

## **Infant and Young Child Feeding Counselling Specialists Training**

*NMCH Medical College Patna, Bihar*

**Date:** 9-15 February 2015

**National Trainers:** Dr. K. C. Aggarwal, Dr. Gulshan Arora, Ms. Fariha Siddiqui and Ms. Vibharika Chandola

**Participants:** 24

**Venue:** Hotel Orange Inn

The training was first of its kind where Family Planning Counsellors were being trained as IYCF Counselling specialist. After the training they would be designated as RMNCH+A Counsellors. FPCs from 10 high priority districts of Bihar were nominated for the training.

On Day one, the training was inaugurated by Dr. Jaiswal (HOD Department of Paediatrics NMCH, Patna), and Dr. Shivani Dhar (Nutrition Consultant, UNICEF Patna). Lighting of the lamp was done and after which inaugural speeches were given. Dr. Jaiswal said that he is in full support of the programme and that NMCH is there for all support to the training. He stressed that dedication and punctuality should be maintained by all participants. Dr. Shivani Dhar said that the FPCs are already working with the families and it would be easy for them to counsel families on IYCF. After the inaugural, course objectives and material was introduced by Ms. Fariha and after the pre test, proceedings of the first day began. The training of seven days duration was conducted by the national trainers which involved 7 counselling skills practice sessions, 31 Theory sessions, 5 Clinical Practice sessions and 2 Practical sessions.

After the completion of training the participants were awarded participation certificates from UNICEF. Few participants shared their experience of the training and said that they wished it was of more duration. Dr. Shivani Dhar said that all our health functionaries like ANM, ASHA, MAMTA know about breastfeeding and complementary feeding, but practically very few are able to impart the knowledge further. What is the reason that behaviour practices are not changing. She urged the participants to training practice your skills and knowledge after you go back. She said that she hoped that now a difference would be seen. Dr. Gaurav from State Health Society said that a lot of money has been spent by the government on training but still there is no marked difference is seen. Thus this project was started keeping in mind the districts which have the weakest health indicators. Thus this training has been done and now supportive supervision which is already being done in Gaya will be implemented in other districts as well. In the end Dr. Gulshan Arora gave vote of thanks.

# Glimpses of the Training

