

**Capacity Building Training of Middle Level Training on Infant and Young
Child Feeding Counselling**
Institute of Public Health, NHM Ranchi

Brief report

Date: 4- 10 July 2016

No. of Participants: 23

National Trainers: Dr. Parboti Sengupta, Dr. Sandhya Aggarwal, Ms. Sarat Acharya, Ms. Vibharika Chandola

Venue: Institute of Public Health, Ranchi

The third batch of the four approved trainings was conducted successfully from 4 to 10 July 2016. This was a different batch than the previous ones. The batch comprised of STTs and BTTs from all the districts of the state. In total there were 16 STTs and 7 BTTs. Same schedule as the previous trainings was followed in this training too. Director IPH, Dr. Sumant Mishra graced the inauguration and valedictory sessions. He said that it is of utmost importance that the participants take the training further into their work. He stressed that they should not leave the learning, rather implement them in their daily work life. He also said that the role of the participants is very crucial as they are already well connected with the field staff.



Dr. Sumant Mishra (Director IPH) addressing the participants

As per the schedule the participants were given a pre test and the kit and training was introduced. The first phase was conducted by BPNI National Trainers. The participants were found to be very inquisitive and willing to learn. They shared that they never knew breastfeeding could be such an elaborate topic and there could be so much to know about it. Some shared that they are already doing information sharing on importance of breastfeeding at their level. When they encounter a mother facing difficulty in breastfeeding they never had any answer more than to insist on continuing breastfeeding. They did not know the answer to “how to breastfeed”. But after the training they feel empowered with knowledge and can be more convincing.



Participants counselling a mother on appropriate complementary feeding

Clinical practice sessions on breastfeeding (2) were conducted in Gynaecology post natal ward of and one clinical practice on complementary feeding counselling was conducted in paediatric OPD Sadar hospital. The second clinical for practicing complementary feeding counselling was conducted at Tetri Tola aanganwadi center. Finally the last clinical

practice for counselling both breastfeeding mothers and mothers with children above six months to two years was conducted at Etah Mariatu aanganwadi center.

By the end of the second day of the training, sessions were distributed amongst the participants so that they had enough time to prepare. The participants prepared well and presented their sessions. It was felt that as all the participants were already trainers, most of them presented the sessions satisfactorily. They were confident and engaged the class well. However they seemed to have a little difficulty in using the book and following the structured course according to the book. This difficulty can be overcome easily with practice. Thus it was suggested that FLW trainings are started soon so that they get a chance to refine their skills. Also it was felt that they need to practice counselling more to sharpen the skills.

GLIMPSES OF THE TRAINING

