

# BPNI'S CERTIFICATE COURSE ON "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 32 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 1750 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

9-15 Sep, 2024

## COURSE DURATION

7 Days

(9 am -6 pm everyday)

## VENUE

Varsha Hospital, Ward No. 11,  
Gope Nagar, Falakata, Dist:  
Alipurduar-PIN: 781125  
West Bengal

## COURSE FEES

**INR 21,000/-**

(includes training fees, training material-English, lunch, tea during training course)

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

## NUMBER OF PARTICIPANTS

Twenty four (24)

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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.

## REGISTRATION

- Those interested may apply online <https://training.bpni.org/>
- BPNI reserves the right to accept or reject an application to attend the training workshop based on eligibility and conflicts of interests.
- **Cancellation and refund policy:** In case of withdrawal, the participant must request the cancellation of the registration to the National Coordinator through an e-mail at [bpni@bpni.org](mailto:bpni@bpni.org), [bpni.india@gmail.com](mailto:bpni.india@gmail.com). Money will be refunded as follows:
  - Before 30 days: 90% Refund
  - Between 7-29 days: 60% Refund
  - Less than 7 days of training: No refund
  - The refund amount will be transferred to the account of the participant after completion of the training.

## TEAM

### ORGANISING COMMITTEE

- Mr. Manna Chowdhury, Chairman, Mathura Nath Memorial Nursing Institution and Varsha Hospital
- Dr. Sudipto Haldar, Medical Director, Varsha Hospital
- Mr. Vikash Jain, Administrative Officer, Mathura Nath Memorial Nursing Institution
- Mr. Debraj Biswas, General Manager, Varsha Hospital
- Prof. Visala Pandian Principal, Mathura Nath Memorial Nursing Institution
- Mrs. Krishna Choudhury, Vice Principal, Mathura Nath Memorial Nursing Institution.
- Dr. Arun Gupta, Central Coordinator, BPNI

### Course Director

Prof. Dr. Manjubala Dash  
National Trainer, IYCF  
MTPG & RIHS, Pondicherry

### Local Course Coordinator

Mrs. Krishna Choudhury  
Vice Principal, Mathura Nath Memorial Nursing Institution.  
Mobile: 86388 93424  
Email: [choudhury.krishna6@gmail.com](mailto:choudhury.krishna6@gmail.com)