Capacity Building Training for Middle Level Trainers and Yashoda Workers on Infant and Young Child Feeding (IYCF) Counseling in 33 Districts of Rajasthan

Training of 105 Middle Level Trainers & 567 Yashodas

A Report

Submitted by

Breastfeeding Promotion Network of India (BPNI)
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Submitted to

NATIONAL RURAL HEALTH MISSION
Norway India Partnership Initiative
Capacity Building Training for Middle Level Trainers and Yashoda Workers on Infant and Young Child Feeding (IYCF) Counseling in 33 Districts of Rajasthan

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Editors
Dr. J.P. Dadhich
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Programme Officer (Training), BPNI

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Message

Optimal infant and young child feeding (IYCF) practices have a crucial role in improving child nutrition, survival and development. Improving IYCF practices is a priority area of action for government of India. In this regard, capacity building of health care functionaries to provide counselling for successful infant feeding practices is very critical. I am happy to note that NRHM-Rajasthan, NIPI-UNOPS and Breastfeeding Promotion Network of India (BPNI) has successfully completed a 4 in 1 training programme to impart counselling skills on IYCF to doctors, nurses and Yashoda workers in all the districts of Rajasthan. I commend this effort and wish that NIPI-UNOPS and BPNI may have such collaborations for other NIPI priority states.

(P.K. Pradhan)
3rd August 2012
Message

Reproductive and Child Health programme under National Rural Health Mission in Rajasthan has always been open to innovations and promoted out of the box thinking so that state specific interventions based on local need could be started for enhancing the quality of service delivery in the state. UNOPS-Norway India Partnership Initiative was launched as an instrument to provide flexibility and catalytic support with interventions under NRHM for expediting the attainment of the Millennium Development Goal 4. NIPI provides flexibility and space for innovation and NIPI funds are used to test and evaluate new methods, demonstrate and appraise new approaches for improving child health.

NIPI support to NRHM in Rajasthan started in 2008 with the deployment of Yashodas at District Hospitals in Alwar, Bharatpur and Dausa and expanded to Home Based Post Natal Care, Sick Newborn Care Units and Techno Managerial support. A key intervention initiated in consultation with the State Government was deployment of Yashoda at District Hospitals in Alwar, Bharatpur and Dausa later expanded to all the districts in Rajasthan. The non clinical support and counselling by Yashodas focuses on motivating mothers to stay longer in hospital, to immunize the newborn, initiate exclusive and immediate breast feeding, and other post natal care services.

I am happy to note that a successful training programme on Infant & Young Child feeding (IYCF) Counseling has been implemented in all 33 districts of the state of Rajasthan during January-March, 2012. It is satisfying that in this training programme 105 Middle level Trainers (Medical officers, Nurses and Yashoda supervisor) and around 500 Yashodas were trained. I am confident that this collaborative effort by National Rural Health Mission (NRHM) Rajasthan, Norway-India Partnership Initiative (NIPI-UNOPS) and Breastfeeding Promotion Network of India (BPNI) will positively help in improving optimal IYCF practices in the state of Rajasthan. On behalf of NRHM (Rajasthan), I thank NIPI-UNOPS and BPNI for their contribution in this unique effort.

Dr Pradeep Sharda
Director (RCH)
Department of Medical & Health Services
Rajasthan
Support for the family during childbirth and immediate postpartum period, is a WHO recommended Intervention for Improving Maternal and Newborn Health. Often women’s decision to deliver in health facility is marred by the fear of disrespect, feeling of alienation and abuse in the health facility. The impact of these is more than geographical and financial obstacles in accessing health facilities.

The 48 hours of post delivery stay in the facility is known to be critical for individual observation and care. This 'Golden period' has the potential for optimizing counseling the mother for newborn care practices and family planning, promoting good practices; and counselling on other social issues relevant for a young mother.

India has made major strides in recent years towards helping its mothers deliver more safely. The Janani Suraksha Yojana (JSY), has been tremendously successful in increasing exponentially the number of institutional deliveries in all States of the country. However, a lot more in terms of quality of care remains to be achieved.

One of the gaps in quality of care is currently being filled in selected districts of four states in India (Orissa, Bihar, Madhya Pradesh and Rajasthan) by a mother’s aide called “Yashoda”, a care and counseling coordinator in the maternity wards. The placement of Yashoda, on a 1 Yashoda per 5 deliveries basis has been welcomed by medical and nursing staffs who feel that Yashodas support for early initiation of breast feeding and promoting exclusive breastfeeding and keeping the baby warm, is very useful.

Independent assessments have noted that in facilities where Yashodas are present, early initiation of breast feeding has gone up to 80-90%. In this context, the support of BPNI was sought by the State Government of Rajasthan to enhance the capacity of Yashoda to support mothers, especially those who are first timers or those who have problems in breastfeeding.

We are very happy that in Rajasthan, all 567 Yashodas placed in Maternity Wards in large government facilities have undergone this very useful training in Infant and Young Child Feeding through internationally acclaimed experts from the BPNI.

We express our sincere gratitude to BPNI.

Dr. Kaliprasad Pappu
Director UNOPS-NIPI LFA
New Delhi
Message

Infant and young child feeding (IYCF) is a critical care practice that can accelerate child survival and development. Research studies around the world highlight that the universal practice of exclusive breastfeeding for the first six months of life reduces young child mortality by 13%. Together universal optimal IYCF practice can prevent around one fifth of young child mortality in India. IYCF promotes colostrum feeding, initiation of breastfeeding within one hour of birth, exclusive breastfeeding for the first 6 months and introduction of appropriate complementary feeding at six months along with continued breast feeding for 2 years.

Progress on these indicators has not been very encouraging in Rajasthan in the past. Introduction of Yashoda programme, strengthening home based neonatal care and capacity building of the stakeholders for improving IYCF indicators in Rajasthan has been the major thrust of NIPI and NRHM in their child health interventions recently.

Breastfeeding promotion network of India (BPNI) A national network of organizations and individuals dedicated to protection, promotion and support of breast feeding and optimal infant and young child feeding practices, has been kind enough to associate with UNOPS-NIPI Rajasthan and NRHM for training of middle level trainers and Yashoda workers for capacity building on IYCF in 33 districts of Rajasthan.

Feedback from the trainee’s speaks high of the quality of the training as well as the dedication and commitment with which BPNI team executed their job.

We believe that this capacity building exercise regarding IYCF will be quite fruitful in achieving optimal universal IYCF practices leading to improved child health indicators in Rajasthan.

Good wishes.

Dr. S.P. Yadav
Sr. State Programme Officer
UNOPS-NIPI, Rajasthan
B
reastfeeding promotion Network of India (BPNI) is extremely grateful to National Rural Health Mission (NRHM) - Rajasthan and Norway-India Partnership Initiative (NIPI-UNOPS) for the opportunity to implement the training programme on Infant and Young Child Feeding (IYCF) Counseling for Middle Level Trainers and Yashodas in all the districts of Rajasthan.

We are thankful to Dr. MP Budania, Director (RCH), and Dr. M. L. Jain, Ex- Director (RCH), Directorate of Medical Health & FW Services, Government of Rajasthan for their guidance, and trust in BPNI for this endeavor.

Our special gratitude for Mr. Anthony Cameron, Director, Norway India Partnership Initiative (NIPI-UNOPS) for his deep insight in supporting capacity building of Yashoda workers in IYCF counseling, Dr. Kaliprasad Pappu, Director LFA and Dr. Amrita Mishra, Program Officer Communication and Training NIPI-UNOPS for their constant support in implementing the training programme.

We deeply appreciate the support extended by Dr. SP Yadav, Sr. State Programme Officer, and Dr. Pradeep Choudhary, State Programe Officer, UNOPS- NIPI, Rajasthan for their help and support in execution of the project.

BPNI wishes to thank the Chief Medical Health Officer (CMHO) & Principle Medical Officer (PMO), their staff and nodal officers of the districts where this training was conducted. Their cooperation was extremely useful for the success of this work. They provided all the facilities and logistic support for smooth conduct of the training courses.

We are extremely grateful to Dr. Arun Gupta, Central Coordinator, BPNI for his inspiring leadership. We sincerely acknowledge the contribution of Dr. MMA Faridi, Co-coordinator of BPNI training cell and all the national trainers in helping us to successfully accomplish 17 training courses over a short span of 2.5 months. We earnestly thank Mr. PK Sudhir, Training and Finance Coordinator, BPNI for his untiring efforts for successful accomplishment of this task.

Dr. Neelima Thakur, Project officer Research, BPNI deserves special mention for her support in analyzing pre- and post-assessment data. We are thankful to Ms Arooshi Garg and Mr Manish Kumar for their contribution in proof reading and help in editing of the manuscript. Mr. Amit Dahiya designed the document, Mr. Vinay Kumar, Mr. Vijay, Mr. Suresh and Mr. Ashok helped in transporting the training material to various venues and deserve our gratitude.

Lastly, we would like to thank all the participants for their commitment, eagerness to learn and willingness to support mother and infant to practice successful breastfeeding.

JP Dadhich
Lubna Abdullah
# Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BPNI</td>
<td>Breastfeeding Promotion Network Of India</td>
</tr>
<tr>
<td>CMHO</td>
<td>Chief Medical Health Officer</td>
</tr>
<tr>
<td>DLHS</td>
<td>District Level Household and Facility Survey</td>
</tr>
<tr>
<td>FLW</td>
<td>Front Line Worker</td>
</tr>
<tr>
<td>IMR</td>
<td>Infant Mortality Rate</td>
</tr>
<tr>
<td>IMS Act</td>
<td>Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992, as Amended in 2003</td>
</tr>
<tr>
<td>IYCF</td>
<td>Infant and Young Child Feeding</td>
</tr>
<tr>
<td>KAP</td>
<td>Knowledge Attitude and Practice</td>
</tr>
<tr>
<td>MCH</td>
<td>Maternal and Child Health</td>
</tr>
<tr>
<td>MLT</td>
<td>Middle Level Trainers</td>
</tr>
<tr>
<td>NIPI</td>
<td>Norway-India Partnership Initiative</td>
</tr>
<tr>
<td>NRHM</td>
<td>National Rural Health Mission</td>
</tr>
<tr>
<td>PMO</td>
<td>Principal Medical Officer</td>
</tr>
</tbody>
</table>
# Contents

Messages

Acknowledgment

Abbreviations

Chapter 1: Introduction  1

Chapter 2: BPNI’s Training Course on Infant and Young Child Feeding Counselling  4

Chapter 3: Implementing Training of MLTs and Yashoda Workers in Rajasthan  6

Chapter 4: Training Workshops  8

Chapter 5: Pre- and Post- Training Assessment  13

Chapter 6: Glimpses from Training Sessions and Media Coverage of Trainings at Various Venues  15

Chapter 7: Epilogue  23

Annexures  25
1. Introduction

This is a report of an innovative collaborative training programme on Infant and Young Child Feeding (IYCF) Counseling implemented in the state of Rajasthan, India, by the National Rural Health Mission (NRHM)- Rajasthan; Norway India Partnership Initiative (NIPI-UNOPS) and Breastfeeding Promotion Network of India (BPNI). The programme included training of Middle Level Trainers (MLTs) and Yashoda workers in all 33 districts of Rajasthan. A total of 105 MLTs and 567 Yashoda workers were trained over a period of two and half months between January 2012 and March 2012.

1.1 Importance of optimal infant and young child feeding (IYCF) for child survival and nutrition

The National Rural Health Mission (NRHM), India’s flagship program, aims to lower down maternal and infant mortality. Government of India seeks to work towards bringing down IMR faster than what is going on now. Early and exclusive breastfeeding for the first six months have been recognized to be key interventions for this purpose. The recommended optimal feeding of children is to initiate breastfeeding within one hour of birth, practicing exclusive breastfeeding for the first six months of life and continued breastfeeding for 2 years and beyond, appropriate and adequate complementary feeding from the family pot after 6 months.

