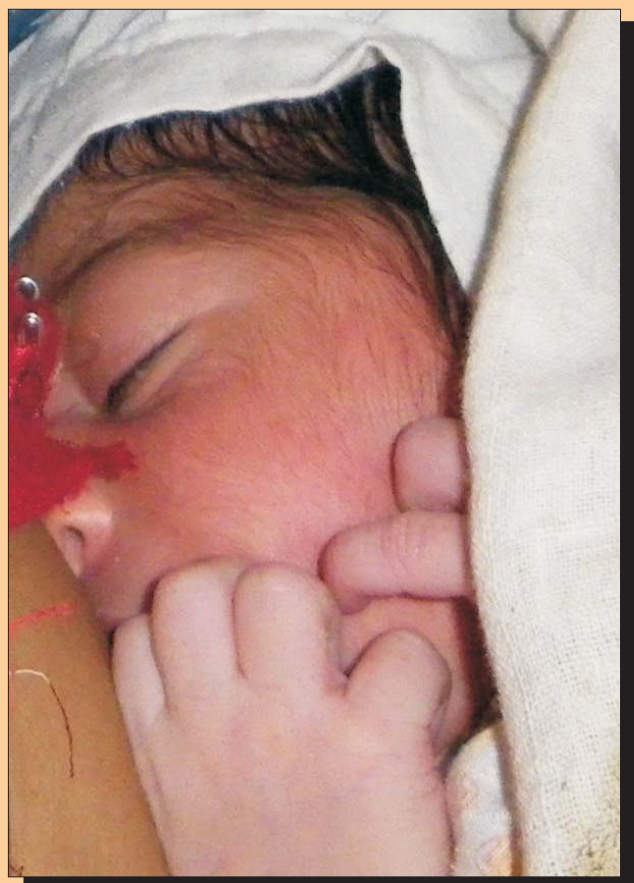


# Capacity Building Training for Middle Level Trainers and Yashoda Workers on Infant and Young Child Feeding (IYCF) Counseling in 33 Districts of Rajasthan

Training of 105 Middle Level Trainers & 567 Yashodas



## A Report

**Submitted by**



**Breastfeeding Promotion Network  
of India (BPNI)**

BP-33, Pitampura, Delhi-110034

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Website: [www.bpni.org](http://www.bpni.org)

**Submitted to**



# 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

### Editors

Dr. J.P. Dadhich  
*National Coordinator, BPNI*

Ms. Lubna Abdullah  
*Programme Officer (Training), BPNI*

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भारत सरकार

स्वास्थ्य एवं परिवार कल्याण मंत्रालय

निर्माण भवन, नई दिल्ली - 110108

GOVERNMENT OF INDIA

MINISTRY OF HEALTH & FAMILY WELFARE

NIRMAN BHAVAN, NEW DELHI - 110108

### 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)

3<sup>rd</sup> August 2012



**National Rural Health Mission**




# 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



# Message

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 breast feeding for 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



# *Acknowledgement*

**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 Programme 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*

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

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# 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<sup>1</sup> 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.<sup>2</sup> Studies from India have shown that lipid profile of exclusively breastfed infants is different from that of mixed-fed babies<sup>3</sup>. 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.<sup>4</sup>

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)<sup>5</sup> that IYCF practices remain sub optimal 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%.<sup>6</sup> 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%.<sup>5</sup> 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.

1. Jones, G., et al., How many child deaths can we prevent this year? Lancet, 2003. 362(9377): p. 65-71.

2. Horta BL et al. Evidence on the long-term effects of breastfeeding. World Health Organization 2007

3. Harit D, Faridi MMA, Aggarwal A, Sharma SB. Lipid profile of term infants on exclusive breastfeeding and mixed feeding: A comparative study. Eur J Clin Nutr 2008; 62:203-209.

4. Report Under Reaching 2s <http://www.bpni.org/BFHI/Reaching-the-under-2S-Universalising-Delivery-of-Nutrition-Interventions-in-Lalitpur-UP.pdf>

5. District Level Household and Facility Survey-3. Ministry of health and family welfare, Government of India. Available at [http://mohfw.nic.in/dlfs08\\_release\\_1.htm](http://mohfw.nic.in/dlfs08_release_1.htm), accessed on February 20th, 2012

6. International Institute of Population Sciences (IIPS) and Macro International. 2007. National Family Health Survey (NFHS - 3), 2005-06: India: Mumbai.

**Table No.1:** Two key indicators of IYCF practices in districts of Rajasthan (source: DLHS-3)

S.No.	Districts	Children breastfed within one hour of birth (%)	Children (age 6 months above) exclusively breastfed (%)
1.	Ganganagar	40.3	31.5
2.	Hanumangarh	28.1	25.6
3.	Bikaner	42.6	33.5
4.	Churu	51.5	38.7
5.	Jhunjhunun	45.9	32.7
6.	Alwar	36.4	36.3
7.	Bharatpur	36.6	44.3
8.	Dholpur	28.4	31.9
9.	Karauli	40.5	20.4
10.	Sawai Madhopur	40.8	39.7
11.	Dausa	41.2	23.9
12.	Jaipur	43.0	32.8
13.	Sikar	37.6	36.5
14.	Nagaur	29.1	31.3
15.	Jodhpur	31.2	32.8
16.	Jaisalmer	24.2	30.9
17.	Barmer	34.2	13.2
18.	Jalore	44.4	12.5
19.	Sirohi	41.5	12.5
20.	Pali	38.2	19.4
21.	Ajmer	43.1	28.6
22.	Tonk	42.3	20.7
23.	Bundi	54.8	24.0
24.	Bhilwara	50.1	15.3
25.	Rajsamand	51.4	13.4
26.	Udaipur	38.8	13.7
27.	Dungarpur	49.6	16.4
28.	Banswara	43.5	17.9
29.	Chittorgarh	53.7	12.8
30.	Kota	54.7	24.2
31.	Baran	47.5	26.8
32.	Jhalawar	50.9	20.3
	<b>Rajasthan</b>	<b>41.4</b>	<b>25.4</b>

Source: District Level Household and Facility Survey 3. Ministry of health and family welfare, Government of India. Available at [http://mohfw.nic.in/dlhs08\\_release\\_1.htm](http://mohfw.nic.in/dlhs08_release_1.htm), accessed on February 20th, 2012

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

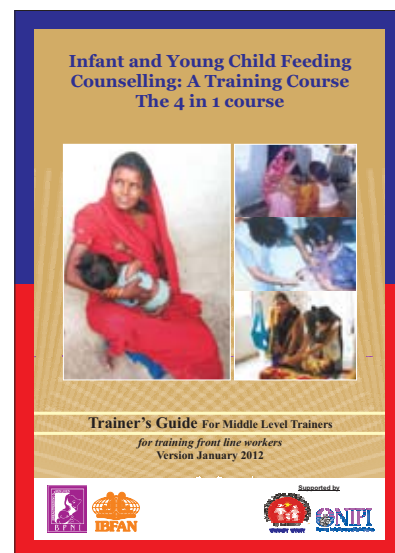
The Breastfeeding Promotion Network of India (BPNI) conducts training of trainers (Middle Level trainer-MLTs) of the health and nutrition care functionaries at the state and district level. The skill training of trainers and frontline workers is accomplished using a training package titled "Infant and 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.

