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Date **08.11.2021**.....

MESSAGE

Umbrella ICDS Scheme encapsulates Anganwadi Service Scheme, Pradhan Mantri Mathru Vandana Yojana, National Creche Scheme, Scheme for Adolescent Girls, Child Protection Scheme and Poshan Abhyaan. These services aim at providing strength and support to children and women for their development and protection. Anganwadi centre is the basic structural unit of ICDS. Anganwadi centre is functioning as a resource centre of the community and the ICDS network of officials ensures the implementation of nutrition, development, protection, empowerment initiatives of the Government.

Effective service delivery of the ICDS system has been instrumental in Kerala achieving the enviable position in Human Development Index. Status in many of these indicators are comparable with the achievements of a developed society. It is important to build on the momentum and also make changes in strategy in implementation to meet the new challenges. Anganwadi functionaries and ICDS officials need to be kept abreast of the changes and also trained effectively to meet the targets and goals of ICDS

This training module will help in equipping the ICDS team.

Best wishes

Anupama.T.V, IAS
Director

Department of Women and Child Development



VEENA GEORGE
MINISTER FOR HEALTH
WOMEN AND CHILD DEVELOPMENT
GOVERNMENT OF KERALA



Date.....24.01.2022.....

MESSAGE

Integrated Child Development Scheme (ICDS) under the Department of Women and Child Development, aims at the holistic development of children. Anganwadi centres established under the ICDS scheme provide a platform at the grassroots level for integrated service delivery of departments of Women and Child Development, Health, Education and Local Self Government among others. Anganwadi functionaries (anganwadi workers and helpers) are the frontline social workers of the Department.

Anganwadi functionaries play a pivotal role in implementing all schemes related to development and protection of children and women, Right from identification of beneficiaries for different schemes to ensuring the successful implementation of programmes and activities for nutrition, immunization, vaccination, early childhood care and protection, anganwadi functionaries are the liaison officers of the Department.

Even as the government initiates and develops new schemes and programmes in response to the needs of the citizen, it is important to ensure that the knowledge base of anganwadi functionaries is constantly updated. It is towards this end that we have designed this training module.


Veena George



RANI GEORGE IAS
PRINCIPAL SECRETARY TO GOVERNMENT



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05-12-2021

Message

ICDS scheme launched in 1975 is the nation's commitment for all round development of children. Anganwadi centre is the basic unit of the ICDS scheme under the Department of Women and Child Development. Following the 'life cycle approach', the scheme, through the activities of Anganwadi functionaries, tracks the development of a child right from conception to infancy to adolescence and finally to adulthood.

The training module prepared by the experts will help in sharpening the professional skills of Anganwadi functionaries to strengthen the core of ICDS schemes and thus appropriately intervene to create a brighter future for each beneficiary.

Hope the training would enhance the performance of the Anganwadi centres and contribute to the development of each child.

RANI GEORGE
Principal Secretary
Department of Women and Child Development



**Women and Child
Development Department**

Job Training Course of Anganwadi Workers

Introduction to Syllabus for Job Training Course of AWWs

Anganwadi Services Scheme (ASS) under umbrella ICDS is a unique early childhood development programme which aims at addressing health, nutrition and developmental needs of children below six years, pregnant women, nursing mothers and adolescent girls. Over four decades of its implementation, Anganwadi Service Scheme have expanded its reach to cover almost all habitations across the country through 14 lakh AWCs approved by Ministry of Women and Child Development (MWCD), GOI. The scheme has accorded highest priority to reduce malnutrition, morbidity, mortality and lay foundation for all round development of children. Moreover, early years being the periods of rapid growth & development and also of greatest vulnerabilities, the Anganwadi Services Scheme has the potential to break an intergenerational cycle of under nutrition as well as address the multiple disadvantages faced by women and children with adequate investment and enabling environment. In this respect, the scheme has been designed to promote holistic development through strengthening the capacity of caregivers, communities and to ensure improved access to essential services at AWC level.

Over the years, Anganwadi Services Scheme under Umbrella ICDS has witnessed several changes with regard to modalities of service delivery, convergence mechanisms, civil society participation, increased duration of service hours, availability of infrastructure and facilities, introduction of various programmatic interventions to enhance quality services, ICT enabled monitoring systems at all levels, scaling up of innovations and best practices by Central and States/UTs as well, to attain child related developmental outcomes which have the potentials of being replicated. The Ministry of Women and Child Development (MWCD) has targeted various interventions such as POSHAN Abhiyan, Pradhan Mantri Matru Vandana Yojana (PMMVY), Rapid Reporting Systems (RRS) under new MIS, Capacity Building of Anganwadi Services functionaries through e –learning and Incremental Learning Approach (ILA), rolling out of Early Childhood Care & Education (ECCE) etc. for tracking of nutrition and child development related outcomes. All these aspects of programme implementation require extensive training of Anganwadi Services functionaries in general and AWWs in particular. The importance of training and capacity building of Anganwadi Services Schemes

functionaries has always been recognized as vital for the success of the programme.

National Institute of Public Cooperation and Child Development (NIPCCD) is an apex Institution under the aegis of Ministry of Women and Child Development to take care of training of Anganwadi Services functionaries under umbrella ICDS. Hence, the Institute is responsible for planning, organizing, coordinating and monitoring training; building capabilities of various institutions engaged in imparting training; organizing training of trainers; designing, revising and standardizing syllabi for training of all categories of Anganwadi Services Scheme (ASS) functionaries; developing and distributing training reference materials. NIPCCD conducts regular training programmes like Job Training Course and Refresher Course for CDPOs; skill development courses on thematic areas, vertical training programme for ASS functionaries as well as orientation training and Refresher Training for Instructors of AWTCs/MLTCs in the country.

The duration of Job Training Course for AWWs is 26 working days. The objectives of the Job Training Course are to orient AWWs about the Anganwadi Services such as its philosophy, objectives, package of services and beneficiaries, familiarize them with their role and responsibilities vis-à-vis job responsibilities of other functionaries in the matter of coordination and management of AWC, discuss about recent developments and new thrusts areas under Anganwadi Services under Umbrella ICDS, appraise AWWs about various aspects of Early Childhood Care and Education (ECCE) including nutrition and health, share the need, importance and strategies for convergence of services at village levels for effective implementation and enhance their requisite skills on ECCE, Health & Nutrition and Community Participation.

The Syllabus of Job Training Course for AWWs has been revised keeping in view the recent developments in Anganwadi Services Scheme. The 26 days syllabus is comprised of different components such as *De-freezing, Orientation to Anganwadi Services Scheme, Early Childhood Care & Education (ECCE), Nutrition & Health Service, Community Mobilization, Advocacy & Awareness, Organization & Management, and Supervised Practices* so that AWW are equipped with the required knowledge, understanding and skills to effectively carry out the tasks at hand very effectively at AWCs. Efforts have been made to strengthen the skills of AWWs in major thrust areas such as conducting ECCE activities, growth monitoring, counseling mothers & care givers, Infant and Young child Feeding (IYCF), Home Visits, community mobilization, mother's meetings, Community Based Events

(CBE), management of malnutrition, Integrated Management of Neonatal and Childhood Illnesses (IMNCI) and ICDS- Common Application Software (CAS). The present syllabus is a blend of both theoretical and practical sessions. Moreover, concerted efforts have been made to lay emphasis on learning by doing approach like demonstration, role play, mock sessions and on practical exercises, so that AWWs would find it interesting and meaningful. Another feature of this syllabus is the field exposure visit and supervised practices. These visits would equip AWWs to gain first hand information on topics that are delivered in classroom and to understand its practical relevance at AWCs. Supervised practices are planned under the supervision of trainers in field and it shall enable AWW, strengthening the identification of their roles to embrace field experiences. These experiences shall bridge the gap between classroom training and field reality. The revised syllabus of Job Training Course for AWW shall help AWWs to enhance knowledge, sharpen skills and develop understanding about their job responsibilities and thus to upgrade themselves to meet the present day requirements with regard to holistic child development.

ABBREVIATIONS

AES	Acute Encephalitis Syndrome
AIDS	Acquired Immunodeficiency Syndrome
ALMSC	Anganwadi Level Monitoring & Support Committee
ANM	Auxiliary Nurse Midwifery
ARI	Acute Respiratory Infection
ARSH	Adolescent Reproductive & Sexual Health
ASHA	Accredited Social Health Activist
ASR	Annual Status Report
ASS	Anganwadi Services Scheme
AWC	Anganwadi Centre
AWH	Anganwadi Helper
AWTC	Anganwadi Workers Training Centre
AWW	Anganwadi Worker
BBBP	Beti Bachao Beti Padhao
CBE	Community Based Events
CDPO	Child Development Project Officer
CHC	Community Health Centre
CPS	Child Protection Services
DA	Daily Allowances

DBT	Direct Benefit Transfer
ECCE	Early Childhood Care & Education
ECS	Early Childhood Stimulation
EDD	Expected Date of Delivery
EWR	Elected Women Representatives
HIV	Human Immunodeficiency Virus
ICDS	Integrated Child Development Services
ICDS- CAS	ICDS Common Application Software
ICT	Information Communication Technology
ICT- RTM	Information Communication Technology Real Time Monitoring
IEC	Information Education Communication
IFA	Iron and Folic Acid
ILA	Incremental Learning Approach
IMNCI	Integrated Management of Neonatal & Childhood Illnesses
IMR	Infant Mortality Rate
IPC	Inter Personal Communication
IUCD	Intrauterine Contraceptive Device
IYCF	Infant and Young Child Feeding
JE	Japanese Encephalitis
JSSK	Janani –Shishu – Suraksha- Karyakaram
JSY	Janani Suraksha Yojana
JTC	Job Training Course

KMC	Kangaroo Mother Care
LBW	Low Birth Weight
LHV	Lady Health Visitor
MAA	Mother's Absolute Affection
MAM	Moderate Acute Malnutrition
MCPC	Mother and Child Protection Card
MIS	Management Information System
MLTC	Middle Level Training Centre
MMR	Maternal Mortality Ratio
MO	Medical Officer
MoHF&W	Ministry of Health and Family Welfare
MPR	Monthly Progress Report
MSK	Mahila Shakti Kendra
MTC	Malnutrition Treatment Centre
MUW	Moderately Under Weight
MWCD	Ministry of Women and Child Development
NCS	National Crèche Scheme
NHed	Nutrition and Health Education
NHM	National Health Mission
NIPCCD	National Institute of Public Cooperation and Child Development
NMR	Neonatal Mortality Rate
NRC	Nutrition Rehabilitation centre

NSIF	Nutrition Sensitive Integrated Farming
PDS	Public Distribution system
PEM	Protein Energy Malnutrition
PHC	Public Health centre
PLA	Participatory Learning & Action
PMJJBY	Pradhan Mantri Jeevan Jyoti Bima Yojana
PMMVY	Pradhan Mantri Matru Vandana Yojana
PMSBY	Pradhan Mantri Suraksha Bima Yojana
PMSMA	Pradhan Mantri Surakshit Matritva Abhiyan
POCSO	Protection of Children from Sexual Offences
POSHAN	PM's Overarching Scheme for Holistic Nourishment
PRI	Panchayati Raj Institutions
RBSK	Rashtriya Bal Swasthya Karyakram
RKSK	Rashtriya Kishor Swasthya Karyakram
RMNCH+A	Reproductive, Maternal New born Child plus Adolescent Health
RRS	Rapid Reporting System
SAG	Scheme for Adolescent Girls
SAM	Severe Acute Malnutrition
SBCC	Social Behavior Change Communication
SHG	Self Help Group
SNP	Supplementary Nutrition Programme
STI	State Training Institute

SUP	Single Uses of Plastic
SUW	Severely Under Weight
SWOT	Strength, Weakness, Opportunity & Threat
TA	Travel Allowances
TLMs	Teaching Learning Materials
TNA	Training Need Assessment
U5MR	Under Five Mortality Rate
ULB	Urban Local Body
VCDC	Village Child Development Centre
VHSNC	Village Health Sanitation & Nutrition Committee
VHSND	Village Health Sanitation & Nutrition Day
WHO	World Health Organization
WIFS	Weekly Iron Folic Acid Supplementation

Defreezing

DAY I

TIME: 9.00 – 9.30 AM

TOPIC: REGISTRATION

Learning Objectives	Contents	Methodology
	Registration of participants and distribution of Kit	
DAY I SESSION I TIME: 9.30 – 10.30 AM TOPIC: Inaugural Session		
<ul style="list-style-type: none"> • To build cordial relationship among the participants for the cohesive co-existence of the group. • To create awareness among the participants regarding the responsibilities of each member. To inform the participants regarding the general rules of the programme. 	<ul style="list-style-type: none"> • Inaugural Address by the Head of the Institution. • Ice breaking / Energizing (The trainer can adopt appropriate method) • Introduction to the Training Programme: Course objectives, programme schedule, working hours, theory and practice sessions, field visits, supervised practice, resource persons, summarizing each day's sessions and preparedness for the next day. • Introduction about the Training Institute. 	<ul style="list-style-type: none"> • Ice Breakers • Grouping participants and assigning roles and responsibilities • PPt

	<ul style="list-style-type: none"> • Protocol to be followed to prevent pandemic diseases. • Rules and regulations of the training centre: hostel, classroom, station leaving permission, travel grants etc, facilities available in and around training centre like medical, market, bus stand, railway station etc. • Self-introduction by participants & Instructors with sharing of information about the place of work and experience in Anganwadi Services Scheme(ASS) • Assignment of responsibility to participants by rotation: for classroom management, physical exercises, games, energizer during sessions, attendance,punctuality,assignment, cleanliness, giving vote of thanks to resource persons etc. • One trainee shall be given the responsibility of Day Officer. The Day Officer shall prepare the report and shall be presented on the forthcoming day orally and on the display board. • The participants are divided into group and a leader is identified for each group. The groups shall take turn to present the daily report, assignments and other activities as assigned by the programme leader/ head • Briefing the programme for the forthcoming day. 	
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TIME: 10.30 – 10.45 AM Tea Break		
DAY I SESSION II TIME: 10.45 – 11.45 AM TOPIC: Sharing of Experience and Pre-test		
<ul style="list-style-type: none"> To evaluate the pre-programme status regarding the various services of Anganwadi schemes. To develop reflective understanding of the expected level of general insight into the practical implementation of the services. 	<ul style="list-style-type: none"> Each trainee shares experiences regarding implementation of Anganwadi Services Scheme As per the discussions in the class, the Course Director lists down- the expectations of trainees, the training needs, constraints and the problems in the field <p><i>(Note - Information regarding this session should be the part of the report and a copy of the report shall be sent to Training Division NIPCCD online)</i></p> <p><i>Introduction of pandemics</i> A pre-test comprising of 20 questions from each component is to be developed and administered among participants in order to assess the knowledge, understanding and skills for facilitation of sessions in the programme.</p>	<ul style="list-style-type: none"> Experience sharing Pre-test tool Self-evaluation Tool

DAY I**SESSION III****TIME: 11.45 – 1.00 PM****TOPICS: a) Situation of Children and Women in State/District****b) Social Issues Concerning Children and Women**