The National Guidelines on Infant and Young Child Feeding, Government of India (2006) point out that malnutrition among children occurs almost entirely during the first two years of life and is virtually irreversible after that. These guidelines call for building skilled support to women through health care system. National Nutrition Policy and Plan of Action on Nutrition includes specific activities like “Ensuring that health care providers receive high quality training in breastfeeding practices and appropriate complementary feeding practices, Lactation management etc., using updated training material and techniques”.

The Infant Milk Substitutes Feeding Bottles, and Infant Foods (Regulation of Production, Supply and Distribution) Act 1992, Amendment Act 2003, recognizes that child mortality is closely linked with inappropriate feeding and malnutrition, and poor infant feeding is caused by pervasive promotion of baby foods, against little promotion of breastfeeding which is a contributing factor for malnutrition and death of children.

1.2 Norway-India Partnership Initiative (NIPI)

The Norway-India Partnership Initiative (NIPI) works to accelerate the reduction of child mortality by supporting action in National Rural Health Mission (NRHM). NIPI currently focuses its work in Orissa, Bihar, Madhya Pradesh, Rajasthan and Uttar Pradesh to improve maternal and child health.

To accelerate NRHM efforts for quality Maternal and Child Health (MCH) care at home and in the communities, NIPI placed emphasis on the introduction of new ways of strengthening the services of the ASHAs (Accredited Social Health Activists). This included the ASHAs support needs, referral requirements and in particular skill-building. Skill-building is critical to reach out for improving infant feeding, which has so far achieved limited attention within the existing training program for the ASHAs.

NIPI has also placed an innovative volunteer support worker at the facilities with high delivery volumes, named Yashoda to optimise the benefits of safe motherhood program. One responsibility of the Yashoda, is to support mothers for early initiation of exclusive breastfeeding and to orient the mother about basic newborn care and immunization.
1.3 Relevance of IYCF practices in child health, nutrition and survival

The World Health Statistics Report 2009 recognized that poor infant feeding - not being exclusively breastfed for the first months of life, is a risk factor for survival of the child. Evidence presented in Lancet 2003^1^ and later in 2008, clearly pointed out the role of early and exclusive breastfeeding in child survival. Importantly, suboptimal breastfeeding in the first six months of life is associated with 77% of all child deaths and 85% of all DALYs lost in this period. According to this report, predominant breastfeeding (breastfeeding plus water) increases the risk of child mortality by 1.48 times as compared to exclusive breastfeeding. Partial breastfeeding (breastmilk plus other milks or foods) increases the child mortality by 2.8 times as compared to exclusive breastfeeding. The relative risk for prevalence of diarrhea is 1.26 and 3.04 for predominant and partial breastfeeding as compared to exclusive breastfeeding. The relative risk for pneumonia is 1.79 and 2.49 for predominant and partial breastfeeding as compared to exclusive breastfeeding. Such a risk analysis on predominant vs. partial breastfeeding has not been done earlier according to the authors of the lancet study. Another area of immense public health importance is the significant reduction of adult onset diseases such as diabetes type II and hypertension, in persons who were given breastfeeding in their childhood.^2^ Studies from India have shown that lipid profile of exclusively breastfed infants is different from that of mixed-fed babies. This has long-term implications on the health, later in life.

There is a possibility to accelerate the decline of IMR through sustainable skill building intervention to enhance early and exclusive breastfeeding. In Lalitpur (one of the districts in Uttar Pradesh) it has been shown that how well a planned and systematic program can bring changes in feeding practices.

To achieve improved infant and young child feeding practices, pregnant and lactating women require access to appropriate counseling, which can only be achieved by strengthening knowledge and skills of the health care providers. Hence, there is an urgent need to train health workers, who can care for mothers and young children in all countries and have the skills needed to both, support & protect breastfeeding as well as promote & support appropriate complementary feeding. Health workers also need such trainings to provide accurate information to mothers on maternal transmission of HIV to children and to support mothers to practice safer infant feeding.

1.4 Status of IYCF practices in India and Rajasthan

Data from the National Family Health Survey-3 (NFHS-3) and the District Level Household and Facility Survey-3 (DLHS-3)^3^ that IYCF practices remain suboptimal in India. According to NFHS-3, national average of early breastfeeding within one hour is 24.5% and exclusive breastfeeding is about 46.3%, during the first six months. Complementary feeding rate at 6-9 months is about 55.8%.^4^ Early initiation of breastfeeding has shown some improvement in the DLHS-3. In Rajasthan, initiation of breastfeeding within one hour is 41.9 percent, exclusive breastfeeding for first six month of life is 65.5%, and introduction of complementary feeding along with continued breastfeeding among 6-9 month is 43.7%.^5^ The status of IYCF practices in the state of Rajasthan is shown in the Table-1. It is evident from the data that, all the districts in Rajasthan require concerted efforts to improve the status of infant and young child feeding practices.

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<table>
<thead>
<tr>
<th>S.No.</th>
<th>Districts</th>
<th>Children breastfed within one hour of birth (%)</th>
<th>Children (age 6 months above) exclusively breastfed (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ganganagar</td>
<td>40.3</td>
<td>31.5</td>
</tr>
<tr>
<td>2.</td>
<td>Hanumangarh</td>
<td>28.1</td>
<td>25.6</td>
</tr>
<tr>
<td>3.</td>
<td>Bikaner</td>
<td>42.6</td>
<td>33.5</td>
</tr>
<tr>
<td>4.</td>
<td>Churu</td>
<td>51.5</td>
<td>38.7</td>
</tr>
<tr>
<td>5.</td>
<td>Jhunjhunun</td>
<td>45.9</td>
<td>32.7</td>
</tr>
<tr>
<td>6.</td>
<td>Alwar</td>
<td>36.4</td>
<td>36.3</td>
</tr>
<tr>
<td>7.</td>
<td>Bharatpur</td>
<td>36.6</td>
<td>44.3</td>
</tr>
<tr>
<td>8.</td>
<td>Dholpur</td>
<td>28.4</td>
<td>31.9</td>
</tr>
<tr>
<td>9.</td>
<td>Karauli</td>
<td>40.5</td>
<td>20.4</td>
</tr>
<tr>
<td>10.</td>
<td>Sawai Madhopur</td>
<td>40.8</td>
<td>39.7</td>
</tr>
<tr>
<td>11.</td>
<td>Dausa</td>
<td>41.2</td>
<td>23.9</td>
</tr>
<tr>
<td>12.</td>
<td>Jaipur</td>
<td>43.0</td>
<td>32.8</td>
</tr>
<tr>
<td>13.</td>
<td>Sikar</td>
<td>37.6</td>
<td>36.5</td>
</tr>
<tr>
<td>14.</td>
<td>Nagaur</td>
<td>29.1</td>
<td>31.3</td>
</tr>
<tr>
<td>15.</td>
<td>Jodhpur</td>
<td>31.2</td>
<td>32.8</td>
</tr>
<tr>
<td>16.</td>
<td>Jaisalmer</td>
<td>24.2</td>
<td>30.9</td>
</tr>
<tr>
<td>17.</td>
<td>Barmer</td>
<td>34.2</td>
<td>13.2</td>
</tr>
<tr>
<td>18.</td>
<td>Jalore</td>
<td>44.4</td>
<td>12.5</td>
</tr>
<tr>
<td>19.</td>
<td>Sirohi</td>
<td>41.5</td>
<td>12.5</td>
</tr>
<tr>
<td>20.</td>
<td>Pali</td>
<td>38.2</td>
<td>19.4</td>
</tr>
<tr>
<td>21.</td>
<td>Ajmer</td>
<td>43.1</td>
<td>28.6</td>
</tr>
<tr>
<td>22.</td>
<td>Tonk</td>
<td>42.3</td>
<td>20.7</td>
</tr>
<tr>
<td>23.</td>
<td>Bundi</td>
<td>54.8</td>
<td>24.0</td>
</tr>
<tr>
<td>24.</td>
<td>Bhilwara</td>
<td>50.1</td>
<td>15.3</td>
</tr>
<tr>
<td>25.</td>
<td>Rajsamand</td>
<td>51.4</td>
<td>13.4</td>
</tr>
<tr>
<td>26.</td>
<td>Udaipur</td>
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<td>13.7</td>
</tr>
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<td>27.</td>
<td>Dungarpur</td>
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<td>16.4</td>
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<tr>
<td>28.</td>
<td>Banswara</td>
<td>43.5</td>
<td>17.9</td>
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<tr>
<td>29.</td>
<td>Chittorgarh</td>
<td>53.7</td>
<td>12.8</td>
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<tr>
<td>30.</td>
<td>Kota</td>
<td>54.7</td>
<td>24.2</td>
</tr>
<tr>
<td>31.</td>
<td>Baran</td>
<td>47.5</td>
<td>26.8</td>
</tr>
<tr>
<td>32.</td>
<td>Jhalawar</td>
<td>50.9</td>
<td>20.3</td>
</tr>
</tbody>
</table>

| Rajasthan | 41.4 | 25.4 |

2. **BPNI's Training Course on Infant and Young Child Feeding Counseling**

The Breastfeeding Promotion Network of India (BPNI) conducts training of trainers (Middle Level trainer-MLTs) of the health and nutrition care functionaries at the state and district level. The skill training of trainers and frontline workers is accomplished using a training package titled “Infant and Young Child Feeding Counseling: A Training Course, (Integrated Breastfeeding, Complementary feeding, Infant feeding & HIV Counseling and Growth Monitoring)- The 4 in 1 Course”. This course is a comprehensive and integrated course developed by BPNI along with its partners. The course is based on WHO / UNICEF Training Courses “Breastfeeding Counseling-A Training Course”, “HIV and Infant Feeding Counseling-A Training Course” and “Complementary Feeding Counseling-A Training Course”. The course for the frontline workers has been field tested by National Institute of Public Cooperation and Child Development (NIPCCD), Government of India. The course is also endorsed by the Indian Academy of Pediatrics (IAP), Indian Medical Association (IMA) and Indian Academy of Preventive and social Medicine (IAPSM). In the present training programme conducted in Rajasthan, the component of growth monitoring was not included as per work needs of Yashoda workers and suggestions from NIPI to this effect.

National trainers of BPNI trained MLTs for 6 days which also included MLTs conducting the training for frontline workers under the supervision of national trainers from BPNI for last 3 days.

2.1. Course material of Infant and Young Child Feeding Counseling Training

BPNI has developed a training material for training programmes for middle level trainers and frontline workers.

2.1.1 The Trainer’s Guide for Middle Level Trainers

The Trainer's Guide is a comprehensive manual with a total of 27 sessions covering topics on Breastfeeding, Complementary Feeding, HIV & Infant Feeding and Growth monitoring. It is an essential tool for trainers and contains all the information needed, with detailed instructions on how to conduct each session. It describes the teaching methods used, contains practical guidelines, summary boxes, forms, lists, and checklists, and the stories used during the course.

2.1.2 Teaching aids for Middle Level Trainers

Along with training manual, all trainers are provided with a set of laminated flash cards (spiral bound) as a teaching aid to be used while teaching frontline workers.
2.1.3. **Manual for Frontline Workers**

This manual contains 21 sessions. Each frontline worker is provided with a reference manual which helps her to counsel mothers and family members.

2.1.4. **Counseling Guide for Frontline Workers**

A flip chart is provided to all frontline workers to be used to counsel mothers and family members during their routine activities and home visits.

