrantly raised, lead to the initiation of Lockdown period according to rules set by each state Government. This affected humans mentally, physically by restricting to work from home, economically and even all sectors of economy were affected. A pregnant lady who is to undergo regular antenatal checkups would have found it inconvenient to access MCH care and services during this period.

Although many published cases confirm the absence of transmission of the SARS-CoV-2 virus antenatally or intrapartum, emerging evidence suggests that vertical transmission is possible and followed by practices of withholding breastfeeding and separating mom and infant dyad. However, this is still controversial due to a reduced number of reported cases with intrapartum samples (placenta, amniotic fluid, umbilical cord blood), large variability in the type of biological material analyzed and the time of its collection. Hence, such a study was envisaged to know the breastfeeding practices prevalent in urban slum population of M.S. Ramaiah medical college

4.3.2. Methodology

Mothers with children in the age group of 0-2 years who are residing in urban and rural field practice area and are availing the services at the anganwadi centers was approached with the help of Anganwadi workers, junior health assistants, ASHA, USHA. Attempts were made to pool and include the mothers of children who have not been enrolled in the anganwadi.

A semi structured pretested questionnaire was administered after obtaining the informed consent to all the mothers with children between 0-2 years of age. Data regarding socio-demographic details, information on COVID illness, delivery and breastfeeding practices, barriers faced in regard of lactation during pandemic were collected from the study participants.

4.3.3. Preliminary findings

This study is still under the process of completion awaiting to conduct an FGD among the mothers. Therefore, we would like to present a glimpse of the findings of the study:

Out of 39 lactating mothers, only 2 of them were COVID Positive and they are continuing breast feeding and indeed were encouraged breastfeeding during COVID19. They used precautionary measures like mask, hand washing, hygiene, social distancing and these information were provided by Doctors and ANM's. .Both

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their babies were not affected.

Among 35 currently lactating mothers, 50% of them had done exclusive breastfeeding, 19% continued to breastfeed and start complementary feeds for 7-9 months. Only 12(30.7%) were vaccinated against COVID-19, 33% reported that they were not informed by any authority that they can get vaccinated, 16.6% said as they are lactating, they fear the side effects of vaccine which can affect baby, while 16.6% mothers underwent tubectomy. It was noted that 11.1% of the mothers mentioned that lack of support in caring of baby as a reason for not getting vaccinated. 12(92%) were partially vaccinated for COVID and the source of information on vaccination during lactation were 46% ASHA workers & 35% from Doctors. Almost 28(82.3%) had no difficulty in accessing MCH care and out of 3(12.5%) who had difficulty in accessing MCH care, 33.3% had equal reasons as lockdown, felt there were no need of postnatal mothers and improper referral system.

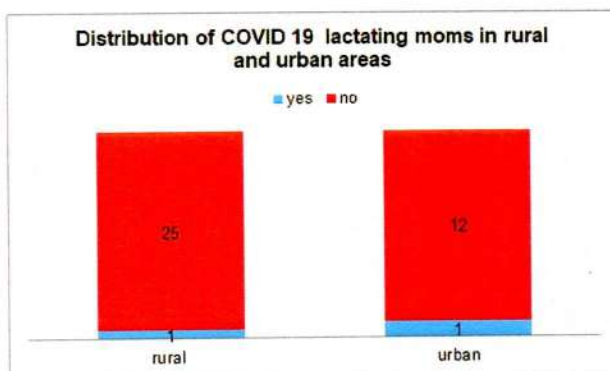
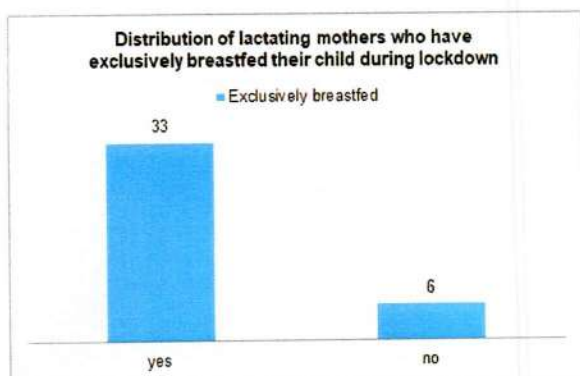