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| <ul style="list-style-type: none">• To develop a reflective understanding regarding the present status of Women and Children in the society• Understanding common issues faced by women and children• Develops skill to manage problem situation• To reflect on the common issues faced by Women and Children.• To develop skills for effective management of the problems faced by the target population. | <ul style="list-style-type: none">• Discussion on situation of children, adolescent girls and women in the District and State/ UT with the help of indicators.• <i>Demography</i>– Population of children (0- 6yrs) by sex, sex ratio, need for registration of birth and death.• <i>Health Status</i>:Understanding the terms: Infant Mortality Rate and Under Five Mortality Rate, low birth weight babies, Neonatal and Perinatal Mortality, Maternal Mortality Ratio, incidence/prevalence of common childhood diseases, Immunization status of children and expectant mothers• <i>Nutritional Status</i> – Understanding the term Malnutrition among children - percentage of under- weight, wasting and stunting by age.• The Trainer shall share state/ districts specific data (NFHS, SRS, DLHS, AHS) on important indicators pertaining to status of women and children.• Gender Discrimination• Discuss the following social issues -
Trafficking of children and women-
Magnitude of the problem, causes and | <ul style="list-style-type: none">• Video Presentation• Graphical representation• PPt• Discussion• Videos of status of Women and Children of Other states.• Videos of situation of children and women in real life comprising various states- need for population control.• List down the emerging social issues related to children and women |
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	<p>prevention of trafficking, initiatives taken by Government to prevent trafficking of children and women.</p> <ul style="list-style-type: none"> • Domestic Violence —Definition, Causes and prevalence, reasons. • Child Marriage – causes and prevention. • Sexual abuse and violence against women- Definition, causes and prevalence, reasons for increasing number of sexual abuse and violence against women (physical, emotional, cyber etc.) and Children Young girl Acid attack. • Role of Anganwadi Service functionaries in improving the status of children and women by providing immediate remedial measures through different programmes/provisions/ policies/ Act. • Stress on women at work place & family – stress management technique. • Women and child - Awareness of Rights. • Check list of key centres/offices where AWW should consult / report in case of any of the incidents of abuse. 	
<p>TIME: 1.00 – 2.00 PM</p> <p>LUNCH BREAK</p>		

DAY I**SESSION IV****TIME: 2.00 – 3.00 PM****TOPIC: Orientation to New Schemes & Programmes for Development of Children and Women**

<ul style="list-style-type: none">• To facilitate awareness regarding various ongoing schemes under MWCD and allied departments.• To impart readiness and skills to the participants to take up the schemes effectively.	<ul style="list-style-type: none">• Brief introduction to New Schemes and programmes of MWCD, KWCD and allied Ministries, Government of India, for survival, development and protection of children and women• Discussion on objectives, services, beneficiaries and implementation of the New Schemes at ground level.• NNM (PoshanAbhiyan)• PMMVY• Scheme for Adolescent Girls• National Crèche Scheme• Child Protection Services• Beti Bachao Beti Padhao• Mahila Shakti Kendra• Kathorth• One Stop Centre• EnteKoodu• Rekshadooth• RBSK• JSY, JSSK• PMSMA• State level Schemes Sahayahastham, Athijeevika, Padavukal, Abhayakiranam, Mangalya, Kaval, ORC• Defining strategies to increase awareness, access and availability of the scheme benefits to the eligible beneficiaries.	<ul style="list-style-type: none">• PPt• Discussion Listing (The difficulties faced by Anganwadi Workers and Helpers in the implementation of various schemes)• Hand-outs Cases for discussion
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<p>DAY I</p> <p>SESSION V</p> <p>TIME: 3.00 – 4.00 PM</p> <p>TOPIC: Orientation on New Schemes & Programmes for Development of Children and Women</p> <p style="text-align: right;">(Continues)</p>
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<p>DAY I</p> <p>SESSION V</p> <p>TIME: 3.00 – 4.00 PM</p> <p>TOPIC: Orientation on New Schemes & Programmes for Development of Children and Women</p> <p style="text-align: right;">(Continues)</p>
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<p>DAY I</p> <p>SESSION V</p> <p>TIME: 3.00 – 4.00 PM</p> <p>TOPIC: Orientation on New Schemes & Programmes for Development of Children and Women</p> <p style="text-align: right;">(Continues)</p>
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<p>DAY I</p> <p>SESSION V</p> <p>TIME: 3.00 – 4.00 PM</p> <p>TOPIC: Orientation on New Schemes & Programmes for Development of Children and Women</p>	(Continues)
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TIME: 4.00 – 4.15 PM	Tea Break
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TIME: 4.00 – 4.15 PM	Tea Break
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<p>DAY I SESSION VI TIME: 4.15 – 5.30 PM TOPIC: Role of Self-Help Groups (SHGs)/ Mother Groups/ Elected Women Representatives (EWR), Mahilasamajam, ALMSC in strengthening Anganwadi Service</p>
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<p>DAY I SESSION VI TIME: 4.15 – 5.30 PM TOPIC: Role of Self-Help Groups (SHGs)/ Mother Groups/ Elected Women Representatives (EWR), Mahilasamajam, ALMSC in strengthening Anganwadi Service</p>
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| <ul style="list-style-type: none"> • To develop awareness regarding the significance of empowering the various working groups attached to Umbrella ICDS. • To create general understanding the roles and responsibilities of the various working groups and institutions. | <ul style="list-style-type: none"> • Empowerment: Need, concept and process • Scope of women empowerment: economic, social, and political • Importance of Self- Help Groups for women empowerment and Anganwadi functioning • Role of mother's group in the day to day functioning of Anganwadi centers • Contribution of elected members of local bodies in strengthening Anganwadi services • Mahilasamajam and Anganwadies (with special reference to Mahilasamajam - Balawadies – Anganwadi) | <ul style="list-style-type: none"> • PPT • Video presentation (SHG success story) • Hand-outs compiling G.Os. |
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Anganwadi Service Scheme under Umbrella ICDS Services

DAY II

TIME: 9.15 – 9.30 AM

TOPIC: FEEDBACK OF PREVIOUS DAY

DAY II

SESSION I

TIME: 9.30 – 10.30 AM

TOPIC: Introduction to Anganwadi Services Scheme under Umbrella ICDS Services

Learning objectives	Contents	Methodology
<ul style="list-style-type: none"> To familiarize the functions and significance of various components of Umbrella ICDS 	<ul style="list-style-type: none"> Introduction to Anganwadi Services Scheme - objectives, services, beneficiaries <ol style="list-style-type: none"> 1. Anganwadi Services Scheme 2. PMMVY 3. National Creche Scheme 4. PoshanAbhiyan 5. Scheme for Adolescent Girls 6. Child Protection Scheme Population norms for opening an AWC/ Mini AWC/AW on demand Functionaries of Anganwadi Services Scheme Developmental Initiatives for AWWs/ AWHs - PMJJBY, PMSBY, Uniform, promotion to the post of Supervisor, Retirement age, Badges, 	<ul style="list-style-type: none"> PPT Discussion Lectures Reflection Spans

	<p>Maternity Leave, Awards for better achievement in nutrition and health related outcomes etc.</p> <ul style="list-style-type: none"> • Indicators of achievement – Reduction in underweight, stunting and wasting prevalence, reduction in anemia among women and children, reduction in incidence of low-birth-weight babies • Reduction of Anemia in AG – Population control, Institutional delivery Female Foeticide Child Death • Phone allowance PMMVY incentive, AWW honorarium, Welfare Fund, Pension details, criteria /details 	
<p>TIME: 10.30 – 10.45 AM Tea Break</p>		
<p>DAY II SESSION II TIME: 10.45 – 11.45 AM TOPIC: Setting up of vibrant AWC/ Mini AWC with special reference to provisions for Non- Negotiable Standards</p>		
<ul style="list-style-type: none"> • To create understanding regarding how to setup a model Anganwadi • To equip the participants with skills to mobilise community 	<ul style="list-style-type: none"> • Conducting Survey for setting up an AWC and Mini AWC • Identification of appropriate location 	<ul style="list-style-type: none"> • Video Presentation • Discussion • PPt

<p>inorder to setup ideal Anganwadies</p> <ul style="list-style-type: none"> • To equip the participants with skills to design and implement child friendly learning programmes with adequate awareness on the need, scope and significance of inclusion. 	<ul style="list-style-type: none"> • Availability of Drinking Water and toilet facility • Adequate Indoor and outdoor space Availability of furniture and other supportive essentials • Availability of ECCE curriculum, Activity books, adequate TLMS, play items, preschool kit, Child Assessment Cards Provision of Rent and other expenses related to AWC/ Mini AWC • Decoration of AWC with charts, posters and other displays Activity Corners • Audio – Visual aids/ other ICT equipment • Anganwadi building fund available source of fund, scheme and implementing agency, different type of building. • How to use AWC's space and infrastructure, learning aids. • Role of LSGs, sources of funds, Smart AW, Disabled Friendly AW. • Children with Special needs. • Child friendly concept in infrastructure 	
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DAY II SESSION III TIME: 11.45 – 1.00 PM TOPICS: a) Training initiatives under PoshanAbhiyan/NNM/ Sampushta Keralam through CAS b) ICT enabled Real Time Monitoring (RTM) at AWC and use of ICDS- CAS		
<ul style="list-style-type: none"> To equip the participants with the idea of simultaneous monitoring and evaluation and with the skills for effective use of ICDS Common Application Software. 	<ul style="list-style-type: none"> Introduction to CAS Mobile phones -Need and Importance of ICDS Common Application Software (ICDS-CAS) Understand the basics of Smart phones Familiarize with installed software Introduction to modules – data entry, submission, report generation Challenges during usage Maintenance of data and updation Maintenance of hardware Discussion on operational manual of ICDS –CAS for Service deliveries Regular monitoring and repeated updation with coordinated day by day activities Goals and Objectives of ICT- RTM 	<ul style="list-style-type: none"> PPT Practical session using CAS phone
TIME:1.00– 2.00 PM		
LUNCH Break		

DAY II**SESSION IV****TIME: 2.00- 3.00 PM****TOPICS: a) Training initiatives under PoshanAbhiyan/NNM/ Sampushta Keralam through CAS
b) ICT enabled Real Time Monitoring (RTM) at AWC and use of ICDS- CAS****Continues****DAY II****SESSION V****TIME: – 3.00 - 4.00 PM****TOPIC: Salient features of other Training Strategies for ASS functionaries**

- To familiarize the participants with the procedural and methodological elements of ILA and e-ILA.

- Concept and Need for e- learning courses
- Discussion on registration, training methodology, contact programmes, evaluation of trainees and award of certificate.
- Discussion on guidelines of Incremental Learning Approach (ILA) & e-ILA
- Salient aspects of 21 ILA Modules & takeaways

- PPt
- Presentation on e-ILA

TIME: 4.00 – 4.15 PM**Tea Break****(Continues)**

DAY II**SESSION VI****TIME: 4.15- 5.30 PM****TOPIC: Salient features of other Training Strategies for ASS functionaries****DAY III****TIME: 9.15- 9.30 AM****TOPIC: Feedback of the previous day.****DAY III****SESSION I****TIME: 9.30- 10.30 AM****TOPICS: a) Role & Job Responsibilities of an AWW/ Mini - AWW/AWH****b) CAS Phone ICT**

- To develop the skills to handle CAS phone in the day-to-day programs of Anganwadies.

- Discussion on role and job responsibilities of AWW/AWH as service provider of Anganwadi Services Scheme at village level using ICT
- Discussion on operational manual of ICDS –CAS for service deliveries
- Practical Session on CAS Phone regarding service deliveries (THR Distribution, CBE Programme uploading, Family survey data entering, etc. Maintenance of CAS Phone software.

- PPt
- Practical sessions

TIME: 10.30 – 10.45 AM**Tea Break**

DAY III SESSION II TIME: 10.45- 11.45 AM TOPICS: a) Role & Job Responsibilities of an AWW/ Mini- AWW/AWH b) CAS Phone ICT <div style="text-align: right;">(Continues)</div>		
DAY III SESSION III TIME: 11.45- 1.00 PM TOPICS: a) Role & Job Responsibilities of an AWW/ Mini- AWW/AWH b) CAS Phone ICT <div style="text-align: right;">(Continues)</div>		
TIME: 1.00 – 2.00 PM LUNCH Break		
DAY III SESSION IV TIME: 2.00-3.00 PM TOPIC: Role and Job Responsibilities of functionaries of Anganwadi Services		
<ul style="list-style-type: none"> To create understanding regarding the roles and responsibilities of workers and helpers. 	<ul style="list-style-type: none"> Role of AWW/ AWH in establishing linkages and coordination with other frontline workers, institutions and community in respect of implementation of ECCE, PMMVY duties, nutrition, health etc. Duty list Role and job responsibilities of CDPOs and supervisors 	<ul style="list-style-type: none"> Lectures PPt Hand-outs Discussion

DAY III**SESSION V****TIME: 3.00-4.00 PM****TOPIC: Role and Job Responsibilities of AWW/AWH in convergence with Health functionaries to address the health needs of children & women at AWC**

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| <ul style="list-style-type: none">• To foster the awareness of trainees regarding health set up and its function.• To develop awareness regarding the need for collaboration with health functionaries. | <ul style="list-style-type: none">• Role of AWW/AWH in establishing linkage and coordination with other frontline workers, institutions and community. Explain main roles and job responsibilities of health functionaries (ANM/ASHA/LHV/MO) in Anganwadi Services Scheme.• Co-ordination with NNM functionaries, Nutritionists.• Discussion on convergence & groups• Brief discussion on health infrastructure and population norms for setting up at various levels.• Services available at community Health Centre (CHC), Primary Health Centre (PHC) and Sub centers.• Discussion on Nutrition Rehabilitation Centre (NRC) and its linkage with AWC's• Mock Session on role of AWWs | <ul style="list-style-type: none">• Discussion• PPt• Role Play |
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TIME: 4.00 – 4.15 PM**Tea Break**

DAY III SESSION VI TIME: 4.15 - 5.30 PM TOPIC: Coordination and convergence with allied departments for effective implementation of Anganwadi Services Scheme State Specific Interventions/ Best Practices/ Recent Developments related to Anganwadi Services Scheme		
<ul style="list-style-type: none"> To create awareness among trainees regarding ways of liaisoning with other departments. To equip the participants with skills to analyze the issues pertaining to convergence with various departments and services. 	<ul style="list-style-type: none"> Explain the need and importance of convergence of services of other departments (i) Ministry of Health and Family Welfare/National Health Mission (ii) Ministry of Drinking Water and Sanitation (iii) Ministry of Rural Development (iv) Ministry of Housing and Urban Poverty Alleviation (v) Ministry of Human Resource Development/SSK, (vi) Ministry of Panchayati Raj, (vii) Ministry of Information and Broadcasting (I&B) (viii) Ministry of Social Justice & Empowerment, (ix) Ministry of Agriculture 7 Allied Departments, (x) Ministry of Food & Public Distribution. Kudumbhasree Discussion on issues for convergence and linkages with schemes/programmes like JSY, JSSK, PMMVY, RMNCH, RBSK, Samagra Shiksha Kerala (SSK), PMSMA etc. Objectives of these schemes. Mock session on role of AWWs explaining pregnant women about the process and benefits of PMMVY, JSY etc. 	<ul style="list-style-type: none"> PPT Discussion Role Play

<ul style="list-style-type: none"> To evaluate the effectiveness of the intervention in the target area. 	<ul style="list-style-type: none"> Feedback on Anganwadi Services Scheme Component <p>The trainers prepare 15-20 questions on sessions discussed in defreezing and Anganwadi Services component. Care will be taken to bridge the learning gaps for the above components. Best practices of each aspect like pre-school, field level, service level, food and nutrition level etc. are discussed.</p>	<ul style="list-style-type: none"> Questionnaire Quizzing
ECCE component (Five Days)		
DAY IV TIME: 9.15- 9.30 AM TOPIC: Feedback of the previous day.		
DAY IV SESSION I TIME: 9.30 - 10.30 AM TOPICS: a) Early Childhood Care and Education. b. Understanding Child Development process.		
<ul style="list-style-type: none"> To create general understanding regarding the theoretical basement of child development and growth. Familirising the salient features of national ECCE policy 	<ul style="list-style-type: none"> Definition of child development – 6 domains of child development, concept need and importance of ECCE Salient feature of national ECCE policy vision key areas and 11 non-negotiable quality standards. Difference between growth & development, need and significance of early years. Stages and principles of child development Aspects/ Domain of child development. 	<ul style="list-style-type: none"> PPt Lecture Video presentation (Neuro development/ brain development)