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### Table No. 2: Training kit for middle level trainers

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Training Material</th>
<th>Training Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Training Guide for Training MLTs</td>
<td>Doll</td>
</tr>
<tr>
<td>2.</td>
<td>Teaching Aids</td>
<td>Breast Model</td>
</tr>
<tr>
<td>3.</td>
<td>Manual for Frontline Workers (Hindi)</td>
<td>Syringe, Breast Pump</td>
</tr>
<tr>
<td>4.</td>
<td>Counseling Guide for Frontline Workers (Flip Chart)-Hindi</td>
<td>Bowl, Cup</td>
</tr>
<tr>
<td>6.</td>
<td>CD “Maa Ka Pyaar Shishu Ahaar”</td>
<td>Full &amp; Quarter Plates, Spoon,</td>
</tr>
<tr>
<td>7.</td>
<td>The Law to Protect Promote and Support Breastfeeding</td>
<td>Writing Pad, Pen, Pencil, Eraser, Sharpener</td>
</tr>
</tbody>
</table>

### Table No. 3: Training kit for frontline workers

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Training Material</th>
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<tbody>
<tr>
<td>1.</td>
<td>Manual for Frontline Workers (Hindi)</td>
</tr>
<tr>
<td>2.</td>
<td>Counseling Guide for Frontline Workers (Flip Chart)-(Hindi)</td>
</tr>
<tr>
<td>4.</td>
<td>Writing Pad, Pen, Pencil, Eraser, Sharpener</td>
</tr>
</tbody>
</table>
3. Implementing Training of MLTs and Yashoda Workers in Rajasthan

NRHM Rajasthan, NIPI-UNOPS & BPNI jointly implemented the training programme for MLTs (district level doctors and nurses) and Yashoda workers, with an objective to enhance early and exclusive breastfeeding for the first six months in 33 districts of Rajasthan State.

3.1. Submission and approval of project proposal for trainings

The process for this activity started when BPNI submitted a proposal to the Director, RCH, Government of Rajasthan through NIPI-UNOPS, for training of Middle Level Trainers and Yashoda Workers on IYCF counselling in all the districts of Rajasthan and got an approval in November 2011 (Annexure-1,2).

3.2. Preparatory meeting

A preparatory meeting of BPNI team was held with country and state officials of NIPI-UNOPS and district level health functionaries in Jaipur in December 2012 (Annexure-3). District wise training plan, administrative actions and logistic requirements for trainings were discussed and a tentative training calendar was formulated (Annexure 4 for Agenda for meeting). Actions for successful implementation of the programme were identified and tasks were work assigned as follows:

NIPI-UNOPS / NRHM Rajasthan to facilitate:
- Nomination of Nodal officers at every district of training.
- List of nominees for MLT training.
- List of Yashodas for training.
- Identification of venue of training.
- Arrangements to be made for training for training.
- Arrangement of caterer for lunch/ tea/ water.
- Check list for preparation of training.
- Arrangement of mothers with newborns for clinical practices.
- Identifying two assisting staff at training venue.
- Hotel accommodation (Breakfast) for national trainers of BPNI.
- Stay arrangement for MLTs and Yashodas.
- Arrangement of local transport for national trainers (Pick n Drop) & for hospital visits.
- Availability of CMHO / other senior officials for valedictory Function.

BPNI to ensure:
- Coordinating arrangements for trainings at district venues
- Deputing National Trainers for training
- Arranging Teaching Aids / Conducting Training and Supply of Training Kits / Training Tools/Certificates/Banners at Nodal Officer's Address.
- Supervision and quality control in training.
- Report Writing.
3.3. Administrative arrangements
District nodal officers for the training programme were nominated in each district by Director - RCH, Directorate of medical, health and family welfare, Government of Rajasthan. (see annexure 5,6). District health authorities were advised to nominate a team of middle level trainers from Pediatricians, Obstetricians, Medical officers, LHV's, GNMs, Yashoda supervisors, District Public Health Nurse Manager, and Nursing Tutor. Further to this, Director RCH, Government of Rajasthan issued instructions to district authorities about the final dates for the trainings and budget guidelines for expenditure on participants.

3.4. Orientation of BPNI trainers
An orientation of national trainers of BPNI was held on 27th - 29th December 2011, at University College of Medical Sciences and GTB hospital in which 18 trainers were oriented on various aspects of training programme in districts of Rajasthan. Participants were apprised about the project background and their role in coordinating the trainings. They were introduced to the updated training kit to be used in the trainings, comprising of trainer’s guide, teaching aids, participant manual, and flipcharts.
# Training Workshops

Training workshops started from 16th January 2012 and the task was completed on 31st March 2012. 17 training workshops were conducted by 17 National Trainers of BPNI for participants from 33 districts of Rajasthan. 105 medical professionals and Middle level trainers and 567 Yashodas were trained in IYCF counseling. Each training workshop was held for 6 days having 2 phases i.e. first phase comprising of 18 theoretical sessions, 2 clinical practices, 2 practice session, and role plays. In first phase training of Middle Level Trainers (MLTs) and in second phase training of Yashodas was undertaken by MLTs, under the supervision of BPNI's national trainers.

District wise schedule of trainings is provided in the Annexure-7.

## Details of each training are given below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>District</th>
<th>No. of Yashoda trained</th>
<th>BPNI National Trainers</th>
<th>NIPI District Nodal Officer</th>
<th>Chairperson for Valedictory function</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 - 21 January 2012</td>
<td>District Hospital Beawar</td>
<td>Ajmer and Nagaur</td>
<td>24</td>
<td>Dr. Sunita Jain, Dr. Pooran Mal Bohara, Ms. Manokama Jacob, Dr. Mukesh M. Mathur, Dr. Suresh Chand Verma, Mr. Rajender Prasad</td>
<td>Mr. Santosh Kumar Singh (DPM)</td>
<td>Dr. Gahlot Singh, PMO-Beawar</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 - 21 January 2012</td>
<td>District Hospital Bhilwara</td>
<td>Tonk and Bhilwara</td>
<td>26</td>
<td>Dr. Anita Gupta, Dr. S.L. Gupta, Dr. Surender Goyal, Radha Kishna, Swarnakar Mohini Devi, R. Vasanthi, Dr. Suman Shrama</td>
<td>Mr. Yogesh Vaishanav (DPM)</td>
<td>PMO - Bhilwara</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dy. CMHO-Bhilwara</td>
</tr>
</tbody>
</table>
**Date:** 30 Jan - 4 Feb 2012

**Venue:** District Hospital Churu

**District:** Bikaner and Churu

**No. of Yashoda trained:** 19

**BPNI National Trainers**
- Dr. K C Aggarwal
- Ms Preeti Gupta

**NIPI District Nodal Officer**
- Mr. Kaushal Kumar (DPM)

**Participants for MLT Training**
Two Medical officers and One Yashoda supervisor & Three Staff Nurses
- Dr. Rati Ram Meena
- Dr. Lakshya Sing Parihar
- Mr. Surendra Singh Noonia
- Smt. Ramesh Kumari
- Mr. Jagdamba T. G.
- Smt Indu Sharma

**Chairperson for Valedictory function**
- PMO-Churu

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**Date:** 30 Jan - 4 Feb 2012

**Venue:** District Hospital Pali

**District:** Jodhpur, Pali and Sirohi

**No. of Yashoda trained:** 26

**BPNI National Trainers**
- Dr. Gulshan Arora
- Dr. Nikhil Kharod

**NIPI District Nodal Officer**
- Dr. L.B. Choudhary (HM)

**Participants for MLT Training**
Five Medical officers, Two Nurses, One LHV and One MN-I
- Anil Choudhary
- Kishan Lal Kachchawaha
- Shakuntala Sharma
- Dr. Prem Singh
- Mrs. Rethamma
- Dr. D.V. Singh
- Dr. Narendra Singh
- Dr. R.K. Tilwani
- Dr. S.P. Agiwal

**Chairperson for Valedictory function**
- PMO-Pali

---

**Date:** 6-11 Feb 2012

**Venue:** District Hospital Sikar

**District:** Sikar and Jhunjhunu

**No. of Yashoda trained:** 28

**BPNI National Trainers**
- Dr. Gulshan Arora
- Ms Ulka Jamal

**NIPI District Nodal Officer**
- Mr. Y K Sharma (HM)

**Participants for MLT Training**
Four Medical officers & Two Nurses
- Dr. Madam Singh
- Dr. Bajrang Lal Rai
- Dr. Narendra Singh
- Dr. Ratan Kumar
- Ms. Prabha
- Mr. Abdul Sattar

**Chairperson for Valedictory function**
- PMO-District Hospital Sikar

---

**Date:** 6-11 Feb 2012

**Venue:** District Hospital Alwar

**District:** Alwar

**No. of Yashoda trained:** 25

**BPNI National Trainers**
- Dr. Anurag Aggarwal
- Dr. Rupali Roy

**NIPI District Nodal Officer**
- Islam Naqvi (DPHNM)

**Participants for MLT Training**
Three Medical officers and One Nursing tutor, One LHV & One Coordinator NRHM
- Smt. Amamma.
- Dr. Kanwar Singh
- Dr. Anil Shivastava
- Ms. Nishi Bala Singh
- Dr. Keshav Soni
- Mr. Islam Naqvi

**Chairperson for Valedictory function**
- RCHO - Alwar
Participants for MLT Training

Two Medical officers, One Nurse, One DPHNM & One LHV
- Dr. Ghan Shyam Yaduvanshi
- Mr. Vikas Kumar Khandelwal
- Mr. Imran Khan
- Beena Bhudoria
- Dr. Vikram

Venue: District Hospital Dausa
District: Dausa
No. of Yashoda trained: 19

BPNI National Trainers
- Dr. Ali Jafar Abedi
- Ms Ulka Jamal

NIPI District Nodal Officer
- Mr. Imran Khan (DPHNMM)

Chairperson for Valedictory function
- Chief Medical Officer- Dausa

Date: 13 - 18 Feb 2012

Participants for MLT Training

Three Medical officers and Two Yashoda supervisors
- Dr. Kamlesh Babel
- Dr. Mohd Irfan
- Ms. Radhamma. G
- Dr. Hari Om Laddha
- Ms. Beena. K

Venue: District Hospital Chittorgarh
District: Chittorgarh and Pratapgarh
No. of Yashoda trained: 31

BPNI National Trainers
- Dr. Praveen Kumar
- Ms Lubna Abdullah

NIPI District Nodal Officer
- Mr. Vinayak Mehta (DPM)

Chairperson for Valedictory function
- RCHO - Chittorgarh

Date: 13 - 18 Feb 2012

Participants for MLT Training

Six Medical officers, One Nurse, One Nursing trainer & One LHV
- Dr. Shivnath Singh
- Sushila Choudhary
- Dr. G.N. Verma
- Chaina Ram
- Dr. J.R. Meena
- Ms. Mahendra Kumar
- Dr. S.L. Mathur
- Ms. Saramma Mathur
- Dr. Chandra Singh

Venue: District Hospital Barmer
District: Jalore, Barmer and Jaisalmer
No. of Yashoda trained: 17

BPNI National Trainers
- Dr. Gulshan Arora
- Ms. Ulka Jamal

NIPI District Nodal Officer
- Mr. Vijay Kumar (HM)

Chairperson for Valedictory function
- PMO- Barmer

Date: 20-25 Feb 2012

Participants for MLT Training

Four Medical officers & Two Nurses
- Dr. Anju Setia
- Dr. R.C. Ola
- Dr. K. Khan
- Ms. Charanjit Kaur
- Ms. Gurdeep kaur
- Dr. Beena Arora

Venue: Civil Hospital Sri Ganganagar
District: Ganganagar and Hanumangarh
No. of Yashoda trained: 10

BPNI National Trainers
- Dr. Amarjit Singh
- Mr S.K. Mehta

NIPI District Nodal Officer
- Dr. Sanjeev Chhabra (HM)

