

COMPLEMENTARY FEEDING DAY - 06/06/2023

Venue: Pediatrics OPD, Rajarajeswari Medical College.

The members present were Dr. Adarsh E, Professor and HOD of Paediatrics, RRMCH, Vice President IAP-BPS 2023 , EB member CIAP 2023 and also. Dr. Arpitha B, Assistant Professor of Paediatrics, RRMCH

Number of Beneficiary for this program were Ward patients and their parents with postnatal mothers, Paediatricians - 16, Post graduates: 20, and Interns:15.

An informative awareness programme about complementary feeding was conducted by the Department of Paediatrics, RRMCH on 6th june 2023 in coordination with IAP BPS, Bangalore.

The Department of Paediatrics conducted the '**Complementary Feeding Day**' program under the leadership of Professor and Head of Department Dr. Adarsh E in co-ordination with Dr. Arpitha B, Assistant Professor, and Department of Paediatrics.

The programme began with an informative talk by Dr. Adarsh E, Professor and Head of Department, where he emphasized about complementary feeding and its benefits. He also explained 6 aspects of complementary feeding, that is frequency, amount, thickness (consistency) ,variety, active/responsive feeding, hygiene. It was followed by an informative talk by our Dietician Usha P about complementary feeding and varieties of complementary foods and its importance. This was followed by an information given by a post graduate about types of healthy food and complementary food and its preparation. Followed by displaying posters and also fruits, vegetables, cereal and pulses were displayed.

Program was concluded with few feedback from parents form wards and postnatal mother expressing their information and thoughts about complementary feeds and how they are preparing and giving complementary feeds at home.