



INTEGRAL UNIVERSITY

DEPARTMENT OF NURSING

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Date: 21/07/2022

NOTICE

A meeting is scheduled to be held on 21 July 2022, at 2:10 PM in Principal Nursing Office. The agenda of meeting regarding **Skit on Breast Feeding Week** in B.Sc. N 4th yr. All the faculty members are informed to make it convenient to attend the same and prepared accordingly.

Mr. Farzaad Ali
Principal

IIMS&R
PRINCIPAL

Integral College of Nursing
Kursi Road, Lucknow-226026

Copy To,

1. Dean IIMS&R
2. Director, IIAHS&R
3. All Nursing faculties
4. Office copy



INTEGRAL UNIVERSITY

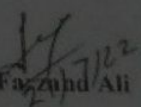
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Date: 21/07/2022

NOTICE

A meeting is scheduled to be held on 21 July 2022, at 2:10 PM in Principal Nursing Office. The agenda of meeting regarding **Workshop on Breast Feeding Week** in B.Sc. N 3rd yr and 4th yr; G.N.M 2nd yr; P.B.B.Sc 1st yr. All the faculty members are informed to make it convenient to attend the same and prepared accordingly.


Mr. Fazlul Ali
Principal
IINS&R

Copy To,

1. Dean IIMS&R
2. Director, IIAHS&R
3. All Nursing faculties
4. Office copy

Integral University
Kursi Road, Lucknow-226026



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Dated: 21/07/2022

MINUTES OF MEETING REGARDING WORKSHOP ON BREAST FEEDING WEEK

A meeting regarding Workshop on Breast Feeding Week in College of Nursing Department which is scheduled on 1-7 August 2022. The agenda of the meeting was following:

1. Regarding to inform about their role in strengthening the warm chain of support for breastfeeding
2. Regarding to anchor breastfeeding as part of good nutrition, food security and reduction of inequalities
3. Regarding to engage with individuals and organizations along warm chain of support for breastfeeding

The following members attended the meeting:

- | | | | |
|----|-----------------------|---|--------------|
| 1. | Mr. Farzand Ali | : | Chair Person |
| 2. | Mr. Shubham Gupta | : | Member |
| 3. | Mrs. Pragya Awasthi | : | Member |
| 4. | Mrs. Aparna Awasthi | : | Member |
| 5. | Mrs. Rupali Chaudhari | : | Member |
| 6. | Mrs. Anjali Shukla | : | Member |
| 7. | Ms. Shahnaj Qumer | : | Member |
| 8. | Ms. Supriya Rai | : | Member |
| 9. | Mrs. Shafikan | : | Member |

The following aspects were discussed and according following decisions were taken:

1. Workshop on Breastfeeding Week will be started as proposed on 1 - 7 August 2022 through IIL.
2. The faculty proposed for the lecture on Workshop on Breastfeeding Week will be
 - a. Mrs. Pragya Awasthi (M.Sc. Nursing, Obstetrics and Gynaecology)
: Assistant Professor, Integral Institute of Nursing & Research, Lucknow



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- b. Mrs. Aparna Awasthi (M.Sc. Nursing, Medical Surgical Nursing)
:Assistant Professor, Integral Institute of Nursing & Research, Lucknow
 - c. Mrs. Rupali Chaudhary (M.Sc. Nursing, Community Health Nursing):
Assistant Professor, Integral Institute of Nursing & Research, Lucknow
 - d. Mrs. Anjali Shukla (M.Sc. Nursing, Obstetrics and Gynaecology):
Lecturer, Integral Institute of Nursing & Research, Lucknow
 - e. Ms. Supriya Rai (M.Sc. Nursing, Medical Surgical Nursing): Lecturer,
Integral Institute of Nursing & Research, Lucknow
3. Mode of running workshop will be through ILI.
 4. Certificate will be distributed for every participant after the completion of workshop.
 5. Name of Organizer will be :
 - a. Mr. Shubham Gupta
 - b. Ms. Shahnaj Qumer
 - c. Ms. Divya
 - d. Mrs. Shafikan