Chairperson for Valedictory function
- CMO - Sri Ganganagar

Date: 20-25 Feb 2012
### Participants for MLT Training

**Date:** 27 Feb - 3 Mar 2012  
**Venue:** District Hospital Sawai Madhopur  
**District:** Dholpur and Sawai Madhopur  
**No. of Yashoda trained:** 29  
**BPNI National Trainers**  
- Dr. Kanchan Saxena  
- Ms Lubna Abdullah  
**NIPI District Nodal Officer**  
- Mr. Sushil Kumar (DPM)  

**Participants for MLT Training**  
Three Medical officers, Two Yashoda supervisors & One Male staff nurse  
- Dr. Susheel Goyal  
- Dr. Harkesh Meena  
- Mr. Bhupendra  
- Ms. Vijyamma. D  
- Mrs. Leena  
- Dr. Arvind Kumar Sharma  

**Chairperson for Valedictory function**  
- PMO - Sawai Madhopur

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**Date:** 27 Feb - 3 Mar 2012  
**Venue:** District Hospital Karauli  
**District:** Karauli  
**No. of Yashoda trained:** 30  
**BPNI National Trainers**  
- Ms. Ulka Jamal  
- Mr. S.K.Mehta  
**NIPI District Nodal Officer**  
- Ms. Vatsala Sharma (HM)  

**Participants for MLT Training**  
Two Medical officers, Two Nurses & One Yashoda supervisor  
- Ms. Ponnamma George  
- Ms. Sumeri Meena  
- Ms. Upendra Kumar Gupta  
- Dr. G. N Airawal  
- Mr. Ashok Kumar Sharma  
- Dr. Santosh Gupta  

**Chairperson for Valedictory function**  
- PMO - Karauli

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**Date:** 12-17 Mar 2012  
**Venue:** Medical College Udaipur  
**District:** Udaipur and Rajasmand  
**No. of Yashoda trained:** 18  
**BPNI National Trainers**  
- Dr. MMA Faridi  
- Ms. Lubna Abdullah  
**NIPI District Nodal Officer**  
- Ms. Rekha Sharma (DAC)  

**Participants for MLT Training**  
Four Medical officers, One Nursing Tutor & One Yashoda Supervisor  
- Dr. Renu Jain  
- Dr. Dinesh Kharadi  
- Ms. Bhargavi. K.M  
- Dr. Lalit Purohit  
- Dr. Manju Purohit  
- Mr. Deep Lal Barber  

**Chairperson for Valedictory function**  
- RCHO Udaipur

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**Date:** 12-17 Mar 2012  
**Venue:** CHC Bassi  
**District:** Jaipur  
**No. of Yashoda trained:** 35  
**BPNI National Trainers**  
- Dr. Anurag Agarwal  
- Dr. Khan Amir Maroof  
**NIPI District Nodal Officer**  
- Mrs. Richa Saraswat  

**Participants for MLT Training**  
Two Medical officers, Two Nurses & One LHV  
- Dr. Hari Ram  
- Ms. Meenakshi  
- Ms. Shakuntala  
- Dr. Priyanka Patni  
- Ms. Radha Mani  

**Chairperson for Valedictory function**  
- BCMO, CHC Bassi
Participants for MLT Training
Four Medical officers, One Nurse & One Yashoda Supervisor
- Dr. Yudhishter
- Dr. Rahul Panchal
- Ms. Janjewanti Vesnv
- Ms. Annamma. P. C
- Dr. Gauraw Kumar Yadav
- Dr. Shyam. G

Chairperson for Valedictory function
- CMHO District Hospital Banswara

Date: 19 - 24 Mar 2012
Venue: District Hospital Banswara
District: Dungarpur and Banswara
No. of Yashoda trained: 23
BPNI National Trainers
- Dr Nikhil Kharod
- Ms. Ulka Jamal
NIPI District Nodal Officer
- Mr. Sudhindra K.Sharma (DPM)

Participants for MLT Training
Three Medical officers & Three Nurses
- Mr. Indresh Sharma
- Ms. Kusum Lata Agrawal
- Dr. Hemant Sharma
- Dr. Abhishek Bansal
- Dr. Sunil Sharma
- Mr. Dilip Gupta

Chairperson for Valedictory function
- Trainers

Date: 19 - 24 2012
Venue: District Hospital Bharatpur
District: Bharatpur
No. of Yashoda trained: 33
BPNI National Trainers
- Dr. Sangeeta Rani
- Dr Pardeep Khanna
NIPI District Nodal Officer
- Ms. Poonam Srivastava (DMCH)

Participants for MLT Training
Three Medical officers, Two Yashoda Supervisors, One LHV, One Nursing Tutor & One H.M
- Dr. Sunita Kumari
- Mr. Kamlawati
- Smt. Radha T.K
- Dr. A.K. Ansari
- Mr. Gopal Lal Sharma
- Dr. Pakaj Jain
- Dr. Preeti Pathak
- Ms. Uma Devi

Chairperson for Valedictory function
- Trainers

Date: 26-31 Mar 2012
Venue: District Hospital Kota
District: Kota, Bundi, Jhalawar and Baran
No. of Yashoda trained: 29
BPNI National Trainers
- Dr. Gulshan Arora
- Ms Ulka Jamal
NIPI District Nodal Officer
- Ms. Jyoti Tanwar (DAC)
To assess the improvement in the knowledge of trainees, self-administered pre- and post test questionnaires were designed. The pre- and post test questionnaires aimed at capturing the change in knowledge levels and handling practical issues in IYCF counseling. Assessment findings are given in the table no. 4 and 5.

### Table No. 4: Pre- and Post-Intervention assessment of knowledge of Yashoda Workers

<table>
<thead>
<tr>
<th>Question pertaining to</th>
<th>Pre Intervention</th>
<th>Post Intervention</th>
<th>Correct Response</th>
<th>Pre Test</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge about Optimal Infant and young child feeding practices</td>
<td>296 VN=388</td>
<td>337 VN=388</td>
<td>76.29</td>
<td>86.86</td>
<td></td>
</tr>
<tr>
<td>Characteristics of Human milk</td>
<td>336</td>
<td>377</td>
<td>86.60</td>
<td>97.16</td>
<td></td>
</tr>
<tr>
<td>Benefits of breastfeeding to the mother</td>
<td>248</td>
<td>338</td>
<td>63.92</td>
<td>87.11</td>
<td></td>
</tr>
<tr>
<td>Dangers of pre lacteal feeds</td>
<td>193</td>
<td>276</td>
<td>49.74</td>
<td>71.13</td>
<td></td>
</tr>
<tr>
<td>Duration of breastfeeding</td>
<td>292</td>
<td>337</td>
<td>75.26</td>
<td>86.86</td>
<td></td>
</tr>
<tr>
<td>Factors which enhance prolactin reflex</td>
<td>244</td>
<td>282</td>
<td>62.89</td>
<td>72.68</td>
<td></td>
</tr>
<tr>
<td>Functions of oxytocin reflex</td>
<td>118</td>
<td>210</td>
<td>30.41</td>
<td>54.12</td>
<td></td>
</tr>
<tr>
<td>Factors which hinder oxytocin reflex</td>
<td>263</td>
<td>356</td>
<td>67.78</td>
<td>91.75</td>
<td></td>
</tr>
<tr>
<td>Key for enhancing breastmilk production</td>
<td>107</td>
<td>209</td>
<td>27.58</td>
<td>53.87</td>
<td></td>
</tr>
<tr>
<td>Sign of good attachment</td>
<td>144</td>
<td>295</td>
<td>37.11</td>
<td>76.03</td>
<td></td>
</tr>
<tr>
<td>Causes of sore nipples</td>
<td>152</td>
<td>217</td>
<td>39.18</td>
<td>55.93</td>
<td></td>
</tr>
<tr>
<td>Reliable sign of enough milk being received by baby</td>
<td>42</td>
<td>115</td>
<td>10.82</td>
<td>29.64</td>
<td></td>
</tr>
<tr>
<td>Appropriate age of starting complementary foods</td>
<td>259</td>
<td>331</td>
<td>66.75</td>
<td>85.31</td>
<td></td>
</tr>
<tr>
<td>Foods rich in Vitamin A</td>
<td>157</td>
<td>317</td>
<td>40.46</td>
<td>81.70</td>
<td></td>
</tr>
<tr>
<td>Foods for children in disease</td>
<td>191</td>
<td>298</td>
<td>49.23</td>
<td>76.80</td>
<td></td>
</tr>
</tbody>
</table>

Analysis of data showed that, after training there was a significant improvement in knowledge about various aspects of breastfeeding and complementary feeding among Yashodas.

Post-intervention data shows that, a high proportion of participants responded with correct answers as compared to pre-intervention, on questions related to signs of good attachment (37% to 46%), food for children in diseases (49% to 76.80%), key for enhancing breastmilk production (27% to 54%) and functions of oxytocin reflex (30% to 54%).
### Table No. 5: Pre- and Post-Intervention assessment of knowledge of MLTs

<table>
<thead>
<tr>
<th>Question pertaining to</th>
<th>Pre Intervention</th>
<th>Post Intervention</th>
<th>Correct Response</th>
<th>% of Pre Test</th>
<th>% of Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge about Optimal Infant and young child feeding practices</td>
<td>59</td>
<td>91</td>
<td>Correct Response</td>
<td>59.6</td>
<td>91.92</td>
</tr>
<tr>
<td>Characteristics of Human milk</td>
<td>47</td>
<td>71</td>
<td>Correct Response</td>
<td>47.47</td>
<td>71.72</td>
</tr>
<tr>
<td>Benefits of breastfeeding to the mother</td>
<td>45</td>
<td>72</td>
<td>Correct Response</td>
<td>45.45</td>
<td>72.73</td>
</tr>
<tr>
<td>Dangers of pre lacteal feeds</td>
<td>61</td>
<td>86</td>
<td>Correct Response</td>
<td>61.62</td>
<td>86.87</td>
</tr>
<tr>
<td>Duration of breastfeeding</td>
<td>77</td>
<td>88</td>
<td>Correct Response</td>
<td>77.78</td>
<td>88.89</td>
</tr>
<tr>
<td>Factors which enhance prolactin reflex</td>
<td>62</td>
<td>75</td>
<td>Correct Response</td>
<td>62.63</td>
<td>75.76</td>
</tr>
<tr>
<td>Functions of oxytocin reflex</td>
<td>43</td>
<td>74</td>
<td>Correct Response</td>
<td>43.43</td>
<td>74.75</td>
</tr>
<tr>
<td>Factors which hinder oxytocin reflex</td>
<td>33</td>
<td>66</td>
<td>Correct Response</td>
<td>33.33</td>
<td>66.67</td>
</tr>
<tr>
<td>Key for enhancing breast milk production</td>
<td>41</td>
<td>75</td>
<td>Correct Response</td>
<td>41.41</td>
<td>75.76</td>
</tr>
<tr>
<td>Sign of good attachment</td>
<td>45</td>
<td>77</td>
<td>Correct Response</td>
<td>45.45</td>
<td>77.78</td>
</tr>
<tr>
<td>Cause of sore nipples</td>
<td>22</td>
<td>63</td>
<td>Correct Response</td>
<td>22.22</td>
<td>63.64</td>
</tr>
<tr>
<td>Reliable sign of enough milk being received by baby</td>
<td>54</td>
<td>76</td>
<td>Correct Response</td>
<td>54.55</td>
<td>76.77</td>
</tr>
<tr>
<td>Appropriate age of starting complementary foods</td>
<td>67</td>
<td>83</td>
<td>Correct Response</td>
<td>67.68</td>
<td>83.84</td>
</tr>
<tr>
<td>Foods rich in Vitamin A</td>
<td>49</td>
<td>78</td>
<td>Correct Response</td>
<td>49.49</td>
<td>78.79</td>
</tr>
<tr>
<td>Foods for children in disease</td>
<td>56</td>
<td>80</td>
<td>Correct Response</td>
<td>56.57</td>
<td>80.81</td>
</tr>
</tbody>
</table>