Figure 6: Survey of lactating mother in urban slum

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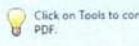
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4.4. On campus activity - Pencil sketching and Poem writing competition

Literature and Art of all forms has the power to move people and creative portrayals of importance of breast feeding and myths can help raise community awareness that is of utmost concern. The Department of Community Medicine organized a pencil sketching competition and poem writing competition for the under graduates, interns, post graduates and faculties.

4.4.1. Poem writing competition

Poem writing competition was held on 2nd August 2021 and Pencil sketching competition was conducted on 6th August 2021, on the theme of Breastfeeding week 2021, Protecting Breastfeeding: Where lies the responsibility. Total of 10 entries for each of the competition were registered.





Poem Writing Competition

Theme : Protecting Breastfeeding : Where lies the Responsibility

On the occasion of "World Breastfeeding Week-2021" Ramaiah Medical College invites under graduates, interns, post graduates and faculties for a poem writing competition organized by Department of Community Medicine

Interested participants kindly give your details – name, year ,department, contact number to Dr.Babitha Rajan (Assistant Professor) Dept. of Community Medicine – 9740133962

Last date of submission of poem : 2nd August, 2021
Please mail your poem to this email id : rmccontacttracing@gmail.com

Rules : Language either in English/Kannada not both.
It should be original.
Please mention your name, department, designation, contact number, email id.
Handwritten materials are not accepted as will be challenging for the judges to read.
Typed on Microsoft Word and convert it into pdf document with your details.

Figure 7: Image of Call for Poem Writing competition

Table 9: Prize winners of Poem writing competition

Kannada	First prize	1. Dr.Somashekar (Prof & HOD , Dept of Pediatrics)
	Second Prize	2. Dr.Anupama Pujar (Asst.Prof , Dept of Surgery)
English	First prize	3. Dr.Priyanka P (PG, General Medicine)
	Second Prize	4. Isha Chakrabarti (UG, 1st MBBS)



Figure 8: Prize distribution to the winners

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4.4.2. Pencil sketching competition

Pencil sketching competition was conducted on 6th August 2021, on the theme of Breastfeeding week 2021, Protecting Breastfeeding: Where lies the responsibility. Total of 10 entries for pencil sketching were registered.