	<ul style="list-style-type: none"> • Development milestones of children under six year (birth to 6 months, 6 months to 1 year, 1 to 2 years, 2 to 3 years & 3-6 years) • Reference of disability centers for development delay. • Maintain a data base of each child at Anganwadi. • Importance of neuro physiology and brain development in young children. • Explain different parenting styles (8 styles)-authoritative, neglectful, permissive authoritarian free range, helicopter, paranoid and positive on child development. • Strategies to cater support to mother and family members. 	
Time: 10.30 – 10.45 AM Tea Break		
DAY IV SESSION II TIME: 10.45 – 11.45 AM TOPICS: a) Early Childhood Care and Education. b) Understanding Child Development process		
(Continued)		

DAY IV**SESSION III****TIME: 11.45 – 1.00 PM****TOPIC: Importance of Early Years in Child learning**

<ul style="list-style-type: none">• To create awareness regarding the importance of early childhood development.• To create understanding regarding the impacts of play and positive and negative reinforcement in early childhood development.• To equip the participants with various effective learning strategies for fostering childhood acquisition.	<ul style="list-style-type: none">• Discuss the characteristics of preschool children• Developmental stages• Mode of presentation of Positive & negative suggestions/ mode of reinforcement• Individual play, group play, indoor and outdoor game, free and guided play.• Need and significance of early years• Role of positive and negative experiences on brain development. Participants reflect and write down suggestions on how to foster brain development.• Principles of early learning & development• Neuro linguistic programming, Linguistic generals (chart based), principles of early learning including acquisition, retention, application, transformation• Explain the importance and types of play• Observation, imitation, manipulation, learning by doing, trial & error, conditioning, recitation, exploration etc., as a means of child's learning	<ul style="list-style-type: none">• Video Presentation• PPt
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TIME: 1.00– 2.00 PM
LUNCH

DAY IV

SESSION IV

TIME: 2.00 – 3.00 PM

TOPIC: Early Childhood Care and Education (ECCE) in Anganwadi Services Scheme

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| <ul style="list-style-type: none">• To explore and identify strategies and methodologies to strengthen ECCE as a hub of childhood learning. | <ul style="list-style-type: none">• Developmental domains• Strategies to strengthen ECCE such as AWC as vibrant ECD centre, service standards on ECCE, Annual ECCE Curriculum, Quality Standards, Child Assessment Cards, Children portfolio, Planning and scheduling Fixed monthly ECCE Day and School Readiness (Ready family, Ready Child and Ready School) | <ul style="list-style-type: none">• PPt• Lecture Method |
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DAY IV

SESSION V

TIME: 3.00 – 4.00 PM

TOPIC: Early Childhood Care and Education (ECCE) in Anganwadi Services Scheme

(Continues)

TIME: 4.00 – 4.15 pm
Tea Break

DAY IV SESSION VI TIME: 4.15 - 5.30 PM TOPIC: b) Importance of Early Childhood Stimulation		
<ul style="list-style-type: none"> To understand the importance of early childhood stimulation. To equip trainees with effective skills for early childhood stimulation. 	<ul style="list-style-type: none"> Need and Importance of Early Childhood Stimulation Discuss age specific Early Childhood Home Stimulation activities for children – sensory and motor learning. Strategy for orientation of parents to carry out age based early stimulation activities at home. Conducting mothers meeting to introduce the concept of early stimulation 	<ul style="list-style-type: none"> PPt Video presentation (stimulation activities) Demonstration Role Play ➤ Role play demonstrating Early Childhood Stimulation Activities for all domains of Development. ➤ Role Play by AWWs on Home based Early Childhood Stimulation Activities for children below 3 Years (Group Exercise)
DAY V TIME: 9.15 – 9.30 AM TOPIC: FEEDBACK OF PREVIOUS DAY		
DAY V SESSION I TIME: 9.30 – 10.30 AM TOPIC: c) Salient Features of Annual ECCE Curriculum: planning and organizing ECCE Activities.		
<ul style="list-style-type: none"> To create understanding regarding the features or ECCE curriculum. To Create awareness among trainees on importance of ECCE programme planning 	<ul style="list-style-type: none"> Main elements of Curriculum framework – <i>Context, Content and Processes</i> Social Development Theory- Erickson- Trust vs Mistrust, etc., Vygotsky –Social constructivism. Ensuring Practice of Multilingualism, Inclusion, 	<ul style="list-style-type: none"> PPt Discussion Video presentation (Learning corners for audio visual presentation)

<ul style="list-style-type: none"> To develop own ideas for strengthening the curricular activities on the basis of the in-depth understanding of the philosophical basements of the curricular framework. 	<ul style="list-style-type: none"> Multi Age Grouping, Gender Equality, Harms of Early formal Instructions. Preparing ECCE Teachers/ Care Givers for School Readiness while organizing ECCE Activities. Special features of State/UT annual contextualized curriculum - number of themes and their coverage, time table, linkage between curriculum and workbook Elements of Programme Planning – Yearly, Monthly, Weekly and daily activity schedule Early Learning Environment- Management of Indoor & Outdoor space, maintenance and use of learning corners, small & large group activities, display, furniture, mats, shelves and essential indoor & outdoor play materials for early learning 	<ul style="list-style-type: none"> Best practices in India and abroad.
<p>TIME: 10.30 – 10.45 AM Tea Break</p>		
<p>DAY V SESSION II TIME: 10.45– 11.45 AM TOPIC: Salient Features of Annual ECCE Curriculum: planning and organizing ECCE Activities.</p> <p style="text-align: right;">(Continues)</p>		

DAY V**SESSION III****TIME: 11.45 – 1.00 PM****TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Physical and Motor Development of Children.**

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| <ul style="list-style-type: none">• To understand the importance of physical and motor development of children.• To foster the skill of participants to frame and implement child friendly activities aiming at physical and motor development. | <ul style="list-style-type: none">• Need, importance and objectives of physical and motor development• Demonstration of Activities for physical and motor development- age- specific guided and free indoor and outdoor activities for<ul style="list-style-type: none">➤ Large/gross muscle coordination and development involving running, hopping, jumping, racing, dancing, skipping, kicking, winging, pushing & pulling, and games like in and out, mountain & fire, tug of war, balancing using rope and tyre ball etc, walking on a straight/curved line, zig- zag line on a rope, crawling over & under the rope, creeping over and under, rolling, throwing and catching.➤ Fine muscle coordination and development - action songs, activities like threading, sorting, clay modeling, folding, pasting, drawing, painting, paper folding, paper tearing cutting & pasting, pattern making and beading etc. <p><i>(Note: The ECCE Activities scheduled in the annual curriculum are to be primarily to be demonstrated. At the end of the session, each participant may demonstrate one activity)</i></p> | <ul style="list-style-type: none">• Demonstration• Mock presentation• Video presentation |
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TIME: 1.00-2.00 PM
LUNCH

DAY V

SESSION IV

TIME: 2.00 – 3.00 PM

TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Cognitive Development of Children.

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| <ul style="list-style-type: none"> • To create understanding of the significance of Cognitive development of children. • To equip the participants with adequate skills to device, plan and render child friendly (in-door and out-door) activities, aiming at cognitive development of the target population. | <ul style="list-style-type: none"> • Need, importance and objectives of cognitive development in children. • Pattern of scheme and neural connections. • Activities for development of basic cognitive skills in using five senses – hear, touch, smell, see and taste, memory and observation, classification, sequential thinking, reasoning and problem solving. • Cognitive development. • Stages and areas of development. • Activities for development of basic concepts like concept of colour, matching objects, identification of objects, naming objects, concept of shape like square, circle, rectangle, triangle etc., development of pre number concept like big and small, fat and thin, long and short, tall and short, heavy and light, many-few etc., concept of space like up-down, in- out, above- below, front-back, left- right, concept of time like before and after, morning and evening, day and night, concept of temperature like hot and cold, concept of environment - like plants, trees, fruits, animals, birds, vegetables, | <ul style="list-style-type: none"> • Demonstration • Mock presentation • Video presentation |
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	<p>transport, development of scientific concepts like planting seed, growing plants, water fall etc.</p> <ul style="list-style-type: none"> • Need for organizing nature walk as a regular strategy to promote environmental awareness among children <p><i>Note: ECCE Activities scheduled in the annual curriculum are mandatory to be demonstrated. At the end of the session, each participant will demonstrate one activity.</i></p>	
<p>DAY V SESSION V TIME: 3.00 – 4.00 PM TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Cognitive Development of Children</p> <p style="text-align: right;">(Continues)</p>		
TIME: 4.00 – 4.15 PM	Tea Break	

DAY V SESSION VI**TIME: 4.15 – 5.30 PM****TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Socio- Emotional Development of Children.**

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| <ul style="list-style-type: none">• To develop understanding regarding the importance of Socio-emotional development of children.• To enhance the skills of trainees to conduct activities aiming at socio-emotional development of the target population. | <ul style="list-style-type: none">• Need, importance and objectives of psycho-social development in children• Demonstration of Activities for Psycho-social development/ social and emotional intelligence - age- specific guided and free indoor and outdoor activities-• Development in relation to self- adjustment at AWC, positive self- concept, good personal habits- development of initiative, independence and leadership, ability to identify and control emotions• Development in relation to other children - ability to respect feelings and rights of other children, development of self-confidence• Development in relation to Adults - ability to relate well with adults, listen to adults and follow instructions, control one's own behavior and cope with situation• Development in relation to environment- development of empathy, caring attitude towards old, disabled and needy, caring and nurturance of plants, animals and other forms of life.• Age-appropriate use of language by AWW | <ul style="list-style-type: none">• Demonstration• Mock presentation• Video presentation |
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	<ul style="list-style-type: none"> • Practical session for evaluating social and emotional intelligence <i>Note: ECCE Activities scheduled in the annual curriculum are to be demonstrated. At the end of the session, each participant shall demonstrate one activity.</i> 	
DAY VI TIME: 9.15 – 9.30 am TOPIC: FEEDBACK OF THE PREVIOUS DAY		
DAY VI SESSION I TIME: 9.30 – 10.30 AM TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Linguistic Development of Children.		
<ul style="list-style-type: none"> • To create understanding regarding the importance of linguistic development of children. • To foster the skills of trainees in-order to conduct the activities aimed at linguistic development 	<ul style="list-style-type: none"> • Need, importance and objectives of language development in children • Demonstration of activities for language development- stages of Language development, age specific guided and free indoor and outdoor activities, identify the programmes in language development, development of listening and speaking skills- sound discrimination, listening span, listening comprehension; development of vocabulary, development of oral expression, conversation, storytelling, dramatization & puppet play, picture reading and creative self- expression, development of reading readiness - auditory/sound discrimination, auditory and visual association, left to right 	<ul style="list-style-type: none"> • Demonstration • Mock presentation • Video presentation

	<p>direction, Development of writing readiness – fine muscle development, eye- hand coordination and letter perception</p> <ul style="list-style-type: none"> • Linguistic development (check list) ‘Anganathaimavu’ • Intimation to mother about the need for reference to speech therapist • Need for organizing nature walk as a regular strategy to promote language development among children <p><i>Note: ECCE Activities scheduled in the annual curriculum are primarily to be demonstrated. At the end of the session, each participant may demonstrate one activity.</i></p>	
TIME: 10.30 – 10.45 AM	Tea Break	

DAY VI SESSION II TIME: 10.45 – 11.45 AM TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Linguistic Development of Children.			(Continues)
DAY VI SESSION III TIME: 10.45 – 1.00PM TOPIC: Demonstration of ECCE Activities as per the State/UTs Annual ECCE Curriculum with special reference to Creative, Aesthetic Expression and Science Exposure of Children.			
<ul style="list-style-type: none"> • Understanding the importance of developing Creative, 	<ul style="list-style-type: none"> • Need, importance and objectives of creative, aesthetic expression and science exposure in children 	<ul style="list-style-type: none"> • Demonstration • Mock presentation • Video presentation 	

<p>Aesthetic Expression and Science Exposure of children.</p> <ul style="list-style-type: none"> To create awareness regarding the significance of aesthetic application, creative thinking and scientific temperament of children aiming at comprehensive child development. 	<ul style="list-style-type: none"> Demonstration of Activities for creative, aesthetic expression and science exposure - age-specific guided and free indoor and outdoor activities Involvement of parents in the concept of ECCE Development of creative expression through art, involve children in making drawing, attractive paintings, clay modelling, beading garlands, paper craft, idol making, doll making etc. Creative movement like imagining flying kite in sky, catching butterflies etc. (children will not speak but act with the gestures) Creative thinking exercises like questions and answers, riddles, antakshari, free play etc. Aesthetic appreciation by developing sensitivity towards colour and beauty in the environment. Identification and use of environmental resources, water, sand, trees, nests, cages, animal sheds etc. Fostering of scientific temperament, catering, exposure to air, water, seeds, plants etc.. Organizing activities related to exposure to nature. <p><i>Note: ECCE Activities scheduled in the annual curriculum are primarily to be demonstrated. At the end of the session, each participant may demonstrate one activity.</i></p>	
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TIME-1.00-2.00 PM		LUNCH	
DAY VI			
SESSION IV			
TIME: 2.00 – 3.00 PM			
TOPIC: Preparation and Use of Teaching Learning Material (TLMs) for Transaction of ECCE			
Activities, Instructions for Nature Walk.			
<ul style="list-style-type: none">• Developing the skill of trainees in preparing and using TLM's• To foster the skills to prepare TLM's for sustainable learning.	<ul style="list-style-type: none">• Need for TLMs, their preparation and use for conducting different activities as per the annual curriculum• Strategy to device teaching learning materials for keeping in view, the materials provided in ECCE Kit by State/UT and materials can be arranged from the community. Involvement of parents ECCE – inclusion of mothers and AGs in preparation of ECCE Materials.• Use of locally available material/ resources i.e. beads, old clothes, match boxes, thread, cotton, wool, lids, bottles, magazines, newspapers, cardboard, and sticks etc., for preparing teaching learning materials• ECCE activities scheduled in the annual ECCE curriculum need to be identified for preparation of teaching learning materials for demonstration by trainees in the classroom next day• For preparation of low cost teaching learning materials, trainees may be divided in groups to prepare low cost material related to all domains of child development. Each group is required to	<ul style="list-style-type: none">• Demonstration• Lecture• Practical sessions• Home work – preparation of domain wise list.• Exhibition	

<ul style="list-style-type: none"> To create awareness regarding the significance of nature walk. 	<p>prepare material for ECCE activities for all domains of child development. Trainers to provide required raw materials for preparation of low cost ECCE materials.</p> <ul style="list-style-type: none"> Use of teaching learning materials including ECCE Kit given by the State/UT Government. Display of teaching learning materials prepared by trainees in the class Importance of nature walks. Benefits As a matter of principle one aspect of nature relating to the current theme of the curriculum has to be identified for the nature walk. RP gives necessary instructions to participants. The participants discuss the list of things to be observed and collected during Nature Walk as per the theme 	<ul style="list-style-type: none"> Demonstration.
<p>DAY VI SESSION V TIME: 3.00 – 4.00 PM TOPIC:Preparation and use of Teaching Learning Material (TLMs) for transaction of ECCE activities, instructions for nature walk</p> <p style="text-align: right;">(Continues)</p>		

TIME: 4.00 – 4.30 PM
Tea Break

DAY VI

SESSION VI

TIME: 4.15 – 5.30 PM

TOPIC: Preparation and Use of Teaching Learning

Material (TLMs) for Transaction of ECCE Activities, Instructions for Nature Walk.