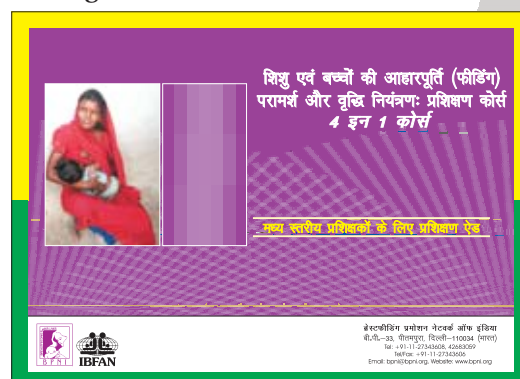
#### 2.1.1 The Trainer's Guide for Middle Level Trainers

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.



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

S.No.	Training Material	Training Tool
1.	Training Guide for Training MLTs	Doll
2.	Teaching Aids	Breast Model
3.	Manual for Frontline Workers (Hindi)	Syringe, Breast Pump
4.	Counseling Guide for Frontline Workers (Flip Chart)-Hindi	Bowl, Cup
5.	Breastfeeding and Complementary Feeding: A Guide for Parents (Hindi)	Measuring jar
6.	CD "Maa Ka Pyaar Shishu Ahaar"	Full & Quarter Plates, Spoon,
7.	The Law to Protect Promote and Support Breastfeeding	Writing Pad, Pen, Pencil, Eraser, Sharpener

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

S.No.	Training Material
1.	Manual for Frontline Workers (Hindi)
2.	Counseling Guide for Frontline Workers (Flip Chart)-(Hindi)
3.	Breastfeeding and Complementary Feeding: A Guide for Parents (Hindi)
4.	Writing Pad, Pen, Pencil, Eraser, Sharpener

# 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.
- Checklist 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, LHVs, 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.

# 4. 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:


<b>Date:</b> 16 - 21 January 2012	<p><b><u>Participants for MLT Training</u></b>            Four Medical officers, One Yashoda supervisor &amp; One Principal of ANM training Center</p> <ul style="list-style-type: none"> <li>• Dr. Sunita Jain</li> <li>• Dr. Pooran Mal Bohara</li> <li>• Ms. Manokama Jacob</li> <li>• Dr. Mukesh.M.Mathur</li> <li>• Dr. Suresh Chand Verma</li> <li>• Mr. Rajender Prasad</li> </ul>	
<b>Venue:</b> District Hospital Beawar		
<b>District:</b> Ajmer and Nagaur		
<b>No. of Yashoda trained:</b> 24		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr.Gulshan Arora</li> <li>• Ms Lubna Abdullah</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Santosh Kumar Singh (DPM)</li> </ul>		
<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• Dr. Gahlot Singh, PMO-Beawar</li> </ul>		

<b>Date:</b> 16 - 21 January 2012	<p><b><u>Participants for MLT Training</u></b>            Two Medical officers &amp; Three Nurses</p> <ul style="list-style-type: none"> <li>• Dr. S.L. Gupta</li> <li>• Dr. Surender Goyal</li> <li>• Radha Kishna Swarnakar Mohini Devi</li> <li>• R. Vasanthi</li> <li>• Dr. Suman Shrama</li> </ul>	
<b>Venue:</b> District Hospital Bhilwara		
<b>District:</b> Tonk and Bhilwara		
<b>No. of Yashoda trained:</b> 26		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr. Anita Gupta</li> <li>• Dr Khan Amir Maroof</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Yogesh Vaishnav (DPM)</li> </ul>		
<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• PMO - Bhilwara</li> <li>• Dy. CMHO- Bhilwara</li> </ul>		


<b>Date:</b> 30 Jan - 4 Feb 2012	<b>Participants for MLT Training</b> Two Medical officers and One Yashoda supervisor & Three Staff Nurses
<b>Venue:</b> District Hospital Churu	<ul style="list-style-type: none"> <li>• Dr. Rati Ram Meena</li> <li>• Dr. Lakshya Sing Parihar</li> <li>• Mr. Surendra Singh Noonia</li> <li>• Smt. Ramesh Kumari</li> <li>• Mr. Jagdamba T. G.</li> <li>• Smt. Indu Sharma</li> </ul>
<b>District:</b> Bikaner and Churu	
<b>No. of Yashoda trained:</b> 19	
<b>BPNI National Trainers</b>	
<ul style="list-style-type: none"> <li>• Dr. K C Aggarwal</li> <li>• Ms Preeti Gupta</li> </ul>	
<b>NIPI District Nodal Officer</b>	<b>Chairperson for Valedictory function</b>
<ul style="list-style-type: none"> <li>• Mr. Kaushal Kumar (DPM)</li> </ul>	<ul style="list-style-type: none"> <li>• PMO-Churu</li> </ul>


<b>Date:</b> 30 Jan - 4 Feb 2012	<b>Participants for MLT Training</b> Five Medical officers, Two Nurses, One LHV and One MN-I
<b>Venue:</b> District Hospital Pali	<ul style="list-style-type: none"> <li>• Anil Choudhary</li> <li>• Kishan Lal Kachchawaha</li> <li>• Shakuntala Sharma</li> <li>• Dr. Prem Singh</li> <li>• Mrs. Rethamma</li> <li>• Dr. D.V. Singh</li> <li>• Dr. Narendra Singh</li> <li>• Dr. R.K. Tilwani</li> <li>• Dr. S.P. Agiwal</li> </ul>
<b>District:</b> Jodhpur, Pali and Sirohi	
<b>No. of Yashoda trained:</b> 26	
<b>BPNI National Trainers</b>	
<ul style="list-style-type: none"> <li>• Dr. Gulshan Arora</li> <li>• Dr. Nikhil Kharod</li> </ul>	
<b>NIPI District Nodal Officer</b>	<b>Chairperson for Valedictory function</b>
<ul style="list-style-type: none"> <li>• Dr. L.B. Choudhary (HM)</li> </ul>	<ul style="list-style-type: none"> <li>• PMO-Pali</li> </ul>


<b>Date:</b> 6-11 Feb 2012	<b>Participants for MLT Training</b> Four Medical officers & Two Nurses
<b>Venue:</b> District Hospital Sikar	<ul style="list-style-type: none"> <li>• Dr. Madam Singh</li> <li>• Dr. Bajrang Lal Rai</li> <li>• Dr. Narendra Singh</li> <li>• Dr. Ratan Kumar</li> <li>• Ms. Prabha</li> <li>• Mr. Abdul Sattar</li> </ul>
<b>District:</b> Sikar and Jhunjhunu	
<b>No. of Yashoda trained:</b> 28	
<b>BPNI National Trainers</b>	
<ul style="list-style-type: none"> <li>• Dr. Gulshan Arora</li> <li>• Ms Ulka Jamal</li> </ul>	
<b>NIPI District Nodal Officer</b>	<b>Chairperson for Valedictory function</b>
<ul style="list-style-type: none"> <li>• Mr. Y K Sharma (HM)</li> </ul>	<ul style="list-style-type: none"> <li>• PMO-District Hospital Sikar</li> </ul>


