



**A TRAINING COURSE (3 in 1)  
IN I.Y.C.F. COUNSELLING SPECIALIST**

**BRIEF - REPORT**

**23 - 29 NOVEMBER 2010**

**ORGANISED BY :**

**DEPARTMENT OF PEDIATRICS  
G.R. MEDICAL COLLEGE  
GWALIOR (M.P.)**

**REPORT**

**ON**

**I.Y.C.F. COUNSELING SPECIALIST**

**AT**

**GWALIOR (M.P.)**

**NOVEMBER 23 – 29 , 2010**

**BY:**

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## **INTRODUCTION:**

Infant and young child nutrition has been engaging the attention of nutritionist and planners since long for the reason that growth rate is maximum during the first year of life and infant and young child feeding (IYCF) practices have major role in determining the nutritional status of the child.

The nutritional well being of a population is considered as an indicator of national development. Despite all efforts undertaken, poor nutritional status is still a fundamental cause of disease and shortened life span. Most people are aware that many factors are either directly or indirectly responsible for under nutrition, including inadequate IYCF (Infant and Young Child Feeding) practices lack of basic education, false beliefs, social taboos, inadequate health services, and inadequate empowerment.

In India, malnutrition remains a common problem and is responsible for around 55% of young child mortality. Further, malnutrition can have lasting effects on growth and functional status.

Therefore, appropriate feeding is crucial for the healthy growth and development of an infant. The tenth five year plan has set specific nutrition goals for infant and young child feeding indicators with a view to bringing down the prevalence of under weight in children. Similarly, goals have been set for enhancing the infant feeding practices in the community. Even in 11<sup>th</sup> five year plan IYCF activities are under priority.

The national nutrition policy has given due emphasis on nutrition and health education of mothers on infant and young child

feeding and efforts to trigger appropriate behavioral changes among mothers were considered as direct interventions for improving infant feeding practices in the country.

To promote appropriate IYCF practices and change in the behavior of health care providers, it is important to built the capacity of health care providers , nutritionist and NGO's involved in care of mother and child for the correct norms of IYCF by providing adequate training functionaries of on going programs.

### **PRESENT POLICY ON I.Y.C.F.:**

The National Nutrition Policy adopted by the Government of India under the aegis of the Department of Women and Child Development in 1993 laid due emphasis on nutrition and health education of mothers on Infant & Young Child Feeding and efforts to trigger appropriate behavioral changes among mothers were considered as direct interventions for reducing malnutrition in children.

Now with the adoption of the Global Strategy on Infant and Young Child Feeding by the 55<sup>th</sup> World Health Assembly in May 2002, and adoption of the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Amendment Act, 2003 by the Parliament in June 2003, the National guidelines on I.Y.C.F. have been published by Ministry of H.R.D., D.W.C.D., Food & Nutrition Board & G.O.I. in 2004 & 2005 with following objectives:

- To advocated the cause of infant and young child nutrition and its improvement through optimal feeding practices nationwide,
- To disseminate widely the correct norms of breast-feeding and complementary feeding from policy making level to

the public at large in different parts of the country in regional languages,

- To help plan efforts for raising awareness and increasing commitment of the concerned sectors of the Government, national organizations and professional groups for achieving optimal feeding practices for infants and young children,
- To achieve the national goals for Infant and Young Child Feeding practices set by the Planning Commission for the Tenth Five Year Plan so as to achieve reduction in malnutrition levels in children.

### **RECOMMENDED OPTIMAL INFANT & YOUNG CHILD FEEDING PRACTICES :**

- ◆ Starting breastfeeding immediately after the birth, preferably within one hour.
- ◆ Exclusive breastfeeding for the first six months.
- ◆ Continued breastfeeding for two years or beyond.
- ◆ Introducing appropriate and adequate complementary feeding after six months.

## **OBJECTIVES:**

1. To build the capacity of health care providers, Feeding Counselors, District Coordinators and Nutritionist in the field of infant and young child feeding
2. To improve the IYCF practice by recognizing the importance of infant feeding.
3. Effective operationalisation by providing adequate training and skilled support to health care providers and NGO's.
4. To develop a group of "technical skilled workers", who will further provide trainings at various levels in their own state.

## **METHODOLOGY**

The training programme was inaugurated by Dean G.R. Medical College, Gwalior Dr. Mrs. Shaila Sapre & Chaired by Prof. Dr. A.G. Shingwekar H.O.D. Pediatrics, G.R. Medical College, Gwalior & Course Director Dr. Ajay Gaur Associate Professor Pediatrics, G.R. Medical College, Gwalior.. Inaugural ceremony was Conducted by Dr. Neetu S. Agarwal Assistant Professor, Pediatrics.

### **TRAINING AREA & PARTICIPANTS PROFILE:**

This training was conducted in the Department of Pediatrics of G.R. Medical College, Gwalior (M.P.) for a period of seven days from 23<sup>rd</sup> to 29<sup>th</sup> November 2010. The participants were from various states with different background. A total of 24 participants were trained. They belong to Teaching faculty of medical colleges, private practitioners, District Coordinators of UNICEF, Nutritionists, Faculty of Regional Family and Health welfare training centre, nursing tutor and members of NGOs. The profile of the course director, facilitators and participants is enclosed as annexure 1.

## **TRAINING PROCESS :**

Training program was meticulously planned as per the B.P.N.I. guidelines of training of IYCF counseling specialist (Annexure 2). The B.P.N.I. training module "I.Y.C.F. Counseling Training Course (The 3 in 1 Course)" was used for this training. The facilitators & participants ratio was 1: 6 to have a close observation on the process.

The training was purely on participatory approach, a truly two-way training with minimum of lectures. More emphasis was given on the discussion, understanding the norms, role-plays, drills and exercises. As the group was with mix background, learning by examples was the additional teaching methods.

As per the training program, participants were taken to postnatal wards for the practical demonstration, filling of B - R - E - A - S - T Feeding observation form, hand on exercises and also to the out patient department of Pediatrics for assessing infants > 6 months of age for dietary assessment, feeding history and counseling of the mothers.

At the end of training feedback from the participants & review of Performa as per session 43 Exercise 42/1 from the Participants manual was done. The planning of participants to implement the skills learned during the course, in their field of work was discussed in detail.



# GLIMPSES OF TRAINING





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**INFANT & YOUNG CHILD FEEDING COUNSILING SPECIALIST**  
**23-11-2010- 29-11-2010**  
**(COURSE-DIRECTORY)**  
**PARTICIPANTS**

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