(Continues)

DAY VII

TIME: 9.15 – 9.30 am

TOPIC: FEEDBACK OF THE PREVIOUS DAY

DAY VII

SESSION I

TIME: 9.30 – 10.30 AM

TOPIC: Organization of Nature Walk for children to nearby park/ farm etc.,

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| <ul style="list-style-type: none"> To plan and execute nature walk in order to foster observation, aesthetic and appreciation skills of the pupils. | <ul style="list-style-type: none"> Take trainees for Nature Walk to nearby places Discussion on what will be observed and materials to be collected during the Nature Walk Sorting of material collected for use in preparing low-cost ECCE material Trainees to use material collected during Nature Walk for preparing teaching learning materials Discuss in brief the important learning of children on the identified theme relating to nature | <ul style="list-style-type: none"> Nature walks Exploration Collection |
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TIME: 10.30 – 10.45 AM
Tea Break

DAY VII
SESSION II
TIME: 10.45- 11.45 AM
TOPIC: Management of Early Learning Environment at AWC

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| <ul style="list-style-type: none"> • To create understanding of the importance of learning environment in the development of children. | <ul style="list-style-type: none"> • Discuss the importance of Early Learning Environment • Management of Indoor & Outdoor Space • Maintenance and use of learning corners; once in week • How to manage small & large group activities. • Display of Children's work • Furniture, mats, shelves and other supportive essential materials • Indoor & outdoor play materials for early learning • Role of Anganwadi Helper in assisting AWW in conducting ECCE activities for multi age groups children. • Role of home -ECCE activity by the parents. | <ul style="list-style-type: none"> • Discussion • Video Presentation <p>Trainees in groups will develop learning corners and discuss strategies to maintain the same.</p> |
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DAY VII
SESSION III
TIME: 10.45- 11.45 AM
TOPIC: Management of Early Learning Environment at AWC

(Continues)

TIME: 1.00-2.00 PM

LUNCH

DAY VII

SESSION IV

TIME: 2.00- 3.00 PM

TOPIC: Use and maintenance of Child Assessment Cards at AWC

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| <ul style="list-style-type: none">• To create understanding of the importance of child assessment, recording and interpretation of responses. | <ul style="list-style-type: none">• Need and importance of child assessment/continuous comprehensive assessment.• Principles of assessing progress of children.• Age based Child Assessment Cards developed by MWCD, GOI• Filling up of age-based child assessment cards.• Tracking the development of participants.• Points to be remembered while doing child assessment- feedback- stress level of child / associating parent.• Observation, addressing causalities intervention leading to reference if required.• Communicating the progress of the child to parents/caregivers. | <ul style="list-style-type: none">• Practical session• PPt |
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DAY VII SESSION V TIME: 3.00- 4.00 PM TOPIC: Use and maintenance of Children Portfolio at AWC		
<ul style="list-style-type: none"> • To familiarize the participants with the best practices in portfolio preparation. • To create understanding about the need of portfolio in child assessment and development. 	<ul style="list-style-type: none"> • What is portfolio? • Need and Importance of children's Portfolio PPt at AWC • Explain the strategies such as observation, questioning and listening to understand the child. • Discuss documentation procedures such as development progress checklist, portfolios and summary report • List of items to be kept in child's portfolio <i>Trainees will be given an assignment to prepare Child's portfolio. They will analyze the strength of a child at AWC during their field visit.</i> • Various creative methods to make portfolio • How to present on ECCE day (Role play /Mock play or AWWs) 	<ul style="list-style-type: none"> • • Practical Session
TIME: 4.00 – 4.15 PM		
Tea Break		

SESSION VI**TIME: 4.15 -5.30 PM****TOPIC: Management of Children with Special Needs (*Divyang*) & inclusiveness.**

<ul style="list-style-type: none"> To develop understanding about management techniques to address children with special needs and about inclusion. 	<ul style="list-style-type: none"> Identification, assessment and management of children with special needs Discuss about Disability & Impairment and its types (gifted, back ward, creative, intellectually disabled LD Include Dysgraphia, Dyscalculia, ADHD, visual impairment, hearing impairment orthopedically handicapped muscular dystrophy, under achievers.) Identification of children through Rashtriya Bal Swasthya Karyakram (RBSK) and its provision Role and responsibilities of AWW and society in the up liftment of <i>Divyang</i> Scaffolding techniques to improve the special need children holistically Explain in detail the process of inclusion such as – <i>Access, Participation and Support/ Management of special need children</i> E.g., Dyslexia, Muscular Dystrophy. Preparation and use of Teaching Learning Materials (TLMs) for Divyang Children at AWCs Child learning and constructivism 	<ul style="list-style-type: none"> Ppt Discussion Case study Video Presentation
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DAY VII**SESSION VII****TIME: 5.30 – 6.00PM****TOPIC: Instruction for Field Visit to organize ECCE activities at AWC**

<ul style="list-style-type: none"> To create reflective ideas for effective formulation and implementation of ECCE activities. 	<ul style="list-style-type: none"> Demonstration of one day ECCE activities scheduled in the annual ECCE curriculum in the classroom. 	<ul style="list-style-type: none"> Demonstration <p>*Each participant shall</p>
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	<ul style="list-style-type: none"> Collection of required ECCE material for field visit 	<p>demonstrate one activity and other participants will observe and give constructive feedback keeping in view achievement of learning objectives, satisfying curiosity of children, fulfilling the recognition needs, effective use of teaching learning materials and involvement of children.</p>
DAY VIII TIME: 9.15– 9.30 am TOPIC: FEEDBACK OF PREVIOUS DAY		
DAY VIII SESSION I TIME: 9.30-10.30 AM TOPIC: Visit to AWC for organization of ECCE activities. Use & Demonstration of New TLMs.		
<ul style="list-style-type: none"> To develop and foster the skills of the participants in order to ensure child friendly activities and happy learning activities 	<ul style="list-style-type: none"> Hands on experience in conducting a fullday activity as per the thematic ECCE curriculum developed by the State/UT The participants will spend the day at the nearby AWCs to transact activities for one day ECCE curriculum. Each group will go to different AWCs. The groups will implement the planned activities at the AWCs with the children as per the thematic curriculum Complicated behavioral problems whom to refer, list of referral centers 	<ul style="list-style-type: none"> Field visit Reflection notes Hand-outs Feedback questionnaire.

	<p><i>The trainers would observe the following while transacting ECCE activities at AWCs-</i></p> <ul style="list-style-type: none"> ➤ Classroom and sitting arrangement ➤ Use of materials- appropriateness or adequacy ➤ Enjoyment of children ➤ Nature of activity – learning objective was clear, clarity on sequence of activities, etc. ➤ Appropriateness for younger and older children ➤ Use of indoor or outdoor space ➤ Use of corners 	<p>Trainees will observe and prepare a child's portfolio (page per child for tracking the holistic development). They will analyze the strength of the same child.</p>
<p>TIME: 10.30 – 10.45AM</p> <p style="text-align: center;">Tea Break</p>		
<p>DAY VIII</p> <p>SESSION II</p> <p>TIME: 10.45-11.45 AM</p> <p>TOPIC: Visit to AWC for organization of ECCE activities. Use & Demonstration of New TLMs</p> <p style="text-align: right;">(Continues)</p>		

DAY VIII**SESSION III****TIME: 11.45-1.00 PM****TOPIC: Visit to AWC for organization of ECCE activities. Use & Demonstration of New TLMs (Continues)****TIME:1.00 2.00 PM****LUNCH****DAY VIII****SESSION IV****TIME: 2.00-3.00 PM****TOPIC: Discussion & Feedback on Field visit**

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| <ul style="list-style-type: none">• To equip the participants with analytical skills in order to evaluate better objective oriented and child friendly field visits | <ul style="list-style-type: none">• After field visit, each group will share their experiences about transaction of ECCE at AWC. The entire group will meet after lunch in the classroom to discuss following-• Field travel logistics - travel time, transport etc.• Check list on ECCE – observation report• Responsibility of each group members and facilitator• Preparation of teaching learning materials in respect of the activity for children.• Use of four hours duration at AWC• Effective uses of TLMs to transact themes | <ul style="list-style-type: none">• Feedback hand-outs• Discussion• Discussion on Child Portfolio & Child Assessment Card |
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	<ul style="list-style-type: none"> • Participation of children and their reactions while doing activities • Adequacy of TLMs • Reaction of parents/ community members on ECCE 	
DAY VIII SESSION V TIME: 3.00-4.00 PM TOPIC: Managing children with common Behavioral problems at AWC		
<ul style="list-style-type: none"> • To equip the participants with skills for effective management of behavioral problems of children. 	<ul style="list-style-type: none"> • Aggression, withdrawal/shyness, wetting day time/night time, hyperactivity, fear, truancy, nail biting/thumb sucking, stammering, delayed language development, dependency • Identifying children with common behavioral problems and managing them by paying individual attention and adopting special strategies in organizing activities for them • Explain the role of AWWs in management of common behavioral problems among children 	<ul style="list-style-type: none"> • PPt • Discussion • Checklist (Give check list to identify behavior problems/behavior modification techniques) • Discussion on common behavioral problems in Children, their symptoms and associated factors.
TIME: 4.00 – 4.15pm		
Tea Break		

DAY VIII

SESSION VI

TIME: 4.15 -5.00 PM

TOPIC: Organizing Parents Meeting and ECCE Day at AWC

<ul style="list-style-type: none">• To equip the participants with skills to design and implement activities as per norms on ECCE day.	<ul style="list-style-type: none">• Introduction of fixed monthly ECCE day• Reference of need and importance of ECCE day.• Purpose of fixed monthly ECCE day• Suggestive activities (monthly, bi- monthly and half-yearly) to be conducted on ECCE day• Persons to be involved in organization of ECCE day• Issues to be discussed on ECCE day• Role of AWW/AWH in holding ECCE day• Role of PRI/ULB on organizing ECCE day• Role of CDPO/Supervisor holding ECCE day• Supervisory & monitoring arrangements for holding ECCE day• Expected outcomes of ECCE day.• Guidelines issued by MWCD, GOI on organization of fixed monthly ECCE day at AWC.	<ul style="list-style-type: none">• PPt• Role play (How to conduct and arrange ECCE)• Checklist• Demonstration of Centers for Special Care• Demonstration• Discussion• Home Assignment <p>The participants will be given home assignments to organize ECCE day at AWC as per the details given in the guideline. Trainer will assign the role in such a way that each participant gets opportunity to perform at least one activity pertaining to ECCE day.</p>
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DAY VIII**SESSION VII****TIME: 5.00-5.30 PM****TOPIC: Feedback of ECCE component**

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| <ul style="list-style-type: none">• To self-evaluate the effectiveness of the activities and programmes in connection with ECCE. | <ul style="list-style-type: none">• Feedback on ECCE component through quiz/brainstorming and bridging the learning gaps | <ul style="list-style-type: none">• Quiz/Questionnaire• The trainer lists down at least three questions from each of the sessions covered in this component and ask participants to answer them. The trainer has to develop different strategies to bridge the learning gaps as per the level of knowledge, understanding and skills of AWW |
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Community Mobilisation, Awareness, Advocacy & IEC (Two Days)

DAY IX TIME: 9.15 – 9.30am TOPIC: FEEDBACK OF PREVIOUS DAY		
Learning Objective	Content	Methodology
DAY IX SESSION I TIME : 9.30-10.30: A M TOPIC: Need, Importance and Scope of Community Participation in Anganwadi Services		
<ul style="list-style-type: none"> To create awareness regarding the need, importance and scope of community participation to foster the effectiveness of Anganwadi Services. To familiarize the indicators for assessment of the effectiveness of community participation in Anganwadi Services. 	<ul style="list-style-type: none"> Need and importance of community participation in implementation of Anganwadi Services Indicators for assessing community participation in Anganwadi Services - Utilization of services, contribution by community - food, material, land, equipment, place etc., facilitate in delivery of services, monitoring of delivery of services and act as change agents for advocacy of Anganwadi Services. Role of Panchayati Raj Institutions/EWR, SHGs/Mother's and Local Youth Clubs for facilitating services at AWCs. Role of Anganwadi Worker for participation in PRI activities and development of Child Development Plan/ gram Panchayat Development Plan Discuss the proforma for conducting survey in a community Discuss the purpose of community meeting 	<ul style="list-style-type: none"> PPt Discussions Practice session Hand-outs
TIME: 10.30 – 10.45 AM	Tea Break	

DAY IX SESSION II
TIME: 10.45- 11.45 AM

TOPIC: Women empowerment, Women legislations.

Online Initiatives of MWCD, Government of India and State/UT concerning development of women and children

<ul style="list-style-type: none"> • To create awareness regarding the need of women empowerment. • To familiarize various legislations on women empowerment. • To equip trainees with skills to deal with women protection related issues. • To familiarize the new online initiatives of MWCD and KWCD. • Understanding the need of different online initiatives. 	<ul style="list-style-type: none"> • POSH Act <ul style="list-style-type: none"> -Objectives - Internal Complaints Committee -Members • POCSO Act <ul style="list-style-type: none"> -Objectives -Sections • DV Act <ul style="list-style-type: none"> -Forms of Domestic Violence -Service providers • Nirbhaya <ul style="list-style-type: none"> -salient features • JJ Act <ul style="list-style-type: none"> -who is a child? -Objectives • Dowry Prohibition Act <ul style="list-style-type: none"> -Objectives -Punishment • State Child Policy • Child Marriage Restraint Act <ul style="list-style-type: none"> -Age -punishment • Right to Information Act <ul style="list-style-type: none"> -Main features -Time limit • National and State Womens Rights Commission • Discussion on the initiatives of government of India and state /UT ✓ e –Baalnidan 	<ul style="list-style-type: none"> • PPT • Case studies • Discussion
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	<ul style="list-style-type: none"> ✓ POCSO e –Box ✓ National Repository of Information for Women(NARI) ✓ KhoyaPaaya ✓ sHe-Box ✓ Direct Benefit Transfer(DBT) ✓ Women Helpline –181,1091 • Childline–1098 • Women helpline Toll free Numbers 	
DAY IX SESSION III TIME: 11.45- 1.00 PM TOPIC: Women empowerment, Women legislations. Online Initiatives of MWCD, Government of India and State/UT concerning development of women and children <div style="text-align: right;">(Continues)</div>		
TIME:1.00 -2.00 PM	LUNCH	

DAY IX**SESSION IV****TIME:2.00- 3.00 P M****TOPIC: Conducting Household Survey and Community Meeting(such as Jan Andolanetc) in the Village**

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| <ul style="list-style-type: none">• To develop understanding regarding the importance of house hold survey to draw target information.• To create understanding principles and strategies of community meeting with special reference to Jan Andolan. | <ul style="list-style-type: none">• Discuss the need and importance of survey in eliciting & collecting information about the community; using CAS phone also.• How to conduct survey• Area Mapping- Preparation• Purpose of Area Map• How to plan and organize a meeting?
Discuss the following<ul style="list-style-type: none">➤ Plan early➤ Set a date, time & place➤ Assign responsibility➤ Prepare an Agenda➤ Develop a goal➤ Invite Participants➤ Publicize for increase attendance➤ Prepare minutes• Follow up• Concept of Jan Andolan or People's Movement in Development Programme | <ul style="list-style-type: none">• PPT• Practical session |
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	<ul style="list-style-type: none"> • Discuss the guidelines of Jan Andolan developed by MWCD, GOI with emphasis on its objectives, principles and approaches • Key themes of Jan Andolan in POSHAN Abhiyan • Platform for Jan Andolan Engagement 	
DAY IX SESSION V TIME:3.00– 4.00 PM TOPIC: Techniques for Mobilizing Community Support in Anganwadi Services (Practical Exercise)		
<ul style="list-style-type: none"> • To develop ideas and skills to design techniques and strategies for community mobilization. 	<ul style="list-style-type: none"> • Techniques and skills to elicit community participation <ul style="list-style-type: none"> ➤ Use of PLA Techniques for assessment of community needs, problems and resources ➤ Resource single Mapping, Social Single Mapping Chappati Diagram, Seasonality and Trend Analysts 	<ul style="list-style-type: none"> • Discussion • Practical session <p>Participants will be divided into four groups to practice the following techniques:</p> <p>Group 1: Chapati Diagram for identification of issues/problems related to women and child</p> <p>Group 2: Seasonality diagram for identification of common childhood illness in children</p> <p>Group 3 – Social and Resource Mapping for identification of Beneficiaries/ Local Institutions for utilization of services</p>

		<p><i>Group 4 – Trend analysis on improvement/ changes in different services available at AWCs over a period of time</i></p> <p><i>After the group exercises, the trainees will analyse each technique and give feed back</i></p>
<p>TIME : 4.00 – 4.15PM</p> <p>Tea Break</p>		
<p>DAY IX</p> <p>SESSION VI</p> <p>TIME: 4.15- 5.00 PM</p> <p>TOPIC: Techniques for Mobilising Community Support in Anganwadi Services (Practical Exercise)</p> <p style="text-align: right;">Continues....</p>		

DAY IX**SESSION VII****TIME: 5.00- 6.00 PM****TOPIC: Community Based Monitoring in Anganwadi Services Scheme**

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| <ul style="list-style-type: none">• To familiarize different community based monitoring techniques. | <ul style="list-style-type: none">• Need and importance of Community Based Monitoring at AWC• Community Disclosure and Public Information, need for grievance in rejuvenating ICDS (ex. Jan Sunvai)• Salient features and functioning of Anganwadi Level Monitoring & Support Committee (ALMSC) in particular• Role of Village Health Sanitation & Nutrition Committee (VHSNC)• Process of social audit<ul style="list-style-type: none">- Need and importance- Members- Repeated monitoring | <ul style="list-style-type: none">• PPT• Discussion |
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DAY X **TIME: 9.15 – 9.30 AM**

TOPIC: FEEDBACK OF THE PREVIOUS DAY

DAY X
SESSION I

TIME: 9.30- 10.30 AM

**TOPIC: Communication Process and Strengthening of Inter Personal Communication (IPC) Skills
among AWWs**

- To create understanding Communication Process and strengthening of Inter -personal Communication (IPC) Skills among AWWs.

