



YCBACO

MOM'S SPECIAL CONTEST -AUGUST 2020

(AN INITIATIVE FOR BREASTFEEDING AWARENESS WEEK)

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YOU CAN'T BE A CELEBRITY OVERNIGHT

**WORLD BREASTFEEDING WEEK
AUGUST 1st - 7th 2020**

**SUPPORT BREASTFEEDING
FOR A HEALTHIER PLANET**

WABA | WORLD BREASTFEEDING WEEK 2020

**BREASTFEEDING IS THE
BEST GIFT THAT A
MOTHER CAN GIVE
HER A BABY.**

celebrity.overnight | celebrityofficial2014@gmail.com | @ycbaco

COMPETITION POSTERS



YOU CAN'T BE A CELEBRITY OVERNIGHT

Share with **LOVE**

MOM'S SPECIAL

BREASTFEEDING WEEK
AWARENESS CONTEST



*"Ever heard of someone's story and thought :
This is exactly what I needed to hear today!
Your story will do that for someone else"*

*Share your Pregnancy journey and let the world
know that you are a super power*




 [celebrity.overnight](https://www.instagram.com/celebrity.overnight)  celebrityofficial2014@gmail.com  [@ycbaco](https://www.facebook.com/ycbaco)



YOU CAN'T BE A CELEBRITY OVERNIGHT

MOM'S SPECIAL

ATTENTION MOTHERS!!!

CELEBRATING INTERNATIONAL BREASTFEEDING WEEK 2020

YCBACO initiates a special contest for all loving Mothers called the
"MOM'S SPECIAL"

RULES AND REGULATIONS.

- 1) The participants can send a clear Photograph of the Mother and child. **ONLY ONE ENTRY PER PARTICIPANT.**
- 2) The participants must mention the following details in the google form link mentioned below
 Name of the Mother and Child:
 Contact No.:
 DOB of the child:
 Location:
 Email id:
 DESCRIPTION about your Pregnancy Journey and TIPS related to Breastfeeding.
- 3) The content must be either in English or Tamil.
No photographs of the content is allowed
- 4) Age of the child: 0 to 5 years
- 5) The entries must reach us before 12pm (India Time) on Aug 6th, 2020 . No entries will be accepted beyond the prescribed time.
- 6) The participant can click on the following link to join the event.
<https://forms.gle/tVXo6v4agmdgTSpj8>
 Or can send their entries to our mail given below: celebrityofficial2014@gmail.com
- 7) All the entries will be posted on our social media pages everyday.
<https://facebook.com/ycbaco/>
<https://instagram.com/celebrity.overnight/>
- 8) The entries will be judged based on the number of likes it receives in Our FB page. You can self tag your post and ask your frnds to give likes.
- 9) Only one winner will be selected overall and all the participants will receive their e-certificate.
- 10) The winners will be announced on 7th August, 2020 by 6 pm.

STATISTICS

We are happy to inform you that we have successfully conducted the MOM'S SPECIAL CONTEST August 2020 which officially started on 1st August & ended on 7th August. We have received 12 entries of Mother and Child with their Pregnancy journey and tips for breastfeeding. YCBACO has created a platform to bring in a positive impact and make us share the knowledge and importance of breastfeeding to those unaware rather than shying away. We thank personally each and everyone's efforts to make this possible. Moms_special_contest was mainly to share the experiences of each mother, which they went through their pregnancy journey. As there is a saying, “ The courage it takes to share your story might be the thing someone else needs to open their heart to hope”. Hope the stories shared would create an impact to those in need. We received a total of 12 entries, and the winner is selected based on the number of likes for the entries that we posted in our FB page and result was declared on 7th August at 6 P.M.

RULES OF THE COMPETITION

1) The participants can send a clear Photograph of the Mother and child. ***ONLY ONE ENTRY PER PARTICIPANT*** .

