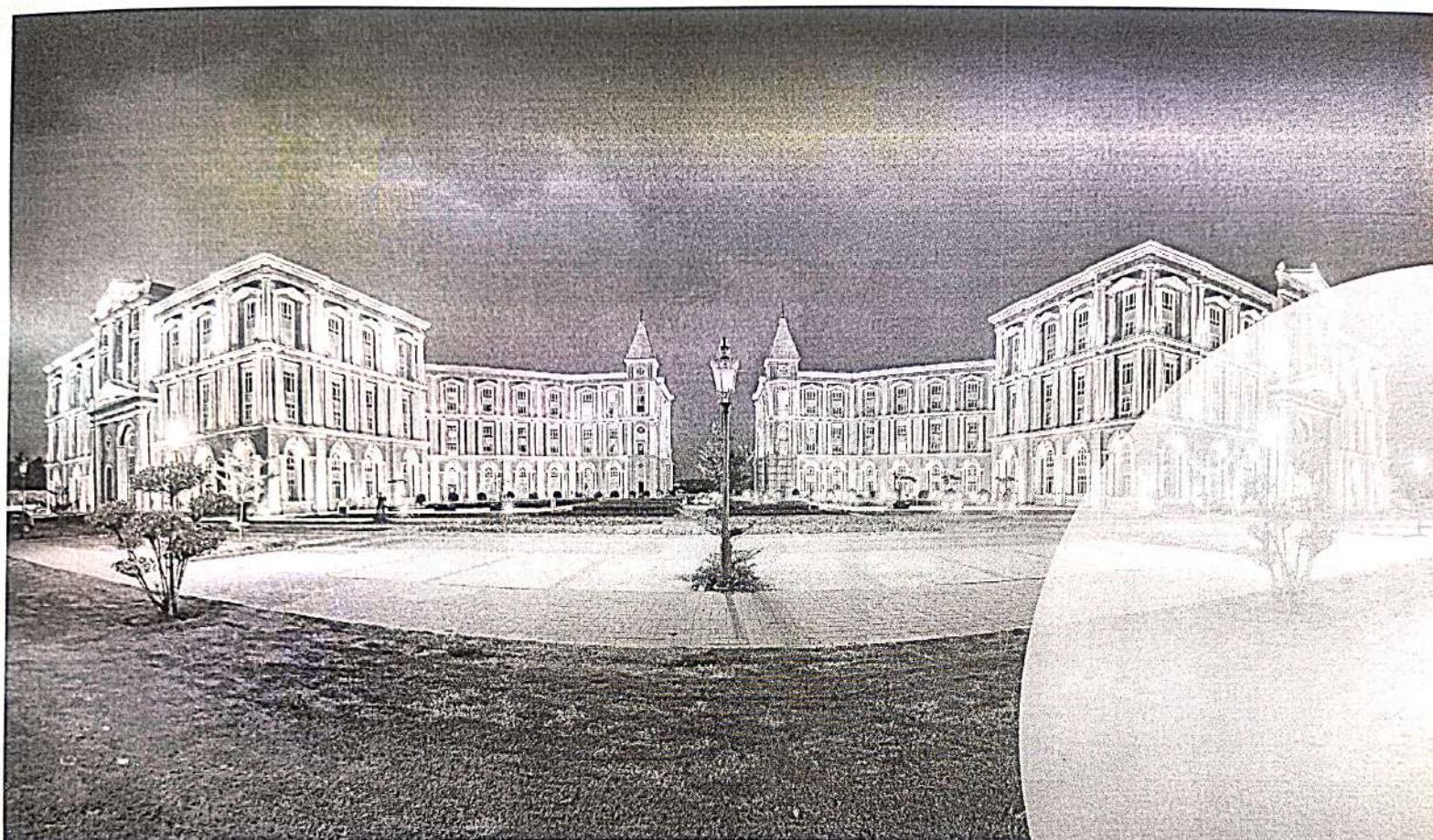




DAYANANDA SAGAR  
UNIVERSITY



NAAC



**FROM PREGNANCY TO FEEDING:  
PREPARE TODAY TO FEED RIGHT  
TOMORROW- A COMMUNITY AWARENESS  
CAMP**

**SCHOOL OF HEALTH SCIENCES**

**Dr. Bhavani, Dr. Jagrruthi NS**

**Date of Event- 09/05/2025**





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## 1. Introduction of the Event

The Department of Physiotherapy organized a community awareness camp with the title “From Pregnancy to Feeding: Prepare Today to Feed Right Tomorrow” at the Primary Health Centre, Kotikoppa. This initiative aimed to educate rural population about the vital role of physiotherapy in women’s health throughout different stages of life, from menarche to menopause

## 2. Objective of the Event

- Raise awareness of physiotherapy's importance for women during adolescence, pregnancy, postnatal phase, and menopause
- Promote pain relief, posture correction, and health maintenance using physiotherapy interventions, especially during pregnancy and postpartum periods
- Highlight preventive care, lifestyle modifications, and rehabilitation techniques related to women's health.