- Communication – definition and functions
- Migrant Laborers Language skills
- Communication Cycle: Sender → Message → Channel → Receiver → Feedback
- Barriers to Communication protocol during communication
- How to improve communication – Active listening, responding to the feelings, giving and receiving feedback, avoid noise, avoid ambiguity etc.,
- Inter Personal and Group Communication.

- PPT
- Role Play (inter personal communication)

Trainer conducts a game.

Eg: Chinese whisper (to make the participant understand the communication cycle in general and importance of feedback mechanism in particular)

TIME: 10.30 – 10.45 AM

Tea Break

DAY X

SESSION I

TIME: 10.45 – 11.45 AM

**TOPIC: Communication Process and Strengthening of Inter Personal Communication (IPC) Skills
among AWWs**

(Continues)

DAY X**SESSION III****TIME: 11.45 – 1.00 PM****TOPIC: Organization of Community Based Events (CBE) at AWC**

- To familiarize various CBE Programs.
- To create understanding about the need of community mobilization in Anganawadi services.
- To equip trainees with skills to formulate, design and carry out CBE programs.

- Discuss the objectives of Community Based Events at AWCs
- Explain the guidelines of CBE in respect of Target Groups, Venue, duration and name to the event
- Planning of the CBE and Financial Provisions
- Themes and key messages to be given in CBE

- PPT
- Discussion
- Video Presentation
- Role play
- Mock sessions

Trainers will organise Mock Session on the following events:

Group 1-Seemantha Sangamam

Group 2 – Kunjoonu

Group 3 – Nirmal Sangamam

Group 4 – Varna Sangamam

Group 5 – Dambathi Sangamam

Group 6 – Pravesanolsavam

TIME: 1.00-2.00 P M

LUNCH Break

DAY X

SESSION IV

TIME: 2.00 – 3.00 PM

TOPIC: Information Education and Communication (IEC) and Planning an Advocacy Campaign on issues related to Women & Children

<ul style="list-style-type: none">• To develop understanding about Information Education and Communication (IEC) and planning and advocacy campaigns on issues related to Women & Children.	<ul style="list-style-type: none">• Concept and Need of IEC for Anganwadi Services Scheme• Difference between IEC and BCC• Steps for Behavior Change Communication – <i>Knowledge, Approval, Intentions, Practice & Advocacy</i>• Steps for planning an Advocacy Campaign–<ul style="list-style-type: none">✓ identify the issue based on the baseline information about the AW area✓ Target audiences and resources available✓ Prepare implementation plan including collection of information concerning the issue, identify target audience, make media plan (who, what, when where, whom, how etc.)	<ul style="list-style-type: none">• PPT• Discussion• Class Assignment : Develop an Action Plan for Advocacy Campaign on issues related to women and children – Participants will be divided into 2 groups to develop social messages and materials to address the issues identified• Mock sessions <p><i>Trainer provides background materials and conduct mock session of Advocacy Campaign in the training hall</i></p>
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	<ul style="list-style-type: none"> ✓ Preparation of communication material and aids. ✓ Execute communication materials ✓ Monitoring & evaluation 	
DAY X SESSION V TIME: 3.00 – 4.00 P M TOPIC: Information Education and Communication (IEC) and Planning an Advocacy Campaign on issues related to Women & Children <div style="text-align: right;">(Continues)</div>		
TIME : 4.00 – 4.15pm Tea Break		
DAY X SESSION VI TIME: 4.15 – 5.30 P M TOPIC: Information Education and Communication (IEC) and Planning an Advocacy Campaign on issues related to Women & Children <div style="text-align: right;">(Continues)</div>		

POSHAN ABHIYAN

Health & Nutrition Component (Seven Days)

Learning Objectives	Contents	Methodology
DAY XI TIME: 9.15 – 9.30 am TOPIC: FEEDBACK OF PREVIOUS DAY		
DAY IX SESSION I TIME: 9.30-10.30 AM TOPIC: Importance of Healthy Living and Good Nutrition With special reference to PM, LM, Severely underweight children.		
<ul style="list-style-type: none"> To create understanding the importance of nutrition and yoga for healthy living. 	<ul style="list-style-type: none"> Definition of good nutrition. Importance of good nutrition and functions of foods Definition of Health – Physical, Mental, Social, Emotional and Spiritual wellbeing Sources of food and nutrients –Food Pyramid Explain the need and importance of a balanced diet – Food Plate/ Healthy plate (awareness) Importance of healthy eating habits– Use of Seasonal Calendar of fruits & Vegetables Discussion on guidelines of Yoga for all beneficiaries developed by MWCD, GOI under POSHAN ABHIYAN - Yoga for children, pregnant women and lactating mothers 	<ul style="list-style-type: none"> PPT Discussion
TIME : 10.30 – 10.45 AM Tea Break		

DAY XI**SESSION II****TIME:10.45- 11.45 PM****TOPIC: Salient Features of POSHAN Abhiyan: Goals & Strategies**

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| <ul style="list-style-type: none">• To familiarize the features of Poshan Abhiyan .• To create understanding regarding the significance of first 1000 days in life. | <ul style="list-style-type: none">• Explain the Goals of POSHAN Abhiyan• Focus on 1000days• Explain the village convergence action plan• Discuss the salient aspects of Mission component such as–<ul style="list-style-type: none">✓ Online Monitoring – ICT -RTM✓ Capacity building through ILA✓ Community Mobilization & Behavior Change Communication✓ Innovations✓ Incentives | <ul style="list-style-type: none">• PPt |
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DAY XI**SESSION III****TIME –11.45- 1.00 PM****TOPIC: Salient Features of POSHAN Abhiyan: Goals & Strategies****(Continues)**

TIME:1.00-2.00 PM

LUNCH Break

DAY XI

SESSION IV

TIME: 2.00-3.00 P M

TOPIC: a) Nutrition Care of Pregnant & Nursing Mothers

b) Counseling pregnant women for early breast feeding

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| <ul style="list-style-type: none">• To create understanding about the significance of Nutrition Care of Pregnant Women & Lactating Mothers.• To develop awareness about the various factors influencing the health of pregnant women & lactating Mothers. | <ul style="list-style-type: none">• Nutritional care of expectant and nursing mothers - Need for additional food requirements during pregnancy and lactation• Effects of inadequate diet and physical stress on birth weight of a new born baby• Good practices, fads and beliefs associated with intake of supplementary food during pregnancy and lactation• Benefits of breastfeeding to pregnant women• Use of Iodized salt, Vitamin-A and Iron intake, calcium, Zinc, Folic Acid and Vitamin D.• Special reference to growth and development of foetus and its later development | <ul style="list-style-type: none">• PPT• RDA chart - demonstration• Discussion |
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DAY XI**SESSION V****TIME: 3.00-4.00 P M****TOPIC: Health Care of Pregnant and Nursing Mothers & Counseling on pregnancy alert & danger signs**

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| <ul style="list-style-type: none">• Understanding stages of pregnancy and its requirements.• Equip the trainees to address problems of risk pregnancies• Familiarizing various schemes for pregnant and nursing mothers. | <ul style="list-style-type: none">• Health care during pregnancy –Early registration at AWC/PHC/Sub center• Ante natal, natal and postnatal care – Health Checkup• Immunization• IFA supplementation, Calcium, De-worming• Personal hygiene, exercise and rest• Danger signs during pregnancy,• Birth preparedness and safe delivery,• At risk mothers and at risk children• Support for JSY, JSSK and PMSMA• Referral services for both mother and children• Post-partum depression. | <ul style="list-style-type: none">• PPT• Video presentation• Discussion Hand-outs |
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TIME : 4.00 – 4.15pm**Tea Break**

DAY XI

SESSION VI

TIME: 4.15-6.00 P M

TOPIC: Essential Elements of Infant and Young Child Feeding

<ul style="list-style-type: none">• Creating awareness on healthy feeding practices.• To develop understanding the concept of complementary feeding.	<ul style="list-style-type: none">• Nutritional care of infants (Birth to six months) - Early initiation, colostrum feeding, importance and advantages of breastfeeding, importance of exclusive breastfeeding for six months, correct position of mother and child during breastfeeding, dangers of bottle feeding and artificial feeding and difficulties in breastfeeding• Food practices to improve breast milk• IYCF practice• Storage of expressed Breast Milk concept of milk bank• Age appropriate complementary feeding (6months to 2 years) – feed to fill the nutrition gap, timely introduction of complementary foods, frequency, amount and consistency of complementary foods, handling of complementary foods during preparation and feeding, feeding techniques and strategies, feeding the sick and low birth weight babies, Active feeding• Explain the health and hygiene measures during food preparation• Age-specific nutritional requirements.	<ul style="list-style-type: none">• Discussion• PPT• Video presentation• Hand-outs
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	<ul style="list-style-type: none"> • Enriching the nutritive value of foods - ways and means to improve nutritional quality of food, prevention of nutrient loss during cooking, fortification of foods, dietary practices, fads and fallacies associated with feeding of children. • Importance of sleep, significance of drinking of water at regular intervals. 	
DAY XII TIME: 9.15 – 9.30 AM TOPIC: FEEDBACK OF THE PREVIOUS DAY		
DAY XII SESSION I TIME: 9.30-10.30 AM TOPIC: Essential Care of Newborns, Infants and Young Children		
<ul style="list-style-type: none"> • To create awareness regarding the significance of imparting care of new-born child. • To create awareness about the need and significance of immunization and maternal care. 	<ul style="list-style-type: none"> • Care of a newborn child; cleaning, weighing, keeping the baby warm and initiating breastfeeding, danger signs among newborns, care of a low birth weight baby, cord care • Management of cough & cold <ul style="list-style-type: none"> -Explain Management of cough & cold • Importance of ORS • Feeding method during stress • Steam inhalation <ul style="list-style-type: none"> -How to conduct steam inhalation ? • Identification of birth defects, disability etc. 	<ul style="list-style-type: none"> • Video presentation • Practical session • Discussion

	<ul style="list-style-type: none"> • APGAR scale - Kangaroo mother care • Mother's Absolute Affection(MAA) -Explain guidelines of MAA • RBSK • Vital Statistics – state wide and nation wide-IMR • Importance of Vitamin D & Vitamin K; Need for exposure to sunlight • Role of AWC – maternity care 	Discussion:Immunization schedule and approaches of Intensified Mission,Indradhanush
TIME : 10.30 – 10.45 AM Tea Break		
DAY XII SESSION II TIME:10.45-11.45 AM TOPIC: Essential Care of Newborns, Infants and Young Children <div style="text-align: right;">(Continues)</div>		

DAY XII

SESSION III

TIME:11.45-1.00 P M

TOPIC: Nutrition and Health Care of Adolescent Girls

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| <ul style="list-style-type: none">• To develop awareness about adolescence with reference to nutrition, physiological changes, schemes for adolescent girls etc.• To develop skill to address adolescent issues effectively. | <ul style="list-style-type: none">• Definition of adolescence• Body changes during adolescence – Menstruation, maintaining personal hygiene during menstruation, development of secondary sex characteristics (breast, pubic hair, widening of pelvis etc.,)• Best Feeding practices of AG with low BMI• Nutritional and health needs of girls during adolescence - Diet during adolescence, need for increased amount of iron, supplementation of iron and folic acid to adolescent girls• Discussion on menace of early marriage• Calorie and Protein requirement for AGs as per supplementary nutrition guidelines• Deworming and IFA Supplementation• Immunization below girls below 18 (for cervical cancer, German measles)• Child Marriage Prohibition Act-AWW/H as reporting agent.• Introduction to Vulnerable register for AGs• | <ul style="list-style-type: none">• PPT• Video presentation (on early marriage and depression) |
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	<ul style="list-style-type: none"> • Adolescent depression – role of parents as a friend supporter and counselor. Need of physical exercise. • Importance AG counseling. • Emotional toileting 	
TIME:1.00-2.00 PM LUNCH Break		
DAY XII SESSION IV TIME: 2.00- 3.00 PM TOPIC: Strategies for Family Planning: Birth Spacing & Contraception		
<ul style="list-style-type: none"> • To create understanding about the need and significance of family planning. • To foster awareness about family planning methods and the role of agencies under Umbrella ICDS. 	<ul style="list-style-type: none"> • Concept of family planning. • Explain the need and significance of Family Planning • Methods of family planning: spacing and limiting methods – Intra Uterine Contraceptive Devices (IUCD), Chhaya and Antara • Role of AWWs, ASHA & ANM to facilitate family planning methods 	<ul style="list-style-type: none"> • Discussion& consolidation

DAY XII**SESSION V****TIME:3.00- 4.00 P M****TOPIC: Nutritional Deficiencies among children**

<ul style="list-style-type: none">• To create understanding about the various factors leading to nutritional deficiencies among children.• To enhance the skills of trainees to use GMD and growth chart effectively.	<ul style="list-style-type: none">• Malnutrition – Definition, intergenerational cycle of malnutrition, causes and effects• Classification and assessment of malnutrition – SAM and MAM children , underweight, wasting, stunting• Protein Energy Malnutrition (PEM) among Children: Causes, Symptoms, Prevention• Causes & Consequences of Stunting and Wasting• Micronutrient Deficiencies Among Children: Causes, Symptoms, Prevention and Management with special reference to Vitamin-A, Iodine and Iron Explain the meaning of Micro and Macronutrients, effect of deworming to improve nutritional intake.• ILA Training• Stunting and wasting – include practical session• Lack of Iron• Importance of deworming Tabs• Vitamin A deficiency• Disorders developed out of nutrients deficiency• Give practice session on new growth chart, wasting and stunting• Early detection, causes, signs and symptoms, prevention and home management of micronutrient deficiency diseases; Vitamin-A deficiency, Iron deficiency, Iodine deficiency disorders etc.	<ul style="list-style-type: none">• PPT• WHO chart on stunting and wasting.• Practical session
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TIME : 4.00 – 4.15pm