2) The participants must mention the following details in the google form link mentioned below

Name of the Mother and Child:

Contact No.:

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DESCRIPTION about your Pregnancy Journey and TIPS related to Breastfeeding.

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<https://forms.gle/TrggMmJiF5MAFY267>

Or can send their entries to our mail given below: celebrityofficial2014@gmail.com.

7)All the entries will be posted on our social media pages everyday.

<https://facebook.com/ycbaco/>

<https://Instagram.com/celebrity.overnight/>

8)The entries will be judged based on the *number of likes it receives in Our FB page.* You can self tag your post and ask your friends to give likes.

9) Only one winner will be selected overall and all the participants will receive their e-certificate.

10) The winners will be announced on 7th August, 2020 by 6 pm.

AMENDMENTS

No amendments were made for the rules.

ANNOUNCEMENT POST-WITH RESULT

WINNER: YCBACO/MS/070806

Mother's Name: Divya Munnangi

Child's Name: Chris Joy Baske



YCBACO/MS/070806

Your Pregnancy Journey

I'm Divya from Hyderabad. I conceived in October 2019. I'm working as metallurgical engineer in private sector. The journey of my pregnancy was not bed of roses. I suffered with blood vomitings very badly upto second trimester. But still I managed to go to office and simultaneously did house chores. By the time, when I decided to take maternity leave in third trimester and go to my hometown to my parents, there was complete lockdown due to Covid-19. Through all the circumstances, God gave me enough strength to manage everything along with my husband alone. Some times, I had medical emergencies too, use to visit hospitals during late nights. I used to take healthy food prescribed by the doctor and I used to walk for two hours everyday till the last trimester. My mom came to my place when I was in 9th month to take care of me after taking special permission from the Govt. of AP to travel to Hyderabad. I also used to try to have healthy mental condition by reading spiritual books and listening to music. Finally, on 3rd June 2020, by God's amazing grace, I gave birth to a healthy baby boy weighing 3kg through normal delivery and he is two months old now.

Tips on Breastfeeding

1. Eat healthy food to avoid artificial nipple feeding to the baby as mothers breast feed is always best for baby's health. 2. Its common for babies to spit out during and after breastfeeding. This can be avoided by proper positioning of the baby during feeding. 3. Make sure of making baby to burp for half of the time in feeding time.

August 2020 - Mom's Special Contest

CERTIFICATES

The team in consent with the CEO has decided to provide the following certificates:

S.NO	CERTIFICATE TYPE	MEDIUM
1.	Winner	Soft Copy & Hard Copy
2.	Participation	Soft Copy

ANNEXURES

YCBACO/MS/070801

Mother's full name : Mirnalini Ramkumar

Child's full nam : Yughan.R

Email address : mirnalini17@gmail.com

Your Pregnancy journey : My Pregnancy was a wonderful journey.I enjoyed the love and affection shown by people in both family&friends.I am a foodie and had a chance of tasting all my favourites in a moment I ask them for.Very importantly baby movements are an awesome feel a mother could get.I really enjoyed those movements lying down calm.Now I am a happy mom to a 1 year old naughty boy.

Tips to breastfeeding : Do not lye down and feed your baby,Have your baby in lap and feed them in a relaxed position,Drink plenty of water post delivery,Take nutritious foods importantly at first 6 months of breast feeding as that's the only food for baby,stay hygiene when feeding.

YCBACO/MS/070802

Mother's full name : W. SUNITHA

Child's full name : K. S. RINNAV

Email address : sunithakaladharan1984@gmail.com

Your Pregnancy journey : Very Happy

Tips to breastfeeding : 1.To increase mother health as well as baby health. 2. To increase mother beauty

