Saveetha Medical College Hospital, Chennai, Tamil Nadu
&
Breastfeeding Promotion Network of India (BPNI), Delhi

BPNI'S CERTIFICATE COURSE FOR

"BREASTFEEDING & INFANT AND YOUNG CHILD FEEDING COUNSELLORS"

The 4 in 1 training course on Breastfeeding & Lactation support skills, Complementary feeding, HIV & infant feeding and Growth Monitoring, especially designed for children under 2 years.



INTRODUCTION

The Breastfeeding Promotion Network of India (BPNI) is a non-profit organisation working for last 34 years on protection, promotion and support of breastfeeding in India. Development of training programmes has been its key area of expertise. This training course is a unique, world-class course for preparing BPNI's "Breastfeeding & Infant and Young Child Feeding Counsellors". It imparts clinical and counselling skills to enable participants to help mothers and babies to succeed in breastfeeding, lactation and infant and young child feeding practices. It includes HIV-Infant feeding and growth monitoring. BPNI has already certified more than 2600 counsellors. The MOHFW Government of India's MAA programme has recognised BPNI to be its technical partner for this purpose and BPNI assisted in developing training modules of the MAA programme.

OBJECTIVE OF THE COURSE

To prepare care providers with knowledge and appropriate counselling skills on breastfeeding, infant and young child feeding, and lactation support skills needed for children under the age 2 years.

On completion of this course participants will be able to:

1. Provide counselling for feeding of babies upto 2 years of age (during antenatal and postnatal period).
2. Help mothers achieve comfortable position for herself and effective suckling position of the baby at the breast.
3. Recognise and monitor growth faltering and help such children in appropriate feeding
4. Provide practical solutions to breastfeeding mothers who have problems like sore nipples, engorgement or "not enough milk"
5. Teach mothers the techniques of expressing breastmilk.
6. Teach family members how to prepare and when to begin complementary feeding from locally available ingredients.
7. Teach family members safe preparation and safe feeding of artificial feed/ formula feed whenever required
8. Assist women working outside home to continue breastfeeding when they join work.
9. Counsel HIV +ve mothers for feeding options
10. Assist maternity hospitals in turning it into 'Breastfeeding Friendly'.

DATE

4th - 10th January 2027

COURSE DURATION

7 Days
(9 am -6 pm everyday)

VENUE

Saveetha Medical College Hospital, Saveetha Nagar, Thandalam, Chennai Tamil Nadu 602105

COURSE FEES

INR 25,000/-
(Fees Rs. 21,187+GST Rs. 3813)
In view of GST charges course fees is enhanced to Rs. 25,000/- from Rs.22,000/-

Includes training fees, training material-English, lunch, tea during training course and GST

- Participants shall make their own arrangements for travel, accommodation, breakfast and dinner

NUMBER OF PARTICIPANTS

Twenty four (24)

BP-33, Pitampura, Delhi-110034 +91-11-42683059 bpni@bpni.org @bpniindia

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WHO CAN BENEFIT FROM THIS COURSE

Graduate in medicine, nursing, nutrition, science, home science, dietetics and related fields.

LANGUAGE

The course is presently conducted in English/Hindi and other local languages where the course is held, as counselling practices with mothers are held in local languages.

CERTIFICATE

Certificates are awarded to those who successfully complete the course.

WHO WILL CONDUCT THE TRAINING

BPNI's National Trainers

TYPE OF TRAINING

The training course is highly participatory. It has classroom sessions, lectures, discussions, demonstrations, exercises, role-plays, group work and hospital practices etc. The clinical practice is hallmark of this course; five times during one-week participants practice their skills with mother and baby pairs in the wards. In different clinical practice sessions, the participants observe and assess breastfeeding using listening and learning skills. Building confidence, giving support to mother where required and checking the understanding of mothers is also practiced. One such session is also devoted on complementary feeding after 6 months where they discuss appropriate complementary feeding with the mothers and makes them able to decide what the best food for the babies is. The clinical sessions help participants to assist mothers to position their baby at the breast and correct it if needed. They are also involved in teaching mothers how to express breastmilk through this approach to enhance milk flow. The participants also practice counselling in different breast conditions and use of dietary recall form for the baby. Finally, they also learn providing different infant feeding options for mothers who may be HIV positive, and to support the decision of mother.

