



P R E S E N T S

# ONLINE CONFERENCE ON BREAST FEEDING: EVIDENCE BASED PRACTICE

📌 Insights

📌 Exhibition

➔ AUG 7, 2025 | 7-9 PM | GOOGLE MEET

Midwife Anitha  
MamaMilk Boost  
Advocate

Presenter



Midwife Jeska  
Maternal health  
advocate

keynote  
speaker



Midwife Sophia  
CEO - Abilinda  
Maternity  
centre

Presenter



Midwife  
Jafari Lutavi  
EmONC-  
Trainer

Moderator

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## ONLINE CONFERENCE ON BREASTFEEDING

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EVIDENCE BASED PRACTICE

Insights Exhibition

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# AUG 7, 2025



☒ I WILL ATTEND

# JOIN US

"When you breastfeed, you're building your baby's immune system, nurturing their brain, and giving them the best possible start in life. Yes, some days may feel long, tiring, or painful but know that your body was made for this and you're not alone"

LIVE



THURSDAY 7-9:30 PM GOOGLE MEET



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# BREAST FEEDING SESSION IS TODAY



**AUG 7, 2025 7-9:30PM**  
**GOOGLE MEET PLATFORM**



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time table

**TOPIC**

**BREASTFEEDING  
EVIDENCE BASED  
PRACTICE**

NO	TIME	ACTIVITY	PARTICIPANT
01	7:00 – 7:10PM	Welcoming Introduction	MOFATE
02	7:10 – 7:40 PM	Contents/Exhibition Presentation 1	Midwife Anitha Mganga
03	7:40 – 8:10PM	Content/Exhibition Presentation 2	Midwife Sophia Seleman
04	8:10 – 8:20 PM	Insights Presentation	Midwife Jeska Budegeye
05	8:20 – 8:30 PM	Testimonials Sharing on BF	Midwife Jafari Lutavi Participants
06	8:30 – 9:25 PM	Floor Discussion	Midwife Jafari Lutavi Participants
07	9:25 – 9:30 PM	Closing Remarks	MOFATE





## **JAFARI LUTAVI (RN)**

*Is an experienced and dedicated midwife with over a decade of service in maternal and newborn care. Currently working at Muhimbili National Hospital, he is known for delivering respectful, compassionate, and evidence-based care to mothers, newborns, and families. His passion lies in reproductive health, with a focus on enhancing maternal and newborn care and improving health services through community engagement and strengthened midwifery practices.*

*Lutavi has made significant contributions as a master trainer in key areas such as Emergency Obstetric and Newborn Care (EmONC), newborn care, and obstetric ultrasound. He plays a vital role in the Maternal and Perinatal Death Surveillance and Response (MPDSR) system and serves on the National MPDSR Committee. In addition, he holds a leadership position on the National Executive Council (NEC) of the Tanzania Midwives Association (TAMA), where he contributes to national midwifery standards and professional development.*

*Looking ahead, Lutavi aims to continue reducing maternal and newborn mortality through greater community engagement, education, and awareness in reproductive health. He is committed to advancing midwifery by promoting knowledge-sharing, mentorship, and capacity-building among healthcare professionals. His future plans also include enhancing research efforts and supporting the development and implementation of innovative, evidence-based practices.*

*Jafari Lutavi stands as a key figure in Tanzania's maternal and newborn care landscape. Through his clinical expertise, leadership roles, and forward-thinking vision, he continues to drive improvements in maternal and child health. His ongoing commitment to professional development and policy advancement positions him as a transformative force in shaping the future of midwifery and healthcare delivery in the country.*



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## **ANITHA FRANCIS MGANGA (RN)**

*Is a dedicated midwife from Tanzania with nearly a decade of experience in maternal and child health. Over her 9-year career, she has supported over 7,000 pregnant and nursing mothers, championing exclusive breastfeeding during the first six months of life to promote healthier outcomes. She is currently pursuing her Bachelor of Science in Midwifery at Aga Khan University, having already obtained a Diploma and Certificate in Nursing and Midwifery.*

*Anitha has earned notable recognition for her work in improving maternal health and educating communities on reproductive health, parenting, and breastfeeding. Her commitment has been acknowledged through awards such as the Influential Youth in Health Award (2023) and the Strong Woman Award (2024). She led the impactful 'SI SAWA' campaign to dispel myths -*

*around breastfeeding and has built a strong presence through community outreach and social media advocacy.*

*Looking forward, Anitha plans to strengthen her advocacy by establishing a breastfeeding support office to assist mothers and caregivers with best practices and challenges. She also aims to author a book on postpartum care and launch national campaigns promoting breastfeeding awareness and maternal health education.*