YCBACO/MS/070803

Mother's full name : Sindhuja

Child's full name : Magilan

Email address : sindhucllover@gmail.com

Your Pregnancy journey : I discovered that I was conceived on one fine Sunday morning which was also an auspicious day for hindus. I was quite inquisitive to find out the gender first but then my instinct told it is a boy. I somehow believed. Those 3 trimesters were filled with loads of memory, plenty of hurdles too. I was extremely scared wen I tested positive for chicken pox on my second trimester. I was then gained much more confidence from my lovely souls around me. They stood by my side . Eventually I recovered without any marks left behind. My mum is my goddess took everything seriously which concern me and and my baby. Proper food , sanitation etc. I've been so so happy throughout my delivery. Due to some physical condition I had to opt for C-Section. They operation took more than 30 mins may be , due to my uterus non - shrinkable state. I had Heavy blood loss. I almost started to feel the pain by the end of the stitching. Still it haunts me , worst nightmare. My son , absolutely normal and everyone in my family was so happy. They delighted in the merriment. The next nightmare was breast milk. Up to two days no secretion of breast milk. Then it became Breast engorgement . I suffered much to release the blocked milk ducts. And then my pain got over, had a peaceful breast feeding journey till he was 1 year and 7 months old. Few people were so curious to find that if any marks in his body due to the chicken pox. By god's grace he was healthy as horse and no sign of chicken pox. Am so glad that I've many good souls that prayed for my save delivery. He is now a wonderful kid doing all sort of mischief, chatterbox, etc. I could brought down a phrase for him that " Everybody loves MAGILAN".

Tips to breastfeeding : Definitely garlic and water is foremost important supplies for breast milk. There are plenty ways to intake garlic.Water drink much as possible. Don't skip the breastfeed timings it may lead to clogged ducts. If happened, please express some milk and then feed the baby. If you observe that your breast is feeling hard then immediately feed the baby. Make sure you have a routine . Then the body will tend to produce exactly the accurate amount of milk for the baby. If it still producing more then contain in a bottle and help those mothers who could not give breast milk to their babies. I've done once.It feels so good to help other mummies. Gentle massage, hot compress or cold compress can reduce the clogged ducts and soothe your body.

YCBACO/MS/070804

Mother's full name : K.KALAIVANI
 Child's full name : K.K.RITHISH
 Email address : kalimuthukalaivani@gmail.com

Your Pregnancy journey : எனது கற்ப காலம் முழுவதும்,எனது வாழ்நாளில் மிக சிறந்த மைல்கல்..

Tips to breastfeeding : கட்டாயமாக அனைத்து தாய்மார்களும் 3 வயது வரை குழந்தைகளுக்கு தாய்ப்பால் கொடுக்க வேண்டும்.

YCBACO/MS/070805

Mother's full name : Manoshalini
 Child's full name : Dhanavashri
 Email address : manosha0417@gmail.com

Your Pregnancy journey : I also started my pregnancy with a happy mind and I was also working at time so I had some morning sickness but months pass by at my 3rd month I was undergone cervical stitches because of my short cervix and after that I was advised not to get up from bed but I can't though I continued to work till my 8th month and my baby shower was held very grandly and at my 37th week I was undergone csection as the content of water is too low after that my little life was in my hands luv my daughter yes I was blessed with a girl baby

Tips to breastfeeding : Mothers milk is the best food for baby.

YCBACO/MS/070806

Mother's full name : DIVYA MUNNANGI
 Child's full name : CHRIS JOY
 Email address : divyamunnangi91@gmail.com

Your Pregnancy journey : I'm Divya from Hyderabad. I conceived in October 2019. I'm working as metallurgical engineer in private sector. The journey of my pregnancy was not bed of roses. I suffered with blood vomitings very badly upto second trimester. But still I managed to go to office and simultaneously did house chores. By the time , when I decided to take maternity leave in third trimester and go to my hometown to my parents, there was complete lockdown due to Covid-19. Through all the circumstances , God gave me enough strength to manage everything along with my husband alone. some times, I had medical emergencies too, use to visit hospitals during late nights. I used to take healthy food prescribed by the doctor and I used to walk for two hours everyday till the last trimester. My mom came to my place when I was in 9th month to take care of me after taking special permission from the Govt. of AP to travel to Hyderabad. I also used to try to have healthy mental condition by reading spiritual books and listening to music. Finally, on 3rd June 2020, by God's amazing grace, I gave birth to a healthy baby boy weighing 3kg through normal delivery and he is two months old now.