Analysis of pre and post intervention questionnaires from Middle Level Trainers showed that, training has enhanced their overall knowledge in answering all the questions correctly regarding breastfeeding but, a improvement was significantly high on questions related with optimal Infant and Young Child Feeding Practices (59.6% to 91.92%), composition of breastmilk (48.48% to 77.78%), benefits of breastfeeding to the mother (45.45%-72.73%) and dangers of prelacteal feeds (61.62%–86.87%) etc.
6. Glimpses from Training Sessions and Media Coverage of Trainings at Various Venues

TRAINING WORKSHOP AT BEAWAR

PMO Beawar giving Memento to National trainer

National Trainer Conducting a session

Group Photo (PMO Beawar, National trainers of BPNI, Middle level trainers & Yashoda)

A participant counseling a mother during clinical practice

News paper clippings

TRAINING WORKSHOP AT BHILWARA

Role play being conducted by A National trainer

Discussion after the role play

Training session in progress
TRAINING WORKSHOP AT CHURU

Practical session being conducted by National trainer

Group Photo

National Trainer Conducting Session

National trainer counseling a mother during the Clinical practice

News paper clippings

Training Workshop at Pali

Participants helping a mother in positioning the baby at the breast

Role play being conducted by a participant and trainer

News paper clipping

Group Photo (National Trainers & Middle Level Trainers)
TRAINING WORKSHOP AT SIKAR

Discussion of Middle level trainer with Yashoda

Trainer demonstrating the lying down position of the baby at the breast

Participants reciting a prayer before starting of the session

News paper clippings

TRAINING WORKSHOP AT ALWAR

Role play being conducted by participants

Participants counseling a mother, during the clinical practice

Valedictory Function

Training Session in progress
TRAINING WORKSHOP AT DAUSA

Group Photo (National trainers, Middle level trainers & Yashodas)
Valedictory function
Distribution of certificate

TRAINING WORKSHOP AT CHITTORGARH

Training session in Progress
Session being conducted by Middle level trainer
Participants conducting a role play
Distribution of certificates
News paper clippings

TRAINING WORKSHOP AT BARMER

Group Photo (National Trainers and participants)
Distribution of certificates
TRAINING WORKSHOP AT GANGANAGAR

Introduction of trainers
Introduction of Training
Training session in progress

Group photo (National trainers, Middle level Trainers and Yashodas)

TRAINING WORKSHOP AT SAWAI MADHOPUR

Training session in progress
Practical session being conducted by a National Trainer
Role play

Demonstrations for participants
News paper clippings
TRAINING WORKSHOP AT KARAULI

Training Session

Trainer demonstrating the position of the baby at the breast

Role play is being conducted by a National trainer

Group photo (National trainers, Middle level Trainers and Yashodas)

TRAINING WORKSHOP AT UDAIPUR

Middle level trainer conducting the session

Discussion of role play

Counseling of mother

National trainer demonstrating the positioning of the baby at the breast
TRAINING WORKSHOP AT JAIPUR

Trainer demonstrating the back massage

Group Discussion

Session being conducted by Middle level trainer

Distribution of certificates

TRAINING WORKSHOP AT BANSWARA

Participant counseling the mother during the clinical practice

Group Discussion

Demonstration of positioning of the baby at the breast

Group Photo (National trainer & Middle level trainer)
**TRAINING WORKSHOP AT BHARATPUR**

- Participants reciting the prayer
- National trainer demonstrating during the session
- Training session in progress
- Role play being conducted by the participants

**TRAINING WORKSHOP AT KOTA**

- Middle level trainer is demonstrating the positioning the baby at the breast
- Participant counseling the mother during clinical practice
- Distribution of certificates
- Valedictory function
7. Epilogue

N IPI, NRHM Rajasthan & Breastfeeding Promotion Network of India (BPNI) worked together with an objective to enhance early and exclusive breastfeeding for the first six months in 33 districts of Rajasthan state through capacity building of the district level doctors and nurses and frontline workers (Yashodas). For the BPNI training team, this was a very enriching experience due to the enthusiastic participation of the trainees and appropriate administrative assistance at the state and district level. Trainees were also very happy to get a new insight in the subject and to acquire knowledge and skills on this important aspect of maternal and child care. The training programme has once again established the fact that it is possible and feasible to impart skill training within the health system reasonable resources. We hope that with this endeavor will help in improving infant and young child feeding practices in Rajasthan. This will also be useful to assess knowledge, attitude and practices of trainees in future to provide any refresher course, if required.
Annexures

Annexure 1:  
Letter from BPNI to NIPRI regarding submission of proposal

Annexure 2:  
Approval letter from government of Rajasthan

Annexure 3:  
Letter from government of Rajasthan to BPNI regarding meeting on 20th December 2011

Annexure 4:  
Agenda for Orientation Meeting on District Level Capacity Building on IYCF

Annexure 5:  
Office order from government of Rajasthan for conducting the training in all districts

Annexure 6:  
Office order for the nomination of nodal officer at each district of Rajasthan

Annexure 7:  
Schedule of trainings

Annexure 8:  
List of Frontline Workers (Yashodas) who were trained

Annexure 9:  
List of BPNI National Trainers

Annexure 10:  
Course contents of Middle Level Trainers

Annexure 11:  
Course contents for Frontline Workers

Annexure 12:  
Trainings schedule for training of Frontline workers (FLW)

Annexure 13:  
Specimen of Training Certificates

Annexure 14:  
Experiences of BPNI in conducting trainings in IYCF counseling

Annexure 15:  
BPNI Training Cell (2011)
Letter from BPNI to NIPI Regarding Submission of Proposal

**Breastfeeding Promotion Network of India**
(Registered Under Societies Registration Act XXI of 1860, Delhi R.No. 8-23144)

National Coordinator  
Dr. J.P. Dadich  
November 8, 2011

Dr. S.P. Yadav,  
Senior State Programme Officer NIPI-UNOPS  
Room No. 213, Swasthya Bhawan,  
Tilak Marg  
Jaipur (Rajasthan)

(Through Dr. Kallpresaad Pappu, Director UNOPS-NIPI Program, New Delhi, India)

Subject: IYCF counselling training for Middle level trainers and Yashodas in Rajasthan.

Sir,

This is in reference to our ongoing discussions with UNOPS-NIPI Programs, Delhi and their subsequent action with Govt. of Rajasthan. We are herewith submitting the proposal for the training of middle level trainers and Yashoda workers on the Infant and Young Child Feeding Counseling in 33 districts of Rajasthan state. These training are proposed to start from second half of November 2011 and will be completed by February 2012. As suggested by UNOPS NIPI all the training will take place at district hospitals. A detailed proposal for these trainings is enclosed with this letter.

Since the trainings will take place at district hospitals, it will be prudent to have a discussion regarding these trainings with the district programme managers. This will be helpful if you could arrange such a meeting at Jaipur / any other city of Rajasthan.

With Kind Regards

Yours Sincerely

Dr. J.P. Dadich  
National Coordinator,  
Breastfeeding Promotion Network of India (BPNI)

---

All communications should be addressed to the National Coordinator, BPNI

National Secretariat, BPNI, BP-33, Pitampura, Delhi - 110 034 (India)

Tel: 91-11-27342908  
Fax: 91-11-27342909  
E-mail: bni.india@gmail.com  
Website: www.bpni.org
Annexure-2

Approval Letter from Government of Rajasthan

Government of Rajasthan
DIRECTORATE OF MEDICAL HEALTH & FW SERVICES,
Rajasthan, Swasthya Bhawan, Jaipur

NRHM/CH/NIP/NIPI/YAS/11/35

Dated 31.11.11

Dr J P Dadhich
National Coordinator
Breastfeeding Promotion Network of India (BPNI)
BP 33, Pitampura
New Delhi

Sub: Approval of Proposal for Training of Yashodas

In reference to above cited subject kindly note that the proposal submitted for Yashoda Training by your organization vide letter Ref. No. BPNI/2011/351 dated 08.11.11 is hereby approved under the NIPI component of NRHM and the total value of the proposal shall not exceed Rs 34,00,000 (Thirty four lakhs only).

You may further note that a planning meeting of all districts in this regard is convened on 26 December, 2011 at State Institute of Health & Family Welfare (SIHFW), Jhalana Doongri, Jaipur, kindly make it convenient to attend the meeting.

(\text{Signature})

(\text{Dr M L Jain})
Director (RCH)

NRHM/CH/NIP/NIPI/YAS/11/35

Dated 31.11.11

CC
1. PS to Mission Director, NRHM
2. Director NIPI, New Delhi
3. Sr. SPO NIPI
4. Central Server Room
5. Guard File

(\text{Signature})

(\text{Director (RCH)})
Annexure-3

Letter from Government of Rajasthan to BPNI Regarding Meeting on 20th December 2011

Government of Rajasthan
DIRECTORATE OF MEDICAL HEALTH & FW SERVICES,
Rajasthan, Swasthya Bhawan, Jaipur

NRHM/CH/NIPi/YAS/11/ 232  Dated 18.11.11

Chief Medical & Health Officer/23
Principal Medical Officer
All districts

Sub: Training of Yashodas through BPNI on 20th December 2011

In reference to above cited subject kindly note that a comprehensive training of Middle Level Trainers and Yashodas is envisaged during the next few months through the Breastfeeding Promotion Network of India (BPNI). A planning meeting in this regard is convened on 20th December, 2011 at State Institute of Health & Family Welfare (SIHFW), Jhalana Doongri, Jaipur. You are requested to direct the following to attend the meeting:

- District Programme Managers (DPM), All districts
- Health Managers, District Hospitals, All districts
- DMCH/DPHNM, Alwar, Bharatpur, Dausa

The TA shall be paid at SIHFW as per NRHM norms.

(Dr M L Jain)
Director (RCH)

Encl:
As above
NRHM/CH/NIPi/YAS/11/ 232  Dated 18.11.11

CC
1. PS to Mission Director, NRHM
2. Director NIPi, New Delhi
3. Director (SIHFW)
4. Additional Director (RCH)
5. Sr. SPO NIPi
6. DPM, All districts
7. Health Manager, DH, All districts
8. DMCH/DPHNM, Alwar, Bharatpur, Dausa
9. National Coordinator (BPNI), New Delhi
10. Central Server Room
11. Guard File

(Dr M L Jain)
Director (RCH)
## Agenda for Orientation Meeting on District Level Capacity Building on IYCF

**Date: 20th December 2011, SIHFW, Jaipur**

**Organized by: NIPI and BPNI**

<table>
<thead>
<tr>
<th>Time</th>
<th>Subject</th>
<th>Resource Person/Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 -10.30 am</td>
<td>Opening Session</td>
<td>Dr. SP Yadav, NIPI Rajasthan&lt;br&gt;Dr. Amrita Mishra, NIPI India&lt;br&gt;Dr. JP Dadhich, BPNI&lt;br&gt;Dr. MMA Faridi, BPNI&lt;br&gt;Introduction of participants</td>
</tr>
<tr>
<td>10.30 - 11.00 am</td>
<td>Tea/ Coffee</td>
<td></td>
</tr>
<tr>
<td>11.00 - 11.30 am</td>
<td>Relevance and ways to improve IYCF Practices</td>
<td>Dr. JP Dadhich</td>
</tr>
<tr>
<td>11.30 am - 12.00 pm</td>
<td>3 in 1 training programme for IYCF contents and experiences</td>
<td>Dr. MMA Faridi</td>
</tr>
<tr>
<td>12.00 pm - 12.30 pm</td>
<td>Tentative district wise programme of training</td>
<td>Ms. Lubna Abdullah</td>
</tr>
<tr>
<td>12.30 pm - 01.00 pm</td>
<td>Logistics for training roles and responsibilities</td>
<td>Dr. MMA Faridi&lt;br&gt;Ms. Lubna Abdullah</td>
</tr>
<tr>
<td>01.00 - 02.00 pm</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>02.00 pm - 03.00 pm</td>
<td>Open house discussion an interactive session with participants</td>
<td>Dr. S.P. Yadav&lt;br&gt;Dr. Amrita Mishra&lt;br&gt;Dr. MMA Faridi&lt;br&gt;Dr. JP Dadhich&lt;br&gt;Dr. Pradeep Choudhry</td>
</tr>
</tbody>
</table>
Office Order from Government of Rajasthan for Conducting the Training in all Districts