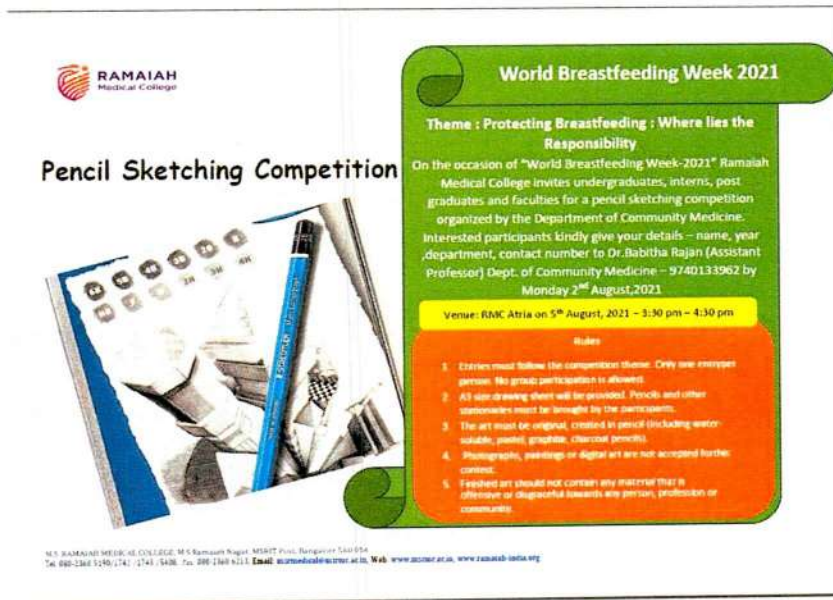


Figure 9: Image of Call For Pencil Sketching Completion

Table 10: Prize winners of Pencil Sketching Competition

First prize	Dr.Priyanka P (PG, General Medicine)
Second Prize	Zohra Fathima (3rd term, UG, MBBS)
Third prize	Abhilash H M (3rd year, BPT)

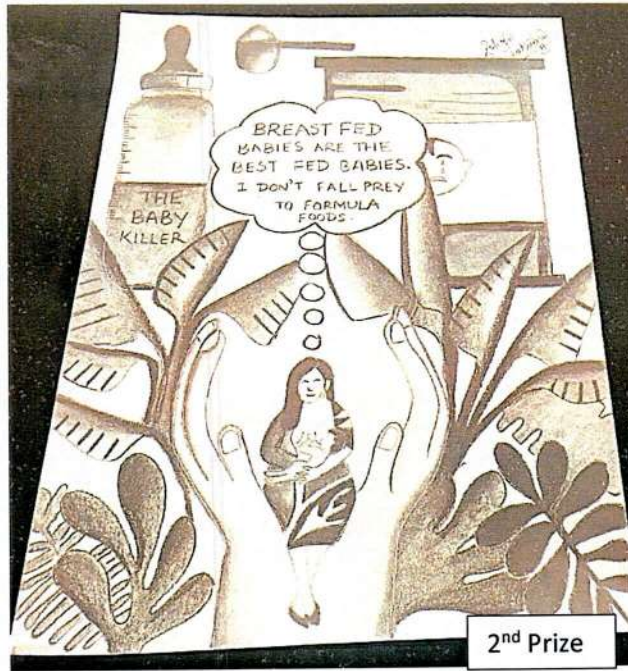


1st Prize

Dr. Priyanka P
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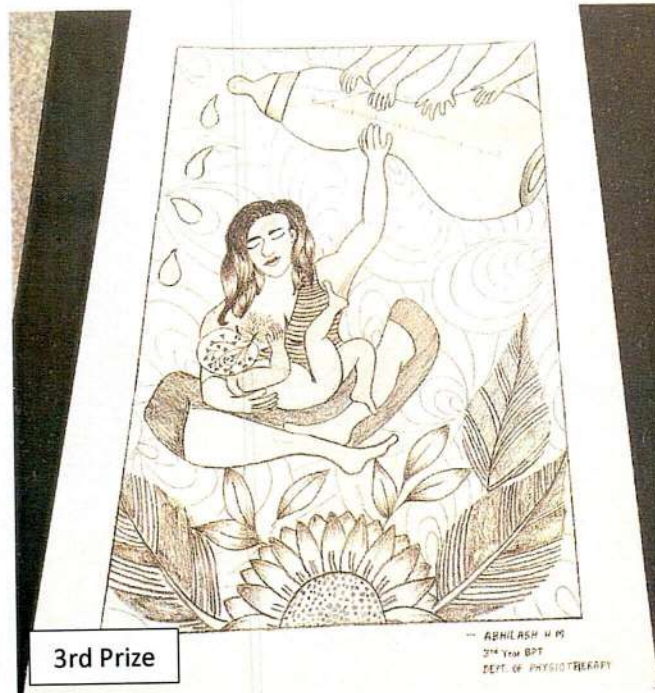
Figure 10: First Prize Winning Pencil Sketch

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2nd Prize

Figure 11: Second Prize Winning Pencil Sketch



3rd Prize

ABHILASH M M
3rd Year BPT
DEPT. OF PHYSIOTHERAPY

Figure 12: Third Prize Winning Pencil Sketch

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3. Chen N, Zhou M, Dong X, Qu J, Gong F, Han Y, et al. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *The Lancet.* 2020;395(10223):507–13.

