

Report of the IYCF Counselling Specialist Course

Infant and Young Child Feeding and Lactation Management Course is a 4 in 1 course includes breastfeeding counseling, complementary feeding counseling, HIV infant feeding counseling and growth monitoring counseling course. It was started from 20th September and completed by 26th September 2021. The course was organized by BPNI New Delhi in collaboration with MTPG & RIHS & RGGWCH, Puducherry.

The first day programme started at 9am with Registration. Formal Inauguration was held at 10am. Welcome address given by DR. Manjubala Dash, Local Coordinator, Special Address By Dr. T. Ravichandran , Dean of MTPG & RIHS and Inaugural Address given by Dr. V. Anandhalakshmi, Deputy Director of Family Welfare, Govt of Puducherry. Dr. K. Kesavulu, C.C Member of BPNI Delivered Vote of Thanks.

After the formal Inauguration, the first day programme was started with pre-test, then with the self introduction of the participants. Followed by 1st session by Dr. K.Kesavulu on setting up IYCF Counselling and support Center. 2nd session why optimal infant and young child feeding by Dr.S.Srinivasan, 3rd session on production and intake of breast milk by Dr.K.Kesavulu, 4th session on assessing a breastfeed by Ms. Nirmala Selvam, Observing breast feeding by DR. Manjubala Dash and the last session was by Ms. Nirmala Selvam on learning and listening skills with role play.

The second day 21.9.2021 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 six groups for group discussion on exercise learning and listening skills. After group discussion the session on breast conditions was held by Dr.K.Kesavulu. Preparation for clinical practice done by DR.Kayalvizhi Balamurugan and Nirmala Selvam, 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. Manjubala Dash followed by a group discussion on the same with 4 groups. The last session of the day was held on not enough milk by Dr.K.V.Raghunath.Video show was there onhelping the mother to breastfeed and breast crawl.

3rd day 22.09.2021 session was started with prayer, reporter of 2nd day. The session on breast feeding positioning was taken by Dr.Raghunath followed by there was an exercise on breast conditions in 6 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.S. Srinivasan followed by exercise on the same in Sixgroups. The last session was on taking a feeding history by DR.Kayalvizhi Balamurugan.

Fourth day session was started with prayer and reporter of 3rd day. First session was started by Dr. Kesavulu on expression of breast milk. Then history practice session was held in six 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.Raghunath, and quantity, variety and frequency of complimentary feeding by Dr.Kayalvizhi Balamurugan, feeding techniques and strategy by 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 feeding strategies to the child.

The day 5th was started with prayer, reporter of 4th day. The first session begin with Dr.K.V.Raghunath 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. K.Kesavulu, then there was 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 Dr. Kesavulu on Overview of HIV and infant feeding, and replacement feeding during the first six months held by DR. Manjubala Dash followed by preparation of milk feeds.

On the 6th day, the programme was started with as usual prayer and reporter of 5th day. The first session begin with BFHI handled by Dr.Srinivasan. S, followed by session on Increasing breast milk and relactation was dealt by DR. Manjubala Dash. 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 and Feeding LBW & sick babies taken Dr.S. Srinivasan followed by group exercise on counselling story practices. The last session on Nutrition Health and Fertility&BF by working women taken by Ms.Nirmala Selvam

Day 7 was beginning with prayer and reporter of the 6th day. First session started with Dr.Kesavulu on IMS Act, followed by sustaining optimal IYCF dealt by Dr.Raghunath, session on feeding in Emergency was conducted by Dr. S.Srinivasan . There after evaluation check-list and clinical competency form 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.

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 10th time in Pondicherry.

(Prof.DR.Manjubala Dash)
National Trainer
Local Co-coordinator

Vouchers for IYCF Training Programme –20th to 26thSeptember 2021

Sl.No	Name of the Item	Amount in Rupees
1	Banner (3nos), Colour invitation prints-10 nos, ID cards-53 Certificates-53, All format Xerox, Answer sheets, Prepost test, Observation forms, History form etc participants address list- 60nos, attendance slip- 60 nos ...	Rs 1997+545+6320+1090= Rs 9952
2	Inauguration Swal for Guest (20 nos)+ small towel (60nos) + garland(1)	Rs 5500
3	Dolls for participants- (Rs240Parcel charge by Bus)+ 600 Transport Charge from SRS Travels to home at Pondicherry- balance paid by BPNI	Rs240+ Rs600= Rs840
4	Stationary items for participants and training- Note pad, eraser, pen, pencil, sharpener, black sketch pen, rubber band, fevicol, tape, marker pen, ink cadridge, scissor, Chart paper-24nos, small cards for hopes and doubts, white board marker pen, masketc and Bag	Rs 3,476+Rs14,160= Rs17636
5	Kits for practical for participants and training- Measuring tape-50, measuring jars-50, 50ml syringe-50 Cotton-6 pack, brown socks-25 pairs, serving tray-50, serving plate-50, quarter plate-50, Serving Bowl-50, 250ml bowl-50, small cup-50, 2 spoon-50/each(1 table and one tea spoon) blade-50, etc	Rs5,800+Rs750+ Rs1,300+Rs14,000+ Rs11,995= Rs33845
6	Travelling expenditure- Local Travel expenses for speakers from 19 th september to 26 th September 26 th September For Drop of Speaker to Villipuram and Local JIPMER MILK BANK VISIT 50 SEATER BUS	Rs 17,600+ Rs 3,500+ Rs 4,500= Rs25600
7	Accommodation and food for resource persons (2)from 19 th to 26 th September 2021 (Balance Paid By BPNI)	Rs7,000
8	Snacks, tea, lunch for participants, trainers , helpers etc from 20 th to 26 th September 2021(60 members) Plate and paper Cups, Water Can	Rs2785+2730+2541+2541+2 478+2646+1365+ 63,000+400+750+270+ 210+900+450= Rs83066
9	Expenditure for complimentary feeding session and preparation of milk,Artificial feeds, Amul powder, Juices ,Milk packets etc.	Rs754
10	Room Rent and AudioVisual Aids fees Rs 3000/day x 7 days= Rs 21,000(This amount given to RGGWCH in the form of BFHI fees 17,000+ 5000 Milk bank articlesetc)	Rs5000
11	Miscellaneous Transporting things Medical shop, tray, plate, bowl ,spoon etc from market to home-17. 9.2021(to &fro) Transporting things to the venue (all kits, training materials , board etc) 20.9.2021 Photo Battery for hand mike Sweet box gift to housekeeping staffs of hospital Shifting things from venue to home on 26.9.2021	Rs 600+ Rs 600+ Rs 3990+ Rs 825+ Rs 350+ Rs750+625 = Rs7740
12	Helpers (2) 1750x 2	Rs 3,500
Total	Rs 9952+ Rs 5500+ Rs840+ Rs17636+ Rs33845+ Rs25600+ Rs7,000+ Rs83066+ Rs754+ Rs5000+Rs7740+ Rs 3,500	=Rs20,04,33

Total expenditure= **Rs 20,04,33**Received advance=**Rs 1,50,000**

Balance =**Rs 50,433**

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

To
Dr Arun Gupta
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 am 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 Rs 20,04,33. I have received Rs 1,50,000 as advance and further I need to clear the bills of Rs 50,433. 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 -01.10.2021

Puducherry

Manjubala Dash