Tea Break

DAY XII

SESSION VI

TIME: 4.15- 5.300 PM

TOPIC: Management of Nutritional Deficiencies among children

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| <ul style="list-style-type: none">• To develop management skills to address nutritional deficiencies among children.• To familiarize various dietary diversification methods. | <ul style="list-style-type: none">• Dietary Diversification• Food Fortification• Food Supplementation• AkshayaPathram• Community based management of underweight children• Nutrition Sensitive Integrated Farming (NSIF)• PoshanKheti (Nutritive garden)• Kitchen Garden<ul style="list-style-type: none">-Discuss about site selection & size, layout of kitchen garden at AWCs• Organic farming• Pond Poly culture• Backyard poultry and its relationship with availability of protein for growth and development of child | <ul style="list-style-type: none">• Video presentation: (Organic farming) |
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DAY XII SESSION VII TIME: 5.30-6.00 PM TOPIC: Referral Mechanisms of Children with Nutritional Deficiencies to NRC/VCDC/MTC		
<ul style="list-style-type: none"> To create understanding about the role of AWW as a referral agent. 	<ul style="list-style-type: none"> Referral of Children with Nutritional Deficiencies Nutrition clinic Facility based management (Nutrition Rehabilitation Centre/ Malnutrition Treatment Centre/ Village Child Development Centre (VCDC)) 	<ul style="list-style-type: none"> PPT Discussion List of referral centers: Area Specific (Kerala)
DAY XIII TIME: 9.15 – 9.30 AM TOPIC: FEEDBACK OF THE PREVIOUS DAY		
DAY XIII SESSION I TIME: 9.30-10.30 AM TOPIC: Food Safety measures at AWC		
<ul style="list-style-type: none"> To familiarize the ways in which food safety measures are under taken by AWCs. 	<ul style="list-style-type: none"> Discussion on bar-coding, storage, preparation and serving of Supplementary Nutrition Explain the guidelines of Supplementary Nutrition with special reference to National Food Security Act, SN Rules and Food Security Allowances 	<ul style="list-style-type: none"> PPT Government Orders Discussion

	<ul style="list-style-type: none"> • Storage - First In First Out –FIFO • Preparation and serving of Supplementary Nutrition including • Guidelines of Supplementary Nutrition with special reference to National Food Security Act, • SN Rules and Food Security Allowance • Importance of food safety / security • Food safety Certificates to worker & helper 	
TIME : 10.30 – 10.45 AM Tea Break		
DAY XIII SESSION II TIME: 10.45-11.45 AM TOPIC: Food Safety measures at AWC		
Continues.....		
DAY XIII SESSION III TIME:11.45- 1.00 P M TOPIC: Growth Monitoring of Children – Measuring Height & Weight		
<ul style="list-style-type: none"> • To foster the skill of trainees for growth monitoring using GMD's. • To foster counselling skills to address the mothers of underweight children. 	<p>Need and importance of monitoring growth of a child from birth to five Years</p> <ul style="list-style-type: none"> • Taking Length (Birth to 2 yrs/ 80 cms) in every month • Taking Height of Children (2-5 yrs) in every month 	<ul style="list-style-type: none"> • Practical session (using CAS phone) • Visit with CAS phone

	<ul style="list-style-type: none"> • Taking weight (Birth – 5 yrs) in every month • Frequency of monitoring growth of children 0-3 yrs and 3-5 yrs • Demonstration on use of weighing / height measurement scales (Infanto meter, Stadio meter, Baby and Adult weighing Scale) • Introduction of method of growth monitoring through CAS Phone • Five steps for growth monitoring by using New Growth Standards. <ul style="list-style-type: none"> • Determining correct age of the child • Accurate weighing of the child • Plotting the weight accurately on a growth chart of appropriate gender • Interpreting the direction of the growth curve and recognizing if the child is growing properly • Discussing the child's growth and follow-up action needed, with the mother • Discussion on growth faltering and growth trajectory for interpreting the growth curve • Type of weighing scales available and used under Anganwadi Services Scheme 	<ul style="list-style-type: none"> • Role play by trainees on counseling a mother of a child who is not gaining weight. <p>Trainers will explain the process through demonstration and Practice Exercise</p> <p>Class Assignment: Growth Monitoring and Promotion of a Child - Each trainee will practice exercises on assessment of correct age, weighing child/ objects, plotting of the weight on growth chart, interpreting growth curve and counseling the mother.</p> <p>Trainers supervise and discuss interpretation of growth curve and nutrition counseling to mother</p>
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TIME: 1.00- 2.00 PM LUNCH Break		
DAY XIII SESSION IV (SESSION II) TIME : 2.00-3.00 PM TOPIC: Growth Monitoring of Children – Measuring Height & Weight <div style="text-align: right;">(continues)</div>		
	<ul style="list-style-type: none"> • Discussion on identification of children with clinical signs developed due to micro and macro nutrient deficiencies • Counseling to mothers on management of children with nutritional deficiencies • Management of referral including SAM & MAM children to NRCs/Health facility 	<ul style="list-style-type: none"> • Practical session (how to orient Mothers) • Discussion
DAY XIII SESSION V TIME –3.00-4.00 PM TOPIC: Growth Monitoring of Children – Measuring Height & Weight <div style="text-align: right;">(continues)</div>		
TIME : 4.00 – 4.15 PM Tea Break		

DAY XIII SESSION VI TIME: 4.15-5.30 PM TOPIC: Growth Monitoring of Children – Measuring Height & Weight			(continued)
DAY XIV TIME: 9.15 – 9.30 AM TOPIC: FEEDBACK OF PREVIOUS DAY			
DAY XIV SESSION I TIME: 9.30-10.30 AM TOPIC: Health Check-up and Referral Services at AWCs			
<ul style="list-style-type: none"> To create awareness regarding the role of anganwadi workers in facilitating RBSK. 	<ul style="list-style-type: none"> Role of RBSK in Health checkup and Referral Role of Anganwadi Worker in facilitating of RBSK Discussion on 4Ds- Defects at birth, Diseases, Deficiencies and Development Delays including Disabilities 	<ul style="list-style-type: none"> PPT Discussion Trainers explain the mechanisms of coordination with health staff for referral of mother and child to health facility 	
TIME : 10.30 – 10.45 AM Tea Break			

DAY XIV SESSION II TIME:10.45-11.45 AM TOPIC: Salient Features of Mother and Child Protection (MCP) Card and its uses		
<ul style="list-style-type: none"> To familiarize MCP card 	<ul style="list-style-type: none"> Explain the need and significance of Joint Mother and Child Protection Card Discuss the key messages for taking prompt actions by service providers and caregivers Explain all key points mentioned under each flap Role of AWWs and Health functionaries for filling up of the card Discuss the use of MCP card for availing benefits under different schemes of Government 	<ul style="list-style-type: none"> PPT Practical session Trainers do practice exercises for filling up of MCP card
DAY XIV SESSION III TIME: 11.45-1.00 A M TOPIC: Salient Features of Mother and Child Protection (MCP) Card and its uses		
		Continued
TIME:1.00-2.00 PM LUNCH		

DAY XIV**SESSION IV****TIME: 2.00-3.00****TOPIC: Prevention of Emerging Endemic Diseases among Children**

- To create awareness regarding the causes, symptoms and prevention of common endemic diseases.

- Causes, general symptoms and prevention of diseases like
 - ✓ Dengue,
 - ✓ Swine Flu,
 - ✓ Chikungunea,
 - ✓ Covid - 19
 - ✓ Jaundice,
 - ✓ Hepatitis-B,
 - ✓ Pneumonia
 - ✓ HIV/AIDS,
 - ✓ Malaria,
 - ✓ Diarrhea,
 - ✓ ARI,
 - ✓ Acute Encephalitis Syndrome (AE)/Japanese Encephalitis (JE)
 - ✓ Tuberculosis
 - ✓ Hand Foot and Mouth Disease(HFMT)
- Explain the role of AWWs in prevention and management of emerging endemic diseases among children.

- PPT
- Discussions
- Fact files

DAY XIV SESSION V**TIME: 3.00-4.00 PM****TOPIC:Need, Importance and Strategy to organise Village Health****Nutrition and Sanitation Day (VHSND) & Activities for Promoting BalSwachhta Mission at AWC**

<ul style="list-style-type: none">• To create understanding about the importance of VHSND at village level.• To foster skills of trainees that enable them to keep Anganawadi and community clean and safe.	<ul style="list-style-type: none">• Why do we need to organize VHSND• What are the services available at VHSND• Issues to be discussed in VHSND• Discussion on VHSND checklist• Mock session for conducting VHSND in groups for the following issues:<ul style="list-style-type: none">- Promotion of inclusive breastfeeding- Need and importance of availability of safe drinking water at home- Personal hygiene and cleanliness- Waste disposal of plastic material- Adolescent reproductive and sexual health (ARSH)• Need and significance of BalSwachhta MissionDiscussion on the following<ul style="list-style-type: none">- Clean anganawadi- Clean surrounding- Clean self- Clean food- Clean drinking water- Clean toilets	<ul style="list-style-type: none">• Discussion• Role play• Case presentations• Cartoons
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	<ul style="list-style-type: none"> • Explain link between food,fingers,flies and faces on swachhta • Role of AWW's in Swachhta Mission at AWC's and community. 	
TIME : 4.00 – 4.15pm Tea Break		
DAY XIV SESSION V TIME – 4.15-5.15 PM TOPIC: Need, Importance & Strategy to organise Village Health Nutrition and Sanitation Day (VHSND) & Activities for Promoting BalSwachhta Mission at AWC <div style="text-align: right;">(Continues)</div>		

DAY XV**TIME – 9.15 – 9.30 am****TOPIC – FEEDBACK OF PREVIOUS DAY****DAY XV****SESSION I****TIME – 9.30- 10.30AM****TOPIC: Introduction to Integrated Management of Neonatal and Childhood Illness (IMNCI):****Assessment & Classification of Childhood diseases**

<ul style="list-style-type: none"> To familiarize the concept the strategy and significance of IMNCI. To develop skills to manage and care for children with common childhood illness. 	<ul style="list-style-type: none"> Integrated Management of Neonatal and Childhood Illnesses: Concept, strategy & need in Anganwadi Services. Use of Charts for Assessment of Childhood illness <ol style="list-style-type: none"> assessment of general danger signs of a new born child assessment of cough & difficult breathing, discussion on assessing age of the child assessment of diarrhoea assessment of under-nutrition & anaemia -: Use of Growth Chart. <p>Vaccine preventable diseases – symptoms, prevention and consequences</p> <p>(e) Immunization Schedule f) Assessment of Immunisation status and (g) Assessment of fever and common ailments</p> 	<ul style="list-style-type: none"> PPT Discussion on common causes of death among children. Drill exercise by using IMNCI Video: counting breathing rate – group discussion role play by trainers on assessment of difficulty breathing video exercise -photograph exercise-case studies- diarrhea photographs and video exercises – demonstration –nutrition & anaemia Drill: Weight- for-age. Communication and technical skills to treat a sick child, talking to the mother of a sick child, technical skills to treat a sick child Mock Session for role play in talking to a mother about the need for home based care for Acute Respiratory Infections (ARIs)
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TIME : 10.30 – 10.45 AM**Tea Break**

DAY XV

SESSION II

TIME – 10.45- 11.45 AM

**TOPIC: Introduction to Integrated Management of Neonatal and Childhood Illness (IMNCI):
Assessment & Classification of Childhood diseases**

Continues

DAY XV

SESSION III

TIME – 11.45 – 1 .00 PM

**TOPIC: Introduction to Integrated Management of Neonatal and Childhood Illness (IMNCI):
Assessment & Classification of Childhood diseases**

Continues

TIME: 1.00-2.00 P M

LUNCH

DAY XV**SESSION IV****TIME – 2.00- 3.00 PM****TOPIC: Treatment of Neonatal and Childhood Diseases**

<ul style="list-style-type: none">To create understanding about the treatment procedures for neonatal & common childhood diseases.	<ul style="list-style-type: none">Classification of Childhood Illness (General Danger Signs of Cough and Cold, and Difficult Breathing, Diarrhoea, Under-nutrition and Anaemia)Demonstration on use of charts for classification , drill exercise and case studiesReferral Services -when and how to refer a child, provide list of hospitalsTreatment with medicines - treat Pneumonia with Cotrimoxazole, treat diarrhoea with dehydration with ORS solution, treatment of Pallor/Anaemia, drill on determining doses of iron tablets, treatment of fever , drill on determining dose of paracetamol, treatment of common ailments using medicine kit.Importance of Zinc supplementation in diarrhoeaReview of assessment, classification and treatment of common childhood illnessHome care for the child with ‘Cough and Cold’ and ‘No PneumoniaHome care for child with ‘Diarrhoea and No Dehydration’	<ul style="list-style-type: none">PPTLecture methodDemonstrationRole play on teaching mother how to give CotrimoxazoleRole play on preparing ORS and amount of ORS to be givenDemonstration by TrainersRole-play by participants - two participants may be selected for role play on assessing the child with Pneumonia, diarrhoea, pallor and fever.Group discussion on home made safe cough remedies- role play by trainers on
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	<ul style="list-style-type: none"> • Feeding advice -Assess the child's feeding,feedingrecommendations. • Group discussion on complementary foods available locally for children of different age groups • Identify feeding problems - after discussion, the participants may be asked to do a role play on identifying feeding problems and giving feeding advice to the mothers 	<p>advising home care for a child with cough and difficult breathing and no pneumonia.</p> <ul style="list-style-type: none"> • Group discussion on home available fluids. • Drill on review of feeding recommendation • Groupdiscussionon complementary foods available locally for children of different age groups • Role play- feeding problems and giving feeding advice to the mothers
DAY XV SESSION V TIME: 3.00- 4.00 PM TOPIC: Treatment of Neonatal and Childhood Diseases		
(Continues)		
TIME: 4.00 – 4.15 PM Tea Break		
DAY XV SESSION VI TIME: 4.15- 5.00 PM TOPIC: Treatment of Neonatal and Childhood Diseases		
(Continues)		

DAY XV**SESSION VII****TIME: 5.00- 5.30 PM****TOPIC: Instruction for field Visit to AWC for organizing nutrition services & IMNCI**

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| <ul style="list-style-type: none">• To develop awareness about how to conduct an effective field visit to monitor health and to provide counselling in reference to child and mother care. | <ul style="list-style-type: none">• The trainees will be provided growth charts, counseling skills checklist, Feeding charts etc. to conduct field visit.• Each participant will do growth monitoring of two – three children (also using CAS Phone) <p>Provide Trainers with Growth Chart and CAS Phone</p> <ul style="list-style-type: none">• The participants will do counseling to mothers according to growth charts.• Participants in groups will conduct counseling session with one Pregnant women, one nursing mother and one mother whose child is 7 months to 2years• Each trainee will examine 4-5 children at AWC or through Home Visits and give treatment/home care advice to the mothers regarding IMNCI.• Trainees will also observe hygiene, cleanliness among children and food safety in preparation and handling of food at AWCs | |
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DAY XVI TIME – 9.15 – 9.30 am TOPIC – FEED BACK OF PREVIOUS DAY		
DAY XVI SESSION I TIME:9.30- 10.30A M TOPIC: Preparation for visit to Anganwadi Centre for organizing nutrition services		
<ul style="list-style-type: none"> To equip the participants with the skills to conduct effective growth monitoring exercises, nutrition counselling and assessment of childhood illness. 	<ul style="list-style-type: none"> Participants in groups will conduct growth monitoring exercises, nutrition counseling, assessment of childhood illnesses and observe food safety The trainees will use growth charts, counseling skills checklist, feeding charts etc. to conduct counseling with mothers. Trainees will also observe hygiene, cleanliness among children and food safety in preparation and handling of food at AWCs Visit to community for assessment, classification, treatment, home care & advice and counseling in respect of neonatal and childhood illnesses. Trainers to supervise and provide on the spot guidance Nutrition Counseling - 'How to talk with a mother of a sick child', role play by trainers on counseling a mother for feeding a sick child, role play by participants on counseling a mother of a child with diarrhea. 	<ul style="list-style-type: none"> Practical Session Nutrition Counselling - Role play Discussion hand-outs Case-studies Checklist Presentations Demonstrations Simulations

TIME: 10.30 – 10.45 AM

Tea Break

DAY XVI

SESSION II

TIME:10.45- 11.45A M

TOPIC: Preparation for visit to Anganwadi Centre for organizing nutrition services

(Continues)

DAY XVI

SESSION III

TIME:11.45- 1.00P M

TOPIC: Preparation for visit to AnganwadiCentre for organizing nutrition services

(Continues)

TIME: 1.00-2.00 PM

LUNCH

DAY XVI**SESSION IV****TIME:2.00- 3.00 P M****TOPIC: Importance of Personal Hygiene, Safe Drinking Water & Harms of Single Use Plastics (SUP)**

