

Trainers Training

ON

FOOD & NUTRITION

AND

GROWTH MONITORING OF

UNDER - FIVE CHILDREN

Points for Discussion

Day – 1

1st Session

- Pre-evaluation test.
- Elementary human nutrition – What is nutrition ? Nutritious food and its importance. Classification of food – Protein, Fat, Carbohydrate, Vitamins, Minerals – local sources each of them, importance and deficiency diseases.

Day – 1

2nd Session

- What is Balance Diet ?
- Cause of malnutrition.
- Faulty practices.
- Diseases due to malnutrition.
- Awareness on nutrition – right method of cutting and cooking.

Day – 2

1st Session

- Nutritional requirement for vulnerable groups.
- Importance of Maternal & under five child nutrition.
- Effect of proper nutrition on pregnant women to offspring.
- Benefit of breast milk, emphasis of colostrums and weaning food.
- What is Anaemia ? Symptoms.
- National Anaemia Control Programme for mothers and children.
- High risk children.
- Growth Monitoring Curve.

Day – 2

2nd Session

- Practical session on weighing of under five children, plotting in growth monitoring card.
- Post evaluation test.

- ◆ Training of 1st batch
- ◆ Participants - 25 Nos.
- ◆ List of Participants :

Sl. No.	Name of the Municipality	Name of	
		Health Officer	Asstt. Health Officer
1	Barrackpore	Dr. Ashutosh Chowdhury (M)	-
2	Baranagar	Dr. Ajoy Kr. Mukhopadhyay (M)	-
3	Barasat	Dr. Tapabrata Chowdhury (M)	Dr. Swadesh Kr. Halder (M)
4	Dum Dum	Dr. Sushanta Kr. Paul (M)	-

Sl. No.	Name of the Municipality	Name of	
		Health Officer	Asstt. Health Officer
5	Halisahar	Dr. Diganta Chatterjee (M)	Dr. Partha Roy (M)
6	Kanchrapara	Dr. Goutam Kr. Saha (M)	Dr. Suvra Das (M)
7	Kamarhati	-	Dr. Gopa Basu (F)
8	Khardah	Dr. Ratan Majumder (M)	Dr. Debashish Chatterjee (M)
9	Madhyamgram	Dr. Chandan Chatterjee (M)	Dr. Sukumar Biswas (M)
10	Naihati	Dr. Sujay Kr. Bhattacharya (M)	Dr. Nityananda Saha (M)
11	New Barrackpore	Dr. Sankar Singha Roy (M)	Dr. Debatosh Das (M)

Sl. No.	Name of the Municipality	Name of	
		Health Officer	Asstt. Health Officer
12	North Barrackpore	Dr. Apurba Paul (M)	-
13	North Dum Dum	Dr. Sikha Malakar (F)	Dr. Kakali Basu (F)
14	Panihati	Dr. Samir Kr. Sengupta (M)	Dr. P. Mazumder (M)
15	South Dum Dum	Dr. Pankaj Kr. Gupta (M)	Dr. Fullara Dhali (F)
16	Titagarh	Dr. G.L. Sharma (M)	-

- ◆ **Training Organiser** : All India Institute Hygiene & Public Health (AIIH & PH)
- ◆ **Course Co-ordinator** : Dr. D.K. Raut, Prof. & Head, Dept. of Epidemiology, AIIH & PH, Kolkata.
- ◆ **Training Venue** : Moulana Azad Medical College, New Delhi
- ◆ **Duration** : 14 - 18 March, 2005

- ◆ **Nodal Officer at Moulana Azad Medical College :**
Dr. G.K. Ingle, Prof. & Head, Dept. of Preventive & Social Medicine
- ◆ **To reach to New Delhi by 13th March, 2005**
- ◆ **To report to Dr. G.K. Ingle at Moulana Azad Medical College**
- ◆ **Reporting time of 1st day of training 8.00 - 8.45 A.M.**

Broad Objectives

- ◆ **To enhance professional and managerial skill for strengthening the quality of services of ongoing community based health programme at ULB.**
- ◆ **To enhance managerial capacity towards better understanding on Municipal Health problems - to plan and implement accordingly.**

Components of Training

- ◆ **Public Health - different activities**
- ◆ **Municipal public health laws - knowledge and role of HO / AHO**
- ◆ **Epidemiology**
- ◆ **Existing community based health programme**
 - **Update knowledge of R.C.H., Adolescent Health, STD / HIV / AIDS**
- ◆ **Community participation**

