



Office of the Principal

Government Degree College Uttersoo

گورنمنٹ ڈگری کالج اُترسو (کشمیر)

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Dated: 18/11/2024

Unnat Bharat Abhiyan Cell of Govt. Degree College, Uttersoo distributed Health Syrups and Tonics to the lactating mothers of an adapted Village, Kreri

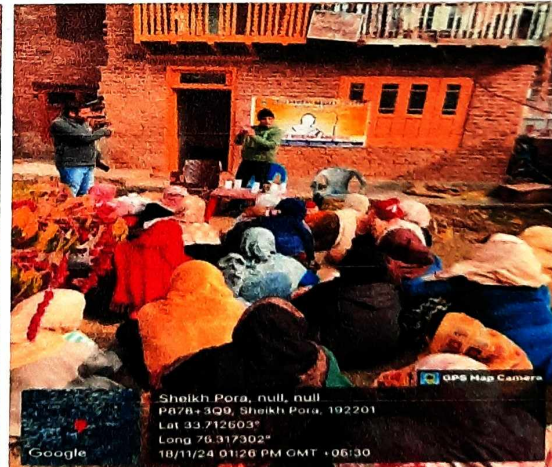
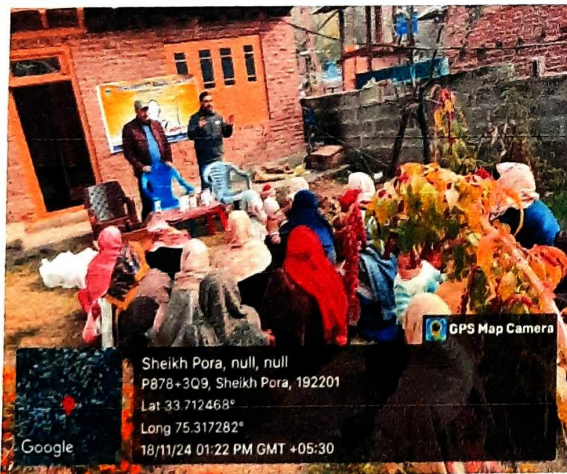


Under the chairmanship of worthy Principal, Professor Mushtaq Ahmad Sohil, Unnat Bharat Abhiyan Cell distributed Health Syrups and Tonics among lactating mothers of the village Kreri, Uttersoo today as on 18th November, 2024.

Mushtaq Ahmad Sohil
PRINCIPAL
Govt. Degree College
Uttersoo, Anantnag

Following the directions of worthy Principal, Professor Mushtaq Ahmad Sohail and Convener, Advisory, Professor Nazir Ahmad Wani, the Coordinator Unnat Bharat Abhiyan cell, Dr. Aabid Yousuf and Dr. Showkat Hussain Ganie (Assistant Professor, Botany) visited sub-district hospital, Achabal on 13th November, 2024. They had a thorough discussion with the on-duty Medical Officer, Dr. Rifat Zago regarding recommendations of health syrups and tonics for the lactating mothers of the adapted village Kreri. **The prescription included Lactare granules, Feroglobin syrup, Multi-vitamin syrup, calimax P syrup and Pentoprazole tablets.**

1. The health tonics were purchased from Licensed Medical store, Achabal.
2. On 15th November, 2024 Unnat Bharat Abhiyan team met Anganwadi workers of the Village and collected the list of Lactating mothers having poor family backgrounds.
3. On 18th November, 2024 Convener Unnat Bharat Abhiyan Cell along with Convener Advisory, Prof. Nazir Ahmad Wani and Dr. Showkat Hussain Ganie (Assistant Professor, Botany) visited anganwadi Centre, Kreri for the distribution of these feeding kits. The team was cordially welcomed by the Anganwadi staff and the Village dwellers.
4. Dr. Aabid Yousuf handled the assembly. In his deliberations, he elaborated how educational Institutions under Unnat Bharat Abhiyan Scheme adopt villages and devise growth strategies for the adopted villages.
5. Dr. Showkat Hussain Ganie in very lucid way made aware the gatherings that how the healthy/balanced diet taken by lactating mothers ensures normal growth and development of their babies. He also elaborated that if the overall diet is deficient for the nutrients, it affects the quality of breast milk and also the health of the lactating mothers.



6. Professor Nazir Ahmad Wani elaborated food choices for breastfeeding mothers. He advised them to take lean meats, fresh fruits and vegetables, whole grains, food high in fiber and supplements. Professor Wani highlighted foods which should be avoided during breast feeding. These include caffeine, highly processed foods and the foods that are allergenic. He also advised the assembly that that the society should take

care of the health of the children as these are future doctors, engineers and leaders who will work for the overall development of the society in the future.



7. This was followed by the distribution of Health Syrups and Tonics to the lactating mothers by Professor Nazir Ahmad Wani, Dr. Aabid Yousuf and Dr. Showkat Hussain Ganie in presence of Aganwadi staff and village dwellers.
8. Aganwadi staff, Lactating mothers and villagers present on the occasion highly appreciated this move and requested the Unnat Bharat team of Govt. Degree College Utersoo to provide such favours for the Village in future as well.


Dr. Aabid Yousuf
Coordinator Unnat Bharat Abhiyan Cell


Principal

LIST OF LECTATING MOTHERS VILLAGE (KREERI)

S.No.	NAME	W/o	R/o.
1.	Shazada Bano.	Rayees Ah. Mir.	Kreeri
2.	Gousia Jan.	Aashiq Hussain	—
3.	Aasima Jan.	Mohd Aasif Khan	—
4.	Shazia Jan.	Aasif Ah. Wani	—
5.	Haseena Bano.	Gulzar Ah. Bhad.	—
6.	Nazgis Jan.	Altaf Hussain.	—
7.	Gowher Akhter.	Bital Ah. Bhad.	—
8.	Rafia Akhter.	Riyaz Ah. Mir.	—
9.	Mehbooba Jan.	Tarid Ah. Bhad.	—
10.	Jasmeena Akhter	Bashir Ah. Wani	—
11.	Rubia Jan.	^{Saad} Rubia Jan Khan	—
12.	Yaseemna Jan.	Imtiyaz Ah. Nagar	—
13.	Mahjabeena Jan.	Adid Ah. Beig	—
14.	Rugja Jan.	Izzhad Ah. Khan	—


 Umbarda
 Kreeri
 10/11/2021

JAMMU AND KASHMIR GOVERNMENT HEALTH DEPARTMENT
SUB. DISTRICT HOSPITAL ACHABAL

O.P.D. TICKET

Cost Rs. 10/=

No.: **7690**

Dated 13.11.24.

Name: Lactating mothers

R/o G.D.C. Achabal Sex

Treatment	Investigation
<p>Rx</p> <p>R₂</p> <p>Sup!-Tad. Calc. hemu</p> <p>Sup!-Tad. Iron.</p> <p>Sup or Tad. Malenitum</p> <p>Grassmules pronal.</p> <p>HP</p>	<p>BP</p> <p>Pulse</p>

* اپنے ماحول کو صاف رکھیں۔
* پانی ہمیشہ آبال کر ہی پینا چاہئے۔

* تمباکو نوشی صحت کے لئے مضر ہے۔
* تب دق اور کوڑ کا علاج ہر طبی مرکز پر مفت دستیاب ہے۔