6. Acknowledgements

The success of awareness campaign is attributed to the untiring efforts of all field health workers, interns, mothers & communities who participated and the management of Ramaiah Medical College which was willing to take initiative and National Service Scheme for funding the program.

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Report on World Rabies Day 2021

September 28 is World Rabies Day, a global health observance started in 2007 to raise awareness about rabies and bring together partners to enhance prevention and control efforts worldwide. World Rabies Day is observed world wide.

World Rabies Day is an opportunity to reflect on how rabies impacts your community and other communities around the world. The best way to protect you, your family, and your pets is to keep dogs and cats up-to-date on their rabies vaccinations. You can also protect you and your family by travelling smart, and avoiding contact with dogs and other animals that may have rabies when you travel outside the country.

World Rabies Day is an opportunity to reflect on how rabies impacts your community and other communities around the world. While rabies is a 100% preventable disease, more than 59,000 people die from the disease around the world each year. World Rabies Day is an opportunity to reflect on our efforts to control this deadly disease and remind ourselves that the fight is not yet over.

This year's World Rabies Day theme is: "**Rabies: Facts, not Fear**". The global COVID-19 pandemic has raised many doubts and misconceptions about diseases, their spread and about vaccination in general. Because of this, there has been some hesitancy about the roll-out of the COVID-19 vaccines in many countries and many people are afraid to get vaccinated. For rabies, this is nothing new, as fears, misconceptions and misinformation about the disease and its prevention dates back hundreds of years. For that reason, this year's theme is focused on sharing facts about rabies, and not spreading fear about the disease by relying on misinformation and myths.

Facts: Facts are essential for raising disease awareness, preventing rabies cases, having the animal population vaccinated, and educating people about the dangers of rabies and how to prevent it. Without facts we would not have data for decision-makers to inform them of the serious nature of the disease. We would not be able to advocate for its elimination and the burden of the disease would remain unknown, resulting in tens of thousands of people and animals continuing to die from rabies each year. Let us use facts to raise awareness and educate others about rabies – a 99% fatal, yet 100% preventable disease.

Fear: The word "fear" has three meanings in this year's theme. Firstly, it relates to the general fear caused by rabies, the fear people experience when encountering rabid animals, and the fear that people live with in communities plagued by rabies. The second meaning relates directly to the symptom of fear that people may experience when infected with rabies. Lastly, fear relates to the fear caused by 'fake news' or myths about rabies – making people afraid of vaccination, making people afraid to get their animals sterilized or vaccinated, and making people believe in ineffective treatments for the disease.

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As a part of World Rabies Day 2021, a State Level Quiz on rabies for the undergraduate students was held at Mandya Institute of Medical Sciences, Mandya on 28th September 2021. With this regard, the qualifying round was organized by the Department of Community Medicine, Ramaiah Medical College and coordinated by Dr.Pavithra Cheluvraj on September 17th,2021.

Questions comprised of the multiple choice questions and fill in the blanks. The quiz competition was coordinated by Dr Pavithra Cheluvraj, Assistant Professor, Department of Community Medicine. 7 teams participated with 2 members in each team. 5 teams from 7th Term, one team each from 1st and 4th term participated. Top two teams scoring highest marks participated in the State Level world rabies day quiz 2021 held at Mandya Institute of Medical Sciences, Mandya on 30th September 2021.