*With her unwavering passion and proactive initiatives, Anitha continues to make a significant impact on maternal and child health in Tanzania. Through education, advocacy, and innovative projects, she is dedicated to improving care practices for women and children across the nation.*



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## **SOPHIA SELEMANI (RN)**

*Is a dedicated and passionate health professional with a solid foundation in clinical care and gender advocacy. She holds a Diploma in Nursing and Midwifery, a Bachelor's Degree in Gender and Development, and a Master's Degree in Gender Studies, reflecting her commitment to bridging healthcare with gender equality and women's rights.*

*With extensive experience as a nurse-midwife, Sophia has provided respectful, evidence-based care to countless women throughout pregnancy, childbirth, and postpartum periods. She is the founder of ABILINDA MATERNITY, a holistic center offering maternal and newborn services, natural birth education, breastfeeding support, and postnatal wellness programs. Her efforts have greatly contributed to integrating gender-*

*responsive approaches into maternal health care while mentoring young professionals in midwifery and gender development.*

*Sophia envisions transforming maternity care into an inclusive, community-driven, and gender-sensitive model. Her advocacy focuses on natural birth practices, exclusive breastfeeding, and the empowerment of women through informed and dignified healthcare services that respect their rights and needs.*

*Through her unique blend of clinical expertise and gender-focused advocacy, Sophia Selemanni continues to champion improved maternal health outcomes. Her work stands as a model for rights-based, compassionate maternity care that uplifts women and strengthens communities.*







## **JESKA EDWARD BUDEGEYE (RN)**

*Is a dedicated nurse midwife and third-year Bachelor of Science in Nursing (BScN) student at St. John's University of Tanzania. She currently serves at Bugando Medical Center (BMC), one of Tanzania's top referral hospitals, where she is highly regarded for her compassionate and quality care in maternal and child health. Beyond clinical practice, Jeska is actively engaged as a health educator and social moderator under the Mobile Facilitating Team.*

*Throughout her career, Jeska has made significant contributions in clinical mentorship and maternal healthcare advancement. In 2018, she was selected to mentor healthcare workers in Kagera and Musoma regions on safe surgical practices, and in 2024, she expanded her mentorship to Simiyu Region, focusing on quality maternal and child healthcare and supportive supervision. Additionally, she plays a key role in the Mwanza Regional Obstetrics and Gynecology (OBGY) Case Group-*

*supporting the management of complex reproductive health cases.*

*With her ongoing academic pursuits and increasing involvement in digital health education, Jeska is positioned to emerge as a leading figure in maternal and child health advocacy. Her active participation in healthcare mentorship and community engagement activities indicates her potential to influence broader health policy and education strategies at both regional and national levels.*

*Jeska Edward Budegeye exemplifies a passionate and forward-thinking healthcare professional whose work bridges clinical excellence, education, and community empowerment. Through her leadership, mentorship, and commitment to service, she continues to inspire positive change in Tanzania's healthcare landscape, particularly in maternal and child health.*







## BREASTFEEDING WEEK

### To all breastfeeding Mothers

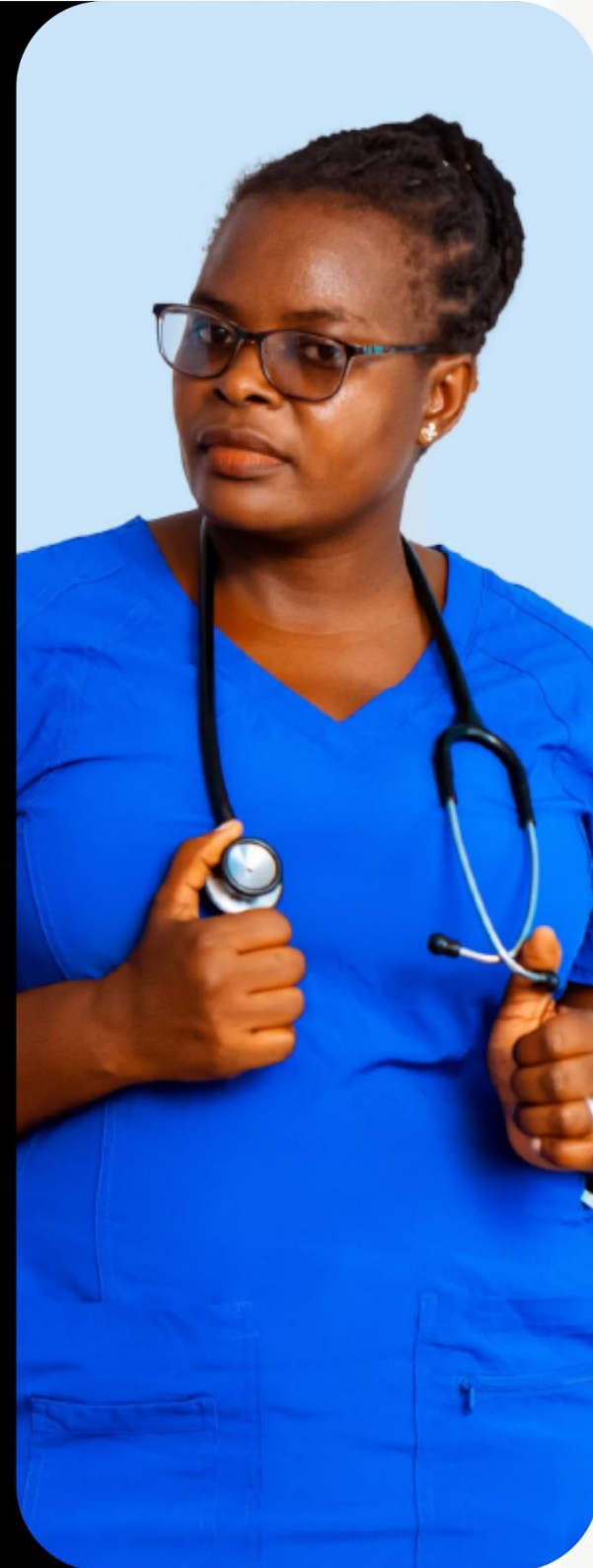
*You are doing an amazing job. Every drop of your milk is a gift of love, protection, and strength to your baby. It is more than just food it's medicine, comfort, and connection.*

