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Sadau Asom Gramya Puthibharal Santha
ANGANWADI WORKERS TRAINING CENTRE, NAGAON

COURSE REPORT :- Job Training Programme of AWW

Batch No. – 71st

W.e.f .20-11-2014 to 19-12-2014

Project:- Lumding, Khagarijan, Dalangghat

ICDS Project, Nagaon, Assam.

Name of the training course :- Anganwadi Workers Training Centre, Sadau Asom
 Gramya Puthibharal Santha, Nagaon.

Introduction

Integrated Child Development Services (ICDS) is the foremost symbol of our Nation's commitment to the millions young Indians living in conditions of poverty and different forms of deprivation. ICDS contributes not only to the achievement of Women and Child goals related to health, nutrition and early child development, but also to other primary health care goals and the goals of universal elementary education, as enunciated in the National Plan of Action for Children, 1992. The challenges before us is promotion and fulfillment of the rights of the children especially the girl to early care for survival, development, protection and participation.

Objectives :

The Course was organized with the following objectives :

1. To train and orient the AWW to the various components of the schemes of the ICDS.
2. To enable them to understand their roles and responsibilities as well as those of other functionaries of the scheme.
3. To develop in them appropriate skills necessary for AWW, public relation, scheme implementation and general administration.

COURSE CONTENTS :

The course was conducted as per the revised syllabus of Job Training Course for AWWs under UDISHA prepared by NIPCCD, New Delhi the following contents are introduced in the training session. Accordingly the faculty members as well as resource persons/guest speakers engaged were and they explained about the contents in details during the session. The topics contents are as follows :-

Welcome & introduction, Sharing of Experiences, Situation of children and women in India/States, Social issues concerning children and women, Constitutional provisions, rights and legislation concerning children & women, Programme and policies for development of children and women., Status of girl child and the Meena initiative film on Meena, Women Empowerment through self help groups. Film on women empowerment, Introduction to ICDS programme, Training set up and approach to ICDS training, Setting up an AWC, Role & job responsibilities of other ICDS functionaries. Health & block functionaries, health infrastructure & set up, interface/coordination with government ministries/departments (Health, Education, Rural development and information & broadcasting) for ICDS programme, Communication and counseling skills required by AWWs + role play, instructions and guidelines by issued by DWCD, feedback of ICDS component, child

development definition, concept, need & process, film on child development, early childhood care & education in ICDS, activities for early childhood stimulation + demonstration + role play, importance of PSE and characteristics of a preschool child, activities for physical and motor development of child in a preschool + demonstration, activities for cognitive development of children in a preschool, activities for language development of children in a preschool + demonstration, activities for psycho-social development of children in a preschool, activities for development of creative, aesthetic expression and science exposure of children in a pre school, organization and arrange of AWC for PSE activities, activities for language development of children in a preschool, preparation and use of low cost PSE material + class assignment + demonstration, planning and organizing PSE programme AWC + Class assignment, common behavioral problems among children, importance of health living & good nutrition, nutrition and health care of expectant and nursing mothers, nutrition and health care of new borns, infants and young children + film on breast feeding + home assignment, nutrition and health care of adolescent girls, protein energy malnutrition among children causes symptoms prevention and management, organizing supplementary nutrition at an AWC, growth monitoring and promotion, organizing nutrition & health education session, instructions for field visit, visit to Anganwadi centre for conducting preschool education activities and organizing nutrition services, prevent of emerging endemic diseases among children, identification & prevention of disability among children, introduction to integrated management of childhood illness, treatment with home care & advice, review reinforcement & feedback of IMNCI component, personal hygiene and safe drinking water IMNCI component, feedback of nutrition & health component.

