



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

To
Dr J.P Dadhitch
BPNI
New Delhi

Respected sir,

Thank you so much sir for permitting us to conduct the National Trainers Training and 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 m sending the training programme report, some programme activities as PPT, participants attendance sheet, certificate , participants' address and comments about this training.

Now I am sending all the details by mail and sending by post too.

Thanking you

Yours faithfully

Date - ~~08~~ 03.2016

Puducherry

Manjubala Dash
Manjubala Dash

Report of the IYCF Training Programme

The National Trainers training programme was conducted in collaboration with MTPG & RIHS and RGGW & CH, Puducherry soon after getting the permission from the BPNI, New Delhi. It was started on 15th Feb 2016 with six participants and one course Director from BPNI, office Dr.K.P.Kushwaha. He started the session with Introduction of the Training Programme, How BPNI was started and different training under BPNI etc. Then the sessions were divided among the six trainee by the course director. Preparatory sessions were taken by the trainees under supervision of the course director. All the clinical sessions were supervised by the course director. There was a post clinical discussion session with the course director and the trainees. The six day course end on 20th Feb 2016. On this day our director has divided again the sessions among six of us to continue the training for 24 participants of IYCF counseling specialist course.

The 4 in 1 IYCF counselling specialist course started from 22nd – 28th Feb 2016 at RGGW&CH in collaboration with MTPG & RIHS. Programme started with Inauguration. All the Govt. officials are present during the Inauguration. Director of Health and Family welfare, Puducherry, Director of NRHM, Puducherry, Medical superintendent, Dean, RMO, Chief Matron etc. MOU was exchanged between MTPG & RIHS and BPNI in presence of all the officials during the Inauguration. Further there was a request to the govt. officials to give time for detail discussion of the project during the training period. Director in his speech assured to conduct the training programme and asked the details about the programme in paper.

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.P. Kushwaha, Course Director on setting up IYCF Counselling and support Center. 2nd session why optimal infant and young child feeding by Dr.Manjubala Dash, 3rd session on production and intake of breast milk by Dr Supriya.K.Vinod, 4th & 5th session on assessing a breastfeed & Observing breast feeding taken by Dr Prasana.T & Dr.Kayalvizhi. Balamurugan in two different batches in two classroom simultaneously and the last session was by Prof.Gowri Sayee Jagadish on learning and listening skills with role play.

The second day 23.02.2016 programme was started by prayer and reporter of the first day. All the participants were given the exercise on learning and listening skills and this was facilitated by all the trainers. After completion of the exercise the session on breast conditions was held by Dr.Supriya.K.Vinod. Preparation for clinical practice I done by Dr.Jayestri Kurushev. All the participants were divided into six groups. So each group lead by one trainer with four participants. 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 all the trainers and course Director. There was a presentation by the participants i.e representatives from each group. Next session was on building confidence, giving support and checking understanding by Dr. Manjubala Dash followed by exercise facilitated by all trainers. The last session of the day was held on not enough milk by Dr.Kayalvizhi balamurugan and Dr.Jayestri Kurushev in two different batches in two different class rooms simultaneously. , then there was a video show on helping the mothers to breast feed.

3rd day 24.02.2016 session was started with prayer, reporter of 2nd day. The session on breast feeding positioning was taken by prof.Gowri Sayee Jagadish followed by there was an exercise on breast conditions facilitated by all trainers. 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. Prasanna T followed by exercise facilitated by all trainers. The last session was on taking a feeding history by Dr. Jayestri Kurushev.

Fourth day session was started with prayer and reporter of 3rd day. First session was started by Dr. Jayestri Kurushev on expression of breast milk. Then history practice session was held by Dr. Manjubala Dash and all the participants are divided in six groups facilitated by each trainer. Clinical practice III was held on taking a feeding history followed by discussion by the trainers. Next session was on complimentary feeding by Dr. Kayalvizhi Balamurugan, and quantity, variety and frequency of complimentary feeding by Dr. Prasanna T, demonstration done by Dr Manju and Prof Gowri, facilitated by all Trainers, feeding techniques and strategy held by Dr supriya.K.Vinod. There was a demonstration on homemade foods and complimentary foods. There was a role play on counseling to the mother and also self feeding to the child. The last session was held by Dr. Jayestri Kurushev on Growth Monitoring, taking weight, length and height.

