

## **Report of the IYCF Training Programme**

The training programme was conducted in collaboration with MTPG & RIHS and RGGW & CH, Pudcherry soon after getting the permission from the BPNI, New Delhi. It was started on 13<sup>th</sup> Oct 2015 with Inauguration in the presence of the Medical Superintendent, Dean and other four National Trainers such as Dr. K. Kesavulu, Dr. K.V.Raghunath, Ms. S.Nirmala and Mrs. Ch. Bhabani. Prof. DR. Manjubala Dash was the Local Co-ordinator for this training programme.

After the formal Inauguration, the first day programme was started with pre-test, then with the self introduction of the participants. Followed by 1<sup>st</sup> session by Dr Kesavulu on setting up IYCF Counselling and support Center. 2<sup>nd</sup> session why optimal infant and young child feeding by Ms.Nirmala, 3<sup>rd</sup> session on production and intake of breast milk by Dr Kesavulu, 4<sup>th</sup> session on assessing a breastfeed by Dr Raghunath, Observing breast feeding by Ch Bhabani and the last session was by Dr Kesavulu on learning and listening skills with role play. During this Session Dr Srinivasan Was present and added some points too.

The second day 14.10.2015 programme was started by prayer and reporter of the first day, then there was a video show on helping the mothers to breast feed. All the participants were made three groups for group discussion on exercise learning and listening skills. After group discussion the session on breast conditions was held by Dr. Raghunath. Preparation for clinical practice done by Ch Bahrain and DR.Manjubala Dash, then all the participants went to the wards for clinical practice session I on observation of the breast feeding. After their clinical practice there was a discussion by all the participants with the trainers. Next session was on building confidence, giving support and checking understanding by Dr. Kesavulu followed by a group discussion on the same with 3 groups. The last session of the day was held on not enough milk by Dr.Kesavulu.

3<sup>rd</sup> day 15.10.2015 session was started with prayer, reporter of 2<sup>nd</sup> day. Video show was there on breast crawl. The session on breast feeding positioning was taken by Dr Raghunath and Ch Bhabani followed by there was an exercise on breast conditions in 3 groups. Then there was clinical practice session II on building confidence, giving support and checking understanding followed by group discussion by the participants with the trainers. After lunch the session on refusal to breast feed was taken by Dr. Kesavulu followed by exercise on the same in three groups. The last session was on taking a feeding history by Ms.Nirmala selvam and DR. Manjubala Dash.

Fourth day session was started with prayer and rapporter of 3<sup>rd</sup> day. First session was started by Dr. Kesavulu on expression of breast milk. Then history practice session was held in three groups. Clinical practice III was held on taking a feeding history followed by discussion by the trainers. Next session was on complimentary feeding by Dr. Kesavulu, Ch Bhabani, and quantity, variety and frequency of complimentary feeding by Ms.Nirmala.S, feeding techniques and strategy by Dr Raghunath and DR.Manjubala Dash. There was a demonstration on homemade foods and complimentary foods. There was a role play on counseling to the mother and also self feeding to the child.

The day 5<sup>th</sup> was started with prayer, reporter of 4<sup>th</sup> day. First session was started by Dr Raghunath on BFHI, then Overview of HIV and infant feeding by Dr. Kesavulu, preparation for clinical practice session IV on counseling the mothers in different situation and filling dietary recall form followed by discussion by the trainers. Next session was held by Ms.Nirmala .S on breast feeding options

for HIV positive mothers and replacement feeding during the first six months. The session on preparation of milk feeds was taken by Dr Kesavulu, Ms.Nirmala Selvam, Dr. Raghunath and Mrs. Ch. Bhabani with four groups. Each group has prepared with different type of fuel like electrical stove and gas stove for preparation of milk. After the practical session on preparation of milk, all were assembled in the main hall and a discussion was held on the practical difficulty faced for preparation of the milk.

On the 6<sup>th</sup> day, the programme was started with as usual prayer and reporter of 5<sup>th</sup> day. The first session begin with Ms.Nirmala Selvam on Growth monitoring followed by a demonstration session by the growth monitoring chart, taking weight and length in weighing machine, infanto meter, stedio meter and infant weighing machine by Dr. Kesavulu. The next part of the growth monitoring and taking action was dealt by Dr Kesavulu. Then the participants were prepared for clinical practice session V and taken to the pediatric wards to have their practice on growth monitoring and counseling on complementary feeding. After clinical practice all had discussion with the trainers. The session on feeding during illness and recovery taken by Dr Raghunath and DR Manjubala Dash. The last session was group work on counseling practice in HIV positive mothers was conducted by Dr Kesavulu, Dr.Raghunath, Ms. Nirmala Selvam & Ch Bhabani..

Day 7 was beginning with prayer and reporter of the 6<sup>th</sup> day. First session started with Dr Kesavulu on IMS Act and sustaining optimal IYCF , feeding LBW and Sick Babies and Infant feeding in Emergency situation by Dr. Raghunath, Increasing breast milk and relactation by Dr. Kesavulu, women nutrition and health and women and work by Ms.Nirmala Selvam. There after evaluation chec-klist was collected from all the participants, a post test was given and collected from the participants.

The seven days' training programme was closed with a valedictory programme. Participants' feedback was very good about this training programme. Everybody observed that it was very much useful and learned more skill to develop a programme in future and gained much more confidence during these 7 days. It is expected that they will utilize this skill development in their practice and the area wherever they are. There was some suggestions also given by the participants regarding this course like complimentary feeding was given very less importance than brestfeeding, needed recent data, then regarding timing of the training from 9am-5.30pm is too long .