List of participants

Sl no	Team no	Term	Name of participant	Signature of the participant
1.	1	7 th Term	Anusha C	<i>Anusha</i>
2.			Simran Jyoth G C	<i>Simran</i>
3.	2	4 th Term	Arun Ram R	<i>AR</i>
4.			Vignesh Prakash	<i>Vignesh Prakash</i>
5.	3	7 th Term	Thrisha	} Absent.
6.			Ved	
7.	4	1 st MBBS	Bhuvan R	<i>Bhuvan</i>
8.			Nilesh Chopra	<i>Nilesh Chopra</i>
9.	5	7 th Term	Sejal Jain	<i>Sejal Jain</i>
10.			Divyanshi	<i>Divyanshi</i>
11.	6	7 th Term	Shreyansh Agrawal	<i>Shreyansh</i>
12.			Arvind Krishna	<i>Arvind</i>
13.	7	7 th Term	Chandan K M	<i>Chandan</i>
14.			Chaitanya Shetty	<i>Chaitanya</i>
15.	8	7 th Term	Niharika T S S	<i>Niharika</i>
16.			Dipannita Mukherjee	<i>DM</i>



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Ramaiah Medical College
Department of Community Medicine
Report of the World Environment Day- 2021
"Ecosystem Restoration"

Preamble:

The United Nations (UN) named 5 June as international World Environment Day at the Stockholm Conference on the Human Environment in 1972. The idea was to draw attention to the many problems that are facing our environment. They wanted to include as many people, organisations and governments, both local and national, as possible. They wanted to show that positive change is possible when people work together to fight for a common cause.

The theme for World Environment Day 2021 is "Ecosystem Restoration" and will see the launch of the UN Decade on Ecosystem Restoration. Ecosystem restoration can take many forms: Growing trees, greening cities, rewilding gardens, changing diets or cleaning up rivers and coasts. This is the generation that can make peace with nature. Ecosystem restoration means assisting in the recovery of ecosystems that have been degraded or destroyed, as well as conserving the ecosystems that are still intact. Healthier ecosystems, with richer biodiversity, yield greater benefits such as more fertile soils, bigger yields of timber and fish, and larger stores of greenhouse gases.

Proceedings:

The program was held as a hybrid model with offline participants at the Ramaiah Medical College Board Room and online guest joining on the WebEx platform.

Dr. Priyadarshini C P, was the emcee of the program and commenced with a brief background regarding the international world environment day. The program commenced with the Ramaiah Anthem.

Dr. Nanda Kumar B S, gave the welcome address highlighting the importance of the world environment day. A warm welcome was extended to the senior management in absentia: Sri M R Sreenivasa Murthy- CE, GEF (M), Sri. T V Venugopala Sastry, CFO, Sri Srivara HG, Head- HR & Legal. Other dignitaries offline and online comprising of Dr. Medha Y Rao- Principal & Dean, Dr. Shalini Nooyi- Vice Principal, Registrar(S) Dr. Prathab AG and Dr. Hemanth T. The chief guest Sri. AN Yellappa Reddy- Environmentalist and former MoEF, GoK, Sri Raghotham Rao, Sri Shibu and Dr. Vishal Mehta were welcomed to the program. Also, a warm welcome was accorded to the heads of various departments, faculty, students and other participants.

