

Book Reviews

Protecting, Promoting and Supporting Breastfeeding. The Indian Experience.

Editors: Radha Holla Bhar, Arun Gupta and Raj K. Anand. New Delhi published by Breastfeeding Promotion Network of India, New Delhi. First Edition -2003, 205 pages, Rs. 290/- (\$12).

Breastfeeding Promotion in India has taken a National shape and has developed into a National movement in the last 15 years. Human Lactation Management Courses of 5 days were organized by IAP, FOGSI, GOI, UNICEF and WHO. After 3 such courses, a two-week intensive course was held at Sevagram, Wardha in 1991. BPNI was born on 3rd December 1991. This organization has brought out their experiences of the last 12 years in the form of this present book under review.

The book is divided into 2 sections, the first section deals with Politics of Food Production and Distribution and how the corporate sector has hijacked infant nutrition. This section also traces the situation of IMR in India, breastfeeding status and supplementary feeding of India. The contribution of medical profession to bottle feeding makes interesting reading.

The second section outlines global campaign to rein the baby food industry, and details the actions to Protect, Promote and Support Breastfeeding. This section gives first

hand knowledge to the reader on the International code and how the code got established as IMS Act. The recent amendment in 2003 is well covered in this book. It is worthy to note that India is one of premier Countries to enact this law. The book gives details of the hard struggle involved. Chapter seven on actions to Protect, Promote and Support Breastfeeding is well presented.

The annexures from page 156 to 189 are important documents both National and International.

Easy reading, good printing and reasonable price are positive features. This book is a good companion to any person interested in the field of breastfeeding. The authors could have added a chapter on practical aspects on how training in lactation management has resulted in perceptible difference to mothers and hospitals. The role of counselling in breastfeeding Protection, Promotion and Support is undoubtedly the most important intervention. These two aspects could be thought of in future editions. On the whole, this book could be summarized as a comprehensive treatise on the Indian experience in Breastfeeding, which has received International acclaim.

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