

# *Training of Trainers (ToT)*

On

## **HEALTH & NUTRITION**

Duration

10<sup>th</sup> – 14<sup>th</sup> September, 2007

## **ACADEMIC REPORT**

**Organised by:**

Deen Dayal Upadhyay State Institute of Rural Development,  
Bakshi ka Talab, Lucknow-227202

## An Overview

Training on "Health and Nutrition" was conducted during 10-14 Sep, 2007 at the State Institute of Rural Development, Bakshi Ka Talab, Lucknow. This course was conducted by the Women and Child Welfare and Nutrition faculty of the Institute.

The total number of participants was 22, the description of which are as follows:

S.No.	Description	No.of Participant
1.	District Training Officer	-
2.	Extension Training Officer	1
3.	Senior Instructor	7
4.	Instructor (Project)	4
5.	Regional Assistant	-
6.	Demonstrator	5
7.	Publicity Assistant	5
	Total	22

## Course Objectives

1. To aware and familiarise the participants with the importance of nutrition in the health status of an individual with respect to the age, sex and physiological and physical status of an individual .

**(Knowledge Based Module).**

2. To equip the participants with skills related to the assessment of nutritional status as well as management of diet in diseases of all human beings

**(Skill Based Module).**

3. To sensitize the participants regarding the field realities so that they should come out with suitable solutions.

**(Attitude Based Module).**

## **Course Contents**

The Modules which were covered during this training are as follows:

- Nutritional status of India and National Nutritional Policy.
- Nutritional management of new born babies.
- Role of nutrition in living a healthy life.
- Importance of nutrition for pregnant and lactating ladies.
- Nutritional care for toddlers, school going children and adolescents.
- Importance of Hygiene, Sanitation and Safe Drinking water for family.
- Diet Management in diseases.
- Disease due to lack of micro nutrients dietary, their prevention and dietary management.
- Discussion and group presentation on Importance of healthy life.
- Malnutrition causes, symptoms, diseases and diet management
- Field visit on Health and Nutrition in the community.

## **Course Material Distributed**

1. Training literature prepared for the course titled "**Health and Nutrition**".
2. Handouts of the lectures.
3. "**Badhta Bachapan**" a book given by the ICDS Directorate, Lucknow.
4. Handouts of the transparency.

## **Course Methodology**

Training on above module was imparted through various methods such as Lectures, Group Discussions, Group exercises, Demonstration, Presentations, Field Visits, Film Show, Role Play etc. One day was kept for field visit on testing the behavior of community on Health and Nutrition. A questionnaire was prepared for this purpose and the participants were advised to fill them during their field visit, they were asked to visit in the randomly selected village near to the training centre and meet out to the community. The Completed questionnaire were completed and a brief report was presented in the classroom. Subject experts from different concerned fields were invited to deliver their lecture and share their experiences with the participants. Puppet shows were done in the class room and nutritional recipes were also presented and tasted which were demonstrated by the students accompanying with their faculty from the I.T. College, Lucknow.

## **Assessment/ Evaluation of Course**

The understanding and utility of the training modules was evaluated by participants through an evaluation procedure. Overall evaluation ranking was excellent, which shows better understanding of the subjects covered. Similarly the evaluation of the way of presentation of the speakers was done which again came out to be excellent. This shows that the speakers were successful in conveying their contents to the participants.

The arrangement of boarding, lodging and the classroom facilities were also appreciated by the participants and they demanded to extend the duration of the training.

At last, in closing ceremony, certificates were distributed along with their group photograph to the participants on their successful completion of entire course by the Director General of the Institute.

## **Course Team:**

- Dr. O.P.Pandey, Joint Director & Head of the faculty.
- Miss Taruna Singh, Assistant Director
- Dr. Vinita Singh, Research Assistant

## **List of Resource Person:**

- Dr. R.N. Trivedi, I.A.S. Director General, SIRD, B.K.T. Lucknow.
- Dr. Madhu Agarwal, Regional Director, NIPCCD, Lucknow.
- Dr. Anamika Nag, Lecturer, I.T. College, Lucknow.
- Dr. R.B. Lal Srivastava, Medical Officer C.H.C B.K.T. Lucknow.
- Dr. Neelam Singh, Lecturer, I.T. College, Lucknow.
- Dr. Vardani Joint Director, SIRD, B.K.T. Lucknow.
- Miss. Runa Sultan, Lecturer, Barabanki.
- Sri Rakesh Sexena, Research Assisstant, SIRD, B.K.T. Lucknow.
- Smt. Manoram Misra, Senior Instructor, SIRD, B.K.T. Lucknow.

# ASSESSMENT OF THE TRAINING COURSE

(Based on the I.R.Q. filled by the participants)

## Parameter no. 1

Training Material/ Literature

S.No.	Ranking	No. of Participants
1.	Excellent	19
2.	Good	3
3.	Average	-
	Total	22

## Parameter no. 2

Arrangements of Classroom

S.No.	Ranking	No. of Participants
1.	Excellent	18
2.	Good	4
3.	Average	-
	Total	22

**Parameter no. 3**

## Training Techniques

S.No.	Ranking	No. of Participants
1.	Excellent	19
2.	Good	3
3.	Average	-
	Total	22

**Parameter no. 4**

## Boarding and Lodging Arrangements

S.No.	Ranking	No. of Participants
1.	Excellent	19
2.	Good	3
3.	Average	-
	Total	22

## Parameter no. 5

Assessment of the utility of the subjects covered by the guest speakers

S. No.	Topics	Ranking			Total
		Exc.	Good	Av.	
1.	Nutritional status of India and National Nutritional Policy.	17	5	-	22
2.	Nutritional management of new born babies.	20	2	-	22
3.	Role of nutrition in living a healthy life.	18	4	-	22
4.	Importance of Nutrition for pregnant and lactating ladies.	21	2	-	22
5.	Nutritional care for toddler's school going and adolescents.	18	4	-	22
6.	Importance of Hygiene, Sanitation and Safe drinking water for family.	19	3	-	22
7.	Diet Management in diseases.	20	2	-	22
8.	Disease due to lack of micro nutrients dietary, their prevention and dietary management.	17	5	-	22
9.	Discussion and group presentation on importance of healthy life.	16	6	-	22
10.	Malnutrition causes symptoms, disease and diet management	20	2	-	22
11-	Field visit on Health and Nutrition in the community.	16	4	2	22

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