<b>Date:</b> 6-11 Feb 2012	<b>Participants for MLT Training</b> Three Medical officers and One Nursing tutor, One LHV & One Coordinator NRHM
<b>Venue:</b> District Hospital Alwar	<ul style="list-style-type: none"> <li>• Smt. Amamma.</li> <li>• Dr. Kanwar Singh</li> <li>• Dr. Anil Shivastava</li> <li>• Ms. Nishi Bala Singh</li> <li>• Dr. Keshav Soni</li> <li>• Mr. Islam Naqvi</li> </ul>
<b>District:</b> Alwar	
<b>No. of Yashoda trained:</b> 25	
<b>BPNI National Trainers</b>	
<ul style="list-style-type: none"> <li>• Dr. Anurag Aggarwal</li> <li>• Dr. Rupali Roy</li> </ul>	
<b>NIPI District Nodal Officer</b>	<b>Chairperson for Valedictory function</b>
<ul style="list-style-type: none"> <li>• Islam Naqvi (DPHNM)</li> </ul>	<ul style="list-style-type: none"> <li>• RCHO - Alwar</li> </ul>





<b>Date:</b> 13 - 18 Feb 2012	<p><b><u>Participants for MLT Training</u></b>  Two Medical officers, One Nurse, One DPHNM &amp; One LHV</p> <ul style="list-style-type: none"> <li>• Dr. Ghan Shyam Yadvanshi</li> <li>• Mr. Vikas Kumar Khandelwal</li> <li>• Mr. Imran Khan</li> <li>• Beena Bhudoria</li> <li>• Dr. Vikram</li> </ul>	
<b>Venue:</b> District Hospital Dausa		
<b>District:</b> Dausa		
<b>No. of Yashoda trained:</b> 19		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr. Ali Jafar Abedi</li> <li>• Ms Ulka Jamal</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Imran Khan (DPHNM)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• Chief Medical Officer-Dausa</li> </ul>	


<b>Date:</b> 13 - 18 Feb 2012	<p><b><u>Participants for MLT Training</u></b>  Three Medical officers and Two Yashoda supervisors</p> <ul style="list-style-type: none"> <li>• Dr. Kamlesh Babel</li> <li>• Dr. Mohd Irfan</li> <li>• Ms. Radhamma. G</li> <li>• Dr.Hari Om Laddha</li> <li>• Ms. Beena.K</li> </ul>	
<b>Venue:</b> District Hospital Chittorgarh		
<b>District:</b> Chittorgarh and Pratapgarh		
<b>No. of Yashoda trained:</b> 31		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr. Praveen Kumar</li> <li>• Ms Lubna Abdullah</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Vinayak Mehta (DPM)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• RCHO - Chittorgarh</li> </ul>	


<b>Date:</b> 20-25 Feb 2012	<p><b><u>Participants for MLT Training</u></b>  Six Medical officers, One Nurse, One Nursing trainer &amp; One LHV</p> <ul style="list-style-type: none"> <li>• Dr. Shivnath Singh</li> <li>• Sushila Choudhary</li> <li>• Dr. G.N. Verma</li> <li>• Chaina Ram</li> <li>• Dr.J.R. Meena</li> <li>• Ms. Mahendra Kumar</li> <li>• Dr. S.L. Mathur</li> <li>• Ms. Saramma Mathur</li> <li>• Dr. Chandra Singh</li> </ul>	
<b>Venue:</b> District Hospital Barmer		
<b>District:</b> Jalore, Barmer and Jaisalmer		
<b>No. of Yashoda trained:</b> 17		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr.Gulshan Arora</li> <li>• Ms Ulka Jamal</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Vijay Kumar (HM)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• PMO-Barmer</li> </ul>	


<b>Date:</b> 20-25 Feb 2012	<p><b><u>Participants for MLT Training</u></b>  Four Medical officers &amp; Two Nurses</p> <ul style="list-style-type: none"> <li>• Dr. Anju Setia</li> <li>• Dr. R.C. Ola</li> <li>• Dr. K. Khan</li> <li>• Ms. Charanjit Kaur</li> <li>• Ms. Gurdeep kaur</li> <li>• Dr. Beena Arora</li> </ul>	
<b>Venue:</b> Civil Hospital Sri Ganganagar		
<b>District:</b> Ganganagar and Hanumangarh		
<b>No. of Yashoda trained:</b> 10		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr.Amarjit Singh</li> <li>• Mr S.K. Mehta</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Dr. Sanjeev Chabbra (HM)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• CMO - Sri Ganganagar</li> </ul>	


<b>Date:</b> 27 Feb - 3 Mar 2012	<b>Participants for MLT Training</b> Three Medical officers, Two Yashoda supervisors & One Male staff nurse	
<b>Venue:</b> District Hospital Sawai Madhopur		
<b>District:</b> Dholpur and Sawai Madhopur	<ul style="list-style-type: none"> <li>• Dr. Susheel Goyal</li> <li>• Dr. Harkesh Meena</li> <li>• Mr. Bhupendra</li> <li>• Ms. Vijamma. D</li> <li>• Mrs. Leena</li> <li>• Dr. Arvind Kumar Sharma</li> </ul>	
<b>No. of Yashoda trained:</b> 29		
<b>BPNI National Trainers</b>	<b>Chairperson for Valedictory function</b>	
<ul style="list-style-type: none"> <li>• Dr. Kanchan Saxena</li> <li>• Ms Lubna Abdullah</li> </ul>		
<b>NIPI District Nodal Officer</b>	<ul style="list-style-type: none"> <li>• PMO - Sawai Madhopur</li> </ul>	
<ul style="list-style-type: none"> <li>• Mr. Sushil Kumar (DPM)</li> </ul>		


<b>Date:</b> 27 Feb - 3 Mar 2012	<b>Participants for MLT Training</b> Two Medical officers, Two Nurses & One Yashoda supervisor	
<b>Venue:</b> District Hospital Karauli		
<b>District:</b> Karauli	<ul style="list-style-type: none"> <li>• Ms. Ponnamma George</li> <li>• Ms. Sumeri Meena</li> <li>• Ms. Upendra Kumar Gupta</li> <li>• Dr. G. N Airawal</li> <li>• Mr. Ashok Kumar Sharma</li> <li>• Dr. Santosh Gupta</li> </ul>	
<b>No. of Yashoda trained:</b> 30		
<b>BPNI National Trainers</b>	<b>Chairperson for Valedictory function</b>	
<ul style="list-style-type: none"> <li>• Ms. ULka Jamal</li> <li>• Mr. S.K.Mehta</li> </ul>		
<b>NIPI District Nodal Officer</b>	<ul style="list-style-type: none"> <li>• PMO - Karauli</li> </ul>	
<ul style="list-style-type: none"> <li>• Ms. Vatsala Sharma (HM)</li> </ul>		