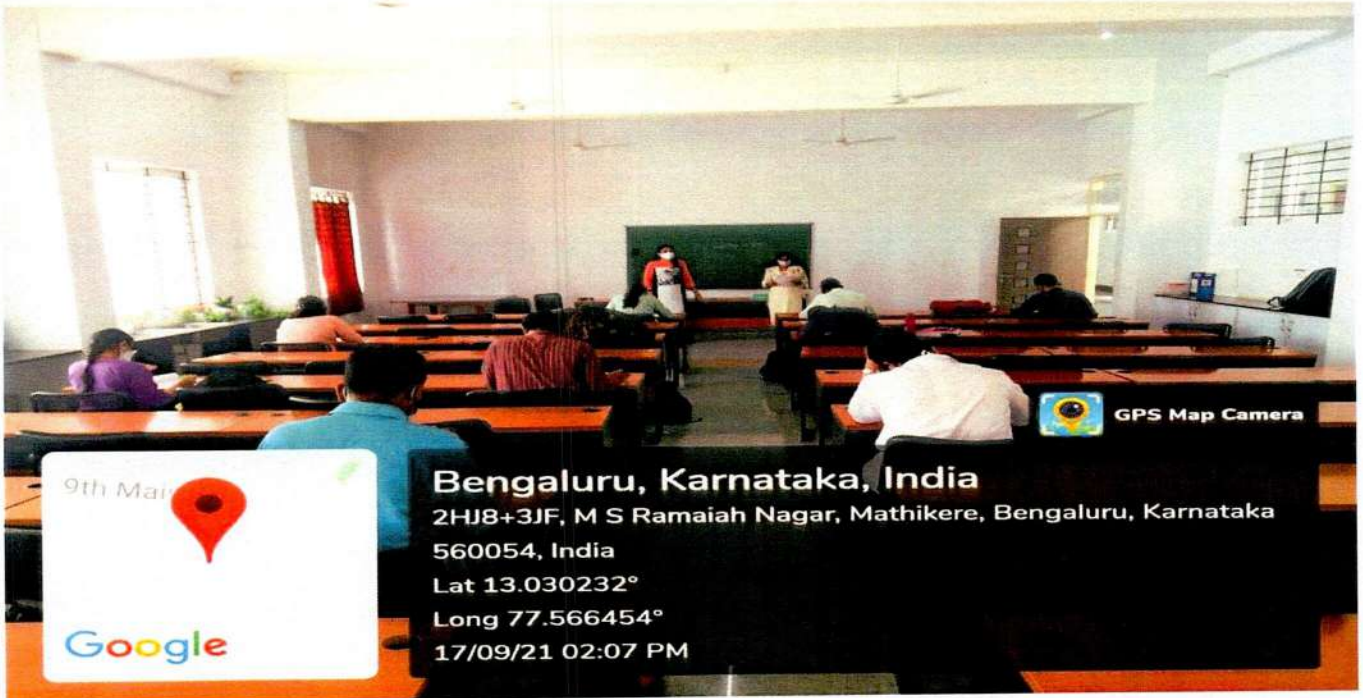
- Dr. Babitha R spoke about the Ramaiah Medical College Eco Club and detailed the inception and activities along the journey. The objectives of the eco club include to create environmental awareness – acquiring & disseminating, Sense of accountability, undertake Positive actions for environmental conservation and strengthen the institutional environment. Dr. Vishnu Prasad made a detailed presentation of the various activities proposed through the eco club for ensuring environmental safety and restoration. Proposed activities are: i) Foot Path Waste Segregation Bins ii) E-Waste Bins iii) Improve Campus and