*When you breastfeed, you're building your baby's immune system, nurturing their brain, and giving them the best possible start in life. Yes, some days may feel long, tiring, or painful but know that your body was made for this and you're not alone.*

*We see you. We support you. We honor your journey. Keep going, mama. You are powerful. You are enough and you are giving your baby the best. With love and support,*



**ABILINDA MATERNITY CENTER**



visit



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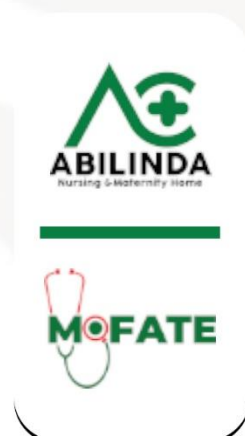
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Midwife Anitha  
Breastfeeding Expert



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## BREASTFEEDING WEEK

### **Breastfeeding: A mother's gift, a community's pride**

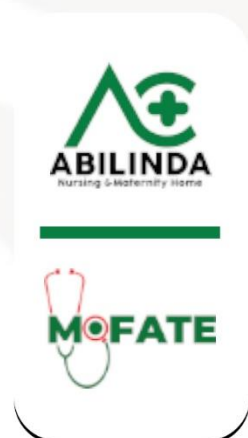
*From mother's heart, pure love flows,  
In every drop, her power grows.  
More than food, it's comfort and grace,  
A warm embrace, a peaceful place.*

*Breastfeeding builds a healthy start,  
A bond of love, a work of heart.  
It's strength, it's care, both seen and heard,  
A gentle act beyond all words.*

*Support her journey, side by side,  
With open hearts and lifted pride.  
Together we can raise the voice—  
Breastfeeding is life's best choice.*



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## BREASTFEEDING WEEK

### **Breastfeeding is the best start in life.**

*Breast milk is a natural and complete food for babies. It provides all the nutrients a baby needs in the first 6 months of life no water, no porridge, no formula needed. Let's encourage every mother to exclusively breastfeed for 6 months for a stronger and healthier generation.*



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## BREASTFEEDING WEEK

### **Breastfeeding: A foundation for a healthier future.**

*Breast milk is the best start in life. It is rich in essential nutrients, strengthens both body and soul, and supports a baby's complete well-being physically, emotionally, and mentally. It fosters a deep bond between mother and child and provides lifelong health benefits. Let's protect, promote, and support breastfeeding in every community for a healthier, stronger generation.*



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## BREASTFEEDING WEEK

### Support breastfeeding: Educate, empower, enable!

*Breastfeeding is more than a choice, it's a right. It gives babies the best start in life, strengthens family bonds, and builds healthier communities.*

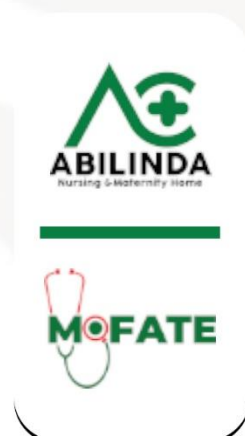
- ☒ Protects against disease
- ☒ Boosts growth and development
- ☒ Saves lives
- ☒ Strengthens mothers and babies

*Let's work together to support mothers with time, space, and understanding at home, in the community, and at work.*

*Together, we can make breastfeeding possible for every mother and every child.*



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