Mr. Faraz Ali

Principal

IINS&R
PRINCIPAL
Integral College of Nursing
Kursi Road, Lucknow-226026

INTEGRAL UNIVERSITY
LUCKNOW
INTEGRAL COLLEGE OF NURSING SCIENCES & RESEARCH
DEPARTMENT OF NURSING

BROCHURE



World Breastfeeding Week

August 1st - August 7th

ABOUT THE COURSE:

This course aimed to promote the benefits of **breastfeeding** and address common misconceptions about breastfeeding in the community. It included a skit performance that demonstrated the importance of breastfeeding and provided practical tips for successful breastfeeding.

COURSE OBJECTIVE:

1. Increase awareness of the benefits of breastfeeding for both the mother and child.
2. Address common misconceptions about breastfeeding and provide accurate information.
3. Promote breastfeeding as a natural and important part of maternal and child health.
4. Provide practical tips for successful breastfeeding.
5. Encourage support for breastfeeding mothers in the community.

COURSE INFORMATION:

Conduct of session	: Online Google meet
Duration	: 3hours/ week
Commencement of the course	: 1 st Aug
End of the course	: 7 th Aug

Certificate of completion will be provided to each provided to each participant.

COURSE OUTCOME:

1. Increased awareness of the benefits of breastfeeding for both the mother and child.
2. Decreased stigma and increased acceptance of breastfeeding in the community.
3. Improved understanding of common misconceptions about breastfeeding and the importance of accurate information.
4. Increased knowledge of practical tips for successful breastfeeding.
5. Increased motivation and intention to support breastfeeding mothers in the community.
6. Increased participation in community support groups and resources for breastfeeding mothers.
7. Increased advocacy for breastfeeding-friendly policies in the community and workplace.

It's important to note that measuring the specific outcomes of a meeting can be challenging, but feedback from attendees and tracking participation in follow-up initiatives can provide some indication of the impact the meeting had.

COORDINATOR OF THE COURSE:

1. Mrs. Pragya Awasthi Assistant Professor, Department of Nursing, IUL.
2. Mrs. Aparna Awasthi Assistant Professor Department of, Nursing IUL.
3. Mrs. Rupali Chaudhary Assistant Professor, Department of, Nursing, IUL.
4. Mrs. Anjali Shukla Lecturer, Department of, Nursing IUL.
5. Ms. Supriya Rai Lecturer, Department of Nursing, IUL.

COURSE CURRICULUM:

Module 1: Introduction and Welcome (10 minutes)

- Welcome attendees and introduce the objectives of the meeting
- Overview of the agenda

Module 2: Skit Performance: "Breastfeeding: The Natural Choice" (40 minutes)

- Skit that demonstrates the importance of breastfeeding and provides practical tips for successful breastfeeding
- Q&A with the skit performers

Module 3: Break (10 minutes)

Module 4: Panel Discussion: "Addressing Common Misconceptions about Breastfeeding" (60 minutes)

- Panel discussion with experts in maternal and child health
- Topics to be discussed: common misconceptions about breastfeeding, benefits of breastfeeding for both the mother and child, strategies for successful breastfeeding, and support for breastfeeding mothers
- Q&A with the panellists

Module 5: Q&A and Conclusion (20 minutes)

- Opportunity for attendees to ask questions and share their own experiences
- Summary of key takeaways from the meeting
- Discussion of follow-up initiatives and resources for breastfeeding mothers

Module 6: Meeting Materials:

- Skit script and performance materials
- Handouts on the benefits of breastfeeding and practical tips for successful breastfeeding
- Resource guide for breastfeeding mothers and their families
- Information on community support groups and resources for breastfeeding mothers

Note:

- The specific topics and duration of each session can be customized based on the needs and interests of the meeting attendees.
- The course includes a total of five quizzes and two assignments (quizzes will comprise of MCQS; One quiz after completion of each module) mandatory for all enrolled candidates. Each quiz shall be of 20 MCQS. A minimum of 50% marks shall be required in both quizzes and assignment separately as eligibility criteria for successfully completing the course and receiving the certificate.