## 3. Beneficiaries of the Event

- Expectant Mothers –  
Gained awareness about the importance of maternal nutrition, prenatal care, and preparation for successful breastfeeding after delivery.
- New Mothers –  
Learned about proper breastfeeding techniques, lactation management, and maintaining maternal health during the postpartum period.
- Families and Caregivers –  
Understood their supportive role in promoting healthy feeding practices and maternal well-being.
- Adolescent and Young Women –  
Educated about early nutritional awareness, reproductive health, and the importance of preconception care.
- Community Health Workers and Anganwadi Staff –  
Enhanced their knowledge to guide and counsel mothers effectively on infant and maternal nutrition.
- Physiotherapy and Allied Health Students –  
Benefited from hands-on community engagement, developing counseling,





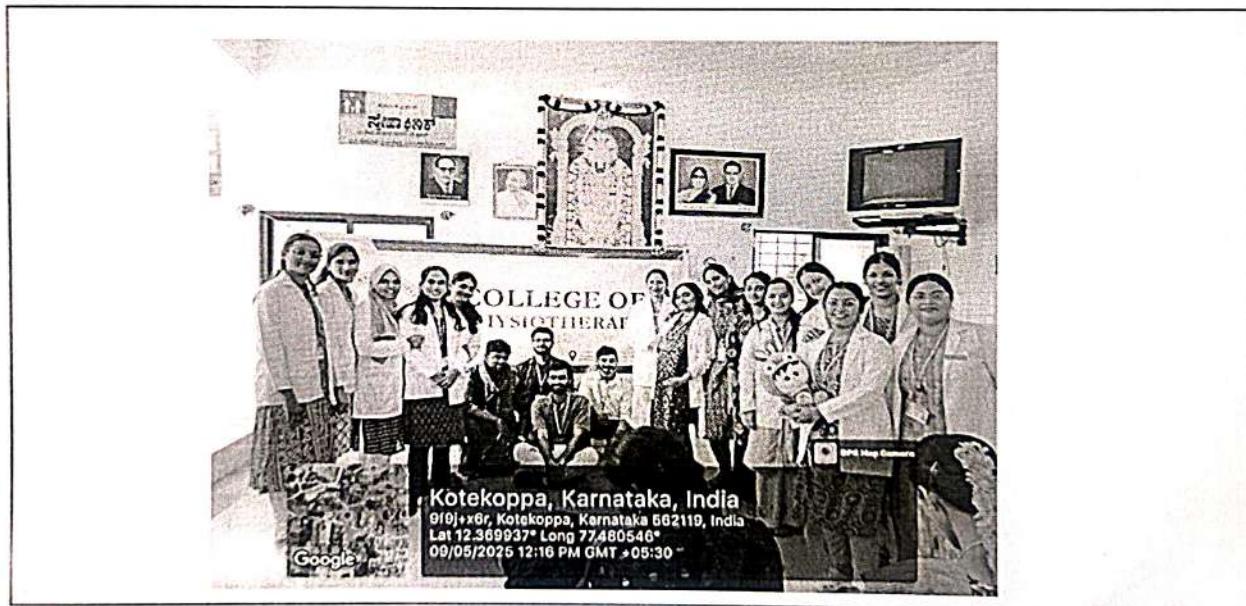
communication, and health education skills.

#### 4. Details of the Guests

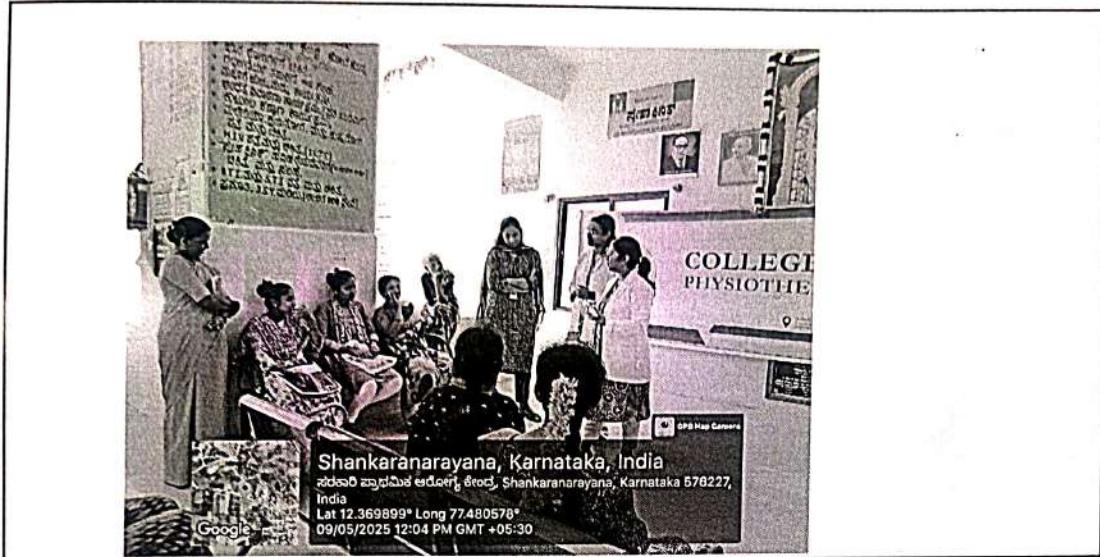
Dr. Roopa Satish, District Health Director, Kanakpura.

#### 5. Brief Description of the event

#### 6. Photographs



Pic 1 – Group Picture of the participants



Pic 2 – Awareness Talk

## 7. Brochure or creative of the event

Attached with the report

## 8. Schedule of the Event

09-05-2025 From 11am to 2pm

## 9. Attendance of the Event

Attached with the report

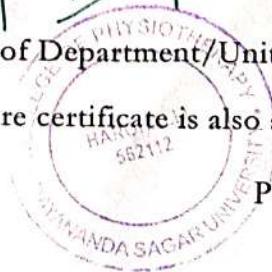
## 10. Feedback of the Event

Attached with the report

Signature of the Coordinator

Seal and Signature of the Head of Department/Unit with date

Digital Signature certificate is also acceptable



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