- ◆ **National Health Programmes**
 - **Updating knowledge, linkage with municipal health services**
- ◆ **Health Care planning & management**
- ◆ **I.E.C. - effective communication in health**
- ◆ **HMIS**

Attention :
Dr. B. Sarkar
Health officer
Behrampara Municipality

Kolkata Urban Services for the Poor

(Assisted by DFID)

**Training of Health Officer and Asstt. Health Officer
of
Urban Local Bodies
Govt. of West Bengal**

- ◆ **Training Organiser** : All India Institute Hygiene & Public Health (AIIH & PH)
- ◆ **Course Co-ordinator** : Dr. D.K. Raut, Prof. & Head, Dept. of Epidemiology, AIIH & PH, Kolkata.
- ◆ **Training Venue** : Indian Institute of Health Management Research, Jaipur
- ◆ **Duration** : 18 - 22 April, 2005

◆ **Nodal Officer at Indian Institute of Health Management Research, Jaipur :**

Dr. R.S. Goyal, Prof. & Dean (Training)

- ◆ **To reach to Jaipur by 17th April, 2005**
- ◆ **To report to Dr. R.S. Goyal at Indian Institute of Health Management Research, Jaipur**
- ◆ **Reporting time of 1st day of training 8.00 - 8.45 A.M.**

- ◆ Training of 2nd batch
- ◆ Participants - 23 Nos.
- ◆ List of Participants :

Sl. No.	Name of the Municipality	Name of	
		Health Officer	Asstt. Health Officer
1	Bidhannagar	Dr. Sujit Kr. Chakraborty (M)	-
2	Garulia	Dr. Mrs. M. Manju (F)	-
3	Budge Budge	Dr. P. S. Chowdhury (M)	-
4	Maheshtala	Dr. S. M. Ali (M)	Dr. Debasis Halder (M)

Sl. No.	Name of the Municipality	Name of	
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5	Pujali	-	Dr. A.K. Khanra (M)
6	Rajpur Sonarpur	Dr. S.K. Debnath (M)	Dr. M. Mondal (M)
7	Bally	-	Dr. Mrs. M. Deb (Saha) (F)
8	Howrah	-	Dr. Suvasis Sarkar (M)
9	Uluberia	Dr. Swapan Monda (M)	-
10	Kalyani	-	Dr. Mrs. K. Bakshi (F)
11	Bansberia	Dr. Haripada Ghosh (M)	-
12	Bhadreswar	Dr. Mrs. S. Nandy Majumder (F)	Dr. Sudipta Nandy (M)

Sl. No.	Name of the Municipality	Name of	
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13	Rishra	-	Dr. A.N. Har (M)
14	Uttarpara Kortrung	-	Dr. S. Naskar (M)
15	Berhampur	-	Dr. B. Sarkar (M)
16	Suri	<i>Bandyopadhyay</i> Dr. Dilip Banerjee (M)	-
17	Purulia	Dr. M.K. Jha (M)	-
18	Kalna	-	<i>Mukherjee</i> Dr. S. Banerjee (M)
19	Medinipur	-	Dr. T. Mondal (M)
20	Krishnagar	Dr. Shyamal Ghosh (M)	-



Training of 2nd batch of Health Officers and Assist. Health Officers in
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10	Rajpur Sonarpur	Dr. Subhas Kr. Debnath	Dr. Madhusudan Mondal
11	Bally	Dr. Suwendu Mukherjee	-
12	Howrah	-	Dr. Suvasis Sarkar
13	Uluberia	-	Dr. Swapan Mondal
14	Kalyani	-	Dr. Mrs. K. Bakshi
15	Berhampur	-	Dr. B. Sarkar
16	Suri	Dr. Dilip Banerjee	-
17	Purulia	Dr. M.K. Jha	-
18	Kalna	-	Dr. S. Banerjee
19	Medinipur	-	Dr. T. Mondal
20	Krishnagar	Dr. Shyamal Ghosh	-



Training of 2nd batch of Health Officers and Assist. Health Officers in
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List of Participants :

Sl. No.	Name of the Municipality	Name of	
		Health Officer	Asstt. Health Officer
1	Bidhannagar	Dr. Sujit Kr. Chakraborty	-
2	Garulia	Dr. Mrs. M. Manju	-
3	Bansberia	Dr. Haripada Ghosh	-
4	Bhadreswar	Dr. Mrs. S. Nany Majumder	Dr. Sudipta Nandy
5	Rishra	-	Dr. A.N. Har
6	Uttarpara Kotrung	-	Dr. S. Naskar
7	Budge Budge	Dr. P.S. Chowdhury	-
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