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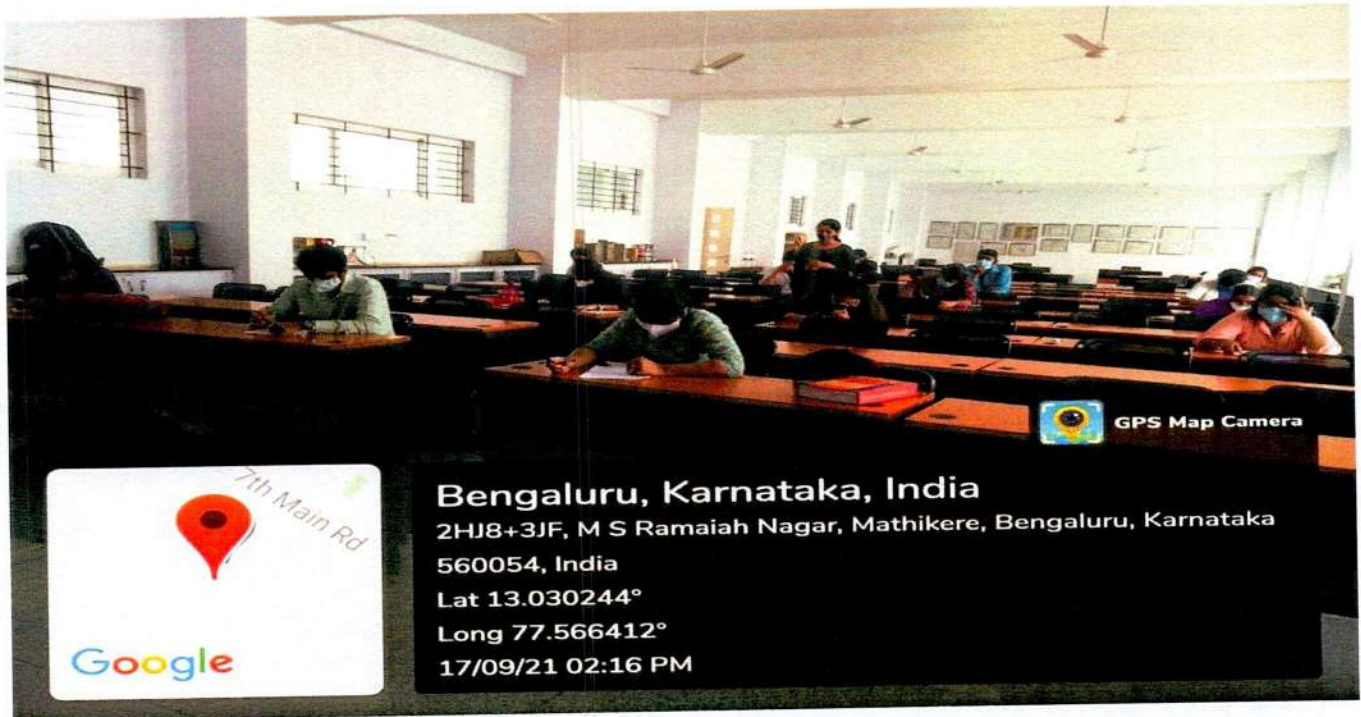
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GPS Map Camera

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Report prepared by Dr Pavithra Cheluvraj

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Hostel Green Cover iv) Paperless Initiative v) Ecological Social Media Presence vi) Patient programs to better dispose medical and sharp waste on a community level vii) Leaky tap squad- identify missed sources of water wastage viii) "Environmental fest" for faculty and students ix) Allocating an environmental quota for each year of MBBS students x) Patient programs to better dispose medical and sharp waste on a community level xi) "Waste-On-the-Go" bag for plogging.

Dr. Medha Y Rao spoke passionately about environmental conservation and narrated the qualities one would develop through the simple act of nurturing and caring for a plant from the seedling to a tree.

This was followed by the panel discussion moderated by Dr. Shalini Nooyi. After introduction of the panellist, Dr Ragotham Rao spoke about the efforts required to preserve the fragile ecosystem and the role of every human being in this context. He narrated several examples of conservative efforts undertaken by their group and encouraged the students and faculty at Ramaiah to continue their efforts at environmental preservation. Dr. Shibu from GAIA spoke in detail about the need for protecting the environment from the deleterious effects of the human activities especially those from burning of waste. He eloquently described the efforts at using non-burn technologies for reducing the impact of waste managing towards safeguarding the environment.

This was followed by a recorded video presentation from Dr. Vishal Mehta of Stockholm Environment institute CA, USA. He recalled the collaboration between Ramaiah Medical College and SEI in the areas of fluorosis project and narrated the various activities of the SEI globally towards environmental conservation.

Subsequently, Dr. AN Yellapa Reddy spoke and congratulated the efforts of the institution management and the zeal of the students and faculty towards environmental consciousness and efforts on the campus. He gave several examples of efforts towards making the environment sustainable and safe for the future generations.

