



# Report

## Training of National Trainers on Infant and Young Child Feeding Counseling & Lactation Management: The '4 in 1' Training Course



18 Nov – 1 Dec 2019  
Raipur, Chhattisgarh



**Breastfeeding Promotion  
Network of India**

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**Training of National Trainers on Infant and Young Child Feeding Counselling & Lactation  
Management: The '4 in 1' Training Course  
November 18 - December 1, 2019**

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**Organized by:** BPNI, Delhi and NHM Chhattisgarh

**Supported by:** UNICEF India and UNICEF  
Chhattisgarh

**Course Director:** Prof. K. P. Kushwaha

**Co - Course Director:** Dr. K. Kesavulu

### **Background**

Optimal breastfeeding practices contribute significantly to the reduction of infant and young child mortality and malnutrition. These crucial practices include the starting of breastfeeding within one hour of birth, practicing exclusive breastfeeding for the first six months and appropriate and adequate complementary feeding after six months along with continued breastfeeding for two years or beyond.

Even though breastfeeding is a natural act, breastfeeding is also a learned behaviour. Virtually all mothers can breastfeed provided they have accurate information, and **counselling support** within their families and communities and from the health care system. They should also have access to **skilled practical help** from, for example, **trained health workers**, who can help to build mothers' confidence, improve feeding technique, and prevent or resolve breastfeeding problems.

The Ministry of Health and Family Welfare, Government of India launched a national programme for supporting breastfeeding named Mother's Absolute Affection (MAA) in 2016. One of the major components of the programme is capacity building of the health care providers like ANMs, nurses and doctors. Breastfeeding Promotion Network of India (BPNI) and UNICEF, India came together to support governments of four states, Bihar, Chhattisgarh, Jharkhand and Rajasthan for effective implementation of the MAA programme, including training of health care providers in these states.

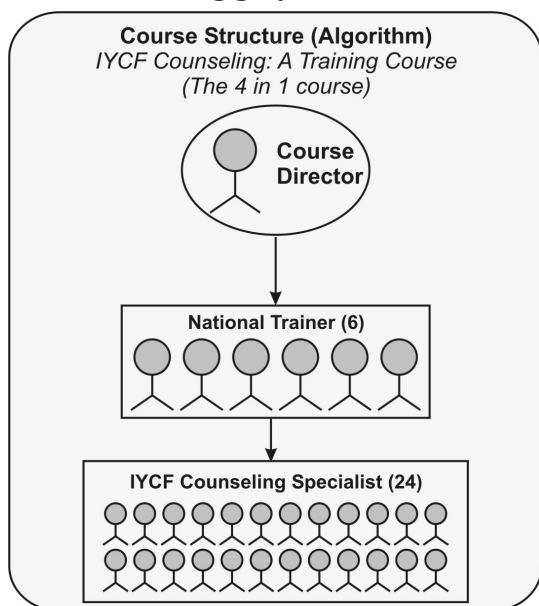
In Chhattisgarh, Breastfeeding Promotion Network of India (BPNI) in collaboration with National Health Mission, Chhattisgarh and UNICEF organized a training of national trainers (Master trainers) along with a training of counselling specialists was organized in the month of November – December 2019 at Hotel Celebration, Raipur. Clinical practice sessions were held at Dr. Bhim Rao Ambedkar Hospital, hospital of the JLN Medical College, Raipur. This is a brief report of the training workshop.

### **BPNI's 4-in-1 training programme**

BPNI's '4 in 1' cascade training programme is an updated and adapted version of WHO/UNICEF trainings on IYCF. It has four components, namely, breastfeeding, complementary feeding, HIV and infant feeding and growth monitoring. Using this training programme, BPNI has trained about 200 national (master) trainers out of which 25 are from other countries. The programme has been introduced in 17 states of India, creating a pool of more than 1300 counselling specialists, more

than 2000 middle level trainers for the training of frontline workers and building capacity of more than 45000 health and nutrition care staff of National Health Mission (NHM) and Integrated Child Development Scheme (ICDS).

