

**A Study on challenges and determinants effecting the exclusive
breastfeeding practices among the mothers of Infants less than 6
months of age in Gandhinagar district**

Dissertation for the Degree of Master of Science

Foods and Nutrition

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Abstract: A Survey Study was conducted with the objectives to know the challenges and determinants affecting the exclusive breastfeeding practice among the mothers of infants less than 6 months of age of Gandhinagar, to know the prevalence of awareness about exclusive breastfeeding in mothers and to correlate the knowledge and attitude about exclusive breastfeeding among the mothers of infants. his study found out that majority of mothers (21.8%) didn't give their babies the first yellow milk because they weren't producing enough breastmilk. The majority of mothers (52.4%) did give prelacteal to their babies. This study found out that most of the mothers (76.5%) did give Ebf to their babies but 23.5% of mothers didn't give Ebf to their babies. Mothers (18.2%) who weren't producing enough breastmilk used to feed powder milk to their baby. 46.5% mothers did face problems regarding breastfeeding.

KEY WORDS: breastfeeding, exclusive breastfeeding, prelacteal