PROFILE OF PARTICIPANTS:

The training programme was attended by 23 Nos. AWW from Lumding, Khagarijan, Dalangghat ICDS Project, Nagaon, Assam. The list of participants is enclosed in Annexure – II. The profile of the participants is furnished below:

Sex distribution

Sl. No.	Sex	No. of participants
1	Male	Nil
2	Female	23
	Total	23

Age distribution

Sl. No.	Age group	No. of participants
1	20 – 25 yrs.	5
2	26 – 30 yrs.	6
3	31 – 35 yrs.	5
4	36 – 40 yrs.	5
5	41 – 45 yrs.	2
	Total	23

Education qualification

Sl. No.	Education qualification	No. of participants
1	Undre Matric	1
2	HSLC	10
3	HSSLC	9

4	Graduate	3
	Post graduate	Nil
	Total	23

Length of experience

Sl. No.	Length of experience	No. of participants
1	Below 2 yrs	5
2	2 - 5 yrs	12
3	6 – 8 yrs.	3
4	9 – 11 yrs	3
5	12 yrs. and above	Nil
	Total	23

Religion :

Sl. No.	Religion	No. of participants
1	Hindu	9
2	Islam	13
	Christian	1
	Total	23

Social status

Sl. No.	Caste	Total
1	SC	2
2	ST	2
3	OBC	6
4	Gen	13
	Total	23

INAUGURAL SESSION

Like previous batch the inaugural session was held on the 20th Nov'2014 with the Presidentship of Sri Balladev Sarmah, General Secretary, Sadou Ason Gramya Puthibharal Santha. He welcomed the participants and state about the rule of AWW and explained about the organization. Miss Karabi Saikia, principal, AWW training centre on her speech explained about the aims and objectives of the training programme of AWWs under ICDS scheme and mentioned that the AWW should know their job responsibilities, about the aims and objectives of ICDS scheme. The personal introduction and trainees experienced was collected by Smt. Sagarika Borah, principal, MLTC, the necessary teaching and training materials were distributed among the trainee. Brief history of the organization were informed by the Asst. Secretary of the santh Mr. K.C Nath and he welcomed all AWWs

ACADEMIC SESSIONS:

The Training started on 20th Nov'2014 and was successfully completed on 19 Dec'2014. The component wise details of academic sessions conducted during the said period are presented below.

De-freezing

The de-freezing component was the first component which started from 20th Nov'2014. In this component the participants were briefed about the rules of the training programme and the programme schedule of the training programme was also discussed in brief. Some games were carried out to make the trainees feel comfortable and at ease. Efforts were also made to make the environment conducive for training. The entire behaviour of the trainees was checked by asking a few questions on ICDS.

Subjects/topics like situational analysis of children and women, social issues concerning women and child, constitutional provisions and legislations to protect child and women from various forms of abuse and exploitation, programmes and policies of various ministries for development of women and child, status of girl child with specific reference to health, nutrition and education and importance of self help group (SHGs) for empowerment of women were thoroughly discussed. Short films like Meena were screened for better understanding of Social issues.

ICDS Programme

The second component was on ICDS programme which started from 21st & 22nd Nov'2014. This component was initiated with the sessions on introduction to ICDS where participants were apprised about its objectives, philosophy and norms/guiding principles to manage the projects. In this component sessions like setting up of AWC job responsibilities of AWW, CDPO/ACDPO, block and health functionaries and population norms for PHC, CHC were taken up and emphasis was also laid on interface/coordination with other departments such as health, education, rural development & information and broad casting for popularizing ICDS. Important instructions and guidelines issued by Ministry of Women and Child Development were shared with the participants. The session on communication and counseling skills required for AWWs dealt with need, process and stages of counseling. The difference between communication and counseling were discussed and emphasis was given on role-play so that it will be easier for the participants to understand its importance for everyday work sphere.

EARLY CHILDHOOD CARE AND EDUCATION (ECCE)

This component was started immediately after the component of ICDS programme from 24th to 28th Nov'2014. The component oriented and sensitized the participants and also imparted skills in dealing with children from birth to 6 yrs. The broad areas of the component included- concept, need and principles of child development, importance of ECCE in ICDS and characteristics of Pre-school child, activities of various development- physical & motor cognitive, psychosocial, creativity & scientific exposure, language, need and importance of early childhood stimulation; organization of pre-school activities in AWC; preparation of low cost PSE materials; common behavioural problem in children, etc. At the end of the component feedback was taken through quiz. In addition to quiz, the trainees were also evaluated on teaching AIDS that they had prepared. The participants were taken to Khagorijan ICDS Project for conducting PSE and other activities per training to AWCs.