### Cascade training graphic



### National Trainers (NT) and Counselling Specialist (CS) guidelines

*Criteria and guidelines for a course for preparation of national trainers*

<b>Title</b>	“National Trainer” Infant and Young Child Feeding Counselling& Lactation Management
<b>Aim</b>	To prepare National Trainer who can transfer knowledge and training skills on IYCF to all health professionals and child care workers.
<b>Interest and commitment</b>	Protecting, promoting and supporting breastfeeding. Interested to provide time to conduct future training
<b>Who can do it</b>	<ul style="list-style-type: none"> <li>• Preferably senior members in medical colleges (Pediatrics/Oby/Gynae and Preventive &amp; Social medicine), nursing colleges, nutrition colleges etc.</li> </ul>
<b>Duration of training (13 days)</b>	<ul style="list-style-type: none"> <li>• Participate in the 6 days course <b>“Preparation of Trainers”</b>,</li> <li>• Conduct a 7 –day (51 hrs) training course <b>“Infant and Young Child Feeding Counselling: the 4 in 1 course”</b>including 5 x 2 hr clinical training in hospitals for IYCF Counselling Specialist under supervision of BPNI’s Course Director for Infant and Young Child Feeding Counselling Specialist</li> </ul>
<b>Competence after receiving training</b>	<p><b>Able to Conduct:</b></p> <ul style="list-style-type: none"> <li>• The 7- day IYCF Counselling – A Training Course: The 4 in 1 to develop Infant and Young Child Feeding Counselling Specialist,</li> <li>• A 7 day course on IYCF for developing Middle Level Trainers for frontline workers</li> <li>• 4- days IYCF training course for Frontline workers/family counsellors</li> <li>• The 5 day training course Infant feeding and HIV Counselling for PPTCT counselors/doctors &amp; nurses</li> <li>• Able to set up a IYCF Counselling Support Centre</li> </ul>
<b>TOT</b>	4-6 National Trainers can be trained by one Course Director
<b>Place of Training</b>	It should be held in a Medical College/hospital setting where 40-50 mothers-baby pairs are available for counselling sessions.

*Criteria and guidelines for a course for preparation of IYCF Counselling & Lactation Management Specialist*

<b>Title</b>	“Infant and Young Child Feeding Counselling & Lactation Management Specialist”
<b>Aim</b>	To prepare health care providers with knowledge and appropriate counselling skills on infant and young child feeding to manage IYCF counselling centre.
<b>Interest and commitment</b>	Protecting, promoting and supporting breastfeeding and complementary feeding. Help for solving mother’s problems
<b>Who can do it</b>	Doctors, staff nurses, graduates in nutrition, science, dietetics, home science, social work etc.
<b>Duration of training (7days)</b>	7 days (51 Hours) including 5 X 2 hours clinical practice in hospital.
<b>Competence after receiving training</b>	Able to: <ul style="list-style-type: none"> <li>• Provide individual counselling on breastfeeding, complementary feeding HIV and Infant Feeding</li> <li>• Initiate setting up a infant and young child feeding counselling center</li> <li>• Provide referral level support</li> <li>• Advocacy on IYCF</li> <li>• Monitor IYCF programme and IMS Act.</li> </ul>
<b>Future potential</b>	Can become National Trainer after undergoing 13 days training in IYCF.
<b>Training</b>	4 National Trainers will train 24 infant and young child feeding counselling specialists in one training session
<b>Training Material</b>	1. Participants Manual 2. Counselling guide for mothers on IYCF  <i>*To be obtained from BPNI head quarter, Delhi on payment</i>
<b>Place of Training</b>	It should be held in medical college/hospital setting where 40-50 mothers-baby pairs are available for counselling sessions.

**Objectives of the Training Workshop in Raipur, Chhattisgarh**

Objectives of the training workshop were as follows:

1. To develop six master trainers of IYCF counselling course- an integrated 4-in-1 course for the state of Chhattisgarh
2. To train 26 IYCF counselling specialists from the hospitals in the districts of Chhattisgarh

**Training Methodology**

The T-O-T with 4-in-1 integrated course on breastfeeding, complementary feeding and HIV & infant feeding and lactation was completed in 13 working days in two phases. It was organized at Hotel Celebration, Raipur and clinical practice session were held at maternity and pediatric services of Dr. Bhim Rao Ambedkar Memorial Hospital, JLNM medical college, Raipur.

**Phase-I**, referred to as Preparatory Phase, lasted for 6 days. Prof. KP Kushwaha, the course director, explained the objectives of the course, training methodology and training tools to the participants (master trainees) in this phase. The course director also explained to them differences about teaching and training, principles of adult learning and attributes of organizing such training. He then prepared them to take different interactive sessions like power point

presentations, demonstrations, role plays, written exercises, practice classes, clinical bedside working with the mothers in the wards and OPD, preparation of replacement feed and semi solid food meal in order to achieve the above objectives. Use of training tools and mother counselling flip chart were explained. The course director asked master trainees to present some of the sessions before other participants. The master trainees themselves posing as 'health worker and mother' did the role-plays. The course director observed and facilitated their learning by giving them feedback and correcting mistakes. The course director also led them to the hospital facilities and taught them methodology of organizing clinical practice sessions. On the last day of phase-I, administrative and managerial responsibilities were given to each master trainee for smooth conduct of the T-O-T phase-II. This helped them in understanding real issues of logistics in organizing such trainings in future.

