



Training Report

Three Days Residential Training Infant and Young Child Feeding (IYCF)

27th to 29th May 2024



State Centre of Excellence for Nutrition Interventions (SCoE4N)
All India Institute of Medical Sciences, Raipur, Chhattisgarh

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Introduction

Aim & Objective of the Training: To create a pool of master trainers in the state on Infant and Young Child Feeding (IYCF)

Resource Persons:

1. Dr Nilay Mozkar, Medical Officer (Pediatrican), District Hospital, Dhamtari
2. Dr Kunal Nayak, Medical Officer (Pediatrican), District Hospital, Raipur
3. Dr Tanushree Pitlawar, Physiotherapist
4. Ms Yamini Tiwari, State Child Nutrition & ECD Consultant
5. Dr Nagma Nigar Shah, State IYCF Coordinator, SCoE4N
6. Dr Geetu Harit, IMSAM Project Coordinator, SCoE4N
7. Dr Surabhi Nayak, Medical Officer, SCoE4N

Participants: (Attendance Sheet is attached in Annexure 1):

1. Staff Nurses from all districts of Chhattisgarh
2. Nursing officer from Department of Obstetrics & Gynecology, AIIMS Raipur

Agenda of the training is as follows: (Detailed day wise agenda is attached in Annexure 2):

- IYCF Guidelines
- Position and attachment during breastfeeding
- Feeding of low birth weight babies
- Kangaroo Mother Care (KMC)
- Counselling
- Diet audit & growth charts
- Hands on practice

The training was organized in collaboration with SCOE4N, Health Department & UNICEF.

Day:1

Date: 27th May 2024

Place: Hotel Sarovar Portico, Raipur

Time: 9:30 AM to 5:30 PM

1. Welcome address & overview of training program.

Day began with registration of participants and kit distribution. Dr. Nagma welcomed the participants and the master trainers. NFHS-5 data was discussed to present the overall picture of IYCF Practices which set the context of the training. Relation between the early initiation & exclusive breastfeeding and the reduction of death rates was discussed in detail. She explained the forms provided in the registration kit which included Pre, Post test forms, Diet Audit sheet & WHO's 10 steps of breastfeeding. A round of introduction was done by the trainers followed by the participants. Participants were asked to fill the pretest form.

Mr Mumtaz Ansari, State Maternal & Child Nutrition Consultant, UNICEF introduced Dr V R Bhagat, Deputy Director of Child Health Division, Directorate of Health Services Chhattisgarh. He addressed the participants and oriented on the Nation level program on IYCF; Mother's Absolute Affection (MAA). He emphasized on the importance of early initiation breastfeeding (EIBF) and asked staff nurses to take round of PNC ward as well. He urged the participants to dedicate their efforts in bringing positive change in regards to breastfeeding practices. After his presentation Mr Mumtaz continued the discussion on MAA program and elaborated its four major components. He shared about the planning of rewards & recognition of good performing districts in terms of EIBF. After that a group photo was taken.



2. Training Session (Theory)

Dr Nilay started the session on optimal feeding practices (recommendations on IYCF), advantages of colostrums and breastfeeding followed by session on production of breast milk and assessment & observation of breastfeeding sessions. He had active discussion with the participants on feeding at crying and demand feeding. He explained feeding cues as well. Importance of night feeding was discussed. Participants had a query whether mother can feed on lying down position which was clarified. This was further discussed in the further session of breastfeeding positions. Misconception on repeated cleaning of breast, aspiration of breast milk in lying down position & questions on burping was addressed.



Dr Tanushree took the session on significance of early stimulation and early stimulation in the initial days. She informed participants on High Risk Infants grading and identification of cases who need stimulation. She discussed on ways which can help pre mature baby in optimal growth & development like nesting, low light and sounds in the SNCU, Oro motor stimulation & non-nutritive suckling. She explained the importance of family involvement in Kangaroo Mother Care and child stimulation.

Followed by her session Dr Nilay discussed clustering of procedure while handling infants in the SNCU.

LUNCH

Post lunch Dr Kunal took the technical session on counseling. The process of counseling was explained through demonstrations. Demos were used to emphasize the points mentioned below in table no.1.