The day 5th was started with prayer, reporter of 4th day. First session was started by Dr Supriya on BFHI, then 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 Manju on Overview of HIV and infant feeding then Prof Gowri had taken the session on breast feeding options for HIV positive mothers and replacement feeding during the first six months taken by Dr. Kayalvizhi. The session on preparation of milk feeds was taken by Dr. Prasanna and Dr. Kayalvizhi in two groups. Each group has prepared formula milk and cow's milk and direct heat treat preparation of milk. After the practical session on preparation of milk, all were assembled in the main hall and a discussion was held on the practical difficulty faced for preparation of the milk. Then the session on counseling mothers with flip chart was handled by Dr. Jayestri and the last session on feeding during illness and recovery by Dr. Prasanna.

On the 6th day, the programme was started with as usual prayer and reporter of 5th day. The first session was a group work exercise 32 and 24 on counseling practice stories in six divided groups, which was facilitated by all the trainers. Then the participants were prepared for clinical practice session V and taken to the pediatric wards, OPD, NICU etc to have their practice on growth monitoring and counseling on complementary feeding. After clinical practice all had discussion with the trainers. The session on counseling for HIV positive mothers for feeding options was conducted by Dr Supriya. Further the growth monitoring and taking action session was held with six divided groups, facilitated by all trainers.

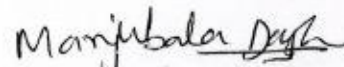
Day 7 was beginning with prayer and reporter of the 6th day. First session started with Prof. Gowri on IMS Act and sustaining optimal IYCF by Dr. prasanna, feeding LBW and Sick Babies by Dr. Supriya and Infant feeding in Emergency situation by Dr. Manju, Increasing breast milk and relactation by Dr. Jayestri, women nutrition and health by Prof. Gowri and women and work by Dr. Kayalvizhi. at last participants were divided into three groups according to their state like Karnataka, Puducherry and all others in one group like Odisha, Tamilnadu and Andhra Pradesh. All these groups were facilitated by two trainers for future commitments. After 15mins discussion the group leaders were presented. From Karnataka state the leader was a nursing superintendent so she assured that she will implement all the good things like stating breastfeeding within half an hour of birth, cup feeding for LBW babies,

complementary feeding etc. she also said that they will conduct training for their hospital staffs. Many said they will think of opening a counseling center in their hospital. From Puducherry also the group leader said they will continue to work in some clinics, they will adopt a village for counseling the mothers, open own centre, conduct training to other staffs etc. from other states representatives also said same. There after evaluation chec-klist and clinical competence checklist was collected from all the participants,

The seven days' training programme was closed with a valedictory programme. Participants' feedback was very good about this training programme. Everybody said 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. There was some suggestions also given by the participants regarding this course like one week is not enough, it should be 15days course, practical sessions need to be more, then regarding timing of the training from 9am-5.30pm is too long .

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 to our most respected Course Director Dr. K.P.Kushwaha to train us meticulously and overall to BPNI, India to provide such a wonderful training programme and giving me an opportunity to conduct this training programme for 3rd time in Pondicherry.

