

## **Infant and Young Child Feeding Counselling Specialists Training**

*NMCH Medical College Patna, Bihar*

**Date:** 23<sup>rd</sup> Feb- 1<sup>st</sup> March 2015

**National Trainers:** Dr. Parbati Sengupta, Ms Ulka Jamal, Ms. Purna Bhardwaj and Ms. Vibharika Chandola

**Participants:** 21

**Venue:** Hotel Orange Inn

This second counselling specialists training in Patna was attended by Feeding demonstrators placed in N.R.C.s of six districts of Bihar, family planning counsellors and ANMs.

On Day one, the training was inaugurated by Dr. Jaiswal (HOD Department of Paediatrics NMCH, Patna) who lighted the lamp. After the inaugural, course objectives and material was introduced by Ms. Vibharika and after the pre test, proceedings of the first day began. The training of seven days duration was conducted by the 4 national trainers which involved 7 counselling skills practice sessions, 31 Theory sessions, 5 Clinical Practice sessions and 2 Practical sessions. All the participants were divided into four groups with one national trainer as the leader. Under the supervision of the national trainer, participants practiced their counselling skills in class and did the same in clinical practice sessions.

After the completion of training the participants were awarded participation certificates from UNICEF. Participants shared their experience of the training. Ms. Nahid Anjum ANM said that till now they used to scold and order the mothers and families and that would not give new results and would make them frustrated. But after the training they have forgotten their old way of talking and feel that these new skills would make it easier to talk with the mothers. Ms. Jyoti a feeding demonstrator they did said that earlier used to give information to mothers and families of young children but now they are equipped with proper skills of talking. Dr. Shivani Dhar (Nutrition Consultant UNICEF) said that Feeding demonstrators are being trained because they are directly dealing with the mothers and families. The reason why a child becomes Sam child is because of inappropriate feeding practices and lack of knowledge amongst the families. Thus work of a Feeding demonstrator becomes crucial and of utmost importance. Dr. Jaiswal said that not only nutrition of young children should be a focus but also immunization of children is important. Also maternal nutrition especially during pregnancy and lactation is important as child of an undernourished mother is more likely to become undernourished. After the valedictory, post test was done and kits were distributed.

**Glimpses of the Training**