Dear All,

The department of Nursing, had conducted a 1week hands on workshop on "Skit on Breast Feeding" from 1 to 7 Aug 2022 this workshop has been taken by Mr. Farzand Ali Principal Integral Collage of Nursing Science & Research, Lucknow.

The Workshop was organized under the

1. Mr. Shubham Gupta Assistant Professor, Department of Nursing, IUL.
2. Ms. Shahnaj Qumer Assistant Professor Department of, Nursing IUL.
3. Ms. Divya Assistant Professor, Department of, Nursing, IUL.
4. Mrs. Shafikan Lecturer, Department of, Nursing IUL.

The faculty proposed for the lecture on Workshop on 'Skit on Breast Feeding Week' will be

5. Mrs. Pragya Awasthi Assistant Professor, Department of Nursing, IUL.
6. Mrs. Aparna Awasthi Assistant Professor Department of, Nursing IUL.
7. Mrs. Rupali Chaudhary Assistant Professor, Department of, Nursing, IUL.
8. Mrs. Anjali Shukla Lecturer, Department of, Nursing IUL.
9. Ms. Supriya Rai, Lecturer, Department of, Nursing IUL.

Day 1

Report: Skit on Breastfeeding Week Workshop

Date: 1Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

Introduction: The Skit on Breastfeeding Week Workshop, hosted by Mr. Farzand Ali, commenced with the inaugural session on 1Aug. The event was attended by students and faculty members from the Department of Nursing at [Integral Collage of Nursing Science & Research]. The session began with a welcome speech by Mr. Farzand Ali, followed by Mrs. Pragya Awasthi, Associate Professor, Department of Nursing, IUL.

Insights on the Topic: Mrs. Pragya Awasthi shared her valuable insights on the topic of breastfeeding and spoke about the relevance of the workshop. She highlighted the importance of breastfeeding for both the mother and child, and how this workshop would help the students develop their knowledge and skills in increasing awareness about the benefits of breastfeeding.

Skit Performance: After the opening remarks, a skit on breastfeeding was performed by the students. The skit emphasized the importance of proper positioning, latching techniques, and the benefits of breast milk for both the baby and the mother. It also portrayed some common challenges faced by new mothers while breastfeeding and how to overcome them.

Discussion: After the skit performance, a discussion was held with the attendees. The discussion focused on the importance of breastfeeding and the challenges that new mothers face in initiating and sustaining breastfeeding. The faculty members provided additional information and answered questions from the students.

Conclusion: The inaugural session of the Skit on Breastfeeding Week Workshop was a great success. The attendees left feeling empowered and motivated to develop their knowledge and skills in increasing awareness about the benefits of breastfeeding. The workshop is set to continue for the next six days, and we look forward to more successful events in the coming days.

Day 2

Report: Guest Lecture on Breastfeeding

Date: 2 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

Introduction: On the second day of the workshop, a guest lecture on breastfeeding was delivered by Dr. Anjali Sharma, a renowned pediatrician. The lecture was attended by the students and faculty members from the Department of Nursing at Integral Collage of Nursing Science & Research, Lucknow.

1. Insights on the Topic: Mrs. Anjali Shukla Lecturer, Department of, Nursing IUL, spoke about the benefits of breastfeeding, including the nutritional and immunological benefits for the baby, and the emotional and physical benefits for the mother. She also highlighted some common myths and misconceptions surrounding breastfeeding and provided evidence-based information to dispel them.

Discussion: After the lecture, a discussion was held with the attendees. The discussion focused on the importance of accurate information and how to communicate effectively with mothers and families about the benefits of breastfeeding.