<ul style="list-style-type: none">• To create understanding regarding the relevance of<ul style="list-style-type: none">- Personal hygiene- Need of safe drinking water and- Waste management for community health.	<ul style="list-style-type: none">• Concept of Hygiene• Need and importance of personal hygiene• Safe drinking water – importance and need, infections and illnesses due to contamination of water• Methods of making water safe for drinking at AWC/ home based methods to sterilize/ boiling• Use of Chlorine• Harms of Plastic and it's management• Plastic Waste Management• Role of AWWs in coordination with the VHSNC/ village panchayat to provide safe drinking water and toilet at AWCs and create awareness of SUP• Demonstrate Hand Washing techniques to children before and after meals.• Waste management at AW level	<ul style="list-style-type: none">• Discussion• Demonstration
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DAY XVI SESSION V TIME: 3.00 – 4.00 PM TOPIC: Planning and Organization of Nutrition and Health Education (NHED) Session at AWC		
<ul style="list-style-type: none"> To familiarize the participants with guidelines for planning and organizing of NHED sessions. 	<ul style="list-style-type: none"> Need and importance of Nutrition & Health Education (NHED) Identification of nutrition and health topics as per the felt needs of the community through MPR, observations, problems faced during change of seasons, State Govt. circulars and demands of the community Plan the sessions – objectives, contents, methodologies Preparation and use of charts, posters, banners, audio- visual clips Use of Demonstration method / Ideal role play of NHED (various activities conducted during NHED) 	<ul style="list-style-type: none"> PPT Practical session Demonstration: Trainer will plan a NHED session and demonstrate it in the classroom. Home assignment: Trainees will be given home assignment for planning of sessions and submit to the trainers on next day Feedback of the session
TIME : 4.00 – 4.15 PM Tea Break		
DAY XVI SESSION VI TIME: 4.15 – 5.30 PM TOPIC: Planning and Organization of Nutrition and Health Education (NHED) Session at AWC		

(Continues)

DAY XVII TIME – 9.15 – 9.30 AM TOPIC – FEEDBACK OF PREVIOUS DAY		
DAY XVII SESSION I TIME: 9.30– 10.30 A M TOPIC: Food Fortification and its Impact		
<ul style="list-style-type: none"> • Understanding Food Fortification and its Impact 	<ul style="list-style-type: none"> • Discuss the importance of Micronutrients • Concept of food fortification. • Explain the need for fortification of Vit- A, Iron, Iodine etc., in food • Food fortification using easily available materials – kitchen garden, nutritional plant garden etc. • Amrutham fortification – video clip of functioning of kudumbasree unit, visit to kudumbasree unit. 	<ul style="list-style-type: none"> • PPT • Video presentation • Field visit
TIME : 10.30 – 10.45 AM Tea Break		
DAY XVII SESSION II TIME: 10.45 – 11.45 AM TOPIC: Home Visits by Functionaries of Anganwadi Services & Health officials		

<ul style="list-style-type: none"> • To facilitate the participants to conduct effective house-visits in co-ordination with ASHA and other agencies of similar objectives. • To equip the participants with knowledge and ideas to identify and prioritize families where home-visits are mandatory. 	<ul style="list-style-type: none"> • Need and Importance of Home visits • Coordination with ASHA/ ANM and plan for joint visits • Identification and Prioritization of family for home visits <ul style="list-style-type: none"> ✓ Third Trimester of Pregnancy ✓ High risk pregnancies ✓ New Born Babies /Lactating mothers ✓ Low birth weight babies ✓ Families having severely underweight children ✓ Children not coming to AWCs • Essential messages to be given during home visits • Practical use of CAS phone during home visit. 	<ul style="list-style-type: none"> ○ • PPT • Practical session • Video Presentation
<p>DAY XVII SESSION III TIME: 11.45 – 12.15 AM TOPIC: Home Visits by Functionaries of Anganwadi Services & Health officials</p> <p style="text-align: right;">(Continues)</p>		

DAY XVII**SESSION IV****TIME: 12.15-1.00: P M****TOPIC:Effective use of Medicine Kit at AWC**

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| <ul style="list-style-type: none">• To familiarize medicines the participants about medicines in the medicine kit and about the proper usage of the items in the kit for basic level care. | <ul style="list-style-type: none">• Medicine Kit is provided at AWCs containing a set of drugs/equipment and products that enable her to provide basic level care and enhance her credibility in the community.• The medicine kits mainly contain various drugs for minor ailments.• The AWW in consultation with ASHA and ANM to give dosage of drugs and check the expiry date of the drugs• The AWW will also identify those drugs/syrups/tablets that are heavily consumed and drugs that are less consumed• The Trainer will also explain the revised cost norms for medicine kit at AWC and Mini AWC.• First aid box introduction, inclusion of externally applicable medicines how to manage and use of medicines included this section has to be delivered by ANM/Health Official.• Procedures for disposing expired and damaged medicine. | <ul style="list-style-type: none">• Demonstration• Explanation |
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TIME: 1.00-2.00 PM**LUNCH**

DAY XVII

SESSION V

TIME: 2.00-3.00: P M

TOPIC: Preparation and use of locally available low cost recipes

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| <ul style="list-style-type: none">• To enhance skills of AWWs for the preparation and use of locally available low cost recipes. | <ul style="list-style-type: none">• Discuss the need for preparation of low cost recipes at AWCs (including strategy to improve indicators in Aspirational districts wherever applicable)• Mapping of locally available nutritious fruits, vegetables etc.• Following points must be kept in mind–<ul style="list-style-type: none">✓ The recipes must be based on locally available food stuffs.✓ The cooking methods must be simple.✓ The cost should be minimal✓ The recipes should be acceptable in taste, consistency and bulk to the child as well as the mother✓ Recipes should be able to meet the need for calories, proteins and other nutrients essential for the child• <i>Recipe to be prepared in this session should be planned one day in advance.</i>• <i>List of Ingredients required for the demonstration should be arranged one in advance.</i> | <ul style="list-style-type: none">• Discussion• Listing |
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DAY XVII SESSION VI TIME: 3.00-4.00: P M TOPIC:Feedback of Nutrition & Health Component		
<ul style="list-style-type: none"> To evaluate the effectiveness of the intervention session regarding health and nutrition. 	<ul style="list-style-type: none"> Feedback of nutrition and health component through quiz/brainstorming and bridging the learning gaps <p>The trainer has to list down at least three questions from each of the sessions covered in this component and ask participants to answer them. The trainers has to develop different strategies to bridge the learning gaps as per the level of knowledge, understanding and skills of AWWs</p>	<ul style="list-style-type: none"> Questionnaire
TIME : 4.00 – 4.15 PM Tea Break		

DAY XVII**SESSION VII****TIME: 4.15-5.30 P M****TOPIC: State Specific Interventions/ Best Practices/ Recent Developments related to Nutrition & Health Services under Anganwadi Services Scheme**

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| <ul style="list-style-type: none">• To familiarize State Specific Interventions and Best Practices related to health and nutrition services.• To urge and motivate the participants to adopt the possible elements of the best practices. | <ul style="list-style-type: none">• The trainer has to facilitate this session based on the information received from the state on State Specific Interventions/ Best Practices/ Recent Developments related to Anganwadi Services Scheme.• Efforts will be made to collect the information from the State Officials /websites.• In case of non availability of subject matter, then this time would be used by trainers in bridging the learning gap by conducting mock sessions/ demonstration/ practice/ group work/ for this component. | <ul style="list-style-type: none">• Discussion• Presentation• Reflection spans• Assignments |
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PRADHAN MANTHRI MATHRU VANDANA YOJANA (PMMVY)

Learning Objective	Contents	Methodology
DAY XVIII TIME: 9.15 – 9.30 am TOPIC: FEEDBACK OF THE PREVIOUS		
DAY XVIII SESSION I TIME: 9.30– 10.30 AM TOPIC: Pradhan Manthri MatruVandana Yojana (PMMVY)		
Familiarizing PMMVY	<ul style="list-style-type: none"> Familiarize the different terms used in relation to PMMVY Criteria Eligibility Amount JSY 	<ul style="list-style-type: none"> PPT Lecture.
TIME : 10.30 – 10.45 AM Tea Break		
DAY XVIII SESSION II TIME: 10.45 -11.45 AM TOPIC: Pradhan Manthri Matru Vandana Yojana (PMMVY)		

(Continues)

NATIONAL CRECHE SCHEME (NCS)

Learning Objective	Contents	Methodology
DAY XVIII SESSION III TIME: 11.45 – 1.00 PM TOPIC: NATIONAL CRECHE SCHEME (NCS)		
<ul style="list-style-type: none"> To familiarize the objectives and procedural work flow of National Creche Scheme. 	<ul style="list-style-type: none"> Definition Objectives Services Target group Coverage Physical Infrastructure Clubbing of Creche with Anganwadies 	<ul style="list-style-type: none"> PPt Lecture Video presentation
TIME: 1.00-2.00 PM LUNCH		
DAY XVIII SESSION IV TIME: 2.00 – 3.00PM TOPIC: NATIONAL CRECHE SCHEME (NCS)		

Continues)

SCHEME FOR ADOLESCENT GIRLS (SAG)

Learning Objective	Contents	Methodology
DAY XVIII SESSION V TIME: 3.00 – 4.00PM TOPIC: SCHEME FOR ADOLESCENTGIRLS (SAG)		
<ul style="list-style-type: none"> To familiarize various schemes and programmes for adolescent girl's health security. 	<ul style="list-style-type: none"> Schemes and programs for adolescent girls – Scheme for Adolescent girl (SAG), Rashtriya Kishor Swasthya Karyakram (RKSK), weekly Iron Folic Acid Supplementation(WIFS) 	<ul style="list-style-type: none"> PPt Lecture
TIME : 4.00 – 4.15PM Tea Break		
DAY XVIII SESSION VI TIME: 4.15 – 5.30PM TOPIC: SCHEME FOR ADOLESENT GIRLS (SAG)		
(Continues)		

Management of AWC (Three Days)

Learning Objective	Contents	Methodology
DAY XIX TIME: 9.15 – 9.30 AM TOPIC: FEEDBACK OF PREVIOUS DAY		
DAY XIX SESSION I TIME: 9.30– 10.30 AM TOPIC: Preparation of Social Messages and Communication Materials Related to Issues Concerning Children and Women for use in Community		
<ul style="list-style-type: none"> • To familiarize with the different types of communication materials. • To create awareness on how to prepare and use Communication materials. 	<ul style="list-style-type: none"> • Social messages- Need and importance • Discuss the constituents of social messages – source, contents, medium, channel, effect • Visual Acts, video clips, voice clips, messages etc. • Discuss points for preparation of communication materials- <ul style="list-style-type: none"> ✓ Posters ✓ Charts 	<ul style="list-style-type: none"> • Demonstration • Discussion • Class Assignment – Divide the trainees in 4 groups to prepare social messages and communication material • Presentation and display of communication material followed by discussion <p><i>A. Each group will prepare a small booklet on social messages on child</i></p>

	<ul style="list-style-type: none"> ✓ Booklets/leaflets ✓ Flipbooks ✓ Flashcards ✓ Banners ✓ Badges ✓ Puppets ✓ Danglers etc. 	<p><i>survival, child Sex Ratio, Hygiene & Sanitation and Single Use of Plastic</i></p> <p>B. Each group will prepare the following communication material on a topic of their own choice</p> <p>Group I : Poster, leaflet, script for street play and advocacy material (banner, badges, caps etc.)</p> <p>Group II : Poster, flannel graph, script for nukkadnatak/ street play and advocacy material (slogans, for wall writing, badges, handouts.)</p> <p>Group III : Poster, flip book, script for street play and advocacy material (pamphlets, song, slogans etc.)</p> <p>Group IV : Poster, flash cards, script for nukkad natak/streetplay and advocacy material (banners, Pamphlets, and caps etc.)</p> <p>Trainers will provide adequate raw materials including charts, colours, brushes, sketch pen, old magazines and gum etc., for preparing communication materials.</p>
<p>TIME: 10.30 – 10.45 AM</p> <p>Tea Break</p>		

DAY XIX

SESSION II

TIME: 10.45– 11.45 A M

**TOPIC: Preparation of Social Messages and Communication Materials Related to Issues
Concerning Children and Women for use in Community**

(Continues)

DAY XIX

SESSION III

TIME: 11.45 -1.00 P M

TOPIC: Strengthening Skills of Leadership, Motivation and Team Work among Anganwadi Workers

- To create understanding about the need and importance of leadership, motivation and team work among AWW/AWH.
- To equip the trainees with skills to emerge as leaders and motivators in AWC's.

- Concept and need of leadership in motivation
- Characteristics of a leader – *self-confidence, emotional stability, trustworthiness, enthusiasm, sense of humor, high tolerance to frustration, courage, passion, time management etc.,*
- Leadership styles – autocratic, democratic & situational.
- Motivation- concept, need and importance for job success of AWW
- Discuss the factors responsible for motivating AWW
- Need and importance of working in a team

- PPT
- Discussion
- Role play

	<ul style="list-style-type: none"> • Winning characteristics of a team– <ul style="list-style-type: none"> ✓ Commitment ✓ Contribution ✓ Communication ✓ Cooperation ✓ Conflict Management ➤ <i>Mock Session on role play to identify different leadership styles and its benefit for effective service delivery at AWC.</i> ➤ <i>Screening of a video on Team work (Hare & Tortoise)</i> 	
TIME:1.00- 2.00PM LUNCH		

DAY XIX SESSION IV TIME: 2.00 -3.00 PM TOPIC: Strengthening Negotiation Skills of AWW in Management of Conflict		
<ul style="list-style-type: none"> • To equip the trainees with the skills to analyse the background and situations leading to conflicts. • To equip the trainees with conflict resolution skills. 	<ul style="list-style-type: none"> • Understand Conflicts - causes, stages and resolution strategies • Meaning of negotiation • Discuss about Negotiation skills required to achieve the best alternatives • Trainers will discuss with AWWs to list down the difficulties faced by them in running an AWC • The trainer will also explain the stages of conflict and techniques of conflict resolution at AWC 	<ul style="list-style-type: none"> • Discussion • Listing • Mock presentation

DAY XIX**SESSION V****TIME: 3.00- 4.00 PM****TOPIC: Management of AWC including Supplies, Material & Equipment**

- To create awareness on how to manage Anganawadi supplies – materials and equipments effectively.