Table No. 1: Steps of Counseling

<ul style="list-style-type: none">• Listening & learning <ol style="list-style-type: none">a. Non-verbal communicationb. Ask open ended questionsc. Gestures & responsesd. Reflect backe. Empathyf. Avoid judging words	<ul style="list-style-type: none">• Building confidence <ol style="list-style-type: none">a. Accept neutrallyb. Praisec. Practice helpd. Relevant informatione. Simple languagef. Suggestion
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Dr Kunal used the questions “who, when, where and what” to explain about the entire counseling process and content with participation of volunteers from among the participants and trainers. Role play was done using story which revealed the correct way of counseling and how to identify issues with breastfeeding. Participants were asked to identify issues with the scenes of role play and suggest modifications based on their learning.

Ms Yamini made a presentation on Lactation Management Units (LMU). She shared the aims and objectives of LMUs, its requirements and planning. Video on expression of milk was shown. Followed by this session, breastfeeding positions, techniques, milk expression process was discussed by Dr Nagma. Participants were taught back massage and hand exercises that facilitate milk expression.



She then took session on various breast conditions and nipple related conditions. During this session participants shared their experiences of seeing patients with breast engorgement and flat nipple. Emphasis was made that exclusive breastfeeding with correct attachment will help in resolving many of these issues.

Discussion on various shape and size of breast and nipple was made with a blanket message that “Size does not matter” be it of the breast or nipple. Lastly Dr Nagma took the session on reasons for refusal of breast milk or crying of baby. Participants were informed about sufficiency of breast milk and how to counsel mother on the same. With this training for day 1 was completed.

End of Day 1

Day: 2

Date: 28th May 2024

Place: Hotel Sarovar Portico, Raipur

Time: 9:30 AM to 5:30 PM

1. Recap

Volunteers from among the participants were called to present recap of the previous day sessions. 3 of them came forward to do so. Trainers added further to the recap.



2. Training Session (Theory)

Following this discussion Dr Nilay delivered the session on feeding of low birth weight babies and twin babies. Cup feeding was demonstrated. Participants shared that they believed spoon feeding was a better option. Difference in both spoon and cup feeding was explained. Then session on KMC was conducted with demonstration using a doll.

Dr Surabhi then took session on complementary feeding. Different food groups were discussed in detail. Characteristics of complementary foods were discussed through “FATVAH”

F = Frequency

A = Amount

T = Thickness (consistency)

V = Variety (different kinds of foods)

A = Active/responsive feeding

H = Hygiene (FATVAH).

Participants were informed about the minimum diet diversity and minimum meal frequency essential during complementary feeding. Examples were discussed with participants. Responsive feeding was explained to the participants. Discussion on maternal nutrition was also made by Dr Kunal and Dr Geetu including the optimal gestational weight gain and family planning.

LUNCH

3. Practice Session

Post lunch participants were taken to District Hospital, Kalibadi, Raipur. Participants were divided into 3 groups. Each group was led by a resource person and hands on exercise were completed in SNCU ward, PNC ward and NRC. Following activities were performed and demonstrated

1. NRC
 - a. General functioning of NRC
2. PNC ward-
 - a. General: Assessment & observation of breastfeeding
 - b. Post operative: Positioning of baby on breast in C-section mother, side lying position for breastfeeding
3. SNCU
 - a. Counseling of mother
 - b. Milk expression
 - c. KMC



End of day 2

Day: 3

Date: 29th May 2024

Place: Hotel Sarovar Portico, Raipur

Time: 9:30 AM to 4:30 PM

1. Practice Session

Participants gathered at the IYCF Skills lab at AIIMS Medical College building. Participants practiced breastfeeding positions with mannequins at the lab. Use of models and various equipments were demonstrated to the participants.



After the practice session, participants were taken to SMART Unit, where they got to interact with Dr Anil Kumar Goel, Programme Director (SCoE4N), Professor and Head, Department of Pediatrics. AIIMS Raipur, C.G. After the demonstrations were made on anthropometric measurements. In the kitchen of SMART Unit demo was made to show the right consistency of complementary feeds. Then participants were divided into groups and taken for clinical practice session.