**Phase-II**, called Consolidation Phase, in which master trainees got an opportunity to train IYCF counselling specialists for 7 days and sharpen their training and counselling skills under the supervision of the course director. In the inaugural session, Dr. Amar Singh Thakur, deputy director, child health, directorate of health services, Government of Chhattisgarh and Ms. Farhat Saiyed, nutrition specialist, UNICEF Chhattisgarh addressed the trainees. During this phase, master trainees presented sessions allotted to them. Each of them led a group of 4-5 IYCF counselling specialists for group work, demonstration, practice sessions and bedside training. In the trainers' meeting held at the end of the day, course director discussed the proceedings of the day, gave feedback and gave inputs for improving the session in future. This provided master trainee a firsthand opportunity to train participants and to build confidence for future endeavors.

Timetable used for the training is available at **Annexure 1 & 2**.

The training was conducted with the help of the following tools and materials.

- **Training modules:**
  - Trainer's Guide
  - Participant's Manual
  - Counselling Flip Charts
- **Training tools:**
  - Doll and breast model
  - Cup, spoon, bowl, feeding bottle, pacifier
  - Breast pump, syringe pump
  - Weighing scale, infantometer, measuring tape
  - Infant formula, Infant foods
- **Training aids:**
  - PowerPoint for didactic lectures
  - Videos
- **Printed forms**
  - Pre/ Post Test
  - Breastfeeding Observation Form

- Skills Checklist
- Breastfeeding History Form
- Dietary Recall Form
- Spoon Consistency Photograph
- HIV Feeding Option Cards
- Growth Charts
  - Weight for Age (Boys) 0-2 years WHO Growth Chart
  - Weight for Age (Girls) 0-2 years WHO Growth Chart
  - Length/ Height for Age (Boys) 0-2 years WHO Growth Chart
  - Length/ Height for Age (Girls) 0-2 years WHO Growth Chart
  - Weight for Length (Boys) 0-2 years WHO Growth Chart
  - Weight for Length (Girls) 0-2 years WHO Growth Chart
- Clinical Practice discussion checklist
- Clinical Practice Progress Form
- History Practice Stories (Session 18)
- Counselling Skills in HIV Positive Mothers (Session 24)
- Counselling Practice BF and CF (Session 32)
- Answer Sheets (Session 5, 7, 12, 15, 27, 28, 29, 37)
- Clinical Competency forms
- Training Evaluation Forms
- **Audio Visuals and others:**
  - Projector
  - Projection Screen
  - Laptop
  - Mike/Sound System
  - White writing boards with Stands
- **Training Kit:**
  - Bag
  - Name Tag
  - Writing Pad
  - Pen
  - Pencil
  - Eraser
  - Sharpener



### **Participants in the National trainers training**

Following trainees were trained as the national trainers:

1. Ms. Jayanthi J.: She is a nursing college faculty who is already involved in other trainings. She has acquired good skills of training and counselling. She can be utilized in IYCF trainings in Chhattisgarh and neighboring states.
2. Dr. Omesh Khurana: He is a senior medical faculty and has acquired good knowledge and training skills. He can be utilized to train medical college faculties and Middle level trainers in Chhattisgarh and as a National trainer in other States.
3. Ms. Sapana Thakur: She is also a faculty in Nursing college associated with Raipur medical college and has become a resource for the state and country for training in IYCF.
4. Ms. Shylu Saji: She is an experienced nursing faculty and has become a confident trainer and is good resource for the state. She may take lead in trainings under MAA programme in the state.
5. Ms. Amandeep Kaur: she is yet another young nursing faculty and is good in understanding. She has learned good counselling skills and training methodology.
6. Dr Uma Shendey: She is also a nursing faculty and can carry out all state level trainings in MAA programme in the states. She may be utilized to plan, conduct, supervise and monitor IYCF trainings for Middle level training and training of front line workers.

### **Training of counselling specialists and middle level trainers**

Training during phase II included 26 participants (See the list in Annexure 3). All the sessions during this phase were taken by the trainees of national trainer's training, which included didactic lectures, visit to postnatal wards, neonatal unit, pediatric OPD & ward, labour room, antenatal Clinic and PPTCT center for the clinical practice sessions.

English as a language of instructions posed a barrier. Trainers tried to teach them in Hindi and provided them some materials in Hindi. Most of the participants are already involved in counselling women for family planning and could be a good human resource for IYCF counselling.

### **Clinical skill competency and future commitments of the participants**

Most of participants and trainers scored high in assessment of clinical skill competency. They were able to counsel mothers in different situations. They committed to counsel mothers at their work place, train frontline workers and middle level trainers and faculty. However, they need logistic support to open IYCF counselling centers for effective counselling services.

State should initiate a plan to train all hospital workers to make hospitals baby friendly and to monitor IMS act. Trainers were ready to train frontline workers. State should roll out training of all front line workers for 4 days throughout state under the MAA programme.

## Pre and Post Test

Before starting the training of the counseling specialists, a pre-test was taken. Same questionnaire was used to do a post-test. The questionnaire contained questions about the knowledge, attitude and practices of the trainees about the infant and young child feeding. (See annexure-4) Scores of each participant were compared and percent change in their scores was calculated. All of them showed a substantial increase in their understanding of the subject.

