

Breast milk is not just food for an infant but the first protective wall of life”: Seminar on World Breastfeeding Week- 2025 says:



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MIRPUR (AJK): August 7: “Breastfeeding provides the foundation not only for the physical but also for the mental and emotional development of the child. It is the duty of the health institution to promote such messages.”

These views were expressed by seasoned medical experts on mother and child health including Medical Superintendent of Mirpur Divisional Teaching Hospital Dr. Sardar Amir Aziz Khan while addressing seminar hosted here Thursday to mark World Breastfeeding Week 2025 at the auditorium of Kashmir Institute of Cardiology, Divisional Headquarters Teaching Hospital, Mirpur.

Our Special Jammu Kashmir state Correspondent Altaf Hamid Rao reports that the holding of the grand event was aimed at to highlight the importance of breastfeeding and provide confidence and comfort to mothers raising awareness among the mothers in particular.

The Medical Superintendent Dr. Aamir Aziz revealed that the government was paying special attention to furnished the required latest infrastructure for ensuring health cover for both mothers and children at the Mirpur Divisional Teaching Hospital.

“Soon a special area will be allocated for mother and child in the hospital where not only the mother can sit comfortably and breastfeed her child, but a playground will also be made available for the children”, he added.

Spesking on this occasion the Chair District Health Officer Dr. Fida Hussain Raja said “There is no better food than mother’s milk. The health department is striving to guide and facilitate mothers at

every level.”

Prof. Dr. Shazia Ashfaq, Head of Gynecology Department, said: “Breastfeeding is not just a medical issue but a social need. To give confidence to the mother, the family, the institution and the society will have to work together.”

Dr. Saba Haider Tarar (HOD Paediatrics Department) said “It is important for every mother to know that her milk contains all the ingredients that are necessary for the optimal development of her child.”

Speaking on this occasion, Dr. Ijaz Raja (President Pakistan Medical Association District Mirpur) said:

“Breast milk is a natural vaccine for children. We should make a collective effort to spread this message.”

Dr. Fatima Yaqoob said while addressing the seminar that today’s session lays the foundation for change in society. Without awareness, we cannot move forward.

Dr. Farzana Sabir, Dr. Mubashara Ijaz, and Dr. Yusra Kifayat, through multimedia presentations, highlighted the scientific efficacy of breast milk, World Health Organization (WHO) guidelines, and social barriers.

Dr. Amna, Dr. Zeeba, Dr. Nimrah, and Dr. Amina presented the social barriers faced during breastfeeding in a practical manner through role-play, which was greatly appreciated by the participants.

The ceremony was attended among others by

Dr. Alia Imtiaz (Incharge IPC) and other senior and junior doctors, nurses, lady health workers, and a large number of students attended the seminar.

A question and answer session was held at the end of the event, in which reasoned and satisfactory answers were given to the questions of the participants and it was clarified that the seminar was a reminder that breast milk is not just food but the first protective wall of life.

We, as an institution, society and family, have to provide an environment where the mother can perform her natural duty without any hindrance