NUTRITION & HEALTH

The components started on 29th Nov'2014 to 6th Dec'2014. The topics covered in this component were importance of healthy living and basics of good nutrition; functions and sources of nutrients; nutritional and health care requirements at various stages of life- new born, adolescent girls, pregnant and nursing mothers; management of nutritional deficiency disorders; organization of supplementary nutrition at AWC; growth monitoring- its step & processes, new WHO child growth standard its rationale, implications and how it is different from the old one. Other topics of the component were early detection and prevention of childhood disabilities. Integrated Management of Neonatal & Childhood Illness- assessment & classification of common problem like cough, cold, fever, Acute Respiratory infection, odema etc. Personal hygiene and safe drinking water, etc. Besides, the group was also taught about community growths chart. The participants were taken to Khagorijan ICDS Project Nagaon to carry out field practice on IMNCI- assessment and treatment. At the end, importance of NHED techniques like Role-play, puppet show, Story-telling and folk songs were deliberated. A quiz session was held at the end of the component to get the feedback on nutrition and health.

Communication, Advocacy and Community Participation

From 7th to 11th Dec'2014 the Communication, Advocacy and Community Participation component was held. Community participation in ICDS, role of village development council/board and other local bodies in ICDS, techniques of mobilizing community including participatory Learning and Action (PLA), How to conduct survey in the Project; information education and communication in ICDS – its importance, skills and budgetary provisions, Communication process and behaviour change, advocacy awareness programme etc. were the major subject matters covered in this component. Feedback was taken by conducting a test on the component.

Management of an Anganwadi

Management of AWC component was held from 12th & 13th Dec'2014. In this component the AWWs were trained about procedure for procurement of supplies, supplementary food, medicine equipments etc. organized distribution of food, medicine to community maintenance of stock etc.

Supervised Practice

For supervised practice programme started w.e.f. 15th to 18th Dec'2014. Different ICDS Project namely – Khagorijan ICDS Project, Barhampur ICDS Project, Raha ICDS Project, Rupahi ICDS Project, Kapili ICDS Project of Nagaon Dist. are selected. In this batch supervise practice programme was conducted at three Anganwadi Centre under Khagorijan ICDS Project, Nagaon namely –Itapar 1 No. AWC, Kohuwatoli AWC & Huj kalita Gaon AWC . These Anganwadi Centres were allotted by the CDPO of Khagorijan ICDS Project. Correspondence was made with Divisional Programme Officer ICDS Cell Nagaon regarding supervised practice programme. For supervised practice programme trainees were divided in to three groups and the group were named as 1. Rose, 2. Lili & 3. Lotus.

The Supervise practice programme was conducted for Four days in these centres.

On the the First day (15th Dec'2014):-The Trainee (AWW) performed the duties of helper at the centers. They observe location space and cleanliness of Anganwadi centre. The AWWs guide the helper and they cook supplementary nutrition for children & distribute food among the children and give guidance to helper.

On the Second day (16th Dec'2014):- The trainee (AWW) performed the duties of Anganwadi Workers, run the Centre and conducted different pre-school activities for all round development of

the children. Cognitive activities like Dominoes/Discrimination Chart, Colour concepts/Small big concepts were taught to the Children. Physical activities like Jumping, Running, Hoping etc were given. Drawing and painting, Clay modeling, Puppet play, Doll play etc were also taught to the children. For languages development rhymes, action song, story telling, chart reading etc. have give to the children. Growth monitoring of children were also done. The trainees fill up the MPR form also. Survey and Home were also conducted by the trainees.

On the Third day(17th Dec'2014):- The trainees performed the duties of AWW at the Centre.They conducted pre school activities for all round development of the children.. . And they observed and in filling up records and registers and MPR and checked records and registers maintained at AWC. They observed AWW in conducting Survey/Home visit. Conduct mothers meeting.

On the Fourth day (18th Dec'2014):- The trainees performed the duties of Supervisor. They discussed the functioning of AWC and the problems faced by AWW. They also Supervised AWC and checked availability of equipment, food, medicine, PSE material etc and conducted community meeting.

Training Methodology

A participatory approach was adopted during the training. Various techniques like lecture-cum-discussion, audiovisual presentations, group exercise, brainstorming, quiz, observational visits as well as supervised practice. The respective Day officer appointed amongst the participants presents the report of the previous day and a brief feedback was taken by the course director everyday prior to the day's sessions.

Reading materials:

The reading materials comprised both hard and soft copy materials covering most of the subject matters of the syllabus to the participants. The list of reading materials in enclosed at Annexure – III.

