

Debate competition on behalf of World Breastfeeding Week 2025

Date: 13th August 2025

Time: 1.15 PM – 2.10 PM

Organized by: Department of Kaumarabhritya

As part of the observance of World Breastfeeding Week (1–7 August), the Department of Balaroga, Santhigiri Ayurveda Medical College, Palakkad, organized a debate competition on 13th August 2025 at 1.15 pm for the 3rd Professional (Vagbhata) students.

The topic of the debate was:

“Exclusive breastfeeding for the first 6 months is the universally best nutritional strategy for infants: A critical analysis from Modern and Ayurvedic perspectives.”

The students were divided into two teams:

In Favour: Aswathy Sreekumar, Neethu. M, Nanda. K. Ajith, Sreelekshmi Ajayakumar

Against: Anagha V, Divya. P. M, Midhila Sanish, Abhirami. K. P, Malavika Sathyanarayanan

Judges: Dr. Anjana. K, Dr. Nayana. B, and Dr. Nisha. M. S

Both teams presented their arguments with clarity, confidence, and logical reasoning, drawing references from modern science as well as Ayurvedic concepts. The session turned highly engaging with strong rebuttals and analytical perspectives shared by both sides.

After careful evaluation by the Judges — Dr. Anjana, Dr. Nayana, and Dr. Nisha — the Second Team (Against) was declared the winners of the debate competition.

The event not only highlighted the importance of breastfeeding but also provided the students with a platform to refine their debating skills and develop critical thinking from both modern and traditional medical viewpoints.