This training programme was really well planned and unique in teaching and learning. I hope this type of training needs to be conducted in more numbers all over India. No health personnel should stay without this training. Thank you all the resource persons and overall to BPNI, India to provide such a wonderful training programme and giving me an opportunity to conduct this training programme for 2<sup>nd</sup> time in Pondicherry.

By Local Co-coordinator

(Prof.DR.Manjubala Dash)

## Vouchers for IYCF Training Programme – 13<sup>th</sup> to 19<sup>th</sup> Oct 2015

| Sl.No        | Name of the Item  | Amount in Rupees   |
|--------------|---|--|
| 1            | Xerox training materials<br>Banner (3nos),Banner with Frame-1 for IYCF Center, Colour invitation prints<br>Printing in the GSM cards (Growth chart and HIV +ve mothers feeding option cards),Certificates, participants address list, attendance slip, pre test post test, observation forms, history form, dietary recall forms, evaluation checklists etc                               | Rs 3585+Rs690= <b>Rs4,275</b>  |
| 2            | Bouquet for Inauguration and valedictory(20nos)   | Rs 1250 + 600= <b>Rs1,850</b>  |
| 3            | Dolls for participants  | <b>Rs 4,860</b>  |
| 4            | <b>Stationary items for participants and training-</b><br>Note pad, eraser, pen, pencil, certificate cover, sharpener, black sketch pen, rubber band, fevicol, tape, chart paper, marker pen, ink cadridge, scissor, small scale, fixing pin, color paper, chart marker pen, white board marker pen, duster, clips, A4 sheets, etc  | Rs 1304 +607 +400+418=<br><b>Rs 2,729</b>                                      |
| 5            | <b>Kits for practical for participants and training-</b><br>Metallic Measuring tape-28, measuring jars-28, 20ml syringe-28 Cotton-5 pack, breast pump-1, Towel-28, brown socks-14 pairs, serving tray-27, serving plate-27, quarter plate-27, 250ml bowl-27, small cup-27, 2 spoon-27/each( 1 table and one tea spoon) blade-5packs, etc  | Rs6345+1500+7884+700+<br>1200+972+60=<br><b>Rs18,661</b>                       |
| 6            | <b>Travelling expenditure</b><br>Vehicle for transport of Resource persons from 12 <sup>th</sup> to 19 <sup>th</sup> Oct 2015   | <b>Rs 16,100</b>   |
| 7            | <b>Accommodation and food</b> for resource persons (4)from 12 <sup>th</sup> to 19 <sup>th</sup> Oct 2015<br>2 rooms -12 <sup>th</sup> +4rooms 13-19+ food from 12 th-19 <sup>th</sup> .   | Rs 2400+33600+11270=<br><b>Rs 47,270</b>                                       |
| 8            | Snacks, tea, lunch for participants, trainers , helpers etc from 13 <sup>th</sup> to 19 <sup>th</sup> 2015<br>Rs45/each/day(tea & snacks 2 times) for 33 member<br>Rs 120/each/day for 33 member lunch(6days)<br>Rs 120/13member-1day<br>Rs140/20member-1day (Non-veg)<br>Water 20 liter  | Rs10395/<br>Rs23760/<br>Rs 1560<br>Rs 2800<br>Rs 150= <b>Rs 38,665</b>         |
| 9            | Expenditure for complimentary feeding session and preparation of milk<br>Artificial feeds, Amul powder,Juices ,Milk packets,Vegetables and fruits   | Rs271+240+702+342+1158<br>= <b>Rs2,713</b>                                     |
| 10           | <b>Miscellaneous</b><br>Transporting things from Kalki Medical shop to home-11.10.2015<br>Transporting things tray, plate, bowl ,spoon etc from market to home-11.10.15<br>Transporting things to the venue (all kits, training materials , board etc)<br>12.10.2015<br>Phone and communication<br>Photo<br>Shifting things from venue to institution – stands, boards, weighing machines | Rs 200<br>Rs 200<br>Rs 200<br><br>Rs 600<br>Rs 3620<br>Rs 250= <b>Rs 5,070</b> |
| 11           | <b>Helpers (2) 1500x 2</b>  | <b>Rs 3,000</b>  |
| <b>Total</b> | Rs4275+Rs1850+Rs4860+Rs2729+Rs18661+Rs16100+Rs47270+38665+<br>Rs2713+Rs5070+Rs3000=1,45,193   | = <b>Rs1,45,193</b>  |

Total expenditure= **Rs 1, 45,193**

Received advance=**Rs 40,000**

Balance =**Rs 1,05,193**

From  
DR. Manjubala Dash  
Professor in Nursing  
MTPG & RIHS  
Puducherry

To  
Dr J.P Dadhitch  
BPNI  
New Delhi

Respected sir,

Thank you so much sir for permitting us to conduct the IYCF 4 in 1 specialist course here in Puducherry. All the participants were satisfied with the training programme and they are planning to conduct in near future another programme too.

Herewith I m sending the training programme report, some programme activities as PPT, expenditure voucher with original bills, participants attendance sheet, certificate, participants' address and comments about this training. The total expenditure for this 7 days training was Rs1,45,193. I have received Rs 40,000 as advance and further I need to clear the bills of Rs 1,05,193. Kindly do the needful and send this amount to my IOB account as soon as possible.

Now I am sending all the details by mail and sending by post too.

Thanking you

Yours faithfully

Date -01.11.2015

Puducherry

Manjubala Dash