

# La Leche League in India

## MEETINGS

A continuing series of informal discussion meetings are offered and are open to all women interested in breastfeeding (pregnant or otherwise). Nursing infants and toddlers are always welcome. Meetings cover such topics as the benefits of breastfeeding, getting started and family adjustments & support, overcoming difficulties, nutrition, and weaning. Enrichment meetings focus on a topic in depth.

### Meetings in Chennai

#### LLL Chennai

Contact Varsha for meeting information and directions.

Facebook page: <https://www.facebook.com/lalecheleaguechennai>

### Meetings in Mumbai

#### LLL Mumbai

Contact Manisha for information about the location and times for the series meetings.

Facebook page: <https://www.facebook.com/lalecheleaguemumbai/>

#### LLL Pan-India

Contact Yasmin for meeting information and directions.

Facebook page: <https://www.facebook.com/groups/llpanindia/>

## LEADER CONTACT INFORMATION

La Leche League Leaders have breastfed their own babies and are accredited by La Leche League International (LLL) having fulfilled LLLI requirements for leadership. For meeting confirmation, information and breastfeeding support, please contact:

### Bangalore Leader contact information:

Chetana (English, Hindi , Kannada, and Tamil)  
chetuk3@gmail.com

### Chennai Leader contact information:

Varsha (English, Hindi, Kannada, Tamil, and Telugu)  
varsh2683@gmail.com or +91 9840916200

### Goa Leader contact information:

Anna (English, Hindi, Konkani , and Marathi)  
valyana@gmail.com or +91 9850489544

### Mumbai Leader contact information:

Manisha (English, Hindi, Gujarati, and Marathi)  
manisharg@gmail.com or +91 9821418983

Yasmin (English, Hindi, Tamil, and Urdu)  
effathyasmin@gmail.com or +91 9819890069