Government of Rajasthan
DIRECTORATE OF MEDICAL HEALTH & FW SERVICES,
Rajasthan, Swasthya Bhawan, Jaipur

NRHM/CH/NIPF/YAS/11/R65

Dated 21.12.11

Office Order

Six Day residential training of Middle Level Trainers for training of Yashodas all across Rajasthan through Breastfeeding Promotion Network of India (BPNI) have been planned between January-March, 2012. The trainings shall take place at district level, preferably between two districts and each district shall nominate a team of Trainers from the following groups before 05th January, 2012:

- Pediatrician/Gynecologist/Medical Officer (three persons including one in waiting)
- LHV/GNM/Yashoda Supervisor/District Public Health Nurse Manager/ Nursing Tutor (two persons including one in waiting)

Criterion for selection of trainer

- The trainer should be well worse in training, candidates with prior experience of HEPNC/IMNCI/SBA/NSSK/SNCU/SNSU shall be preferred.
- The trainers shall devote all six days in the training full time and shall be exempted from all other duties and only then shall be eligible to get the honorarium for training. Any trainer partly engaged in any other activity on any ground, shall not be eligible.

Nodal Officers are being appointed for coordinating the training and they shall be responsible for getting the nomination for the Middle Level Trainers (personally consult the trainers for their availability), organizing the training of MLTs and Yashodas and further follow up. Following officers are hereby appointed as Nodal Officers for the aforesaid trainings:

<table>
<thead>
<tr>
<th>SNo</th>
<th>District</th>
<th>Name</th>
<th>Designation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ajmer</td>
<td>Mr Santosh Kumar Singh</td>
<td>DPM</td>
</tr>
<tr>
<td>2</td>
<td>Alwar</td>
<td>Isam Naqvi</td>
<td>DPHNM</td>
</tr>
<tr>
<td>3</td>
<td>Banswara</td>
<td>Mr Sudhindra K. Sharma</td>
<td>DPM</td>
</tr>
<tr>
<td>4</td>
<td>Baran</td>
<td>Mrs Roshani Dibagi</td>
<td>HM</td>
</tr>
<tr>
<td>5</td>
<td>Barmer</td>
<td>Mr Vijay Kumar</td>
<td>HM</td>
</tr>
<tr>
<td>6</td>
<td>Bharatpur</td>
<td>Ms Poonam Srivastava</td>
<td>DMCH</td>
</tr>
<tr>
<td>7</td>
<td>Bhilwara</td>
<td>Mr Yogesh Vaishnav</td>
<td>DPM</td>
</tr>
<tr>
<td>8</td>
<td>Bikaner</td>
<td>Ms Neelu Kumari Meghwai</td>
<td>DPM</td>
</tr>
<tr>
<td>9</td>
<td>Bundi</td>
<td>Mr Dharmendra Nirvika</td>
<td>DAC</td>
</tr>
<tr>
<td>10</td>
<td>Chittorgar</td>
<td>Mr Vinayak Mehta</td>
<td>DPM</td>
</tr>
<tr>
<td>11</td>
<td>Churu</td>
<td>Mr Koushal Kumar</td>
<td>DPM</td>
</tr>
<tr>
<td>12</td>
<td>Dausa</td>
<td>Mr Imrun Khan</td>
<td>DPHNM</td>
</tr>
<tr>
<td>13</td>
<td>Dholpur</td>
<td>Mr Amit Rajpal</td>
<td>DPM</td>
</tr>
<tr>
<td>14</td>
<td>Dungarpur</td>
<td>Mr. Saurabh Sharma</td>
<td>DPM</td>
</tr>
<tr>
<td>15</td>
<td>Ganganagar</td>
<td>Dr Sunjeet Chhabra</td>
<td>HM</td>
</tr>
<tr>
<td>16</td>
<td>Hanumangar</td>
<td>Mr Prashant Kushwaha</td>
<td>DPM</td>
</tr>
<tr>
<td>17</td>
<td>Jaipur-I</td>
<td>Mr Akhilesh Kumar Sharma</td>
<td>DPM</td>
</tr>
<tr>
<td>18</td>
<td>Jaipur-II</td>
<td>Mrs. Richa Saraswat</td>
<td>DPM</td>
</tr>
<tr>
<td>19</td>
<td>Jaisalmer</td>
<td>Mr Ashish Khandelwal</td>
<td>DPM</td>
</tr>
<tr>
<td>20</td>
<td>Jalalpur</td>
<td>Mr Charan Singh</td>
<td>DPM</td>
</tr>
<tr>
<td>21</td>
<td>Jhalawar</td>
<td>Dr A K Ansari</td>
<td>HA</td>
</tr>
<tr>
<td>22</td>
<td>Jhunjhunu</td>
<td>Mr. Vikram Singh</td>
<td>DPM</td>
</tr>
<tr>
<td>SNo</td>
<td>District</td>
<td>Name</td>
<td>Designation</td>
</tr>
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<td>-----</td>
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</tr>
<tr>
<td>23</td>
<td>Jodhpur</td>
<td>Mr Umesh Kr Singh</td>
<td>DMCH</td>
</tr>
<tr>
<td>24</td>
<td>Karauli</td>
<td>Ms Vaishala Sharma</td>
<td>HM</td>
</tr>
<tr>
<td>25</td>
<td>Kota</td>
<td>Ms Jyoti Tanwar</td>
<td>DAC</td>
</tr>
<tr>
<td>26</td>
<td>Nagaur</td>
<td>Mr Rajiv Soni</td>
<td>DPM</td>
</tr>
<tr>
<td>27</td>
<td>Pali</td>
<td>Dr L B Choudhary</td>
<td>HM</td>
</tr>
<tr>
<td>28</td>
<td>Pratapgarh</td>
<td>Mr Praveen Gupta</td>
<td>DPM</td>
</tr>
<tr>
<td>29</td>
<td>Rajsamand</td>
<td>Ms Jyoti Meena</td>
<td>HM</td>
</tr>
<tr>
<td>30</td>
<td>S Madhopur</td>
<td>Mr Sushil Kumar</td>
<td>DPM</td>
</tr>
<tr>
<td>31</td>
<td>Sikar</td>
<td>Mr V K Sharma</td>
<td>HM</td>
</tr>
<tr>
<td>32</td>
<td>Sirohi</td>
<td>Mr Amandeep Choudhary</td>
<td>DPM</td>
</tr>
<tr>
<td>33</td>
<td>Tonk</td>
<td>Mr Abdul Suboor Khan</td>
<td>DPM</td>
</tr>
<tr>
<td>34</td>
<td>Udaipur</td>
<td>Ms Rekha Sharma</td>
<td>DAC</td>
</tr>
</tbody>
</table>

The nodal officers coordinating the training shall be entitled to Rs 1500 per batch on successful completion of training on certification by the Resource Persons from BPNI. It may also be noted that the TA/DA to the participants of MLT shall be given as per following norms:

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Designation</th>
<th>Per Diem</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Doctors (SS/JS/SMO/MO)</td>
<td>Rs 1000 per day</td>
<td>Accommodation for outstation candidates shall be arranged separately.</td>
</tr>
<tr>
<td>2</td>
<td>Nurses and others</td>
<td>Rs 750 per day</td>
<td>Accommodation for outstation candidates shall be arranged separately.</td>
</tr>
<tr>
<td>3</td>
<td>Yashoda</td>
<td>Rs 200 per day</td>
<td>Accommodation for outstation candidates shall be arranged separately.</td>
</tr>
</tbody>
</table>

The TA shall be paid as per actual on submission of tickets/bills. All expenditure on the training shall be incurred from NIPI funds available under Yashoda component at district.

Encl:
As above

NRHM/CH/NIPI/YAS/11/ 2-45
CC
1. FS to Mission Director, NRHM
2. Director NIPI, New Delhi
3. Sr. SPO NIPI
4. FA, NRHM/SFM, NRHM
5. CMHO, All districts
6. PMO, All districts
7. RCHO All district
8. DPM/DAM, All districts
9. All Nodal Officers
10. Central Server Room
11. Guard File

Dated 29.12.11

Director (RCH)
Office Order for the Nomination of Nodal Officer at each District of Rajasthan

Government of Rajasthan
DIRECTORATE OF MEDICAL HEALTH & FW SERVICES,
Rajasthan, Swasthya Bhawan, Jaipur

NRHM/CH/NPI/YAS/12/

Chief Medical & Health Officers/
Principal Medical Officers
All Districts

Sub: Training of Middle Level Trainers and Yashodas
Ref: Earlier letter Ref No NRHM/CH/NPI/YAS/11/265 dt 26.12.11
(copy enclosed)

In continuation of the above cited letter regarding the six-day residential training of Middle Level Trainers and Yashoda Trainings through Breastfeeding Promotion Network of India (BPNI) the final training calendar is being enclosed hereby. The Trainers shall be nominated for all 6 (six) days and the Yashodas shall be nominated for the last 3 (three) days only.

Kindly note that the trainings shall take place only on selected locations and not in all districts therefore, the funds are being released accordingly vide A&P Sanction Ref No. 13 dated 10.01.12. This fund shall be a part of the Yashoda funds at the district (CMHO/PMO as the case may be) and any balance left after the trainings shall be used to pay the Yashoda incentives, similarly, any shortage may also be replenished from the same funds. All trainees shall be paid the honorarium/TA/DA at the training location irrespective of the district they come from.

The budget guidelines and norms for payment are being enclosed as Annexure 1-3 and the Nodal Officers shall be responsible for coordinating all activities in accordance with the same. It may further be noted that even in the districts where the trainings are currently not planned the Nodal Officers coordinating the training shall be entitled to Rs 1500 per batch on completion of training from NPI funds available at the district. In case of any clarification kindly contact the NPI Cell at Swasthya Bhawan on 0141-2222589 or email at pradeep@unops.org.