<b>Date:</b> 12-17 Mar 2012	<b>Participants for MLT Training</b> Four Medical officers, One Nursing Tutor & One Yashoda Supervisor	
<b>Venue:</b> Medical College Udaipur		
<b>District:</b> Udaipur and Rajasmand	<ul style="list-style-type: none"> <li>• Dr. Renu Jain</li> <li>• Dr. Dinesh Kharadi</li> <li>• Ms. Bhargavi .K.M</li> <li>• Dr. Lalit Purohit</li> <li>• Dr. Manju Purohit</li> <li>• Mr. Deep Lal Barber</li> </ul>	
<b>No. of Yashoda trained:</b> 18		
<b>BPNI National Trainers</b>	<b>Chairperson for Valedictory function</b>	
<ul style="list-style-type: none"> <li>• Dr. MMA Faridi</li> <li>• Ms. Lubna Abdullah</li> </ul>		
<b>NIPI District Nodal Officer</b>	<ul style="list-style-type: none"> <li>• RCHO Udaipur</li> </ul>	
<ul style="list-style-type: none"> <li>• Ms. Rekha Sharma (DAC)</li> </ul>		

<b>Date:</b> 12-17 Mar 2012	<b>Participants for MLT Training</b> Two Medical officers, Two Nurses & One LHV	
<b>Venue:</b> CHC Bassi		
<b>District:</b> Jaipur	<ul style="list-style-type: none"> <li>• Dr. Hari Ram</li> <li>• Ms. Meenakshi</li> <li>• Ms. Shakuntala</li> <li>• Dr. Priyanka Patni</li> <li>• Ms. Radha Mani</li> </ul>	
<b>No. of Yashoda trained:</b> 35		
<b>BPNI National Trainers</b>	<b>Chairperson for Valedictory function</b>	
<ul style="list-style-type: none"> <li>• Dr. Anurag Agarwal</li> <li>• Dr.Khan Amir Maroof</li> </ul>		
<b>NIPI District Nodal Officer</b>	<ul style="list-style-type: none"> <li>• BCMO, CHC Bassi</li> </ul>	
<ul style="list-style-type: none"> <li>• Mrs. Richa Saraswat</li> </ul>		

<b>Date:</b> 19 - 24 Mar 2012	<p><b><u>Participants for MLT Training</u></b>  Four Medical officers, One Nurse &amp; One Yashoda Supervisor</p> <ul style="list-style-type: none"> <li>• Dr. Yudhishter</li> <li>• Dr. Rahul Panchal</li> <li>• Ms. Janjewanti Vesnv</li> <li>• Ms. Annamma. P. C</li> <li>• Dr. Gaurav Kumar Yadav</li> <li>• Dr. Shyam. G</li> </ul>	
<b>Venue:</b> District Hospital Banswara		
<b>District:</b> Dungarpur and Banswara		
<b>No. of Yashoda trained:</b> 23		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr Nikhil Kharod</li> <li>• Ms. Ulka Jamal</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Mr. Sudhindra K.Sharma (DPM)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• CMHO District Hospital Banswara</li> </ul>	

<b>Date:</b> 19 - 24 2012	<p><b><u>Participants for MLT Training</u></b>  Three Medical officers &amp; Three Nurses</p> <ul style="list-style-type: none"> <li>• Mr. Indresh Sharma</li> <li>• Ms. Kusum Lata Agrawal</li> <li>• Dr. Hemant Sharma</li> <li>• Dr. Abhishek Bansal</li> <li>• Dr. Sunil Sharma</li> <li>• Mr. Dilip Gupta</li> </ul>	
<b>Venue:</b> District Hospital Bharatpur		
<b>District:</b> Bharatpur		
<b>No. of Yashoda trained:</b> 33		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr. Sangeeta Rani</li> <li>• Dr Pardeep Khanna</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Ms. Poonam Srivastava (DMCH)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• Trainers</li> </ul>	

<b>Date:</b> 26-31 Mar 2012	<p><b><u>Participants for MLT Training</u></b>  Three Medical officers, Two Yashoda Supervisors, One LHV, One Nursing Tutor &amp; One H.M</p> <ul style="list-style-type: none"> <li>• Dr. Sunita Kumari</li> <li>• Mr. Kamlawati</li> <li>• Smt. Radha T.K</li> <li>• Dr. A.K. Ansari</li> <li>• Mr. Gopal Lal Sharma</li> <li>• Dr. Pakaj Jain</li> <li>• Dr. Preeti Pathak</li> <li>• Ms. Uma Devi</li> </ul>	
<b>Venue:</b> District Hospital Kota		
<b>District:</b> Kota, Bundi, Jhalawar and Baran		
<b>No. of Yashoda trained:</b> 29		
<p><b>BPNI National Trainers</b></p> <ul style="list-style-type: none"> <li>• Dr. Gulshan Arora</li> <li>• Ms Ulka Jamal</li> </ul>		
<p><b>NIPI District Nodal Officer</b></p> <ul style="list-style-type: none"> <li>• Ms. Jyoti Tanwar (DAC)</li> </ul>	<p><b>Chairperson for Valedictory function</b></p> <ul style="list-style-type: none"> <li>• Trainers</li> </ul>	

## 5. Pre and Post Training Assessment

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

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

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

Question pertaining to	Pre Intervention	Post Intervention	Correct Response	
	N=99		% of Pre Test	% of Post Test
	Correct Response	Correct Response		
Knowledge about Optimal Infant and young child feeding practices	59	91	59.6	91.92
Characteristics of Human milk	47	71	47.47	71.72
Benefits of breastfeeding to the mother	45	72	45.45	72.73
Dangers of pre lacteal feeds	61	86	61.62	86.87
Duration of breastfeeding	77	88	77.78	88.89
Factors which enhance prolactin reflex	62	75	62.63	75.76
Functions of oxytocin reflex	43	74	43.43	74.75
Factors which hinder oxytocin reflex	33	66	33.33	66.67
Key for enhancing breast milk production	41	75	41.41	75.76
Sign of good attachment	45	77	45.45	77.78
Cause of sore nipples	22	63	22.22	63.64
Reliable sign of enough milk being received by baby	54	76	54.55	76.77
Appropriate age of starting complementary foods	67	83	67.68	83.84
Foods rich in Vitamin A	49	78	49.49	78.79
Foods for children in disease	56	80	56.57	80.81

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 KARALI



*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 NIPI 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:*

Training 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 1950, Delhi R.No. S-23144)

National Coordinator  
Dr. J.P. Dadhich

November 5, 2011

### Central Coordination Committee

#### Chief Coordinator

Dr. K.P. Kushwaha  
Gorakhpur, UP

#### Central Coordinator

Dr. Arun Gupta  
Delhi

#### Treasurer

Mr. P.K. Sudhir  
Delhi

#### Members

Dr. Ajay Gaur  
Gwalior, M.P.  
Dr. Chander Kant  
Delhi  
Dr. Dinesh Khosla  
Rohtak, Haryana  
Dr. K. Kesavulu  
Hindupur, A.P.  
Dr. Paramjit Kaur  
Patials, Punjab