S.No.	Name	Pre-test (%)	Post-test (%)	% increase in the score
1	Ms. Dimple Gajbiye	38.46	62.50	62.5
2	Ms. Shweta Shukla	65.38	67.31	2.94
3	Mr. Nirendra Kumar Patel		76.92	
4	Ms. Pramila Khute	41.35	67.31	62.79
5	Ms. Kalayani Bhardwaj	39.42	50.96	29.27
6	Ms. Karuna Mishra	52.88	70.19	32.73
7	Ms. Jyoti Sahu	55.77	82.69	48.28
8	Ms Manjula Sonkar	34.62	73.08	111.11
9	Ms. Asha Soni	34.62	53.85	55.56
10	Ms. Roshan Jahan	51.92	94.23	81.48
11	Ms. Priyanka	61.54	70.19	14.06
12	Ms. Diksha Yadav	37.50	68.27	82.05
13	Ms. Priyanka Sahu	58.46	90.38	54.61
14	Ms. Hemlata Dewangan	63.46	76.92	21.21
15	Ms. Sugari Neetam	76.92	85.58	11.25
16	Ms. Nirmala Sahu	67.31	70.19	4.29
17	Ms. Laxmi Chauhan	47.12	57.69	22.45
18	Mr. Hitendra Kosre	29.81	45.19	51.61
19	Ms. Monika Nag		53.85	
20	Ms. Anjira Tigga	55.77	90.38	62.07
21	Ms. Vijaylaxmi Tandon	37.50	71.15	89.74
22	Ms. Aradhana Tirkey	21.15	65.38	209.09
23	Mr. Gangdev Singh Thakur	22.12	36.54	65.22
24	Ms. Padma Thakur	37.50	70.19	87.18
25	Ms. Kavita Chandrakar	40.38	77.88	92.86
26	Ms. Rekha Shukla	54.81	66.35	21.05



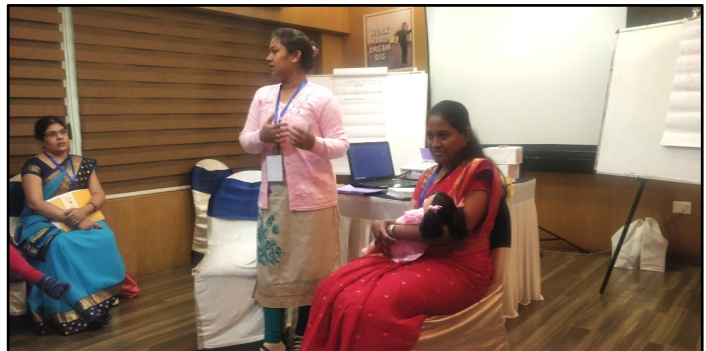
## GLIMPSES OF THE TRAINING



Trainees with Dr. Amar Singh Thakur, Deputy Director Child Health, Directorate of Health Services, Government of Chhattisgarh



Demonstration of Lactation supplementer



Teaching through role play



Demonstration of breastfeeding technique after caesarian birth



In the hospital for clinical practice





**Dr. Amar Singh Thakur, Dy Dir CH, Directorate of Health Services, Govt of Chhattisgarh addressing the participants**



**Ms. Farhat Saiyed, nutrition specialist, UNICEF Chhattisgarh, guest of honor, distributed certificates in the valedictory function**



**Training of counselling specialist**



**Written exercises help in learning**

**TIMETABLE FOR A COURSE FOR PREPARATION OF NATIONAL TRAINERS**

**Infant and Young Child Feeding Counselling and Lactation Management: A training course (The 4 in 1 Course)**  
(an Integrated Course on Breastfeeding, Complementary feeding, Infant Feeding & HIV and Growth Monitoring-  
Counselling )