Encl:
As above

NRHM/CH/NPI/YAS/12/...//

CC
1. PS to Mission Director, NRHM
2. Director NPI, New Delhi
3. Sr, SPO NPI
4. FA, NRHM/SPM, NRHM
5. CMHO, All districts
6. FMO, All districts
7. RCHM All district
8. DPM/DAM, All districts
9. All Nodal Officers
10. Central Server Room
11. Guard File

Dated.../01.12

Director (RCH)

[Signature]

Director (RCH)
## Schedule of Trainings

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>District</th>
<th>Venue of Training</th>
<th>No. of MLTs</th>
<th>No. of Yashodas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 2012</strong></td>
<td>16-21 Jan</td>
<td>Ajmer / Nagaur</td>
<td>District Hospital</td>
<td>6</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tonk / Bhilwara</td>
<td>Beawar</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tonk</td>
<td>5</td>
<td>26</td>
</tr>
<tr>
<td><strong>February 2012</strong></td>
<td>30 Jan-4 Feb</td>
<td>Bikaner / Churu</td>
<td>District Hospital</td>
<td>6</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jodhpur / Pali / Sirohi</td>
<td>Churu</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>District Hospital</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>6-11 Feb</td>
<td>Sikar / Jhunjhunu</td>
<td>Pali</td>
<td>9</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>District Hospital</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alwar</td>
<td>Sikar</td>
<td>6</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Alwar</td>
<td>6</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td>13-18 Feb</td>
<td>Dausa</td>
<td>District Hospital</td>
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<td>19</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Dausa</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chittorgarh / Pratapgarh</td>
<td>District Hospital</td>
<td>5</td>
<td>39</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>Chittorgarh</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>20-25 Feb</td>
<td>Jalore / Barmer / Jaisalmer</td>
<td>District Hospital</td>
<td>9</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Barmer</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sri Ganganagar / Hanumangar</td>
<td>District Hospital</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sri Ganganagar</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td><strong>March 2012</strong></td>
<td>27 Feb-3 Mar</td>
<td>Dholpur / S. Madhopur</td>
<td>District Hospital</td>
<td>6</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Karauli</td>
<td>S.Madhopur</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>District Hospital</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Karauli</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>12-17 Mar</td>
<td>Udaipur / Rajasmand</td>
<td>Medical College</td>
<td>6</td>
<td>28</td>
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<tr>
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<td></td>
<td>Udaipur</td>
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<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jaipur</td>
<td>CHC Bassi (Jaipur-2)</td>
<td>5</td>
<td>35</td>
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<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>19-24 Mar</td>
<td>Dungarpur / Banswara</td>
<td>District Hospital</td>
<td>5</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Banswara</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bharatpur</td>
<td>District Hospital</td>
<td>6</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bharatpur</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>26-31 Mar</td>
<td>Kota / Bundi / Jhalawar / Baran</td>
<td>Medical College</td>
<td>8</td>
<td>45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Kota</td>
<td></td>
<td>8</td>
</tr>
</tbody>
</table>

- **No of trainings:** 17
- **No. of MLTs:** 105
- **No. of Yashodas trained under the supervision of National trainers:** 445
- **No. of Yashodas trained by only MLTs:** 122
- **Total Yashoda trained as IYCF Counselor:** 567
List of Frontline Workers (Yashodas) Who Were Trained

<table>
<thead>
<tr>
<th>Region</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>Names</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Alwar</td>
<td>Leena Sharma, Hemlata Sharma, Beena Saini, Lajvanti Gupta, Saroj</td>
</tr>
<tr>
<td></td>
<td>Munni Sharma, Krishna Devi, Santosh Kumara, Babita Sharma</td>
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<td></td>
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<td>Kalpana Swami, Santosh Yogi, Sunita Sharma, Rukmani Gupta</td>
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<td>Karauli</td>
<td>Dholpur/ Sawai Madhopur</td>
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<tr>
<td>Mamta Mehra</td>
<td>Laxmi Bai</td>
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<td>Urmila Rajawat</td>
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<td>Sharda Sharma</td>
<td>Santra</td>
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<td>Kavita Vyas</td>
<td>punita</td>
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<td>Sudha Sharma</td>
<td>Lata Sharma</td>
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<tr>
<td>Vidya Devi Gaur</td>
<td>Usha Devi</td>
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<tr>
<td>Bano</td>
<td>Lalita Mittal</td>
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<tr>
<td>Indra Gurjar</td>
<td>Hemlata Mangal</td>
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<tr>
<td>Babli Chauhan</td>
<td>Saroj Sharma</td>
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<tr>
<td>Suraj Devi</td>
<td>Manju Chaturvedi</td>
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## Annexure-9

### List of BPNI National Trainers

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Trainers</th>
<th>Contact No</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td>Dr. MMA Faridi Delhi</td>
<td>98683999740</td>
<td><a href="mailto:Mmafaridi@yahoo.co.in">Mmafaridi@yahoo.co.in</a></td>
</tr>
<tr>
<td>2.</td>
<td>Dr. Amarjit Singh Faridkot</td>
<td>09815177708</td>
<td><a href="mailto:Singh.amarjit33@gmail.com">Singh.amarjit33@gmail.com</a></td>
</tr>
<tr>
<td>3.</td>
<td>Dr. Anurag Aggarwal Delhi</td>
<td>9810409625</td>
<td><a href="mailto:Anurag_dr@rediffmail.com">Anurag_dr@rediffmail.com</a></td>
</tr>
<tr>
<td>4.</td>
<td>Dr. Sangeeta Rani Rohat</td>
<td>9810964084</td>
<td><a href="mailto:Sang9ggs@rediffmail.com">Sang9ggs@rediffmail.com</a></td>
</tr>
<tr>
<td>5.</td>
<td>Dr. Pardeep Khanna Rohtak</td>
<td>09416120304</td>
<td><a href="mailto:Pardeep92@gmail.com">Pardeep92@gmail.com</a></td>
</tr>
<tr>
<td>6.</td>
<td>Dr. Anita Gupta Delhi</td>
<td>9810617023</td>
<td><a href="mailto:Anitagupta58@hotmail.com">Anitagupta58@hotmail.com</a></td>
</tr>
<tr>
<td>7.</td>
<td>Dr. KC Aggarwal Delhi</td>
<td>9811486506</td>
<td><a href="mailto:Kcagg1955@rediffmail.com">Kcagg1955@rediffmail.com</a></td>
</tr>
<tr>
<td>8.</td>
<td>Dr. Gulshan Arora Delhi</td>
<td>9953256699</td>
<td><a href="mailto:Drglarora@yahoo.co.in">Drglarora@yahoo.co.in</a></td>
</tr>
<tr>
<td>9.</td>
<td>Dr Khan Amir Maroof Delhi</td>
<td>9013524021</td>
<td><a href="mailto:Khanamirmaroorf@gmail.com">Khanamirmaroorf@gmail.com</a></td>
</tr>
<tr>
<td>10.</td>
<td>Dr. Kanchan Saxena Delhi</td>
<td>9868245804</td>
<td><a href="mailto:Ksaxena2011@gmail.com">Ksaxena2011@gmail.com</a></td>
</tr>
<tr>
<td>11.</td>
<td>Ms. Lubna Abdullah Delhi</td>
<td>09582347226</td>
<td><a href="mailto:Lubna03abdullah@gmail.com">Lubna03abdullah@gmail.com</a></td>
</tr>
<tr>
<td>12.</td>
<td>Ms. Ulka Jamal Indore</td>
<td>9425478301</td>
<td><a href="mailto:Ulkajamal@rediffmail.com">Ulkajamal@rediffmail.com</a></td>
</tr>
<tr>
<td>13.</td>
<td>Ms. Preeti Gupta Chandigarh</td>
<td>08699826954</td>
<td><a href="mailto:Preeti3168@gmail.com">Preeti3168@gmail.com</a></td>
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<tr>
<td>14.</td>
<td>Dr. Ali Jafar Abedi Aligarh</td>
<td>9219510553</td>
<td><a href="mailto:Alijafarabedi@gmail.com">Alijafarabedi@gmail.com</a></td>
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<td>15.</td>
<td>Dr. Nikhil Kharod Gujarat</td>
<td>9825328749</td>
<td><a href="mailto:Nikhil_kharod@gmail.com">Nikhil_kharod@gmail.com</a></td>
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<td>16.</td>
<td>Dr. Rupali Roy Delhi</td>
<td>9968285821</td>
<td><a href="mailto:brr.roy@gmail.com">brr.roy@gmail.com</a></td>
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<tr>
<td>17.</td>
<td>Ms Fariha Siddiqui Uttar Pradesh</td>
<td>8860025078</td>
<td><a href="mailto:farrihasiddiqui@gmail.com">farrihasiddiqui@gmail.com</a></td>
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<tr>
<td>18.</td>
<td>Mr. S.K. Mehta Chandigarh</td>
<td>09417185773</td>
<td><a href="mailto:skmehta1950@yahoo.co.in">skmehta1950@yahoo.co.in</a></td>
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Course Contents of Middle Level Trainers

Infant and young child feeding counseling: 
A TRAINING COURSE
Course Contents for Middle Level Trainers

Introduction
Session 1 Why optimal infant and young child feeding?
Session 2 Production and intake of breastmilk
Session 3 Assessing and observing a breastfeed
Session 4 Listening and Learning
Session 5 Building Confidence, Giving Support and Checking Understanding
Session 6 Antenatal Preparation and Establishing Community Breastfeeding Support
Session 7 Positioning Baby at the Breast
Session 8 Breast conditions
Session 9 Refusal to breastfeed and crying
Session 10 Expressing breastmilk
Session 11 Not enough milk
Session 12 Breastfeeding Low Birth Weight Babies
Session 13 Complementary Feeding - Foods to Fill the Nutrient Gap
Session 14 Feeding Techniques and Strategies
Session 15 Institutionalizing Skilled Infant and Young Child Feeding Counseling
Session 16 Nutrition of Lactating Mothers and their Health and Fertility
Session 17 Breastfeeding by Working Mothers
Session 18 Breastfeeding and Special Circumstances Specially HIV & Infant Feeding
Session 19 Clinical Practice 1
  Listening and learning, Confidence building & giving support
  Assessing a breastfeed and Positioning a baby at the breast
Session 20 Clinical Practice 2
  Listening and Learning, Building confidence and giving support
  Complementary Feeding
Session 21 IMS Act
Session 22 Monitoring Growth
Session 23 Measuring Growth: Weight and Length/Height
Session 24 Measuring Growth: Taking Action
Session 25 Clinical Practice 3: Measuring Growth and Counseling for Infant Feeding
Session 26 Practice 1: Preparation of complementary feed
Session 27 Practice 2: Preparation of Replacement feed
Infant and young child feeding counseling:

A TRAINING COURSE

Course Contents for Frontline Workers

Session 1 Why Optimal Infant and Young Child Feeding?
Session 2 Production and intake of breastmilk
Session 3 Assessing and Observing a Breastfeed
Session 4 Listening and Learning
Session 5 Building Confidence, Giving Support and Checking Understanding
Session 6 Antenatal Preparation and Establishing Community Breastfeeding Support
Session 7 Positioning Baby at the Breast
Session 8 Breast conditions
Session 9 Refusal to breastfeed and crying
Session 10 Expressing breastmilk
Session 11 Not enough milk
Session 12 Breastfeeding Low Birth Weight Babies
Session 13 Complementary Feeding - Foods to Fill the Nutrient Gap
Session 14 Feeding Techniques and Strategies
Session 15 Institutionalizing Skilled Infant and Young Child Feeding Counseling
Session 16 Nutrition of Lactating Mothers and their Health and Fertility
Session 17 Breastfeeding by Working Mothers
Session 18 Breastfeeding and Special Circumstances Specially HIV & Infant Feeding
Session 19 Growth Monitoring
Session 20 Measuring Growth: weight and length/height
Session 21 Taking action after growth monitoring
# Training Schedule for Training of Frontline Workers (FLW)

## DAY 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Sessions</th>
<th>Minutes</th>
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<tbody>
<tr>
<td>9.00-10.00 am</td>
<td>Introduction- participants, material, expectations</td>
<td>60</td>
</tr>
<tr>
<td>10.00-10.30 am</td>
<td>Tea</td>
<td>30</td>
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<tr>
<td>10.30-11.30 am</td>
<td>Session 1: Why Optimal Infant and Young Child Feeding</td>
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<tr>
<td>11.30-12.30 pm</td>
<td>Session 2: Production and Intake of Breastmilk</td>
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<tr>
<td>12.30-1.30 pm</td>
<td>Session 3: Assessing and Observing a Breastfeed</td>
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<tr>
<td>1.30-2.30 pm</td>
<td>Lunch</td>
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<tr>
<td>2.30-3.30 pm</td>
<td>Session 4: Listening and Learning</td>
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<tr>
<td>3.30-4.00 pm</td>
<td>Tea</td>
<td>30</td>
</tr>
<tr>
<td>4.00-5.00 pm</td>
<td>Session 5: Building Confidence, Giving Support and Checking Understanding</td>
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<tr>
<td>5.00-5.30 pm</td>
<td>Session 6: Antenatal Preparation and Establishing Community Breastfeeding Support</td>
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## DAY 2