#### BPNI works in

- Advocacy
- Education & Training
- Infant Feeding in Difficult Circumstances (HIV, emergencies)
- IMS Act
- World Breastfeeding Week & Social Mobilization
- Research

#### BPNI is

- Regional Coordinating Office - IBFAN Asia
- WABA's Regional Focal Point - South Asia
- Member Steering Group Right to Food Campaign
- Member National Coordination Committee of Jan Swasthya Abhyan
- Constituted NGO under section 21(1)(c) of the "Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992, as Amended in 2003" (The IMS Act)

BPNI/2011/351

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

(Through Dr. Kaliprasad Pappu, Director UNOFS-NIPI Programs, New Delhi, India)

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

Sir,

This is in reference to our on going 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 suggest by UNOPS NIPI all the training will take place at district hospitals. A detailed proposal for these training 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. Dadhich  
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: 91-11-27343608  
91-11-42683059

Tel/Fax: 91-11-27343606

E-Mail: bpni.india@gmail.com  
bpni@bpni.org

Website: www.bpni.org

Approval Letter from Government of Rajasthan

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

NRHM/CH/NIPI/YAS/11/235

Dated 21.11.11

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 20 December, 2011 at State Institute of Health & Family Welfare (SIHFW), Jhalana Doongri, Jaipur, kindly make it convenient to attend the meeting.

  
(Dr M L Jain)  
Director (RCH)

NRHM/CH/NIPI/YAS/11/235  
CC

Dated 21.11.11

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

  
Director (RCH)

**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 20 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 20 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  
CC

Dated 18.11.11

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

  
Director (RCH)

**Agenda for Orientation Meeting on District Level Capacity Building on IYCF**

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**Date: 20<sup>th</sup> December 2011, SIHFW, Jaipur**

**Organized by: NIPI and BPNI**

<b>Time</b>	<b>Subject</b>	<b>Resource Person/Speakers</b>
09.00 -10.30 am	Opening Session	Dr. SP Yadav, NIPI Rajasthan Dr. Amrita Mishra, NIPI India Dr. JP Dadhich, BPNI Dr. MMA Faridi, BPNI Introduction of participants
10.30 11.00 am	Tea/ Coffee	
11.00 11.30 am	Relevance and ways to improve IYCF Practices	Dr. JP Dadhich
11.30 am 12.00 pm	3 in 1 training programme for IYCF contents and experiences	Dr. MMA Faridi
12.00 pm 12.30 pm	Tentative district wise programme of training	Ms. Lubna Abdullah
12.30 01.00 pm	Logistics for training roles and responsibilities	Dr. MMA Faridi Ms. Lubna Abdullah
01.00 02.00 pm	Lunch	
02.00 03.00 pm	Open house discussion an interactive session with participants	Dr. S.P. Yadav Dr. Amrita Mishra Dr. MMA Faridi Dr. JP Dadhich Dr. Pradeep Choudhry

## 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/NIPI/YAS/11/265

Dated 29.12.11

## 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 05<sup>th</sup> 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 versed in training, candidates with prior experience of HBPNC/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:

SNo	District	Name	Designation
1	Ajmer	Mr Santosh Kumar Singh	DPM
2	Alwar	Islam Naqvi	DPHNM
3	Banswara	Mr Sudhindra K. Sharma	DPM
4	Baran	Mrs Roshani Dilbagi	HM
5	Barmer	Mr Vijay Kumar	HM
6	Bharatpur	Ms Poonam Srivastava	DMCH
7	Bhilwara	Mr Yogesh Vaishnav	DPM
8	Bikaner	Ms Neelu Kumari Meghwal	DPM
9	Bundi	Mr Dharmendra Nirvika	DAC
10	Chittorgarh	Mr Vinayak Mehta	DPM
11	Churu	Mr Koushal Kumar	DPM
12	Dausa	Mr Imran Khan	DPHNM
13	Dholpur	Mr Amit Rajpal	DPM
14	Dungarpur	Mr. Saurabh Sharma	DPM
15	Ganganagar	Dr Sanjeev Chhabra	HM
16	Hanumangarh	Mr Prashant Kushwaha	DPM
17	Jaipur-I	Mr Akhilesh Kumar Sharma	DPM
18	Jaipur-II	Mrs. Richa Saraswat	DPM
19	Jaisalmer	Mr Ashish Khandelwal	DPM
20	Jalore	Mr Charan Singh	DPM
21	Jhalawar	Dr A K Ansari	HA
22	Jhunjhunu	Mr. Vikram Singh	DPM

SNo	District	Name	Designation
23	Jodhpur	Mr Umesh Kr Singh	DMCH
24	Karauli	Ms Vatsala Sharma	HM
25	Kota	Ms Jyoti Tanwar	DAC
26	Nagaur	Mr Rajiv Soni	DPM
27	Pali	Dr L B Choudhary	HM
28	Pratapgarh	Mr Praveen Gupta	DPM
29	Rajsamand	Ms Jyoti Meena	HM
30	S. Madhopur	Mr Sushil Kumar	DPM
31	Sikar	Mr Y K Sharma	HM
32	Sirohi	Mr. Amandeep Choudhary	DPM
33	Tonk	Mr Abdul Suboor Khan	DPM
34	Udaipur	Ms Rekha Sharma	DAC

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:

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

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.


- s.d -  
Director (RCH)

Encl:  
As above

NRHM/CH/NIPI/YAS/11/ 265-  
CC

Dated <sup>29</sup>.12.11

1. PS 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

  
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/NIPI/YAS/12/

Dated .01.12

Chief Medical & Health Officers/  
 Principal Medical Officers  
 All Districts

Sub: Training of Middle Level Trainers and Yashodas  
 Ref: Earlier letter Ref No NRHM/CH/NIPI/YAS/11/265 dt 29.12.11  
 (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&F 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 NIPI funds available at the district. In case of any clarification kindly contact the NIPI Cell at Swasthya Bhawan on 0141-2222589 or email at pradeepc@unops.org.