These groups were taken to Pediatric OPD and immunization clinic. Participants filled the diet audit sheet in pair of two. Participants were taken to PNC ward to observe breastfeeding and get hands on practice of correct attachment, position and milk expression.

LUNCH

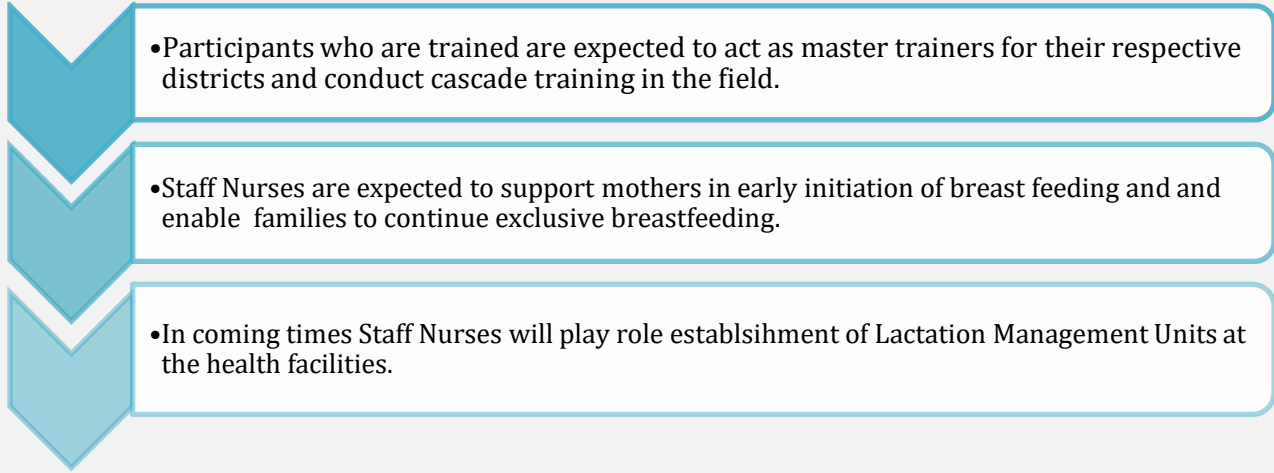
2. Training Session (Theory)

Post lunch Dr Geetu took session on growth charts and growth monitoring. A brief session on Infant Milk Substitute and breastfeeding during special conditions was taken. Discussion was done on WHO recommendation that HIV infected mothers should exclusively breastfeed their infants, unless replacement feeding is Acceptable, Feasible, Affordable, Sustainable and Safe (AFASS).

3. Post test and feedback

- Post test forms were submitted by all the participants. Oral feedback was taken.
- Vote of thanks was given and training was closed.

Way Forward:



- Participants who are trained are expected to act as master trainers for their respective districts and conduct cascade training in the field.

- Staff Nurses are expected to support mothers in early initiation of breast feeding and enable families to continue exclusive breastfeeding.

- In coming times Staff Nurses will play role establishment of Lactation Management Units at the health facilities.

Annexure

Annexure 1: Attendance Sheet

State Center of Excellence for Nutrition Interventions
Department of Pediatrics, AIIMS Raipur
3-Days TOT on IYCF from 27th to 29th May 2024