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<td>9.00-10.00 am</td>
<td>Session 7: Positioning Baby at the breast</td>
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<td>10.00-10.30 am</td>
<td>Tea</td>
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<tr>
<td>10.30-12.30 pm</td>
<td>Clinical Practice-1</td>
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<td>12.30-1.15 pm</td>
<td>Session 8: Breast conditions</td>
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<td>1.15-2.15 pm</td>
<td>Lunch</td>
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<td>2.15-3.00 pm</td>
<td>Session 9: Refusal to Breastfeed and Crying</td>
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<tr>
<td>3.00-3.30 pm</td>
<td>Session 10: Expression Breastmilk</td>
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<tr>
<td>3.30-4.00 pm</td>
<td>Tea</td>
<td>30</td>
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<tr>
<td>4.00-5.00 pm</td>
<td>Session 11: Not Enough Milk</td>
<td>60</td>
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<tr>
<td>5.00-5.30 pm</td>
<td>Session 12: Breastfeeding Low Birth Weight Babies</td>
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## DAY 3

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<td>9.00-10.10 am</td>
<td>Session 13: Complementary Feeding - Foods to Fill the Nutrient Gap</td>
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<td>10.10-10.30 am</td>
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<tr>
<td>10.30-11.30 am</td>
<td>Session 14: Feeding Techniques and Strategies</td>
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<td>11.30-1.30 pm</td>
<td>Clinical Practice-2</td>
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<td>1.30-2.30 pm</td>
<td>Lunch</td>
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<tr>
<td>2.30-3.15 pm</td>
<td>Session 15: Institutionalizing Skilled IYCF Counseling</td>
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<tr>
<td>3.15-3.35 pm</td>
<td>Session 16: Women Nutrition, Health and Fertility</td>
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<td>3.35-4.00 pm</td>
<td>Tea</td>
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<td>4.00-4.30 pm</td>
<td>Session 17: Women and Work</td>
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<tr>
<td>4.30-4.45 pm</td>
<td>Session 18: Breastfeeding in Special Circumstances</td>
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<tr>
<td>4.45-5.30 pm</td>
<td>Valedictory Session</td>
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Annexure-13

Specimen of Training Certificates

National Rural Health Mission (NRHM), Rajasthan
Norway India Partnership Initiative (NIFI) &
Breastfeeding Promotion Network of India (BPNI)

Certificate

has successfully completed the training as Middle Level Trainer in
Infant and Young Child Feeding Counselling:
The ‘4 in 1’ Training Course

from ____________________ to ____________________ at __________________________

Rajasthan

Dr. M.P. Budania
Director, RCH
Government of Rajasthan

Dr. S.P. Yadav
Sr. State Programme Officer
NPI Rajasthan

Dr. J.P. Dadhich
National Coordinator
BPNI

National Rural Health Mission (NRHM), Rajasthan
Norway India Partnership Initiative (NIFI) &
Breastfeeding Promotion Network of India (BPNI)

Certificate

has successfully completed the training as Frontline Workers in
Infant and Young Child Feeding Counselling:
The ‘4 in 1’ Training Course

from ____________________ to ____________________ at __________________________

Rajasthan

Dr. M.P. Budania
Director, RCH
Government of Rajasthan

Dr. S.P. Yadav
Sr. State Programme Officer
NPI Rajasthan

Dr. J.P. Dadhich
National Coordinator
BPNI
Experiences of BPNI in Conducting Trainings in IYCF Counseling

Training on lactation management and breastfeeding and complementary feeding counseling has been a regular activity undertaken by BPNI since its inception in 1991. BPNI developed with its partners the integrated course on breastfeeding, complementary feeding and HIV and infant feeding counseling in 2003-04. A fourth component of growth monitoring was added in 2011. The integrated counseling course of BPNI has two major elements. The first is to develop “Infant and young child feeding counseling specialist” and the second is to develop “middle level trainers” and “family counselors”. Following is the list of training programmes conducted by BPNI during last 5 years in collaboration with various state governments, medical colleges, and international agencies.

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<th>S.No.</th>
<th>Name of the project</th>
<th>Supporting organization</th>
<th>Duration of the project</th>
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<tr>
<td></td>
<td>Venue: Govt Hospital, Hindupur, AP</td>
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<tr>
<td>2.</td>
<td>Training of Trainers on IYCF Counseling &amp; IYCF Counseling Specialists</td>
<td>BPNI, Department of Pediatrics, UCMS &amp; GTB Hospital, Delhi</td>
<td>14-27 May 2012</td>
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<tr>
<td></td>
<td>Venue: UCMS &amp; GTB Hospital, Delhi</td>
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<tr>
<td>3.</td>
<td>Training of Middle Level Trainers and Yashodas in 33 district of Rajasthan</td>
<td>NRHM Rajasthan and NIPI India</td>
<td>Dec 2011-Mar 2012</td>
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<tr>
<td></td>
<td>Venue: District Hospitals, Rajasthan</td>
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<tr>
<td>4.</td>
<td>Preparation of IYCF Counseling Specialists</td>
<td>BPNI, Department of Pediatrics G R Medical College, Gwalior</td>
<td>14-20 Nov 2011</td>
</tr>
<tr>
<td></td>
<td>Venue: G R Medical College, Gwalior</td>
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<tr>
<td></td>
<td>Venue: Govt Hospital, Hindupur, AP</td>
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<tr>
<td>6.</td>
<td>Preparation of IYCF Counseling Specialists</td>
<td>BPNI, Department of Pediatrics, UCMS &amp; GTB Hospital, Delhi</td>
<td>26 Sep - 2 Oct 2011</td>
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<tr>
<td></td>
<td>Venue: UCMS &amp; GTB Hospital, Delhi</td>
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<td>7.</td>
<td>Capacity Building of State Mentors Improving breastfeeding and other IYCF practices in Bihar</td>
<td>Plan International (India Chapter) &amp; Eras Medical College Lucknow, UP</td>
<td>26th April - 3rd May, 2011</td>
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<tr>
<td></td>
<td>Venue: Eras Medical College Lucknow, UP</td>
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<tr>
<td>8.</td>
<td>Capacity Building of State Mentors Improving breastfeeding and other IYCF practices in Uttar Pradesh</td>
<td>Plan International (India Chapter) &amp; Eras Medical College Lucknow, UP</td>
<td>28th March - 4th April, 2011</td>
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<td>Venue: Eras Medical College Lucknow, UP</td>
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<td></td>
<td>Venue: 8 District Hospitals</td>
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<td>S.No.</td>
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<td>Supporting organization</td>
<td>Duration of the project</td>
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<td>10.</td>
<td>International Outreach Course on Breastfeeding: Advocacy &amp; Practice Course</td>
<td>UCL Institute of Child Health, London, BRD Medical College, Gorakhpur &amp; BPNI</td>
<td>Nov 21-Dec 4, 2010</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> BRD Medical Colledge, Gorakhpur, <strong>UP</strong></td>
<td></td>
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</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> Govt Hospital, Hindupur, <strong>AP</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Preparation of IYCF Counseling Specialists</td>
<td>BPNI, Department of Pediatrics, G R Medical College, Gwalior</td>
<td>26 Nov-3 Dec 2010</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> G R Medical College, Gwalior</td>
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<tr>
<td>13.</td>
<td>Preparation of IYCF Counseling Specialists</td>
<td>BPNI, District Hospital, Hindupur</td>
<td>10-16 Oct 2011</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> Govt Hospital, Hindupur, <strong>AP</strong></td>
<td></td>
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<td>14.</td>
<td>Preparation of IYCF Counseling Specialists</td>
<td>BPNI, Department of Pediatrics, UCMS &amp; GTB Hospital, Delhi</td>
<td>23-29 August 2010</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> UCMS &amp; GTB Hospital, Delhi</td>
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<td></td>
<td><strong>Venue:</strong> District Hospital at Firozpur and Gurdaspur</td>
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<td></td>
<td><strong>Venue:</strong> PGIMER, Rohtak, Haryana</td>
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<td></td>
<td><strong>Venue:</strong> District Hospital, Hindupur, <strong>AP</strong></td>
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<td>18.</td>
<td>Preparation of National Trainers &amp; IYCF Counseling Specialists</td>
<td>Department of Health Services, Government of Haryana</td>
<td>21 Nov-3 Dec 2008</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> PGIMER, Rohtak, Haryana</td>
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<td>19.</td>
<td>Preparation of Middle Level Trainers (MLTs)</td>
<td>CARE Jharkhand</td>
<td>26 Sep-1 Oct 2008</td>
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<tr>
<td>20.</td>
<td>Preparation of State Master Trainers in the field of IYCF</td>
<td>Women &amp; Child Department, Government of Punjab</td>
<td>16-26 Sept 2008</td>
</tr>
<tr>
<td></td>
<td><strong>Venue:</strong> Ludhiana, Punjab</td>
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<td></td>
<td><strong>Venue:</strong> District Hospital Hindupur, <strong>AP</strong></td>
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<td>S.No.</td>
<td>Name of the project</td>
<td>Supporting organization</td>
<td>Duration of the project</td>
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<td>22.</td>
<td>Preparation of National Trainers &amp; IYCF Counseling Specialists&lt;br&gt;Venue: Kalavati Saran Hospital, Children’s Hospital, Delhi</td>
<td>BPNI, Lady Harding Medical College and Kalavati Saran Hospital, Delhi</td>
<td>June 15-28, 2008</td>
</tr>
<tr>
<td>23.</td>
<td>Preparation of National Trainers &amp; IYCF Counseling Specialists&lt;br&gt;Venue: GR Medical College &amp; Kamla Raja Hospital, Gwalior</td>
<td>BPNI, GR Medical College &amp; Kamla Raja Hospital, Gwalior</td>
<td>June 8-14, 2008</td>
</tr>
<tr>
<td>24.</td>
<td>Preparation of National Trainers &amp; IYCF Counseling Specialists&lt;br&gt;Venue: Eras Medical College, Lucknow</td>
<td>BPNI, Eras Medical College, Lucknow</td>
<td>April 21- May 4, 2008</td>
</tr>
<tr>
<td>25.</td>
<td>Preparation of National Trainers &amp; IYCF Counseling Specialists&lt;br&gt;Venue: The Thassim Beevi Abdul Kader College for Women, Kilakarai Tamilnadu</td>
<td>BPNI, the Yousuf Zulaiha Trust, Kilakarai, Tamilnadu</td>
<td>March 4-16, 2008</td>
</tr>
<tr>
<td>26.</td>
<td>2nd International Training of Trainers on IYCF Counseling for participants from Indonesia, Nepal and India&lt;br&gt;Venue: UCMS, Delhi</td>
<td>BPNI, the Yousuf Zulaiha Trust, Kilakarai, Tamilnadu</td>
<td>March 4-16, 2008</td>
</tr>
</tbody>
</table>
Annexure-15

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Tel/Fax: +91-11-27343606, Email: bpni@bpni.org
Website: www.bpni.org

BPNI is a registered, independent, non-profit, national organisation that works towards protecting, promoting and supporting breastfeeding and appropriate complementary feeding of infants and young children. BPNI works through advocacy, social mobilization, information sharing, education, research, training and monitoring the company compliance with the IMS Act. BPNI is the regional focal point for South Asia for the World Alliance for Breastfeeding Action (WABA) and Regional Coordinating Office for International Baby food Action Network (IBFAN) Asia. BPNI does not accept funds or sponsorship of any kind from the companies producing infant milk substitutes, feeding bottles, related equipments, or infant foods (cereal foods).

August 2012