Encl:  
 As above

- s d -  
 Director (RCH)

NRHM/CH/NIPI/YAS/12/ 14  
 CC

Dated // .01.12

1. PS 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

Director (RCH)



## Schedule of Trainings

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

- 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

<b>Ajmer/ Nagaur</b>	<ul style="list-style-type: none"> <li>• Raj Kumara Mahawar</li> <li>• Manju Sharma</li> <li>• Imarti Jain</li> <li>• Sharmila Mahawar</li> <li>• Suman lata</li> <li>• Aruna Sharma</li> <li>• Madhu Mali</li> <li>• Sunita Kachuawa</li> <li>• Veena Tank</li> <li>• Lakshmi Bhati</li> </ul>	<ul style="list-style-type: none"> <li>• Shyama Kawanr</li> <li>• Madhu Jangeed</li> <li>• Rama Rathod</li> <li>• Hemlata</li> <li>• Suraj Devi</li> <li>• ChandraPrabha Sen</li> <li>• Manju Sharma</li> <li>• Bhagwati Gahlot</li> <li>• Shobha Thakur</li> <li>• Dhanwanti Rathore</li> </ul>	<ul style="list-style-type: none"> <li>• Sandhaya Rawal</li> <li>• Padma Acharya</li> <li>• Seema Acharya</li> <li>• Noor Jahan</li> <li>• Indra Bhargava</li> <li>• Suman Lata</li> <li>• Sharmeela Mahawar</li> <li>• Aruna Sharma</li> </ul>
<b>Tonk / Bhilwara</b>	<ul style="list-style-type: none"> <li>• Prabha Sen</li> <li>• Parveen</li> <li>• Raisa</li> <li>• Anita Berwa</li> <li>• Anupama Chauhan</li> <li>• Yagita</li> <li>• Kanta</li> <li>• Maina Jain</li> <li>• Savitri Soni</li> </ul>	<ul style="list-style-type: none"> <li>• Preeti Bhola</li> <li>• Shakuntla Devi</li> <li>• Manju Devi Sen</li> <li>• Renu Sen</li> <li>• Vandana Rajpoot</li> <li>• Rajni Dhobi</li> <li>• Sushila Vaishnav</li> <li>• Asha Sharma</li> <li>• Seema Veshnoi</li> </ul>	<ul style="list-style-type: none"> <li>• Lalita Neelmani</li> <li>• Indra Sharma</li> <li>• Maya Sahu</li> <li>• Lakshmi Soni</li> <li>• Lalita Vijayvargia</li> <li>• Anita Somani</li> <li>• Krishna Sen</li> <li>• Sangeeta Jath</li> </ul>
<b>Bikaner/ Churu</b>	<ul style="list-style-type: none"> <li>• Sunita Saraswat</li> <li>• Veena Sharma</li> <li>• Saroj Kanwar</li> <li>• Sunita Choudhary</li> <li>• Renu Sharma</li> <li>• Pushpa Darzi</li> <li>• Sunita Soni</li> </ul>	<ul style="list-style-type: none"> <li>• Kusum Lata Sharma</li> <li>• Sman Bari</li> <li>• Asha Sharma</li> <li>• Saroj Kumar</li> <li>• Indra Saini</li> <li>• Chatenya Sharma</li> <li>• Sumitra Prajapat</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Darzi</li> <li>• Santosh Sharma</li> <li>• Rukmani</li> <li>• Priyanka</li> <li>• Suman Sharan</li> <li>• Sunita Soni</li> <li>• Kusum Lata Sharma</li> </ul>
<b>Jodhpur/ Pali / Sirohi</b>	<ul style="list-style-type: none"> <li>• Krishna Kumara</li> <li>• Shanta Kumara</li> <li>• Manju Lata</li> <li>• Susheela</li> <li>• Jasoda</li> <li>• Santosh</li> <li>• Padma Kanwar</li> <li>• Godavari Vaishnav</li> <li>• Valsala V.A</li> </ul>	<ul style="list-style-type: none"> <li>• Manju Dev</li> <li>• Lakshmi Devi</li> <li>• Manju Malvia</li> <li>• Mohini Rekha Kumara</li> <li>• Geeta Chawla</li> <li>• Pista Soni</li> <li>• Kanta</li> <li>• Prema Lodha</li> <li>• Nirmala Kumara</li> </ul>	<ul style="list-style-type: none"> <li>• Santosh Rana</li> <li>• Koshaliya Berwa</li> <li>• Ranjana</li> <li>• Rekha</li> <li>• Devyani</li> <li>• Manju Pandit</li> <li>• Manju Bhati</li> </ul>
<b>Sikar/ Jhunjhunu</b>	<ul style="list-style-type: none"> <li>• Chankori</li> <li>• Manoj</li> <li>• Devenda Sharma</li> <li>• Nisha Mathur</li> <li>• Lalita Saini</li> <li>• Antar Kanwar</li> <li>• Kusum Devi</li> <li>• Asha</li> <li>• Prabhawati</li> <li>• Chandra kanta Sharma</li> </ul>	<ul style="list-style-type: none"> <li>• Rukmani Jangir</li> <li>• Anita</li> <li>• Pushpa</li> <li>• Anita</li> <li>• Banarasi Devi</li> <li>• Suman Sharma</li> <li>• Minakshi Saini</li> <li>• Urmila Devi</li> <li>• Priydarshni Choudhary</li> <li>• Santosh Saini</li> </ul>	<ul style="list-style-type: none"> <li>• Koshalya Sain</li> <li>• Manju Sharma</li> <li>• Vimla Devi</li> <li>• Sunita Devi</li> <li>• Sunita Saini</li> <li>• Manju Verma</li> <li>• Koshalya Saini</li> <li>• Nirmala Soni</li> </ul>