Tips to breastfeeding : 1. Eat healthy food to avoid artificial nipple feeding to the baby as mothers breast feed is always best for baby's health. 2. Its common for babies to spit out during and after breastfeeding. This can be avoided by proper positioning of the baby during feeding. 3. Make sure of making baby to burp for half of the time in feeding time.

YCBACO/MS/070807

Mother's full name : Shinee Jacob

Child's full name : Jady Ann Jacob

Email address : william.shinee@gmail.com

Your Pregnancy journey : Pregnancy brings a new meaning to the concept of beauty. It is a period of immense joy coupled with excitement. I'm a happy mumma of two young kids. First born was son who's 9 years now, Last year (2019), i had my baby girl. Pregnancy was completely rollercoaster journey. Yes, It was. I was highly diabetic along with hypertension however, No matter how hard my day's been, it takes one little kick to make everything feel alright. I used to feel, pregnancy is the most powerful creation to have life growing inside of you and there is no bigger gift.

Tips on breastfeeding : There will be 100 tips around but all i wanna say is "It's been a cycle of ups and downs... emotions, supply, energy, demands.... one thing is the same... YOU! You are a mom and no one can take that from you! Being a new mother is supposed to be the happiest time of your life, but postpartum depression and anxiety strip that away for a time, but trust that it will not last forever.

YCBACO/MS/070808

Mother's full name : A. Franklin Ragila

Child's full name : Josnya Gladson

Email address : josnya15@gmail.com

Your Pregnancy journey : MOTHERHOOD A word which cannot be replaced by any other word is 'MOTHER'. The most precious jewels you will ever have around your neck are the arms of your children. Motherhood is the state or experience of having or raising a child. Giving birth to and raising a child are the examples of motherhood. The meaning of being a mother is virtually endless. A mother is a protector, disciplinarian and a friend. A mother is a selfless, loving human who must sacrifice many of her wants and needs for the wants and needs of her children. I'm going to tell you something about pregnancy and I share my own experience during my pregnancy journey to you. The truth is, at the early stage of my pregnancy I cried much more than I normally would. I became increasingly anxious. Emotionally, pregnancy threw me into a whirlwind. I often experience a range of emotions during my pregnancy; even my partner is excited about the baby. I was feeling sad more than happy due to antenatal depression. Depression is a mental health condition and not a sign of weakness, something that will go away on its own or that you should just 'snap out of. Depression can be treated with the right care and support. Pregnancy was so delightful, exciting and powerful. I can't take credit for admitting that pregnancy is hard. Pregnancy was wonderful, joyful, and miraculous. Labour itself was an experience, to say the least. I had awful back spasms and pains for two weeks prior to giving birth. I had labour pain about twenty four hours and ten minutes exactly. I had to be induced because of the intermittent pain I had. I was terrified and afraid of the worst of delivery. Luckily, I gave birth to a healthy and vibrant baby after much trouble. A baby girl arrives in our lives as the sweetest and cutest angel with whom the life of us became amazing. This precious angel is meant for me. I thought she sounded like a cat when he first cried in the doctor's arms. That moment made every single, painful second of pregnancy worth it. A new family member has been added and everyone was overloaded with happiness. There is nothing in this universe which can make parents more proud and happier than giving birth to a little baby! Having the baby in my arms was the most precious thing to me. The bundle of joy arrived with my baby girl was never decreased but grows with time. I welcomed the baby with warm hugs and wishes to this world because she is more valuable and the future maker of the universe. There is nothing sweeter in this world than the smell of my newborn baby's breath, the happy cooing sounds and the smell of her skin.