- Procedure for procurement and storage of supplies, supplementary nutrition medicines, equipment etc. at AWC
- Maintenance of stock of different supplies of consumable and non- consumable items at AWC
- Making and checking entries in stock register

This session has to be facilitated by the CDPO/Supervisor of the nearest ICDS Project

- *Class Assignment: Maintenance of Stock Registers of Equipment and Supplies of both consumable and non consumable items.*
- *Trainers to provide one page of stock register to all trainees for the practice exercise.*
- *All trainees to make entries in the stock register page provided by trainer. Trainers to discuss 3-4 assignments in the class.*

- PPT
- Discussion
- Practical session

TIME : 4.00 – 4.15 PM**Tea Break**

DAY XIX**SESSION VI****TIME: 4.15- 5.30 P M****TOPIC: Management Information System (MIS) in Anganwadi Services Scheme**

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| <ul style="list-style-type: none">• To create awareness regarding the need and maintenance of registers in Anganwadicentres. | <ul style="list-style-type: none">• Guidelines on salient features of new MIS – effective programme monitoring, simplification of reporting format, strengthening programme management and digitalisation• Salient aspects of 11 registers to be maintained at AWC–<ul style="list-style-type: none">✓ <i>Register1:Family details,</i>✓ <i>Register2:Supplementary food stock,</i>✓ <i>Register 3: Supplementary food distribution,</i>✓ <i>Register 4: Pre-school Education</i>✓ <i>Register 5: Pregnancy andDelivery,</i>✓ <i>Register 6: Immunization &VHND,</i>✓ <i>Register 7: Vitamin A Bi- Annual Rounds,</i>✓ <i>Register 8: Home Visit Planner</i>✓ <i>Register 9: Referrals,</i>✓ <i>Register 10: Summaries (Monthly & Annual)and</i>✓ <i>Register 11: Weight Records of Children</i>✓ <i>PMMVY Registers</i>• The trainer would discuss about Monthly Progress Report (MPR) and Annual Status Report (ASR) to be maintained at AW level <p>The trainer would also discuss about data transfer sheets and calendar for calculation of birth, death and EDD</p> | <ul style="list-style-type: none">• PPT• Lecturing• Practical session |
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DAY XX TIME : 9.15 – 9.30 AM TOPIC : FEEDBACK OF PREVIOUS DAY
DAY XX SESSION I TIME: 9.30- 10.30 AM TOPIC: Management Information System (MIS) in Anganwadi Services Scheme
(Continues)
TIME : 10.30 – 10.45 AM Tea Break
DAY XX SESSION II TIME: 10.45- 11.45 AM TOPIC: Management Information System (MIS) in Anganwadi Services Scheme
(Continues)
DAY XX SESSION III TIME: 11.45- 1.00 PM TOPIC: Management Information System (MIS) in Anganwadi Services Scheme
(Continues)
TIME: 1.00- 2.00 P M LUNCH Break

DAY XX SESSION IV TIME: 2.00- 3.00 P M TOPIC: Management Information System (MIS) in Anganwadi Services Scheme		
<ul style="list-style-type: none"> To foster awareness among trainees to record and maintain registers, MPR, Data transfer sheet and ASR 	<ul style="list-style-type: none"> The trainer will explain in detail each column of all registers, MPR and ASR The trainer would prepare a demo social map for identification of village, family and its beneficiaries Data Transfer sheets will be extensively used for filling up of the registers Trainer will explain each column with example and help the AWWs in filling up of the dummy data sheets. The trainers will take the help of old records and registers available with the AWWs for data transfer 	<ul style="list-style-type: none"> Practical session
DAY XX SESSION V TIME: 3.00- 4.00 P M TOPIC: Management Information System (MIS) in Anganwadi Services Scheme		
TIME : 4.00 – 4.15 PM Tea Break		

(Continues)

DAY XX SESSION: VI TIME: 4.15-5.30 P M TOPIC: Rapid Reporting System (RRS) in Anganwadi Services		
<ul style="list-style-type: none"> To facilitate the trainees with the understanding regarding the significance of RRS in Anganawadi Services. 	<ul style="list-style-type: none"> Need for timely reporting of data Concept of Rapid Reporting System and its benefits – RRS Discussion on coding of AWCs Registration to RRS by using User ID and password Filling up of the Data sheet in RRS <p>Practice Session – Trainers to provide dummy data to fill the Data sheet of RRS</p>	<ul style="list-style-type: none"> Practical session
DAY XXI TIME: 9.15 – 9.30 am TOPIC: FEEDBACK OF PREVIOUS DAY		
DAY XXI SESSION: I TIME: 9.30-10.30 A M TOPIC: Competing Stress, Counseling techniques		
<ul style="list-style-type: none"> To equip the trainees with counselling skills so that the anganwadi workers can assume the role of a community counselor. 	<p>Importance and need of counseling skills for AWW's.</p> <p>Practical orientation</p> <ul style="list-style-type: none"> Need for creating Rapport Steps in counseling 	<ul style="list-style-type: none"> PPT Practical session Role play

	<p>Online and Offline</p> <ul style="list-style-type: none"> • AWW as a counselor. • Need for House visit 	
<p>TIME : 10.30 – 10.45 AM</p> <p>Tea Break</p>		
<p>DAY XXI SESSION: II TIME: 10.45-11.45 A M TOPIC: Competing Stress, Counseling techniques</p> <p style="text-align: right;">(Continues)</p>		
<p>DAY XXI SESSION: III TIME: 11.45-1.00 P M TOPIC: State Specific Interventions/ Best Practices/ Recent Developments related to Management of AWC under Anganwadi Services Scheme</p>		
<ul style="list-style-type: none"> • To familiarize State Specific Interventions and Best Practices which can be adopted locally. 	<ul style="list-style-type: none"> • The trainer has to facilitate this session based on the information received from the state on State Specific Interventions/ Best Practices/ Recent Developments related to Anganwadi Services Scheme. • Efforts will be made to collect the information from the State Officials / websites. • In case of non availability of subject matter, then this time would be used by trainers in bridging the learning gap by conducting mock sessions/ demonstration/ practice/ group work/ for this component. 	<ul style="list-style-type: none"> • Discussion

TIME: 1.00-2.00 PM LUNCH		
DAY XXI SESSION: IV TIME: 2.00- 3.00 P M TOPIC: Self- Appraisal & Development Exercise by AWW		
<ul style="list-style-type: none"> To create understanding about the need and importance of Self-appraisal,evaluating oneself using SWOT analysis method. 	<ul style="list-style-type: none"> • Concept of Self-appraisal • Need and Importance of Self-appraisal • Methods of Self-appraisal – Strengths, Weaknesses, Opportunities and Threats (SWOT) Analysis(Exercise) 	<ul style="list-style-type: none"> • Discussion • Practical session
DAY XXI SESSION: V TIME: 3.00- 4.00 PM TOPIC: Instructions for supervised practice and distribution of checklist		
<ul style="list-style-type: none"> To prepare the trainees ready to take up field work effectively. 	<ul style="list-style-type: none"> • Trainees will be divided into groups comprising of 2-3 AWWs and each group will be placed at one nearby AWC • All trainers including Principal will accompany the AWWs for supervised practice • Course Director will give a Time Plan and checklist to all trainees for supervised practice 	<ul style="list-style-type: none"> • Discussion • Detailing • Group task

	<ul style="list-style-type: none"> • Trainees will be instructed to carry ECCE materials, Growth Chart, and other IEC materials for conducting NHed sessions, Community meeting etc • Trainers will ensure that trainees collect all required materials and carry with them for the supervised practice 	
TIME : 4.00 – 4.15 PM Tea Break		
DAY XXI SESSION: VI TIME: 4.15- 5.30 P M TOPIC: Instructions for supervised practice and distribution of checklist		

(Continues)

FIELD VIST (FOUR DAYS)

DAY XXII

SESSION: I

TIME: 9.00- 1:00 PM

TOPIC: Act as a Helper at AWC

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| <ul style="list-style-type: none"> Developing skill of trainees in performing the role of Anganawadi Helper. | <ul style="list-style-type: none"> Each trainee will carry out the role and responsibilities of Anganwadi Helper at AWC for a day Placement of participants in a group of 2/3 at an AWC to assist AWW in conducting ECCE activities as per the contextualized curriculum developed by the State/UT and also provide nutrition and health services. Participants will assist AWW in all the activities at AWC including organizing ECCE activities, preparation (if required) and distribution of supplementary nutrition, weighing of children and talking to mothers, sending back children to their home, mobilise mothers for meeting etc. | <ul style="list-style-type: none"> Field visit |
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TIME: 1.00- 2.00 PM

LUNCH

DAY XXII SESSION: II TIME: 2:00-3.30 PM TOPIC: Act as a Helper in the community		
<ul style="list-style-type: none"> • Developing skill of trainees to work in the community • To develop skills to work in groups in order to initiate positive changes in community. 	<ul style="list-style-type: none"> • Trainers will accompany AWW for at least 2-3 home visits and organize a Mothers Meeting in the Community • Assist AWW in taking weights of children during home visit and talk to the mothers • Provide CAS phone 	<ul style="list-style-type: none"> • Field visit • Reflective Spans
DAY XXII SESSION: III TIME: 3.30-5.30 PM TOPIC: Act as a worker in the community		
<ul style="list-style-type: none"> • To develop skills to work in groups in order to initiate positive changes in community. 	<ul style="list-style-type: none"> • Conduct household survey in the community (2-3families) • Conduct home visits (2-3 Families) • Conduct mothers meeting • Departure to Training Institute • Feedback and discussion about visits in the class • Trainers will give instructions for next day visits 	<ul style="list-style-type: none"> • Field visit

DAY XXIII**SESSION: I****TIME: 9:00-1.00 P M****TOPIC: Act as a worker at Anganawadi centre**

- To identify wider roles and of an Anganawadi Worker.

- Trainees to undertake the role and responsibilities of an AWW in AWC for a day
- Placement of participants in a group of 2/3 at an AWC
 - Organise and arrange the AWC before children arrive
- Follow the Time Plan for the Day (*AWC remain open for six hours and out of which four hours for conducting ECCE activities as per the State/UT ECCE Curriculum and rest two hours for home visits and record maintenance*).
- The AWW would follow the thematic Annual ECCE curriculum of their State/UT for transaction of one day activities.
- However, in case of non availability of Annual ECCE curriculum, the following activities are to be conducted:
 - ✓ *Prayer and checking personal hygiene of children,*
 - ✓ *Free conversation with the help of teaching aids, cognitive activities in small and large groups,*
 - ✓ *Dominoes/Discrimination chart/Colour concept/small, big*

- Field visit
- Brain storming

	<ul style="list-style-type: none"> ✓ <i>Physical Development Activities- Outdoor games like jumping/running/ hopping/rope/other games</i> ✓ <i>Drawing & painting/Clay modeling /Sand or Water games/Drama/Dance/Puppet play/Doll play/Science activity.</i> ✓ <i>Language Development- Activities in large groups, rhymes/action songs/alphabets, picture/ chart reading/ story telling</i> <ul style="list-style-type: none"> • The AWWs will manage the learning environment with activity corners and conduct activities with children of different age groups as per the curriculum <ul style="list-style-type: none"> • Growth Monitoring (4/5 children) • Distribution of supplementary nutrition to children and pregnant & nursing mothers • Assessment, Classification and Treatment of common childhood illness/ailments • Sending children home • Fill up records and registers at AWC and ICDS-CAS • Filling up of MPR Form • Making a plan for following activities – household survey of two families, Home visits to 2-3 families including underweight/severely underweight children/pregnant women/sick children, 	
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	<ul style="list-style-type: none"> • Organization of Mother's Meeting in the afternoon • The trainers will discuss and explain about the activities performed by the AWWs in the AWCs. The gaps will be bridged through onsite support in terms of knowledge, skills and understanding. The same activities would be performed by the AWWs at the AWCs on this day 	
TIME: 1.00-2.00 PM LUNCH (Packed Lunch)		
DAY XXIII SESSION: II TIME: 2:00-5.00 P M TOPIC: Act as a worker in the community		
<ul style="list-style-type: none"> • Developing skill of trainees to work in the community 	<ul style="list-style-type: none"> • Organization of NHED sessions • Give treatment and refer children who have been identified on the previous day to nearby health facilities • Organization of Community Based Events and ECCE day to promote awareness about Anganwadi Services 	

DAY XXIV		
SESSION: I		
TIME: 9:00-1.00 P M		
TOPIC: Act as a supervisor at Anganawadi.		
<ul style="list-style-type: none">To foster supervisory skills among the trainees.	<ul style="list-style-type: none">During supervised practice the Course Director would select nearby AWC and make a group consisting of two or three participants in each group.Trainees in a group will undertake the role of a Supervisor for a day–<ul style="list-style-type: none">✓ Observe location, space and cleanliness of AWC✓ Supervise ECCE activities as per State/UT curriculum conducted by AWW✓ Monitor the use of workbook, child assessment cards, other teaching learning materials for✓ conducting ECCE activities at the AWC✓ Supervise establishment of learning corners and activities with children of multi age groups and guide them accordinglyObserve the Growth chart and check the status of plotting in the growth chart randomly. Growth Monitoring of two or three children✓ Take weight, plot and interpret the growth curve, counsel mothers	<ul style="list-style-type: none">Field visitRole playBrain storming

	<ul style="list-style-type: none"> • Observe distribution of supplementary nutrition and give guidance • Check the stock position of food items available at AWC, its storage and cleanliness • Observe and guide AWW in filling up records and registers and MPR • Check Records and registers maintained at AWC 	
TIME: 1.00-2.00 PM LUNCH - Trainees to be provided packed lunch		
DAY XXIV SESSION: II TIME: - 2:00-5.00 PM TOPIC: Act as a worker in the community		
<ul style="list-style-type: none"> • Developing skill of trainees in performing the role of Anganawadi Worker. 	<ul style="list-style-type: none"> • Meeting with PRI Members and address the issues relating to women and children 	<ul style="list-style-type: none"> • Organising and conducting meeting

DAY XXV SESSION: I TIME: - 9:00-1.00 PM TOPIC: Act as a worker at Anganawadi centre		
<ul style="list-style-type: none"> To develop skills to take up the role of Anganawadi Worker effectively. 	<ul style="list-style-type: none"> Convergence meetings with the ASHA, ANM &LHV Joint Home Visits with ASHA and ANMs 	<ul style="list-style-type: none"> Organising and conducting meetings Home visit
TIME: 1.00-2.00 PM LUNCH		
DAY XXV SESSION: II TIME: 2:00-5.00 PM TOPIC: Visit to NRC/Public Health Centre/Nutrition clinic		
<ul style="list-style-type: none"> To familiarize the working of NRC and other health institutions. 	<ul style="list-style-type: none"> Trainers will coordinate with the NRC and Medical officer in charge of NRC will facilitate in telling the protocol of NRC related to admission and treatment provided for SAM &MAM children. Admission Criteria Treatment & Patient management. Nutritional support to inmates. Nutrition education to his/her family members. Counseling services 	<ul style="list-style-type: none"> Field visit Group task Assignments

	<ul style="list-style-type: none"> • Capacity building of the primary caregivers on Preparation of low cost nutritious diet from locally available food ingredients, Developing Feeding habits & time management in mothers, imparting knowledge of developing kitchen garden etc. • Follow up Service • At the end, trainees will depart to the training centre and prepare report of the visit and submit to the Course Director after feedback and discussion in the class 	
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Evaluation of Trainees (One Day)

DAY XXVI SESSION: I TIME: - 9.15-12.00 P M TOPIC: Evaluation of Trainees		
Learning Objectives	Contents	Methodology
<ul style="list-style-type: none"> • To evaluate the effectiveness of the programme with reference to the objective envisaged as outcome of intervention package. 	<ul style="list-style-type: none"> • Evaluation of Trainees - Examination to be conducted for 2 hours ✓ Course Director should prepare the examination paper in advance keeping in view all related components that have been dealt by the trainers during training period. ✓ Examination paper should contain objective type questions, multiple choices, fill in the blanks, match the following and short answer questions. 	<ul style="list-style-type: none"> • Questionnaire • Post test tool

	<ul style="list-style-type: none"> ✓ While preparing questions care would be taken to balance simple and difficulty questions so that the trainees would find it challenging. • The grading system may be adopted as per the guidelines given by GOI i.e. Grade A – 70 and above, Grade B – 60 to 70, Grade C – 50 to 60 and Grade D – 40 to 50marks. • Trainers should send the grades achieved by the trainees to their respective State Governments within one week of completion of job training. 	
DAY XXVI SESSION:II TIME:12.00-1.00 PM TOPIC: Feedback and Bridging the Learning Gaps Discussion on Training Needs Assessment		
	<ul style="list-style-type: none"> • All trainers would assemble in the classroom after the evaluation and bridge the learning gaps of the trainees 	
TIME:1.00-2.00 PM LUNCH		

DAY XXVI**SESSION:III****TIME: 2 .00-5.00 P M****TOPIC:** Concluding Session Distribution of Certificates Reimbursement of Travel Grants

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| <ul style="list-style-type: none">• To impart confidence and synergic feeling among the participants so that the ideas constructed during the programme are sustained for future. | <ul style="list-style-type: none">• Concluding session - The Course Director will make a brief presentation about course objectives, contents, methodology, highlighting important sessions, field visits, resource persons, number of trainees, years of experiences and experiences of Course Director while organising the training programme.• Valedictory-The head of the Institute will distribute certificate of attendance and address the participants• Discussion and disbursement of TA/DA | |
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