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**Three Days Residential Training**  
**On**  
**Infant and Young Child Feeding (IYCF)**  
**At**  
**School of Public Health, AIIMS Raipur**

Batch 1: Medical Officers (5<sup>th</sup>-7<sup>th</sup> June 2023)

Batch 2: Counsellors (12<sup>th</sup>-14<sup>th</sup> June 2023)

**State Centre of Excellence for Nutrition**  
**All India Institute of Medical Sciences, Raipur, Chhattisgarh**

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## Introduction

**Aim & Objective of the Training-** To create pool of master trainers in the state on IYCF

**Date of training-** *Batch 1: 5<sup>th</sup> -7<sup>th</sup> June 2023*

*Batch 2: 12<sup>th</sup>-14<sup>th</sup> June 2023*

### Trainers:

Batch 1	Batch 2
Ms. Sarita Bhagat, BPNI Maharashtra	Dr Sangeeta Jhadav, BPNI Maharashtra
Ms. Manju Verma, BPNI Maharashtra	Dr Jyoti Shinde, BPNI Maharashtra
Dr. Suchita Ghag, BPNI Maharashtra	Ms Deepti Shah, BPNI Maharashtra
Ms Swati Temkar, BPNI Maharashtra	-

### Participants:

Batch 1	Batch 2
38 Medical Officers	43 Counselors (NHM) & 1 MO
3 District Nutrition Counselor	2 Block Nutrition Counselor & 3 District Nutrition Counselor
1 Nursing tutor from AIIMS	6 MPH students from AIIMS
-	1 Nursing tutor & 2 JRs from AIIMS

**Agenda of the training is as follows:** (Detailed day wise agenda is attached in Annexure 1):

- 10 steps of breastfeeding
- Antenatal Counselling
- Position and attachment during breastfeeding
- Initiation in Normal and LSCS Delivery
- 4 D immunization Clinic
- Understanding growth charts
- BFHI
- Hands on practice

The training was organized in collaboration with SCOE4N, NHM & UNICEF with technical support of BPNI Maharashtra.

# Day:1

**Date:** *Batch 1: 5<sup>th</sup> June 2023*

*Batch 2: 12<sup>th</sup> June 2023*

**Place:** School of Public Health, AIIMS, Raipur for both batches

**Time:** 9:00 AM to 4:45 PM for both batches

*Outline and content of the training session was similar for both the batches*

## 1. Welcome address & overview of training program.

For both the batches Dr. Mahendra Prajapati, Nutrition Officer, UNICEF gave the welcome address. He shared the overview of training, as he conveyed the aims and objectives of the training. He introduced the trainers from BPNI and very briefly apprised about the organization. State level data from NFHS-5 was discussed to present the overall picture of Infant and Young Child Feeding Practices.



## 2. Training Session

Trainers from BPNI Maharashtra started with the technical presentation for both batches. Discussion was done on causes of infant and child mortality. Relation between the early initiation & exclusive breastfeeding and the reduction of death rates was discussed in details. This session set the groundwork for the training.

Trainers discussed agenda and session plan of the 3 days training. They explained the forms and documents provided in the registration kit. The kit contained the following sheets:

- Pre and post test forms
- Diet Audit sheet
- Food groups

- New BFHI assessment summary
- 10 steps of breastfeeding
- Growth charts
- History form
- Feedback form

Following the introductory session, a detailed discussion was done about the WHO's 10 steps to successful breastfeeding, the revised Baby Friendly Hospital initiative guidelines.

Step 1: Facility Policy

Step 2: Staff Competency

Step 3: Antenatal Information

Step 4: Immediate Post Natal care

Step 5: Support with breastfeeding

Step 6: Supplementation

Step 7: Adequacy of breastmilk

Step 8: Rooming in

Step 9: Feeding bottles, teats and pacifiers

Step 10: Care at discharge

Trainers elaborated on IYCF counseling during ANC visits. They emphasized involvement of family members in the counseling sessions. Trainers used the questions “who, when, where and what” to explain about the entire counseling process and content.



## LUNCH

Post lunch, for batch 1, four groups were made, with approx. 10 members in each group. A skit was performed to practice ANC counselling. It was very interactive session.

For batch 2, position & latching of baby during breastfeeding was discussed and demonstrated using doll and breast model. Key points of attachment and positions were shared. 4 common Breast conditions were discussed. Intervention for each of the condition was explained in detail.