By Local Co-coordinator


(Prof.DR.Manjubala Dash)

Report Presentation

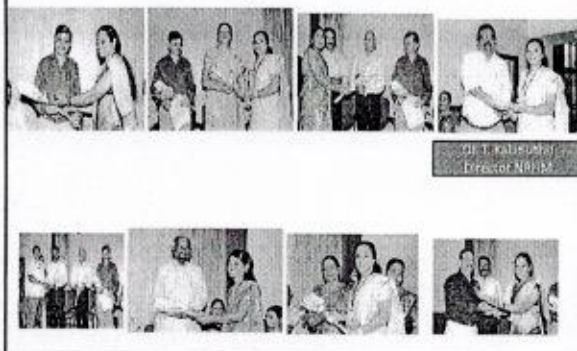
National Trainers Training and IYCF
Counseling Specialist course
15-28 Feb 2016

Inauguration



From left to Rt- Dr narayanan, RMG, Dr. R.Murali, Dean, MTPG & RIHS, Dr. K.P.Kushwaha, Dr. K.V.Raman, Director health and family welfare, puducherry, Dr. Jyoti Boblee James , Medical superintendent, Dr. Kesavulu, Matron Gri, GriI, Dr. Kalimuthu.T, Director NRIHM
MOU was signed in presence of the Officials

Honoring to the Guests



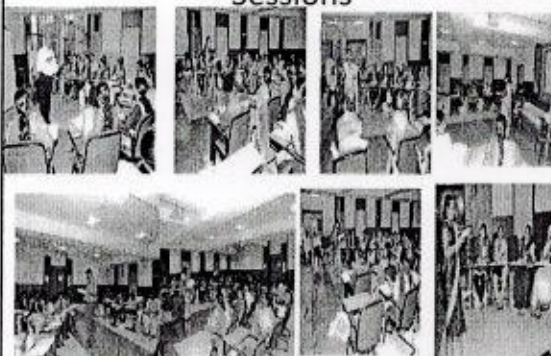
Introduction of the participants and National Trainers