**Duration: 13 Days (Part I – 6 days)**

Time	Day 1 (18 Nov)	Day 2 (19 Nov)	Day 3 (20 Nov)	Day 4 (21 Nov)	Day 5 (22 Nov)	Day 6 (23 Nov)
0900-0930	Introduction of trainees and Introduction to the course material and training skills	Listening and learning (6) <b>KP</b>	Positioning baby at the breast (10) <b>KP</b>	Expression breastmilk (21) <b>KP</b>	Hospital practices and BFHI (8) <b>KP</b>	Sustaining optimal infant & young child feeding (33) <b>Uma</b>
0930-1000						
1000-1030	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
1030-1100	Visit to hospital– place of clinical practice Introduction of the training skills	Preparation for clinical practice <b>Amandeep</b>  Clinical practice I (OBG ward)	Preparation of clinical practice II <b>Jayanti, Omesh</b>  Clinical practice II (OBG ward)	Preparation of clinical Practice III <b>Shylu</b>  Clinical practice III (OBG ward+NICU)	Preparation of clinical Practice IV <b>Sapna</b>  Clinical practice IV (OBG ward, NICU &Ped ward)	Preparation of clinical practice V <b>Uma</b>  Clinical practice V (Ped OPD)
1100-1130						
1130-1200						
1200-1230	Why optimal infant and young child feeding (1)	Listening and learning exercises (7) <b>Shylu</b>	Building confidence exercises (12)	Breastfeeding During Emergencies <b>Kesu</b>  <b>Lunch</b>	Overview of infant feeding and HIV (19) <b>Kesu</b>	Growth Monitoring and Measuring (40) <b>Sapna</b>
1230-1300						
1300-1330	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	Complementary feeding – foods to fill the nutrient gap (26) <b>KP</b>  Quantity variety and frequency of complementary feeds and demonstration (27) <b>Sapna</b>  <b>Tea</b>	History Practice (18) <b>KP/ Kesu</b>	Growth Monitoring by Growth charts (41) Measuring Growth: Taking Action (42) <b>Jayanti</b>
1330-1400						
1400-1430	Production and intake of breastmilk (3)	Building confidence, giving support and checking understanding (11) <b>KP</b>	Taking a breastfeeding history (17) <b>Omesh</b>	Replacement feeding in the first six months (20) <b>Amandeep</b>	Preparation of milk feeds <b>Sapna</b>  <b>Tea</b>	Nutrition of Lactating Mothers & their Fertility (35) <b>Shylu</b>
1430-1500						
1500-1530	Assessing a breastfeed (4) <b>KP</b>	Breast conditions (14) <b>Kesu/Uma</b>	Refusal to breastfeed and crying (16) <b>Shylu</b>	Feeding techniques, Strategies and Food Hygiene (30) <b>Uma</b>	Counselling Practice (BF & CF) using counselling stories <b>KP/Kesu</b>	Refusal to breastfeed, Crying and not enough milk exercises (23) <b>Amandeep</b>  <b>Tea</b>
1530-1600						
1600-1630	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	Feeding During illness & recovery (32) <b>Shylu</b>	Preparation of milk feeds <b>Sapna</b>  <b>Tea</b>	Increase Breastmilk&Relactation (25) <b>Omesh</b>
1630-1700	Observing breastfeeding (5) <b>Sapna</b>	Breast conditions exercise (15) <b>Uma</b>	Not enough milk (22) <b>Amandeep</b>			
1700-1730	Local Situation (2) <b>Omesh</b>	Breastfeeding by Working Mothers (36) <b>Jayanti</b>	Breastfeeding low birth weight babies & sick babies (24) <b>KP</b>	Feeding During illness & recovery (32) <b>Shylu</b>	IMS Act (37) <b>Omesh</b>	
1730-1800						
1800-1830						

## Annexure-2

### TIMETABLE FOR TRAINING OF INFANT AND YOUNG CHILD FEEDING COUNSELLING& LACTATION MANAGEMENT SPECIALIST

**Infant and Young Child Feeding Counselling: A training course (The 4 in 1 Course) (an Integrated Course on Breastfeeding, Complementary feeding, Infant Feeding & HIV and Growth Monitoring- Counselling)**