Conclusion: The guest lecture on breastfeeding was a great success, providing the attendees with valuable insights and dispelling myths and misconceptions surrounding breastfeeding. The workshop is set to continue for the next five days, and we look forward to more successful events in the coming days.

Day 3

Report: Skit Performance and Role Play

Date: 3 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

Introduction: On the third day of the workshop, the students performed a skit and role-play exercise to demonstrate effective communication skills with mothers and families about the benefits of breastfeeding.

Skit Performance: The skit performance portrayed a mother struggling with breastfeeding and how a healthcare professional provided her with the necessary support and information to overcome the challenges.

Role Play: In the role-play exercise, the students were divided into groups and assigned different scenarios related to breastfeeding. They had to use effective communication skills to provide information and support to the mothers and families.

Discussion: After the skit and role-play exercise, a discussion was held with the attendees. The discussion focused on effective communication skills and how to provide support to mothers and families in initiating and sustaining breastfeeding.

Conclusion: The skit and role-play exercise were highly engaging and provided the attendees with valuable insights and skills in effective communication and support for mothers and families. The workshop is set to continue for the next four days, and we look forward to more successful events in the coming days.

Day 4

Report: Panel Discussion on Breastfeeding Support

Date: 4 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

Introduction: On the fourth day of the workshop, a panel discussion on breastfeeding support was held. The panel consisted of healthcare professionals and lactation consultants.

Panel Discussion: The panelists discussed the challenges faced by mothers in initiating and sustaining breastfeeding and how healthcare professionals can provide the necessary support. They also discussed the importance of community support and the role of family members in supporting breastfeeding.

Discussion: After the panel discussion, a discussion was held with the attendees. The discussion focused on the importance of providing support to mothers and families in initiating and sustaining breastfeeding, and the role of healthcare professionals in providing this support.

Conclusion: The panel discussion provided the attendees with valuable insights and perspectives on breastfeeding support. The workshop is set to continue for the next three days, and we look forward to more successful events in the coming days.



Day 5

Report: Breastfeeding Quiz and Games

Date: 5 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

Introduction: On the fifth day of the workshop, a breastfeeding quiz and games session was held to engage and educate the attendees.

Breastfeeding Quiz: The quiz consisted of multiple-choice questions related to breastfeeding and its benefits. The attendees were divided into groups, and the group with the highest score won a prize.

Breastfeeding Games: The attendees also participated in games related to breastfeeding, such as a breast milk expression race and a baby doll latching competition.

Discussion: After the quiz and games, a discussion was held with the attendees. The discussion focused on the importance of breastfeeding education and engagement, and how these activities can increase awareness about the benefits of breastfeeding.

Conclusion: The breastfeeding quiz and games session was highly engaging and provided the attendees with an interactive and fun way to learn about breastfeeding. The workshop is set to continue for the next two days, and we look forward to more successful events in the coming days.

Day 6

Report: Breastfeeding and Nutrition

Date: 6 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

The sixth day of the workshop focused on the challenges that mothers face while breastfeeding and how they can overcome them. The session was conducted by Ms. Supriya Rai Lecturer, Department of Nursing, IUL. A pediatrician with extensive experience in neonatology. She discussed various challenges such as low milk supply, sore nipples, and breast engorgement and shared tips on how to overcome them. She also spoke about the importance of seeking professional help in case of persistent issues.

Day 7:

Date: 7 Aug 2022

Location: Integral Collage of Nursing Science & Research, Lucknow.

Event: Skit on Breastfeeding Week Workshop

The final day of the workshop was dedicated to a skit competition on the theme of breastfeeding. The participants, who were divided into teams, performed skits showcasing the benefits of breastfeeding and the challenges faced by mothers. The skits were judged by a panel of experts, including Mrs. Pragya Awasthi, Mrs. Aparna Awasthi, and Mrs. Anjali Shukla, a lactation consultant. The winning team was awarded a certificate of appreciation and prize. The workshop concluded with a vote of thanks by Mr. Farzand Ali, who expressed his gratitude towards all the participants and the expert panel.



INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF NURSING

Workshop on Breast Feeding Week

List of the Students for Attending the Workshop

21/07/2022
BSc 4th Year
BSc 3rd Year
GNM 2nd Year
PBBSc 1st Year

S.No	Name	Year	01-08-2022	02-08-22	03-08-22	04-08-22	06-08-22	07-08-22
			Signature	Signature	Signature	Signature	Signature	Signature
1.	Shalini	Uthys	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini
2.	Shamoor Sid	"	Shamoor	Shamoor	Shamoor	Shamoor	Shamoor	Shamoor
3.	Sirojalam		Siroj	Siroj	Siroj	Siroj	Siroj	Siroj
4.	Swati wile		Swati	Swati	Swati	Swati	Swati	Swati
5.	Liilele Im.		Liilele	Liilele	Liilele	Liilele	Liilele	Liilele
6.	Aisha Sul.		Aisha	Aisha	Aisha	Aisha	Aisha	Aisha
7.	Ajay Im.		Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
8.	Akanksha		Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
9.	Akita Im		Akita	Akita	Akita	Akita	Akita	Akita
10.	Alsha		Alsha	Alsha	Alsha	Alsha	Alsha	Alsha
11.	Anshika		Anshika	Anshika	Anshika	Anshika	Anshika	Anshika
12.	Ashoora		Ashoora	Ashoora	Ashoora	Ashoora	Ashoora	Ashoora
13.	Binita		Binita	Binita	Binita	Binita	Binita	Binita
14.	Deepika		Deepika	Deepika	Deepika	Deepika	Deepika	Deepika
15.	Dipanshi	PBBSc	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi	Dipanshi
16.	Garima	PBBSc	Garima	Garima	Garima	Garima	Garima	Garima
17.	Harshita	"	Harshita	Harshita	Harshita	Harshita	Harshita	Harshita
18.	Neisha		Neisha	Neisha	Neisha	Neisha	Neisha	Neisha
19.	Pooja um		Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
20.	Pragati		Pragati	Pragati	Pragati	Pragati	Pragati	Pragati
21.	Raj Bah		Raj	Raj	Raj	Raj	Raj	Raj
22.	Sandhya		Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya

	Sheeta Mary	PBBSC?	Sheetu	sheeta	sheeta	Sheet	Sheetu
25.	Linda Devi	"	Linda	Linda	Linda	Linda	Linda
26.	Aneta	"	Anita	Anita	Anita	Anita	Anita
27.	Brigesh Tom	"	Brigesh	Brigesh	Brigesh	Brigesh	Brigesh
28.	Divya Chaudhary	"	Divya	Divya	Divya	Divya	Divya
29.	Gurima Kumari	"	Gurima	Gurima	Gurima	Gurima	Gurima
30.	Mazina Khan	"	Mazina	Mazina	Mazina	Mazina	Mazina
31.	Juhi Yadav	"	Juhi	Juhi	Juhi	Juhi	Juhi
32.	Mamta Tom	"	Mamta	Mamta	Mamta	Mamta	Mamta
33.	Prachi Singh	"	Prachi	Prachi	Prachi	Prachi	Prachi
34.	Pragya Uma	"	Pragya	Pragya	Pragya	Pragya	Pragya
35.	Priyanka Pal	"	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
36.	Radha Gury	"	Radha	Radha	Radha	Radha	Radha
37.	Astha Singh	GNM ^{1st}	Astha	Astha	Astha	Astha	Astha
38.	Ajeet Chaudhary	GNM ^{1st}	Ajeet	Ajeet	Ajeet	Ajeet	Ajeet
39.	Alanksha	"	Alanksha	Alanksha	Alanksha	Alanksha	Alanksha
40.	Alka Mathur	"	Alka	Alka	Alka	Alka	Alka
41.	Anamika Porwal	"	Anamika	Anamika	Anamika	Anamika	Anamika
42.	Ankit Tom	"	Ankit	Ankit	Ankit	Ankit	Ankit
43.	Ankit Tom Gupta	"	Gupta	Gupta	Gupta	Gupta	Gupta
44.	Anshu	"	Anshu	Anshu	Anshu	Anshu	Anshu
45.	Anurag Mary	"	Anurag	Anurag	Anurag	Anurag	Anurag
46.	Anudhara Mary	"	Anudhara	Anudhara	Anudhara	Anudhara	Anudhara
47.	Azizur Rahman	"	Rahman	Rahman	Rahman	Rahman	Rahman
48.	Deencha Prata	"	Deencha	Deencha	Deencha	Deencha	Deencha
49.	Risha Patel	"	Risha	Risha	Risha	Risha	Risha
50.	Farhan Phomel	"	Farhan	Farhan	Farhan	Farhan	Farhan