Prayer and report



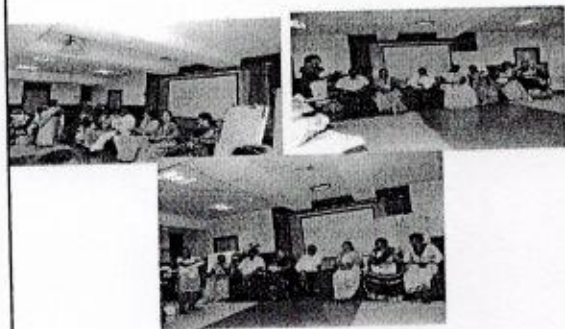
Sessions



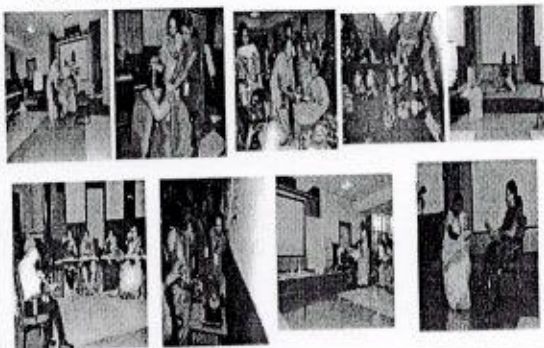
Preparation of breast model



Discussion after clinical practice







Demonstration of skills & Role Play









Clinical Practice sessions



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|---|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| 6 | Mrs. Ramamani.P NS (NURSING HEAD) PROMED HOSPITAL | jancy.prabhu@fortishealthcare.com Promed hospital, No-3781, 13 th cross Opp. Indira nursing home, Bus stop Banashankari II stg Bangalore - 70 080-26718400 7411978398 | with proper nutrients. Learned how praising and empathising with mother can makes difference, and to get cooperativeness from mother. It is given confidence and knowledge to practice as a counsellor. All the trainers explained very well and supported well and corrected us without making us feel bad. All the participants given chance to speak in front of group to build the confidence level. | |
| 7 | Mrs. S. Glady sharmila NICU INCHARGE | NO: 62, RICHMOND TOWN, MOTHERTERESA ROAD, SACRED heart Bangalore PH :9986711486 988638755 gladyspaulraj@gmail.com | All the sessions were explained in very nice way to understand things. I learned very new things during breastfeeding i am having experience in labor room and newborn care still it was using some different way of technique. Now i realise that i can do it in a better way. I am really very thankful for that everyone. I learned importance of complementary feed in right time and in right quantity. I learned how to praise the mother listening and learning skills. Now i was confident and have practical knowledge. I really thankful to all trainers no words to express thank you,thank you, thank you | Ramamani P |
| 8 | MS. Subhasmitha Dhal M.SC., NURSING IN OBG | D/O Banamali Dhal Darakholi Oupada Balasore (DT) Pin - 756049 Ph : 08763184322 e-mail: dhaljhuna@gmail.com | This programme was so informative and useful for my job. I worked in NICU, even I don't know many things. After this program I have learned many information from . Specially in counselling the mother in this how to get confidence and how to give counselling to the mothers. It was very useful for me. Really we so happy to participate in this program This 7 days course is very useful and informative not only for me but also for everybody. No doubt that it will enhance our knowledge and develop our skills. I have learned many things during this period. Many new information on education. I got the development of knowledge and attitude and skills. Most interesting thing was that in every session we learn practically. Every practical session was very much interesting for me and it is also useful in our day today life practically. What information I am getting and what education I am learning, I think that things I will communicate in my practical things as | S. Subhasmitha |

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|----|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 13 | Mrs. Rekha S.G M.Sc., Nursing OBG Physician Assistant Sagar Hospital | No 17/1 1 st floor Sg playa i main road Bharathi lay out 3 rd cross Bangalore 8050064435 | <p>information to implement in my clinical settings after finishing my M.Sc program</p> <p>Over all training program went very well. All the session were organised sequentially. The practical session helped clearing many of the doubts. Physical setup was perfect and comfortable. All the trainees well trained under the guidance of DR.K P KUSHWAHA SIR. Very good team work. Videos, PPT, role-plays, demonstrations were appropriate and interesting. Exercises were very helpful. All the trainers were cooperative, friendly, ready to help for understanding. Reading from book would cause bored among participants. Too many theory sessions per day. Program could be planned for few more</p> |  |
| 14 | Ms. Lalmangaihzuali M.Sc., Nursing 1 year OBG St. Philomenas College of Nursing | No: 4 Campbell Road Vivek Nagar Bangalore – 560047 9742785817 Raltehma91@gmail.com | <p>The over all training is good and interesting. All the trainers are working so hard and always ready to help us. The class are very benefits for me. I have gain 20 many new information. The clinical practice is nice but since I have language problem I couldn't interact much with the mothers but as far as possible, my group mates and the trainers helps me and I learn so many new skills. It is an excellent training program I have ever attended. Not much suggestions, overall the program training is excellent</p> |  |
| 15 | Ms.Jasmine Shobalatha Staff Nurse | Fernandez Hospital Majestic Appts, Flat No-403 Bogulkunta, Abids Hyderabad-500001 9030289953 | <p>The training is very informative. We are working as a staff I don't know some of these techniques. All trainers were very cooperative, very friendly, helps us to do lot of things. The class room was very nice. The accommodation and food was excellent. No comments everything which was provided was excellent. No suggestions</p> |  |
| 16 | Ms. Siji Joseph Midwife | Fernandez Hospital Majestic Appts, Flat No-403 Bogulkunta, Abids Hyderabad-500001 7893426995 | <p>Course was very interesting more than expectations. All trainers worked hard to teach upto our level. It was different atmosphere for me to be a part of this course. Well presentation, demonstrations, group discussion are very interesting useful for future life and in my institution. All</p> |  |