The prizes for the essay competition and phot competition were announced by Sri. Shivaraj NS. The prize winners were:

Essay Competition

- Second runner up - Mr. Chirag Bansal, 1st year MBBS
- First runner up - Ms. Sahana S Inamdar, 1st year MBBS
- Winner - Ms. Paavni Sharma, 3rd Year BPT, Department of Physiotherapy

Judges :

- Dr. Vinay Martin D'sa Prabhu, Professor - Department of Radio diagnosis
- Dr. Chitra S., Associate Professor, Department of Endocrinology
- Dr. Shalini C. Nooyi, Vice Principal (Academics), Prof., Department of Community Medicine

Photo Competition

- Consolation prize - Dr.Eilene Basu, Intern, MBBS
- Second Runner-up - Dr.Pradeep GCM ,Professor, Neonatologist, Department of Pediatrics
- First runner-up - Ms. Rohini S Yelemane, 3rd Term, MBBS
- Winner - Ms.Siri A, 3rd term MBBS

Judges :

- Dr.B.S.Nandakumar, Head, Research & IPR, Assoc. Pof. Community Medicine
- Sri.Anantha Subramanya K.,Photographer, Corporate Communication, GEF – Medical

Action plan for environmental restoration

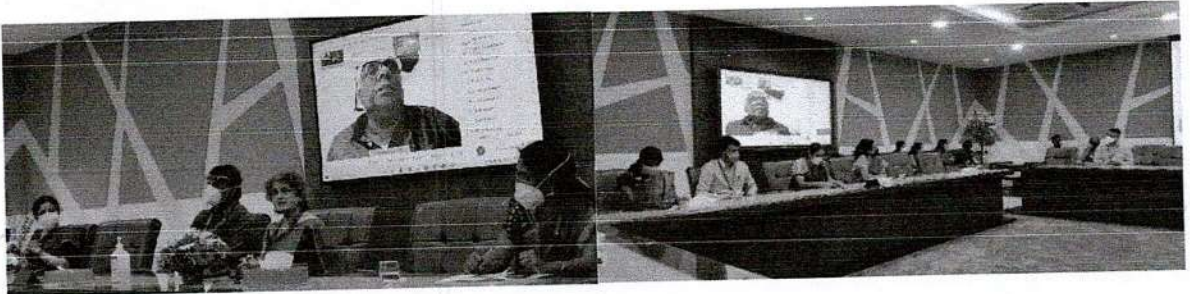
- Winner - Ms.Riya Sara Paul & Ms.Reethi Temker, 6th Term, MBBS

Judges :

- Dr.Hemanth T, Registrar Administration & Professor, Dept. of Community Medicine
- Dr.Girish Chandra Y.P, Professor and HOD, Department of Forensic Medicine

Dr. Lalitha K proposed the vote of thanks to all the delegates, dignitaries, and the participants.

.....
Photos of the Event(to be replaced with the appropriate better ones)



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Annexure-I

Session detail for 'RMC World Environment Day 2021 Celebration - 09.06.2021

Sl. No.	Time	Program
1.	2.30-2.45 pm	Inauguration Ramaiah Anthem Welcome note & Overview of the World Environment Day- Dr Nanda Kumar B S
2.	2.45- 3.00 pm	Highlights of Safe Mask Disposal Survey- Dr. Pavithra C Updates from Ramaiah Eco Club- Dr. Babitha Action plan for next year –Ramaiah students - Eco Club members Message for students_ Dr. Medha Y Rao
3.	3.00- 3.45 pm	Panel Discussion on Environment Restoration Moderator- Dr. Shalini C Nooyi Panellists - Dr. Raghotam Rao- Environmentalist (Rd Professor, Commerce, APS College) - Sri. Shibu K.N. South Asia Coordinator, GAIA Asia Pacific - Dr. Vishal Mehta- Stockholm Environmental Institute- USA* Pending Confirmation
4.	3.45-4.00 pm	Address by the Guest of Honor – Dr. Yellapa Reddy, Environmentalist Environmental day award announcements- Essay & Photo caption competition- Sri Shivaraj N S Vote of thanks- Dr. Lalitha K- HOD, Community Medicine National Anthem

Coordinators: Dr. Nanda Kumar BS, Mr. Shivaraj NS

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Annexure-3
List of Participants on the WebEx platform

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