**Duration: 13 Days (Part II – 7 days)**

Time	Day 1 (25 Nov)	Day 2 (26 Nov)	Day 3 (27 Nov)	Day 4 (28 Nov)	Day 5 (29 Nov)	Day 6 (30 Nov)	Day 7 (1 Dec)
0900-0930	Registration and Pre- test	Listening and learning exercises (7) <b>R 1: Shylu</b> <b>R 2: Uma</b>	Positioning baby at the breast (10) <b>R 1: Sapna</b> <b>R 2: Jayanthi</b>	Expression of breastmilk (21) <b>R 1: Amandeep</b> <b>R 2: Jayanthi</b>	Hospital practices and BFHI (8) <b>Shylu</b>	Growth Monitoring and Measuring (40) <b>Shylu, Uma</b>	Sustaining optimal infant and young child feeding (33) <b>Uma</b>
0930-1000	Introduction of participants and introduction to course material <b>KP</b>					Growth Monitoring by Growth charts (41) Measuring Growth: Taking Action (42) <b>Sapna, Amandeep</b>	
1000-1030	IYCF Counselling & Support Centre <b>KP</b>	Breast conditions (14) <b>Omesh</b>	Breast condition exercise (15) <b>R 1: Sapna</b> <b>R 2: Amandeep</b>	History Practice (18) <b>All trainers</b>	Feeding during Emergencies <b>Uma</b>	Counselling practice <b>All trainers</b>	Breastfeeding low birth weight babies and sick babies (24) <b>Omesh</b>
1030-1100							
1100-1130	<b>Tea</b>	Preparation for Clinical practice I <b>Sapna/Amandeep</b> <b>Tea</b>	Preparation for Clinical practice II <b>Omesh</b> <b>Tea</b>	Preparation for Clinical practice III <b>Jayanthi</b> <b>Tea</b>	Preparation for Clinical practice IV <b>Amandeep</b> <b>Tea</b>	Preparation for Clinical practice V <b>Shylu</b> <b>Tea</b>	<b>Tea</b>
1130-1230	Why optimal infant and young child feeding (1) <b>Jayanthi</b>	<i>Clinical Practice I</i> Listening and learning & Assessing breastfeed	<i>Clinical Practice II</i> Building confidence, giving support and checking understanding Positioning baby at the breast	<i>Clinical Practice III</i> Taking feeding history	<i>Clinical Practice IV</i> Counselling mothers in different situations and filling dietary recall form	<i>Clinical Practice V</i> Complementary feeding	Increasing breast milk and relactation (25) <b>Sapna</b>
1230-1330	Production and intake of breastmilk (3) <b>Sapna</b>						Nutrition of lactating mothers and their health and Fertility (35) <b>Jayanthi</b>
1330-1400	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1400-1500	Assessing a breastfeed (4) <b>R 1: Omesh</b> <b>R 2: Amandeep</b>	Building confidence, giving support and checking understanding (11) <b>R 1: Jayanthi</b> <b>R 2: Amandeep</b>	Refusal to breastfeed and crying (16) <b>R 1: Shylu</b> <b>R 2: Uma</b>	Complementary feeding-foods to fill the Nutrient gap (26) <b>Amandeep</b>	Overview of HIV and infant feeding (19) <b>Sapna</b>	Feeding during Illness and Recovery (32) <b>Omesh</b>	Post test, Assessing and changing practices, individual future plan - presentation from participants <b>All</b>
1500-1600	Observing breastfeeding (5) <b>R 1: Shylu</b> <b>R 2: Uma</b>	Building confidence and giving support exercise (12) <b>R 1: Omesh</b> <b>R 2: Jayanthi</b>	Not enough milk refusal to breastfeed and crying exercises (23) <b>R 1: Omesh</b> <b>R 2: Jayanthi</b>	Quantity variety and frequency of complementary feeding & preparation of complementary feeds (27) <b>R 1: Jayanthi</b> <b>R 2: Omesh</b>	Breastfeeding option for HIV +ve mothers <b>Omesh</b>	IMS Act (37) <b>Jayanthi</b>	Valedictory
1600-1630	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>	<b>Tea</b> Replacement feeding in the first 6 months (20) Preparation of Milk Feeds <b>Jayanthi</b>	<b>Tea</b>	
1630-1700	Listening and Learning (6) <b>R 1: Omesh</b> <b>R 2: Amandeep</b>	Not enough milk (22) <b>R 1: Sapna</b> <b>R 2: Amandeep</b>	Taking a feeding history (17) <b>Uma</b>	Feeding techniques and strategies (30) <b>R 1: Shylu</b> <b>R 2: Uma</b>		Breastfeeding by Working Mothers (36) <b>Shylu</b>	
1700-1730							
1730-1800	Trainers meeting	Trainers meeting	Local IYCF situations <b>Shylu</b>	Trainers meeting		Trainers meeting	

**Trainer Group 1: Shylu, Omesh, Sapna**

**Trainer Group 2: Uma, Jayanthi, Amandeep**

## List of participants

S.No.	Name	Designation/Organisation	Address
<b>COURSE DIRECTOR</b>			
1.	Dr. K.P. Kushwaha	Retired, Principal & Dean Professor and Head, Department of Pediatric, BRD Medical College, Gorakhpur, Uttar Pradesh	A/9 Rapti Nagar Gorakhpur, Uttar Pradesh Tel: 9415210282 komal.kushwaha@gmail.com
<b>CO-COURSE DIRECTOR</b>			
2.	Dr. K. Kesavulu	Medical Superintendent Government District Hospital Hindupur, Andhra Pradesh	Government District Hospital Hindupur, Andhra Pradesh Tel: 9849071755 doctorkesavulu@gmail.com
<b>NATIONAL TRAINER</b>			
1.	Ms. Sapna Thakur	Assistant Professor Government College of Nursing, Raipur	Government College of Nursing Campus, Jail Road, Raipur-492001, Chhattisgarh Tel: 8085760602 svthakur2605@gmail.com
2.	Ms. AmandeepKaur	Associate Professor Government College of Nursing, Kabirdham	PWD 16-A, Near Sector-6 Kotwali Sector-6 Bhilai, District Durg Chhattisgarh-490006 Tel: 9229426191, 7000128184 jasdeep131106@gmail.com
3.	Ms. Jayanthi. J	Associate Professor Government College of Nursing, Raipur	Government College of Nursing, Jail Road, JNMC Campus Near Red Cross Blood Bank Raipur-462001, Chhattisgarh Tel: 9522515841, 7999083599 jenio1983@gmail.com
4.	Ms. Shylusaji	Assistant Professor Government College of Nursing, Raipur	Government College of Nursing, Raipur-462001, Chhattisgarh Tel: 9826515870 shylusaji106@gmai.com
5.	DR. (Mrs.) Uma Shendey	Professor Government College of Nursing, Rajnandgaon	Q No. 1/A, Street-34, Sector-6 Bhilai-490006, Chhattisgarh Tel: 9179454341 (O), 7770939678, 7999706152 mayabagde82@gmail.com
6.	Dr. OmeshKhurana	Associate Professor CCM Medical College, Durg	2B-South Park Avenue Sector-9, Bhilai-49009, Chhattisgarh Tel: 8878507875 ok_2001@rediffmail.com
<b>PARTICIPANTS</b>			
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25.	Ms. KavitaChandrakar	Counsellor DH Mahasamund	DH Mahasamund, Chhattisgarh Tel: 7049282484
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## Pre and Post Test Form