Tips to breastfeeding : Next comes the wonderful gift of breastfeeding. Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Breast milk provides optimal nutrition for babies. Breast milk is always at the right temperature and ready to drink. It has the right amount of nutrients, easily digested and is readily available.

This may be due to the physical intimacy, touch and eye contact associated with breastfeeding. Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks my baby girl nursed roughly every two to three hours, and the duration of the feeding is usually ten to fifteen minutes on each breast. After the introduction of solid foods at six months of age, breastfeeding continued until one year of age. I felt positive about something.....anything, while feeding my girl. It was wonderful when I cuddle and feed her.

YCBACO/MS/070809

Mother's full name : Derry Rufusina

Child's full name : Defrin Riyana

Email address : derryrufusina@gmail.com

Your Pregnancy journey : Type of joy and happiness

Tips to breastfeeding : Eat more green gram recipes

YCBACO/MS/070810

Mother's full name : RESHMI R

Child's full name : REYANSH M

Email address : reynash141217@gmail.com

Your Pregnancy journey : Finding out I was pregnant was a total whirlwind of emotions. I felt like a grizzly bear hunkering down for mid-day naps as I struggled to keep my eyes open

To be honest the smell of a glass of rosé would make me want to vom, it's crazy what your body knows it needs and doesn't need. Especially waiting for the special 12 week scan. I wasn't prepared for how precious this bundle of cells become to you as you try to shy away from stories of complications. Feeling the baby kick for the first time was awesome but totally bizarre. I was lying in bed listening to music when I felt what a flutter was unmistakably. I kept replaying the same song hoping for a similar reaction.

Tips to breastfeeding : Although it's a natural process, breastfeeding requires time and effort from both baby and mother in order to get the hang of it. •Keeping your baby with you after the birth will promote a feeling of closeness and a strong hormonal response that is linked with breastfeeding success. •The first few days after the birth offer the best opportunity for you and

your baby to learn to breastfeed. •If you find you are getting frustrated or angry at yourself while you're trying to breastfeed, stop and try again in a little while. •Frequent and effective feeding will help you to make enough milk for your baby. It is important to provide a safe sleep environment for your baby night and day.

YCBACO/MS/070811

Mother's full name : Saloni

Child's full name : Dhruv

DOB of the Child. : 28-05-2020

Email Id. : salonirk24@gmail.com

Your pregnancy journey : The beautiful nine months with your little one in your womb is the best feeling in the world ever a mom can have. I am proud to be a mom.♥

Tips for breastfeeding : 1- The most important tip which I feel is that each and every mom should drink atleast 200ml of water before each feed. 2 - The other one is inorder to increase the supply of milk...the demand should increase that is the more the baby drinks...the more milk will be produced. 3- The other one would be "If the baby says No to food, we should respect that No".

YCBACO/MS/070812

Mother's full name : Sheela

Child's full name : Nijoan M. Nixon

Email address : sheelathesweet@gmail.com

Your Pregnancy journey : கர்ப்பம் தரித்தல் வாழ்வில் வரும் ஒரு சுகமான காலம். இயற்கையின் நியதி. உடல் உபாதைகள், உறக்கமில்லா இரவுகள், சுழன்றடிக்கும் சிந்தனை சிதறல்கள், வாட்டி வதைக்கும் பயம், எல்லாம் மாறியது என் மகனின் முதல் அழுகுரலில். வலிகள் எல்லாம்

சுகமானது அவன் பிஞ்சு விரல்பட்ட நொடி. 10 மாத தவம், காத்திருப்பு எல்லாம் இனிய நினைவுகள்.

Tips to breastfeeding : இயன்றவரை குழந்தை விருப்பத்திற்கேற்ப நீண்ட நாட்கள் தாய் பாலூட்டுவோம். ஆரோக்கியமான வாழ்வை பரிசளிப்போம்.

END OF DOCUMENT