TEAM

Course Director



Dr. J. Kumutha
BPNIs IYCF National Trainer
Dean, Prof & HOD, Neonatology,
Saveetha Medical College

Faculty



Dr. K. Kesavulu
BPNIs IYCF National Trainer
BPNI's Training courses coordinator
Former Medical Superintendent & Civil Surgeon
Pediatrician, District Hospital, Hindupur, Andhra Pradesh
Vice President IAP Central Zone 2027
Mobile: 9849071755



Dr. Harish S
Local Course Coordinator
BPNIs IYCF National Trainer
Prof. Neonatology, Saveetha Medical College, Chennai
Mobile: 97911 00207



Dr. Asha A
BPNIs IYCF National Trainer
Prof.Neonatology, Saveetha Medical College,
Chennai

TRAINING WORKSHOP APPLICATION & REFUND POLICY

Application Process

- Interested participants may apply online at: Those interested may apply online https://training.bpni.org/
- BPNI reserves the right to accept reject applications based on eligibility and conflict of interest considerations

Cancellation and Refund Policy

In case of withdrawal, participants must request cancellation of registration by sending an email to: **bpni@bpni.org**, **bpni.india@gmail.com**.

Refunds will be processed as follows (exclusive of GST):

- Before 30 days of training: 100% refund
- Between 7–29 days of training: 80% refund
- Less than 7 days before training: No refund

Important Note:

- GST charged on the course fee is **non-refundable** under all circumstances.
- The refund amount (excluding GST) will be transferred to the participant's account **after completion of the training.**

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COURSE CURRICULUM

BREASTFEEDING

1. Why breastfeeding is important?
2. Local situation of infant and young child feeding
3. Hormonal Control of Breastmilk Production and Flow
4. Assessing a breastfeed
5. Observing a breastfeed
6. Listening and learning exercises
7. Breastfeeding Friendly Hospital Initiative-WHO's Ten Steps to Successful Breastfeeding in the Maternity Hospitals
8. Positioning baby at the breast
9. Building confidence exercises
10. Breast conditions
11. Breast conditions exercises
12. Refusal to breastfeed and crying
13. Taking a feeding history
14. History practice
15. Expressing breastmilk
16. Not enough milk
17. Refusal to breastfeed, crying and not enough milk exercises
18. Breastfeeding low birth weight babies and sick babies
19. Increasing breastmilk and relactation
20. Breastfeeding by working mothers
21. The Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 as Amended in 2003 (IMS Act)
22. Infant feeding in emergency situation

COMPLEMENTARY FEEDING & GROWTH MONITORING

23. Complementary feeding - foods to fill the nutrient gap
24. Quantity, variety and frequency of complementary feeds
25. Feeding techniques, strategies and Food Hygiene
26. Growth Monitoring and Measuring
27. Growth Monitoring by Growth charts
28. Measuring Growth: Taking Action

HIV

29. Overview of Infant Feeding in Special Situations
30. Breastmilk Feeding Options for HIV Positive Mothers
31. Replacement feeding in the first six months
32. Counselling HIV Positive Mothers for Feeding Options and Teaching Replacement Feeding
33. Practice Counseling Skills in HIV positive mothers

COUNSELING SKILLS

34. Listening & learning
35. Building confidence, giving support and checking understanding
36. Counseling practice (BF & CF)

CLINICAL SESSIONS

37. Clinical Practice 1-Listening and learning, Assessing breastfeed
38. Clinical Practice 2-Building confidence and giving support, Positioning baby at the breast
39. Clinical Practice 3-Taking a breastfeeding history; expression of breast milk; Counseling mothers in different situations
40. Clinical Practice 4-Filling dietary recall form; taking measurements; plotting weight on WHO growth charts; counselling mothers for continued breastfeeding in 2nd year
41. Clinical Practice-5- Assessing nutrition by WHO growth charts; counselling For Complementary feeding

MISCELLANEOUS

42. Feeding during illness and recovery
43. Sustaining optimal infant and young child feeding
44. Nutrition of lactating mothers and their health and fertility

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