

# AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN



(SPONSORED BY AIMAN EDUCATION & WELFARE SOCIETY)

Affiliated to Bharathidasan University | Recognized Under 2 (f) 12 (B)

K. Sathanur, Trichy - 620021

## Department of Nutrition and Dietetics Organizes A One Day Webinar On

### 1000 GOLDEN DAYS - BREAST FEEDING IS AN WINDOWS OF OPPORTUNITY

#### Guest Speaker



Dr. B. Gowri.,  
M.Sc.,B.Ed.,M.Phil., Ph.D  
Child Development Project  
Officer,  
Sathayamangalam Project,  
Erode Dt

On 8th of August 2020  
@12.00 pm to 1.00 pm  
@ Google Meet



### Free Registration & E-Certificates

We cordially invite the Faculty Members,  
Research Scholars & Students to attend  
the Webinar



**AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN**

**DEPARTMENT OF NUTRITION AND DIETETICS**

**WEBINAR ON 1000 GOLDEN DAYS- BREAST FEEDING IS A WINDOW OF OPPORTUNITY**

As a part of world Breast feeding week Celebration, The department of Nutrition and Dietetics, organized a webinar in collaboration with ICDS Satayamangalam projects on the topic 1000 – Golden Days- Breast Feeding is a window of opportunity on 08.08.2020 at 11.00 AM.

Dr.G.Gowri, M.Sc., B.Ed., M.Phil., PhD., Child Development Project Officer, Satymangalam Project, Erode (Dt) was the guest of the session. She delivered a wonderful lecture on the importance of 1000 days between a woman's delivery and her child's 2nd birthday that offers a unique window of opportunity to build healthier future.

She also insisted that Nutrition, in particular, plays a foundational role in a child's development and the country's ability to prosper. Poor nutrition in the first 1,000 days can cause irreversible damage to a child's growing brain, affecting the ability to do well in school and earn a good living—and making it harder for a child and her family to rise out of poverty. It can also set the stage for later obesity, diabetes, and other chronic diseases which can lead to a lifetime of health problems.

She also insisted on complimentary feeding around the age of 6 months where the infant's need for energy and nutrients starts to exceed what is provided by breast milk, and complementary foods are necessary to meet those needs. She also emphasized that if complementary foods are not introduced around the age of 6 months, or if they are given inappropriately, an infant's growth may falter.