प्री/ पोस्ट टेस्ट : आई वाई सी एफ काउंसिलिंग स्पेशलिस्ट ट्रेनिंग

नाम :

अंक :

- 1) शिशु एवं बाल पोषण के सर्वोत्तम आहार में एक के अतिरिक्त सभी सम्मिलित हैं, उस अतिरिक्त एक पर निशान लगाये :

- (क) जन्म के एक घंटे के अंदर स्तनपान आरंभ करना  
 (ख) छः माह तक केवल स्तनपान कराना  
 (ग) छः माह पूर्ण होने पर उपयुक्त ऊपरी आहार देना  
 (घ) दो वर्ष या इसके बाद भी स्तनपान जारी रखना  
 (ङ) उम्र के चार माह से पानी देना शुरू करना

- 2) (i) पाँच वर्ष से कम उम्र के बच्चों के मृत्यु दर में से 60 प्रतिशत मृत्यु का कारण कुपोषण है। उपयुक्त खान - पान की प्रथाओं से इनमें से कितनों पर काबू पाया जा सकता है?

- (क) 1/3      (ख) 2/3      (ग) 50%      (घ) 100%

- (ii) पहले 6 (छह) महीने सिर्फ और सिर्फ माँ का दूध पिलाने से कितने प्रतिशत बच्चों (पाँच वर्ष से कम) के मृत्यु दर को रोका / बचाया जा सकता है? \_\_\_\_\_%

- 3) स्तनपान कराने से माँ को होने वाले कोई चार लाभ?

- (क)  
 (ख)  
 (ग)  
 (घ)

- 4) जन्म के बाद स्तनपान से पूर्व दिये जाने वाले आहार से क्या खतरा हो सकता है :

- (क) संक्रमण  
 (ख) एलर्जी का विकास  
 (ग) शिशु की चूसने की क्षमता में कमी  
 (घ) उपरोक्त सभी  
 (ङ) उपरोक्त में से कोई नहीं

- 5) स्तनपान कराने की अवधि कितनी होनी चाहिए :
- (क) पाँच मिनट  
 (ख) दस मिनट  
 (ग) बीस मिनट  
 (घ) जब तक शिशु चाहे तब तक
- 6) (i) आक्सिटोसीन रिफ्लेक्स (oxytocin reflex) निम्नलिखित में से किस कारक के लिये उत्तरदायी है?
- (क) स्तनों में दूध बनाने के लिये  
 (ख) स्तनों से दूध के बहाव के लिये  
 (ग) निप्पल में दूध को पतला करने के लिये  
 (घ) माँ के दूध के मिश्रण को निर्धारित करने के लिये
- (ii) स्तनों में दूध बढ़ाने की कुजी है .....
- 7) स्तनों से शिशु के सही लगाव (attachment) के चार लक्षण -
- (क)  
 (ख)  
 (ग)  
 (घ)
- 8) निप्पल में जखम होने का निम्नलिखित में से कौन-सा सबसे सामान्य कारण है?
- (क) स्तन में संक्रमण  
 (ख) अस्वच्छ स्तन या स्तन को अनुचित साबुन से धो लेना  
 (ग) शिशु का गलत स्थिति में दूध चूसना  
 (घ) बहुत देर तक स्तनपान करना
- 9) अतिपूरित स्तनों (engorgement of breast) का इलाज़ किस प्रकार किया जा सकता है?
- (क) दूध को स्तनों से बाहर निकाल कर  
 (ख) ठंडी सिकाई करके  
 (ग) गर्म सिकाई करके  
 (घ) बच्चे को बार बार स्तनपान करा के  
 (ङ) इन सभी से

10) शिशु को पर्याप्त मात्रा में माँ का दूध मिल रहा है, इसके दो विश्वसनीय लक्षण क्या हैं?

(क)

(ख)

11) माँ जब बीमार हो तो :

(क) माँ को स्तनपान कराते रहना चाहिए

(ख) स्तनों से दूध को बाहर निकाल कर फेक देना चाहिए

(ग) बीमारी के दौरान ऊपर का दूध देना चाहिए

(घ) उपरोक्त सभी सही हैं।

12) स्तनपान कराने वाली माँ को कितना और खाना खाने की आवश्यकता होती है? \_\_\_\_\_

12 (i) क्या माँ के कुपोषित होने से, स्तनों में बनने वाले दूध पर या दूध की मात्रा पर कोई प्रभाव पड़ता है ?