ATTENDANCE SHEET

S.No.	Name of participant	Designation	Place of posting	District	Phone No	Email address	Sign (Day 1)	Sign (Day 2)	Sign (Day 3)
1	Akaya Yadav	S/N	JAB	JAB	9603574668	akaya.yadav@jab.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2	Shakuntalika	S/N	MMA	MMA	9131205538	shakuntalika@mma.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3	Manish Yadav	S/N	Korba	Korba	8829316680	manish.yadav@korba.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4	Amru Jain	S/N	Korba	Korba	9340306687	amru.jain@korba.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5	Hemalata Chandel	S/N	Chhindwara	Korba	9124898919	hemalata.chandel@chhindwara.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6	Ranjana Humne	S/N	Bemetur	Bemetur	9226658100	ranjana.humne@bemetur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
7	Kinara Tripathi	S/N	Dantewada	Dantewada	9607995511	kinara.tripathi@dantewada.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
8	Pooja Prasad	S/N	Dantewada	Dantewada	9533045117	pooja.prasad@dantewada.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
9	Garbhajamal	S/N	Bilaspur	Bilaspur	9665340116	garbhajamal@bilaspur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
10	Vasundhara Nehra	S/N	Kondagaon	Kondagaon	9652242445	vasundhara.nehra@kondagaon.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
11	Jyoti Jada	S/N	Kondagaon	Kondagaon	9608042061	jyoti.jada@kondagaon.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
12	Maheshwari Prasad	S/N	Maheshwari	Maheshwari	8796608823	maheshwari.prasad@maheshwari.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
13	Vishal Manikya	S/N	Baloda	Baloda	8679025530	vishal.manikya@baloda.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
14	Namrata Kumari	S/N	Ch. Perda	Ch. Perda	7748909026	namrata.kumari@chperda.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

35	Manishika	S/N	RJA	RJA	914249423	manishika@rja.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
36	Rakeshwar	S/N	RJA	RJA	940794040	rakeshwar@rja.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
37	Shalini Tripathi	S/N	M.C.B	M.C.B	934041042	shalini.tripathi@mcbs.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
38	Ishita Rani	S/N	AIIMS	AIIMS	911232408	ishita.rani@aiims.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
39	Devi Prasad	S/N	Kanker	Kanker	926688980	devi.prasad@kanker.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
40	Arjun Kumar	S/N	Jabalpur	Jabalpur	920225878	arjun.kumar@jabalpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
41	Rajesh Kumar	S/N	Jabalpur	Jabalpur	8815555468	rajesh.kumar@jabalpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
42	Sheela	S/N	Korba	Korba	934057304	sheela@korba.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
43	Niteshwar	S/N	Chandigarh	Chandigarh	9003107065	niteshwar@chandigarh.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
44	Pooja Kumari	S/N	Chandigarh	Chandigarh	867234558	pooja.kumari@chandigarh.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
45	Susma Prasad	S/N	Muzaffarpur	Muzaffarpur	761362049	susma.prasad@muzaffarpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
46	Dr. Gauri	S/N	AIIMS	AIIMS	788918988	gauri@aiims.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
47	Dr. Swati	S/N	AIIMS	AIIMS	841597977	swati@aiims.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
48	Dr. Nilay	S/N	AIIMS	AIIMS	96204504	nilay@aiims.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
49	Kanchan	S/N	Jabalpur	Jabalpur	881555568	kanchan@jabalpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
50	Arjun Prasad	S/N	Jabalpur	Jabalpur	920225878	arjun.prasad@jabalpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
51	Rakeshwar	S/N	Jabalpur	Jabalpur	920225878	rakeshwar@jabalpur.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
52	Dr. Kanchan	S/N	AIIMS	AIIMS	82610612	kanchan@aiims.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

S.No.	NAME	Post	Address	District	Phone No.	Email	Day 1	Day 2	Day 3
15	Dr. Anil	S/N	Dr. Anil	Dr. Anil	9603574668	anil@dranil.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
16	Anita	S/N	Anita	Anita	860208094	anita@anita.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
17	Vijay	S/N	Vijay	Vijay	74410001	vijay@vijay.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
18	Sudh	S/N	Sudh	Sudh	74804301	sudh@sudh.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
19	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
20	Rajesh	S/N	Rajesh	Rajesh	881555568	rajesh@rajesh.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
21	Arjun	S/N	Arjun	Arjun	9172088	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
22	Arjun	S/N	Arjun	Arjun	9172088	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
23	Arjun	S/N	Arjun	Arjun	934057304	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
24	Arjun	S/N	Arjun	Arjun	861555568	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
25	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
26	Arjun	S/N	Arjun	Arjun	881555568	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
27	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
28	Arjun	S/N	Arjun	Arjun	82610612	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
29	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
30	Arjun	S/N	Arjun	Arjun	881555568	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
31	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
32	Arjun	S/N	Arjun	Arjun	82610612	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
33	Arjun	S/N	Arjun	Arjun	920225878	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
34	Arjun	S/N	Arjun	Arjun	82610612	arjun@arjun.gov.in	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Annexure 2: Agenda of training