In the next session the concept of 4 D clinic was discussed, which encompassed the following:

1. Diet and growth monitoring
2. Development
3. Drug
4. Dose

Following this discussion diet audit sheet was explained to the participants. Role play method was used to demonstrate the process of data collection on diet audit. Participants were informed about the minimum diet diversity essential during complementary feeding. A video on “Breast Crawl” was shown and discussion was held on the same.



**End of day 1**

# Day: 2

**Date:** Batch 1: 6<sup>th</sup> June 2023

Batch 2: 13<sup>th</sup> June 2023

**Place:** School of Public Health, AIIMS, Raipur for both the batches

**Time:** 9:00 AM to 4:45 PM for both the batches

## 1. Recap

Trainers presented a recap of the previous day sessions.

## 2. Training Session

For batch 1 Ms. Swati Temkar and batch 2 Dr Jyoti took the technical session on counselling. The process of counselling was explained theoretically using the points mentioned in Table no. 1. After discussion, some demonstrations were also made to explain the processes.

**Table No. 1: Steps of Counselling**

<ul style="list-style-type: none"><li>● <b>Listening &amp; learning</b><ol style="list-style-type: none"><li>a. Non-verbal communication</li><li>b. Ask open ended questions</li><li>c. Gestures &amp; responses</li><li>d. Reflect back</li><li>e. Empathy</li><li>f. Avoid judging words</li></ol></li></ul>	<ul style="list-style-type: none"><li>● <b>Building confidence</b><ol style="list-style-type: none"><li>a. Accept neutrally</li><li>b. Praise</li><li>c. Practice help</li><li>d. Relevant information</li><li>e. Simple language</li><li>f. Suggestion</li></ol></li></ul>
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**Batch 1:** Post lunch all the four groups (that were made in day 1) visited PNC ward and ANC clinics. Each group was led by one trainer. Trainers demonstrated how to deliver ANC counseling. Different

positions of breastfeeding were shown to the participants. Participants got the chance to interact with pregnant woman and lactating mothers and get a hands-on practice on counseling.

**Batch 2:** After the above session the participants were divided into two groups. One group was taken to District Hospital (DH) Raipur and another group was taken to AIIMS hospital complex. Following hands on activities were conducted with both groups.

- a. Demonstration of ANC Counselling at ANC Clinic
- b. Demonstration of different position of breastfeeding in the PNC ward
- c. Demonstration of milk expression using massage technique and collection using syringe



## LUNCH

Post lunch discussion was made on the techniques demonstrated in the wards.

**End of day 2**



## Day: 3

**Date:** *Batch 1: 7<sup>th</sup> June 2023*

*Batch 2: 14<sup>th</sup> June 2023*

**Place:** School of Public Health, AIIMS, Raipur for both batches

**Time:** 9:00 AM to 4:00 PM for both batches

### **1. Recap Session**

Recap of previous day was done. Groups made on previous day were continued. Participants were oriented about the plan of hands-on practice session.

### **2. Training Session**

Batch 1: Four groups were taken to Pediatric OPD and immunization clinic. Participants filled the diet audit sheet in pair of two. Later the groups were taken to PNC and ANC wards. Participants collected data on indicators of BFHI. Participants delivered group counseling at the ANC clinic. Counseling messages included the topics about the importance of breastfeeding, early initiation of breastfeeding, position of breastfeeding and basics of child care.

Batch 2: Groups were swapped. Group that went to DH on second day was sent to AIIMS on the third day, vice-versa. Participants were asked to do group counseling of ANC mothers as part of the hands-on exercise. Groups filled the Diet Audit Sheet and practiced different position of breastfeeding in the ward.

### **LUNCH**

Growth charts were discussed. Participants were asked to give inference on the charts displayed. Later clarifications were made by the trainers.

Post test and feedback forms were submitted by all the participants.

Vote of thanks was given and training was closed



### Way Forward:

- a. Participants who are trained are expected to act as master trainers for their respective districts and conduct cascade training in the field.
- b. Medical officers are supposed to supervise the overall activities happening in DH on IYCF and guide the counsellors, ANMs and nurses on promoting breastfeeding.
- c. Counsellors are supposed to identify avenues where counselling on breastfeeding can be done.
- d. Counselors are supposed to visit PNC ward and support lactating mothers in proper positions and latching during breastfeeding.