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|----|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 20 | <p>Ms. Priyadarsini. S MSc Nsg, II Yr</p> <p>MS. PRIYADHARSHINI S</p> | <p>Mr. V. Sekar No-9 Marriamman Koil st K. Manaveli Muttrampattu Po Puducherry-605501 7639187843</p> | <p>It is more useful and help me to applied into clinical practice. I hope this is help for my profession also</p> |  |
| 21 | <p>Ms. M. Prabavathy Msc Nsg I Yr</p> | <p>No-25, Mariamman Kovil St. II cross. Gnanouthiagu Nagar Thattanchavady Puducherry-09 8807857074</p> | <p>I really very thankful to you all to give me this opportunity to participate in this course. I learned many new things from this course, and that I practised also. I hope that this will be very helpful for my future and also for my profession. Each session was gone well, that to demonstration session was excellent. I really enjoyed well. It helped us to understand easily. Thanks for providing foods and snacks on time. Thank you sir and mam.</p> |  |
| 22 | <p>Ms. Meenatchi. B MSc Nursing I Yr OBG MTPG & RIHS</p> | <p>26 29 East Street, Kanapathychettikulam Puducherry-605014 7639110932</p> | <p>It is really very helpful for me to undergone this training program. I can get a lot of information regarding breastfeeding, holding the baby, positioning of breastfeeding, complementary feeding, history collection. It will help me to apply practically in my life too. From this I can serve the society for child development. This training programme had provided legend of information to apply practically. Time duration may be extended 7 days not enough to complete. The group task is interesting to perform. This training programme includes clinical practice that is more useful in implementing and learning</p> |  |
| 23 | <p>Ms. A. Sudharani Staff Nurse</p> | <p>D/o Guravaiah Yerraguntupalli(V)P 515411 Tadipathri(M) Anantapur(O) A.P St. Filominas Hospital 4-Campbell Road, Vivek Nagar Bangalore-47</p> | <p>I feel very happy because I attended this programme is very useful and mainly trainers they are explained each and everything of the course. Very big portion but they were explain very few days and I like so much DR. K P KUSHWAHA SIR really great. one minute also he won't feel weakness and bore remaining trainers are very nice and great persons they teach very well</p> |  |

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| 30 | Prof. Gowri Sayee Jagadesan | kayalbalapdy@gmail.com | Professor in Nursing Fortis Institute of Nursing No-20/5 yelachanahalli Kanakapura main road Blore-78 9342201833 gowrisayee@yahoo.co.in |  |
| 31 | Dr.K.P.Kushwaha Course Director | Chief Coordinator, MD FIAP, Professor Pediatrics Former principal & Dean BPNI, New Delhi 9415210282 Komal.kushwaha@gmail.com |  | |

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| 32 | Principal College of Physiotherapy Bangalore | Professor and HOD (College) Physiotherapy Bangalore 9448111111 kushwaha@gmail.com |
| 33 | Dr. Jayashree Srinivasan Assistant Professor Bangalore College for Women | Assistant Professor Bangalore College for Women Bangalore 9448111111 jayashree@gmail.com |

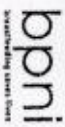
Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry

(A Government of Puducherry Institution)

In collaboration with



Rajiv Gandhi Government Women and Children Hospital, Puducherry



Breastfeeding Promotion Network of India (BPNII), New Delhi

Infant & Young Child Feeding Counselling - A Training Course

(An integrated course on Breastfeeding, Complementary feeding, Infant feeding & HIV and Growth Monitoring - Counselling
(4 - in - 1 Course)

Certificate

This is to certify that ~~MAATRS~~ Dr. JAYAL VIZHI . BALAMURUGAN has successfully completed the

National Trainers' Training course from 15th to 28th February 2016

at Rajiv Gandhi Government Women and Children Hospital, Puducherry

Prof. Dr. Manjubala Dash
Local Course Coordinator

Dr. Jyoti Boblee James
Medical Superintendent,
RGGWCH, Puducherry

Dr. R. Murali
Dean
MTPG & RIHS,
Govt. of Puducherry

Prof. Dr. K.P. Kushwaha
Chief Coordinator, BPNII
MD FIAP, Professor Pediatrics,
Former Principal & Dean,
BRD Medical College, Gorakhpur, U.P