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF NURSING

Workshop on Breast Feeding Week

List of the Students for Attending the Workshop

21/07/2022
BSc 1st Year
BSc 3rd Year
ANM 2nd Year
PBBS 1st Year

S.No	Name	Year	01-08-2022	02-08-22	03-08-22	04-08-22	06-08-22	07-08-22
			Signature	Signature	Signature	Signature	Signature	Signature
1.	Akanksha	3 rd yr	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
2.	Azad Ali	"	Azad Ali	Azad Ali	Azad Ali	Azad Ali	Azad Ali	Azad Ali
3.	Abdulla	"	Abdulla	Abdulla	Abdulla	Abdulla	Abdulla	Abdulla
4.	Adil Afroz	"	Adil Afroz	Adil Afroz	Adil Afroz	Adil Afroz	Adil Afroz	Adil Afroz
5.	Akanksha	"	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
6.	Anamika	"	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
7.	Anamika Singh	"	Anamika Singh	Anamika Singh	Anamika Singh	Anamika Singh	Anamika Singh	Anamika Singh
8.	Aniket Paul	"	Aniket Paul	Aniket Paul	Aniket Paul	Aniket Paul	Aniket Paul	Aniket Paul
9.	Ankush Kumar	"	Ankush Kumar	Ankush Kumar	Ankush Kumar	Ankush Kumar	Ankush Kumar	Ankush Kumar
10.	Arpit Kumar	"	Arpit Kumar	Arpit Kumar	Arpit Kumar	Arpit Kumar	Arpit Kumar	Arpit Kumar
11.	Deeksha Singh	"	Deeksha Singh	Deeksha Singh	Deeksha Singh	Deeksha Singh	Deeksha Singh	Deeksha Singh
12.	Divyanshi	"	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi
13.	Faisal Khan	"	Faisal Khan	Faisal Khan	Faisal Khan	Faisal Khan	Faisal Khan	Faisal Khan
14.	Fait	"	Fait	Fait	Fait	Fait	Fait	Fait
15.	Pirajit Haq	"	Pirajit Haq	Pirajit Haq	Pirajit Haq	Pirajit Haq	Pirajit Haq	Pirajit Haq
16.	Puro Narsi	"	Puro Narsi	Puro Narsi	Puro Narsi	Puro Narsi	Puro Narsi	Puro Narsi
17.	Teetakshi	"	Teetakshi	Teetakshi	Teetakshi	Teetakshi	Teetakshi	Teetakshi
18.	Kanchan Devi	"	Kanchan Devi	Kanchan Devi	Kanchan Devi	Kanchan Devi	Kanchan Devi	Kanchan Devi
19.	Mariyam	"	Mariyam	Mariyam	Mariyam	Mariyam	Mariyam	Mariyam
20.	Priyanka	"	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
21.	Mahima	"	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima
22.	Mahima Singh	"	Mahima Singh	Mahima Singh	Mahima Singh	Mahima Singh	Mahima Singh	Mahima Singh