<b>Alwar</b>	<ul style="list-style-type: none"> <li>• Leena Sharma</li> <li>• Hemlata Sharma</li> <li>• Beena Saini</li> <li>• Lajvanti Gupta</li> <li>• Saroj</li> <li>• Munni Sharma</li> <li>• Krishna Devi</li> <li>• Santosh Kumara</li> <li>• Babita Sharma</li> </ul>	<ul style="list-style-type: none"> <li>• Vimla Sharma</li> <li>• Shanty Sharma</li> <li>• Rajni Saxena</li> <li>• Alka Sharma</li> <li>• Rajni Sharma</li> <li>• Pushpa Sharma</li> <li>• Pushpa Gupta</li> <li>• Pushplata</li> <li>• Shakuntla</li> </ul>	<ul style="list-style-type: none"> <li>• Neelam Khandelwal</li> <li>• Geeta Saini</li> <li>• Hemlata Saini</li> <li>• Santosh Jain</li> <li>• Sushma Sharma</li> <li>• Premlata Gupta</li> <li>• Jogendra Kaur</li> </ul>
<b>Dausa</b>	<ul style="list-style-type: none"> <li>• Meera</li> <li>• Kanta Sharma</li> <li>• Santosh Jangeed</li> <li>• kusum Joshi</li> <li>• Lakshmi Sharma</li> <li>• Rekha Saini</li> <li>• Meera Sharma</li> </ul>	<ul style="list-style-type: none"> <li>• Sunita Sen</li> <li>• Santra Gupta</li> <li>• Kamlesh Devi</li> <li>• Kamlesh Berwa</li> <li>• Ruby Devi</li> <li>• Snehlata Sharma</li> <li>• Asha Gupta</li> </ul>	<ul style="list-style-type: none"> <li>• Vidhya Sharma</li> <li>• Hemlata</li> <li>• Anita Gupta</li> <li>• Beena Sen</li> <li>• Madhu Sharma</li> </ul>
<b>Chittorgarh/ Pratapgarh</b>	<ul style="list-style-type: none"> <li>• Lata Juniwal</li> <li>• Seema Goswami</li> <li>• Aneeta Manvi</li> <li>• Tara Beragi</li> <li>• Santosh Kumara</li> <li>• Manju p.k</li> <li>• Manju Rajpoot</li> <li>• Meena Sharma</li> <li>• Kaushalya Sen</li> <li>• Rekha Adiwai</li> <li>• Susheela Jaiswal</li> </ul>	<ul style="list-style-type: none"> <li>• Shimla Devi</li> <li>• Sugla Devi</li> <li>• Kanta Devi</li> <li>• Kaushalya Devi</li> <li>• Babu Devi</li> <li>• Neela Paliwal</li> <li>• Brijla K.M</li> <li>• Santosh Cheepa</li> <li>• Saroj Sharma</li> <li>• Nirmala Khateek</li> <li>• Sadhna Solanki</li> </ul>	<ul style="list-style-type: none"> <li>• Gulab Devi</li> <li>• Kiran Rathod</li> <li>• Saroj Pandaya</li> <li>• Pushpa Suyar</li> <li>• Phool Kunwar Rajpoot</li> <li>• Champa</li> <li>• Sumitra Vaishnav</li> <li>• Kailash Sen</li> <li>• Seema Sen</li> </ul>
<b>Jalore/Barmer/ Jaisalmer</b>	<ul style="list-style-type: none"> <li>• Susheela Godji</li> <li>• Bhiki Godji</li> <li>• Bhagwati Surajpol</li> <li>• Kanta Surajpol</li> <li>• Kamla Swami</li> <li>• Hemlata Sharma</li> </ul>	<ul style="list-style-type: none"> <li>• Parwati Devi</li> <li>• Manjula Soni</li> <li>• Lalita Acharya</li> <li>• Leela Gorh</li> <li>• Saroj Sharma</li> <li>• Chandra Bala</li> </ul>	<ul style="list-style-type: none"> <li>• Kaushalya Vaishnav</li> <li>• Rekha Joshi</li> <li>• Reena Sharma</li> <li>• Dev Kanya Goyal</li> <li>• Shakuntala Naiyar</li> </ul>
<b>Ganganagar/ Hanumangarh</b>	<ul style="list-style-type: none"> <li>• Indu Bala</li> <li>• Prem Kumari</li> <li>• Shakuntla</li> <li>• Rajwanti</li> </ul>	<ul style="list-style-type: none"> <li>• Salochana</li> <li>• Pooja Sahdav</li> <li>• Manju Joshi</li> <li>• Neelam Soni</li> </ul>	<ul style="list-style-type: none"> <li>• Usha Rani</li> <li>• Seema Soni</li> </ul>
<b>Jaipur</b>	<ul style="list-style-type: none"> <li>• Lakshmi Devi</li> <li>• Suman Devi</li> <li>• Beena Devi</li> <li>• Raju Devi</li> <li>• Meera Devi</li> <li>• Prem Devi</li> <li>• Kanta Devi</li> <li>• Beena Devi</li> <li>• Radha</li> <li>• Navratan saini</li> <li>• Saroj Saini</li> <li>• Gulli Devi</li> </ul>	<ul style="list-style-type: none"> <li>• Sona</li> <li>• Lalita Parik</li> <li>• Sumitra Kumawat</li> <li>• Manju Kumawat</li> <li>• Asha Sharma</li> <li>• Premlata</li> <li>• Kiran Sharma</li> <li>• Santosh devi</li> <li>• Kalpana Swami</li> <li>• Santosh Yogi</li> <li>• Sunita Sharma</li> <li>• Rukmani Gupta</li> </ul>	<ul style="list-style-type: none"> <li>• Prem Devi</li> <li>• Kaushalya Devi</li> <li>• Manju Devi</li> <li>• Indra Sharma</li> <li>• Radha Sharma</li> <li>• Kaushalya Devi</li> <li>• Savitri Devi</li> <li>• Radha Devi</li> <li>• Durga Devi</li> <li>• Susheela Sharma</li> <li>• Savita Bunkar</li> </ul>

<b>Karauli</b>	<ul style="list-style-type: none"> <li>Mamta Mehra</li> <li>Urmila Rajawat</li> <li>Sharda Sharma</li> <li>Kavita Vyas</li> <li>Sudha Sharma</li> <li>Vidya Devi Gaur</li> <li>Bano</li> <li>Indra Gurjar</li> <li>Babli Chauhan</li> <li>Suraj Devi</li> </ul>	<ul style="list-style-type: none"> <li>Laxmi Bai</li> <li>Kamla</li> <li>Santra</li> <li>punita</li> <li>Lata Sharma</li> <li>Usha Devi</li> <li>Lalita Mittal</li> <li>Hemlata Mangal</li> <li>Saroj Sharma</li> <li>Manju Chaturvedi</li> </ul>	<ul style="list-style-type: none"> <li>Savitri Sharma</li> <li>Guddi Devi</li> <li>Indra Sharma</li> <li>Daya Sharma</li> <li>Sushila Sharma</li> <li>Suman Lata</li> <li>Beena Devi</li> <li>Sunita Devi</li> <li>Nirmala</li> <li>Seema Sain</li> </ul>
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17.	Ms Fariha Siddiqui <i>Uttar Pradesh</i>	8860025078	farrihasiddiqui@gmail.com
18.	Mr S.K. Mehta <i>Chandigarh</i>	09417185773	skmehta1950@yahoo.co.in

## 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 <i>Listening and learning, Confidence building &amp; giving support Assessing a breastfeed and Positioning a baby at the breast</i>
Session 20	Clinical Practice 2 <i>Listening and Learning, Building confidence and giving support Complementary Feeding</i>
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: <i>Measuring Growth and Counseling for Infant Feeding</i>
Session 26	Practice 1: <i>Preparation of complementary feed</i>
Session 27	Practice 2: <i>Preparation of Replacement feed</i>

Course Contents for Frontline Workers

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**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
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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		
Time	Sessions	Minutes
9-10am	Introduction- participants, material, expectations	60
10-10.30am	Tea	30
10.30-11.30 am	Session 1: <i>Why Optimal Infant and Young Child Feeding</i>	60
11.30-12.30 pm	Session 2: <i>Production and Intake of Breastmilk</i>	60
12.30-1.30 pm	Session 3: <i>Assessing and Observing a Breastfeed</i>	60
1.30-2.30 pm	Lunch	60
2.30-3.30 pm	Session 4: <i>Listening and Learning</i>	60
3.30-4.00 pm	Tea	30
4.00-5.00 pm	Session 5: <i>Building Confidence, Giving Support and Checking Understanding</i>	60
5.00-5.30 pm	Session 6: <i>Antenatal Preparation and Establishing Community Breastfeeding Support</i>	30
DAY 2		
9.00-10.00 am	Session 7: <i>Positioning Baby at the breast</i>	60
10.00-10.30 am	Tea	30
10.30-12.30 pm	Clinical Practice-1	120
12.30-1.15 pm	Session 8: <i>Breast conditions</i>	45
1.15-2.15 pm	Lunch	60
2.15-3.00 pm	Session 9: <i>Refusal to Breastfeed and Crying</i>	45
3.00-3.30 pm	Session 10: <i>Expression Breastmilk</i>	30
3.30-4.00 pm	Tea	30
4.00-5.00 pm	Session 11: <i>Not Enough Milk</i>	60
5.00-5.30 pm	Session 12: <i>Breastfeeding Low Birth Weight Babies</i>	30
DAY 3		
9.00-10.10am	Session 13: <i>Complementary Feeding - Foods to Fill the Nutrient Gap</i>	70
10.10-10.30am	Tea	20
10.30-11.30 am	Session 14: <i>Feeding Techniques and Strategies</i>	60
11.30-1.30 pm	Clinical Practice-2	120
1.30-2.30 pm	Lunch	60
2.30-3.15 pm	Session 15: <i>Institutionalizing Skilled IYCF Counseling</i>	45
3.15-3.35pm	Session 16: <i>Women Nutrition, Health and Fertility</i>	20
3.35-4.00 pm	Tea	30
4.00-4.30pm	Session 17: <i>Women and Work</i>	30
4.30-4.45 pm	Session 18: <i>Breastfeeding in Special Circumstances</i>	15
4.45-5.30 pm	Valedictory Session	45