# Annexures

## Annexure 1: Agenda of training for both batches

**State Centre of Excellence for Nutritional Intervention (SCoE4N)**  
बाल एवं शिशु रोग विभाग  
Department of Pediatrics  
अखिल भारतीय आयुर्विज्ञान संस्थान, रायपुर, छत्तीसगढ़  
All India Institute of Medical Sciences, Raipur (CG)

Date: June 2023

AIIMS/PED/SCoE/OW/2023/

**TENTATIVE AGENDA ORIENTATION OF MEDICAL OFFICERS**  
**ORGANISED BY SCoE4N- AIIMS 5-7 JUNE 2023**

Time table

Time	Topic	Classroom/ Group
<b>DAY 01</b>		
<b>Introductory</b>		
09:00 – 09:30am		
09:30 – 1:30pm	BFHI (Basics of IYCF) Antenatal Counselling Initiation in Normal and LSCS Delivery No Milk/ Lees Milk Position & Attachment on breast Breast and Nipple Problems Adequacy of breastmilk Low Birth Weight/ Preterm Babies Myths	Classroom Session
01:30 – 02:15pm	<b>Lunch</b>	
02:15 – 03:45pm	4 D immunization Clinic (Basics of complementary feeding/ Diet Audit and Practical use of growth charts.	Classroom Session
03:45 – 04:45pm	Demo and Practice of Antenatal Counselling	Group/ Classroom Session
<b>DAY 02</b>		
09:00 – 11:00am	Rapid Counselling with role play	Classroom Session
11:00 – 01:30pm	Hands on Training in Ward	4 Group (Rotation in PNC-2, SNCU, OT/LR)
01:30 – 02:15	<b>Lunch</b>	
02:15 – 04:45pm	Continue Hands on Training in ward	4 Group
<b>DAY 03</b>		
09:00 – 01:30pm	Hands on training in all wards (Demo by delegates)	Group activity in OPD: Antenatal, Immunization, Well Baby Clinic (Rotation of all groups)
01:30 – 02:15PM	<b>Lunch</b>	
02:15 – 04:00pm	Pair Practice Doubt Solving & Implementation Post Test Feedback & Action Plan	



# Annexure 3: Attendance Sheet for Batch 2



State Centre of Excellence for Nutritional Intervention

बाल एवं शिशु रोग विभाग  
Department of Pediatrics

अखिल भारतीय आयुर्विज्ञान संस्थान रायपुर छत्तीसगढ़  
All India Institute of Medical Sciences, Raipur

AIIMS/PED/SCoE/OW/2023/

Date: June 2023

**REGISTRATION OF PARTICIPANTS FOR ORIENTATION OF IYCN ORGANISED BY SCoE4N, AIIMS, JUNE 2023**

S.No	Name	Place	Dist.	Mo. No	Mail. ID	12/6/23	13/06/23	14/06/23
1	EKTA SHARMA	Raipur	Mahesamund	7587342555	ektmishra03@gmail.com	Present	Present	Present
2	Satish K. Sahu	Bhilai	MMA	9953760143	satish120321@gmail.com	Present	Present	Present
3	JOHN VARUN	RAIPUR	RAIPUR	8518890138	Johnn600@gmail.com	Present	Present	Present
4	Dr. Astha	AIIMS	Raipur	965586937	asthaastha4@gmail.com	Present	Present	Present
5	Hema Simha	DHGM	DHGM	998662007		Present	Present	Present
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AIIMS/PED/SCoE/OW/2023/

Date: 12 June 2023

**REGISTRATION OF PARTICIPANTS FOR ORIENTATION OF IYCN ORGANISED BY SCoE4N, AIIMS, JUNE 2023**

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27	Ravindra Kumar	D.H. Baikunth	Balakhari	8602877250	ravindra@gmail.com	Ravindra	Ravindra	Ravindra
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Date: June 2023

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12/6/23

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Date: June 2023

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12/6/23

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57	Dr. Nidya Mishra	D.H. Raipur	Raipur	822				
58	Dr. Nidya Mishra	D.H. Raipur	Raipur	8987059505	drnidyamishra@gmail.com	Nidya	Nidya	Nidya
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