Agenda		
Day 1 (27th May 2024)		
Time	Sessions	Trainer
9:00 - 9:45 a.m.	Registration & Pre test	
9:45 - 10:00 a.m.	Opening Remarks & Overview of training	Dr Anil Ku. Goel
10:00 - 10:15 a.m.	Overview on MAA program	Mr Mumtaz
10:15 - 11:00 a.m.	Session 1: Why Optimal Infant and Young Child Feeding Session 2: Production and Intake of Breast milk	Dr Nilay
11:00 - 11:30 a.m.	Session 3: Assessing and Observing a Breastfeed	Dr Nilay
11:30 - 12:15 p.m.	Significance of Early Stimulation and Early Stimulation in the Initial Days	Dr Tanushree Pitlawar
12:15 - 1:00 p.m.	Early Stimulation at Public Health Facilities	Dr Nilay
1:00 - 1:30 p.m.	Session 4: Listening and Learning Session 5: Building Confidence, Giving Support and Checking Understanding	Dr Kunal
1:30-2:15 p.m.	Lunch	
2:15 - 3:30 p.m.	Session 6: Introduction of Lactation Management Units Session 7: Positioning baby at the breast	Ms Yamini Dr Nagma
3:30 - 3:45 p.m.	Tea	
3:45 - 4:30 p.m.	Session 8: Breast conditions Session 9: Refusal to Breastfeed and Crying	Dr Nagma
4:30 - 5:30 p.m.	Session 10: Expression Breast milk (Will be dealt in detail during clinical session) Session 11: Not Enough Milk	Dr Nagma
Day 2 (28th May 2024)		
9:30 - 10:00 a.m.	Recap of Day 1	Participants
10:00 - 10:30 a.m.	Session 12: Breastfeeding Low Birth Weight Babies and twins (KMC)	Dr Nilay
10:30 - 11:30 a.m.	Session 13: Complementary Feeding - Foods to Fill the Nutrient Gap Session 14: Feeding Techniques and Strategies	Dr Geetu & Dr Surabhi
11:30 - 12:00	Session 15: Institutionalizing Skilled Infant and Young Child Feeding Counseling	Dr Kunal
12:00 - 12:30 a.m.	Session 16: Nutrition of Lactating Mothers and their Health and Fertility Session 17: Breastfeeding by Working Mothers	Dr Kunal
12:30 - 1:00 p.m.	Session 18: Breastfeeding and Special Circumstances (especially HIV and Infant feeding)	Dr Nagma
1:00 - 1:30 p.m.	Lunch	
1:30 - 5:30 p.m.	Hospital Visit (Clinical session SNCU visit; Breast milk expression, KMC, NRC visit)	Dr Nilay, Dr Kunal, Dr Geetu, Dr Nagma

Day 3 (29th May 2024)		
9:30 - 1:30 p.m.	Hospital Visit (Session 19, 20, 25, 26, 27: Clinical session)	Dr Nilay, Dr Kunal, Dr Geetu, Dr Nagma
1:30 - 2:15 p.m.	Lunch	
2:15 - 2:45 p.m.	Discussion on visit	Participants
2:45 - 3:45 p.m.	Session 21: Protecting Breast milk from Commercial Influence Session 22: Growth Monitoring and Measuring Session 23: Growth Monitoring by growth Charts Session 24: Measuring Growth: Taking action Session	Mr Vishnu Dr Geetu & Dr Surabhi
3:45 - 4:00 p.m.	Tea	
4:00 - 4:30 p.m.	Planning & Way forward	SCOE4N
4:30 - 5:00 p.m.	Post Test & Feedback	SCOE4N

End of Report



Dr. Nagma Nigar Shah
State IYCF Coordinator
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Dr. Anil Kumar Goel
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