Specimen of Training Certificates



## 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.

S.No.	Name of the project	Supporting organization	Duration of the project
1.	Preparation of IYCF Counseling Specialists The “4 in 1” <i>Venue: Govt Hospital, Hindupur, AP</i>	Women Development & Child Welfare Department, Government of Andhra Pradesh	21-27 June 2012
2.	Training of Trainers on IYCF Counseling & IYCF Counseling Specialists <i>Venue: UCMS &amp; GTB Hospital, Delhi</i>	BPNI, Department of Pediatrics, UCMS & GTB Hospital, Delhi	14-27 May 2012
3.	Training of Middle Level Trainers and Yashodas in 33 district of Rajasthan <i>Venue: District Hospitals, Rajasthan</i>	NRHM Rajasthan and NIPI India	Dec 2011-Mar 2012
4.	Preparation of IYCF Counseling Specialists <i>Venue: G R Medical College, Gwalior</i>	BPNI, Department of Pediatrics G R Medical College, Gwalior	14-20 Nov 2011
5.	Preparation of IYCF Counseling Specialists <i>Venue: Govt Hospital, Hindupur, AP</i>	Women Development & Child Welfare Department, Government of Andhra Pradesh	10-16 Oct 2011
6.	Preparation of IYCF Counseling Specialists <i>Venue: UCMS &amp; GTB Hospital, Delhi</i>	BPNI, Department of Pediatrics, UCMS & GTB Hospital, Delhi	26 Sep - 2 Oct 2011
7.	Capacity Building of State Mentors Improving breastfeeding and other IYCF practices in Bihar <i>Venue: Eras Medical College Lucknow, UP</i>	Plan International (India Chapter) & Eras Medical College Lucknow, UP	26th April - 3rd May, 2011
8.	Capacity Building of State Mentors Improving breastfeeding and other IYCF practices in Uttar Pradesh <i>Venue: Eras Medical College Lucknow, UP</i>	Plan International (India Chapter) & Eras Medical College Lucknow, UP	28th March - 4th April, 2011
9.	Training of MLTs and Frontline Workers in IYCF for 8 districts of Punjab <i>Venue: 8 District Hospitals</i>	Department of Health & Family Welfare, National Rural Health Mission, Government of Punjab	October 2010-March 2011

S.No.	Name of the project	Supporting organization	Duration of the project
10.	International Outreach Course on Breastfeeding: Advocacy & Practice Course <i>Venue: BRD Medical Colledge, Gorakhpur, UP</i>	UCL Institute of Child Health, London, BRD Medical College, Gorakhpur & BPNI	Nov 21-Dec 4, 2010
11.	Preparation of IYCF Counseling Specialists <i>Venue: Govt Hospital, Hindupur, AP</i>	Women Development & Child Welfare Department, Government of Andhra Pradesh	1-7 Nov 2010; 23-29 Nov 2010; 16-22 Feb 2011
12.	Preparation of IYCF Counseling Specialists <i>Venue: G R Medical College, Gwalior</i>	BPNI, Department of Pediatrics G R Medical College, Gwalior	26 Nov-3 Dec 2010
13.	Preparation of IYCF Counseling Specialists <i>Venue: Govt Hospital, Hindupur, A P</i>	BPNI, District Hospital, Hindupur	10-16 Oct 2011
14.	Preparation of IYCF Counseling Specialists <i>Venue: UCMS &amp; GTB Hospital, Delhi</i>	BPNI, Department of Pediatrics, UCMS & GTB Hospital, Delhi	23-29 August 2010
15.	Training of MLTs and Frontline Workers in IYCF for districts of Firozpur and Gurdaspur <i>Venue: District Hospital at Firozpur and Gurdaspur</i>	Department of Health & Family Welfare, National Rural Health Mission, Government of Punjab	Jan-April 2009
16.	Preparation of Middle Level Trainer in the field of IYCF <i>Venue:PGIMER, Rohtak, Haryana</i>	Women & Child Development Department, Government of Haryana	25-30 May 2009; 24-29 Dec, 2008
17.	Preparation of State Mentors in the field of IYCF (6 batches) <i>Venue: District Hospital, Hindupur, AP</i>	Women Development & Child Welfare Department, Government of Andhra Pradesh	6-13 Dec 2008; 13-18 Feb 2009; 18-29 Jun 2009; 16-21 July 2009; 16-21 Aug 2009; 16-21 Sept 2009
18.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: PGIMER, Rohtak, Haryana</i>	Department of Health Services, Government of Haryana	21 Nov-3 Dec 2008
19.	Preparation of Middle Level Trainers (MLTs)	CARE Jharkhand	26 Sep-1 Oct 2008
20.	Preparation of State Master Trainers in the field of IYCF <i>Venue: Ludhiana, Punjab</i>	Women & Child Department, Government of Punjab	16-26 Sept 2008
21.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: District Hospital Hindupur, AP</i>	BPNI, District Hospital Hindupur, Andhra Pradesh	June 17-23, 2008

S.No.	Name of the project	Supporting organization	Duration of the project
22.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: Kalavati Saran Hospital, Children's Hospital, Delhi</i>	BPNI, Lady Harding Medical College and Kalavati Saran Hospital, Delhi	June 15-28, 2008
23.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: GR Medical College &amp; Kamla Raja Hospital, Gwalior</i>	BPNI, GR Medical College & Kamla Raja Hospital, Gwalior	June 8-14, 2008
24.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: Eras Medical College, Lucknow</i>	BPNI, Eras Medical College, Lucknow	April 21- May 4, 2008
25.	Preparation of National Trainers & IYCF Counseling Specialists <i>Venue: The Thassim Beevi Abdul Kader College for Women, Kilakarai Tamilnadu</i>	BPNI, the Yousuf Zulaiha Trust, Kilakarai, Tamilnadu	March 4-16, 2008
26.	2nd International Training of Trainers on IYCF Counseling for participants from Indonesia, Nepal and India <i>Venue: UCMS, Delhi</i>	BPNI, the Yousuf Zulaiha Trust, Kilakarai, Tamilnadu	March 4-16, 2008

**BPNI Training Cell (2011)**

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*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