Resource persons

The resource faculty included both teaching staffs of AWTC, Nagaon as well as outside recourse persons. The guest resource persons were invited from Deptt. of Social Welfare, Joint Director of Health Services, SSA. The list of resource persons are enclosed in Annexure VI.

ASSESSMENT OF THE TRAINEES

The course faculty regularly assessed the trainees after each component. They were assessed regularly by conducting oral and written tests, quiz, assignments and a comprehensive examination at the end training programme.

VALEDICTORY SESSION

The valedictory session was held on 19th Dec'2014 afternoon with the Presidentship of Sri. Balladev Sarmah, General Secretary, Sadau Asom Gramya Puthibharal Santha, where many dignitaries namely, as a chief guest Smti Sagarika Borah Principal MLTC , Sadau Asom Gramya Puthibharal Santha were present. She asked AWWs to know their job responsibilities and do their duties at field whole heartedly. Other dignitaries also express their view about the training. A brief report of training programme was presented by Karabi Saikia Principal AWTC also urged the AWWs to take extra effort to make the Anganwadi Centres interesting by giving on the spot guidance to the AWWs. They told them to contact with the Training Centre by telephone whenever they are in doubt and face problems in the field.

COURSE EVALUATION:

The participants evaluated the training programme and gave their comments on the last day in a prescribed performa which are mentioned below:

- i) **Coverage of the Programme :** The content coverage of the training course was most adequate according to 80% of the participants, 20% commented it as very adequate and 12% found it adequate.
- ii) **Training Methodology :** According to 83% participants, the training methodology was highly participatory, and rest 17% commented its as participatory.
- iii) **Quality of Instruction:** Among the group 87% them found the quality of Instruction excellent, 13% of them found it very good.
- iv) **Reading material given:** According to 79% excellent and 21% found it to be good.
- v) **Extent of help from the course:** 100% of the trainees opined that the course would held to a large extent.
- vi) **Class room :** 84% participants mentioned the class room to be very good and other 16% mentioned it to be good.
- vii) **Food :** Among the group 78% mentioned it to be very good and 22% opined it to be good.
- viii) **Rating of overall programme :** 76% participants rated the programme as excellent, 15% rated it as very good and rest 9% mentioned it as good.
- ix) **Stay arrangement :** 88% of the participant mentioned it to be very good and 12% mentioned it to be good.

Participants impression about the course

The impression of the participants (Trainees) toward the course is very good.

Experience of the Principal:

Through out the training the participants were found to be active and punctual. The trainees cooperated and participated in all the sessions and their hardwork and enthusiasm make the programme a successful one.

Principal
Anganwadi Workers Training Centre
Sadau Asom Gramya Puthibharal Santha
Nagaon :: Assam.

(Balladev Sarmah)
General Secretary
Sadau Asom Gramya Puthibharal Santha
Nagaon :: Assam.

List of reading materials

<i>Sl. No.</i>	<i>Name of materials</i>
1	Leaflet
2	Folder
3	Booklet
4	Chart
5	Poster
6	Flash card
7	CD
8	Roller graph
9	Flannel graph
10	Printed copy (Covering most of the subject matters of the syllabus)

General Secretary
Sadau Asom Gramya Puthibharal Santha
Nagaon :: Assam.

Sadau Asom Gramya Puthibharal Santha
Anganwadi Workers Training Centre
 List of Resource Person

Sl. No.	Name of faculty member	No. of session
1	Karabi Saikia , Principal AWTC, Nagaon	30
2	Daisy Senapoti Instructress AWTC , Nagaon	21
3	Aparijita Nath, Instructress, Nagaon	11
4	Ujjala Biswas , Music Teacher.	04
5	Monisha Sarmah, Craft teacher.	02

Sl. No.	Name of Guest speaker	No. of session
1	Dr Tribananda Talukdar, Medical Officer, Nagaon	1
2	Smt. Amia Bora, Law khuwa ICDS Project, Nagaon	1
3	Kunti Borah, Supervisor, Batradwa ICDS Project, Nagaon	1
4	Mahmuda Begum , Supervisor, Juria ICDS Project, Nagaon	1

General Secretary
 Sadau Asom Gramya Puthibharal Santha
 Nagaon :: Assam