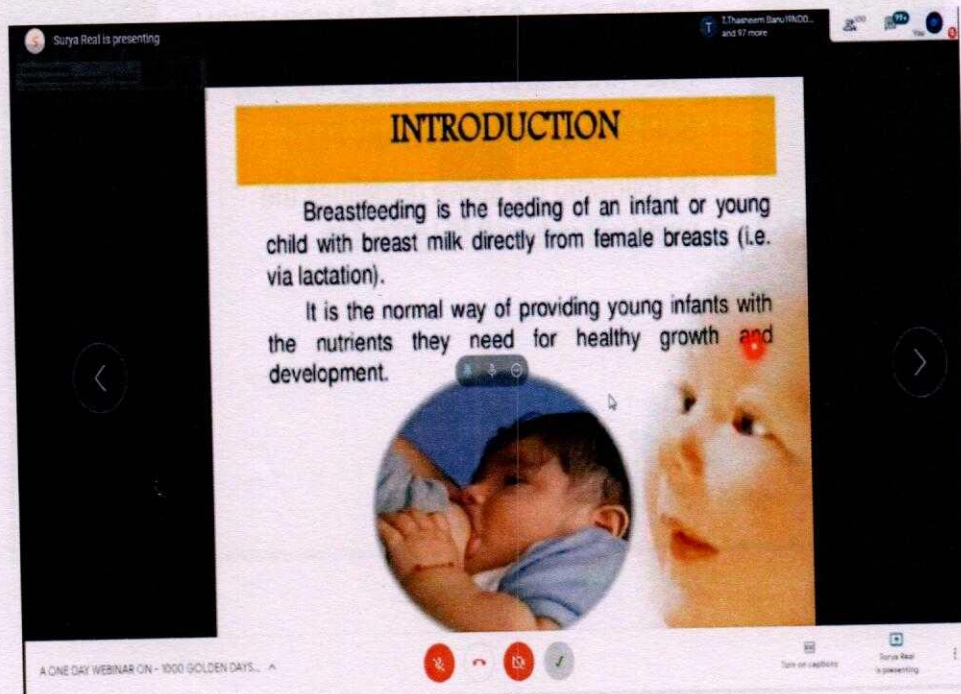
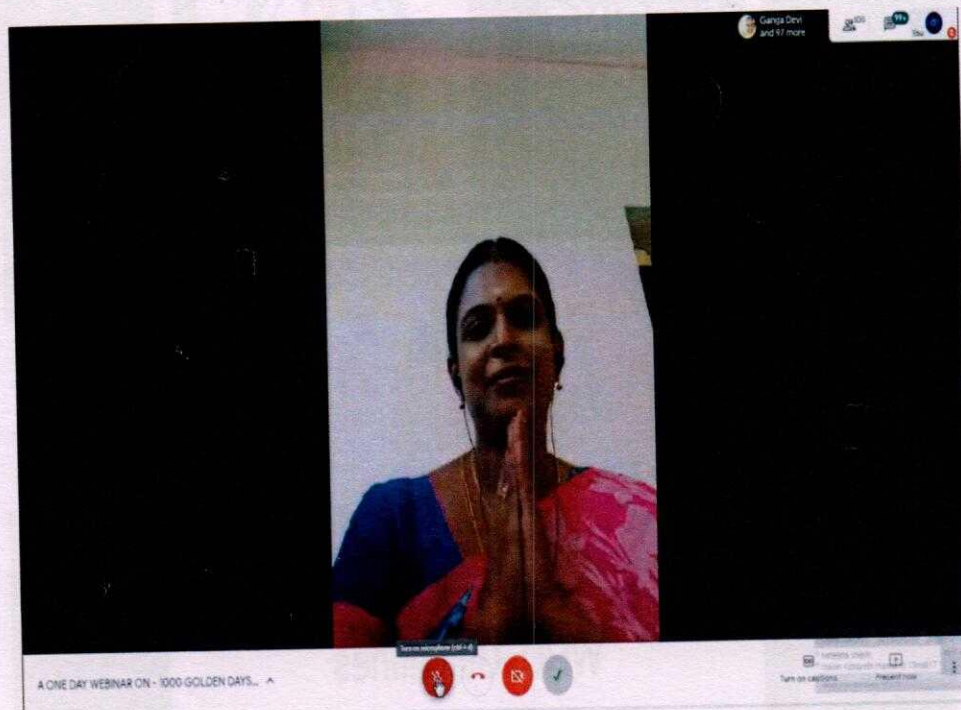
Over 241 People participated in the webinar and certificates were issued through online.



**PRINCIPAL**  
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**AIMAN COLLEGE OF ARTS &**  
**SCIENCE FOR WOMEN**  
**TIRUCHIRAPPALLI-620 021**



**AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN, TRICHY**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**WEBINAR ON 1000 GOLDEN DAYS – BREAST FEEDING IS WINDOWS OF OF**  
**OPPORTUNITY ON 08.08.2020**





Surya Real is presenting

dhivyaatharshi... and 17 more

**BREAST FEEDING WEEK - 2020**

Amman College of Arts & Science For Women

**SUPPORT BREASTFEEDING FOR A HEALTHIER PLANET**

WABA | WORLD BREASTFEEDING WEEK 2020

Asha Sagar.A 19ND05078 has left the meeting

A ONE DAY WEBINAR ON - 1000 GOLDEN DAYS...

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Surya Real is presenting

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Shita Farveen S MOHAMMAD and 16 more

**WHO -Guidelines**

- PROTECT-COLOSTRUM-1<sup>ST</sup> VACCINATION
- PROVIDE-BREAST FEEDING (6 MOnths)
- SUPPORT-COMPLEMENTARY FEED
- By following the above guidelines the world will reduce IMR UPTO 16%

Nithi kishorevi # NAD 824 has left the meeting

A ONE DAY WEBINAR ON - 1000 GOLDEN DAYS...

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Surya Real is presenting