(क) हाँ

(ख) नहीं

12 (ii) स्तनों के आकार का दूध बनने की मात्रा पर प्रभाव पड़ता है?

(क) सही

(ख) गलत

12 (iii) दूध को स्तनों से निकाल कर सामान्य तापमान पर कितने घंटों के लिए रख सकते हैं? \_\_\_\_

13 (i) आई. एम. एस. कानून शिशु आहार एवं दूध की बोटलों के उपयोग पर रोक लगाता है।

(क) सत्य

(ख) असत्य

13 (ii) इस कानून के अंतर्गत रेडीमेड शिशु आहारों का विज्ञापन नहीं किया जा सकता।

(क) सत्य

(ख) असत्य

13 (iii) कानून के अंतर्गत कम्पनी प्रतिनिधी द्वारा किसी भी माँ को निः शुल्क शिशु आहार के सेम्पल नहीं दिये जा सकते।

(क) सत्य

(ख) असत्य

14) किस उम्र से बच्चों को ऊपरी आहार देना शुरू कर देना चाहिए? \_\_\_\_\_

15) एक साल की उम्र के बच्चे को दिन में कितनी बार खिलाना - पिलाना चाहिए?

\_\_\_\_\_

16) विटामिन "ए" किन-किन खाद्य पदार्थों में अधिक मात्रा में पाया जाता है?

\_\_\_\_\_

17) क्या बीमारी के दौरान बच्चे को घर का बना सामान्य भोजन दिया जाना चाहिए?

(क) हाँ

(ख) नहीं

18) जन्म से कम वज़न के शिशुओं को किस प्रकार खिलाया - पिलाया जा सकता है?

(क)

(ख)

19) माँ से बच्चे में HIV के संक्रमण को फैलने की कितने प्रतिशत संभावना होती है?

(क) गर्भ के दौरान \_\_\_\_\_

(ख) प्रसव के दौरान \_\_\_\_\_

(ग) स्तनपान के दौरान \_\_\_\_\_

20) HIV के संक्रमण को बच्चे तक पहुंचाने से कैसे कम किया जा सकता है? \_\_\_\_\_

21) माँ के दूध के बारे में इन में से कौन सा कथन सही नहीं है?

(क) यह आसानी से पच जाता है

(ख) इसमें टॉरीन (taurine) की मात्रा कम होती है

(ग) इसमें अधिक मात्रा में लोह/ आयरन (iron) होता है, जो की आसानी से अवशोषित हो जाता है

(घ) इसमें सही मात्रा में नमक होता है

22) माँ के दूध के बारे में इनमें से क्या सही नहीं है?

- (क) इसमें काफी मात्रा में रोग प्रतिरोधक क्षमता होती है
- (ख) इसमें लैक्टोस (शुगर) अधिक मात्रा में होता है
- (ग) प्रोटीन का ज्यादा भाग व्हे प्रोटीन (whey protein) होता है
- (घ) फोर मिल्क (foremilk) में काफी मात्रा में वसा होता है

23) गाय के दूध के बारे में इन में से कौन सा कथन सही नहीं है?

- (क) इस में सिस्टीन (cystein) की मात्रा कम होती है
- (ख) इस में काफी ज्यादा मात्रा में प्रोटीन होता है
- (ग) इस में लाइपेस (lipase) काफी मात्रा में होता है
- (घ) इस में कल्शियम (calcium) एवं फॉस्फोरस (phosphorus) का अनुपात सही मात्रा में नहीं होता।

24) स्तनपान कराने से माँ को कौनसा एक फायदा होता है?

- (क) माँ का बहुत समय बच्चे के साथ व्यतीत हो जाता है
- (ख) गर्भाशय को सिकुड़ने में काफी समय लगता है
- (ग) स्तन एवं अंडाशय (ovary) में कैंसर होने का खतरा कम हो जाता है
- (घ) माँ को संतुष्टि नहीं होती

25) प्रोलेक्टिन रिफ्लेक्स (prolactin reflex) बढ़ाने में निम्नलिखित में से कौन-सा कारक सहायक नहीं है?

- (क) शिशु के चूसने की क्रिया
- (ख) बोतल से दूध पिलाना
- (ग) रात में स्तनपान कराना
- (घ) हाथ से स्तन का दूध निकालना (expression of breastmilk)

26) निम्नलिखित में से कौन-सा आक्सिटोसीन रिफ्लेक्स (oxytocin reflex) में बाधक नहीं है?

- (क) चिंता
- (ख) तनाव
- (ग) दर्द
- (घ) माँ का आत्मविश्वास
- (ङ) उपरोक्त सभी