



SRI BALAJI VIDYAPEETH (SBV)

(Deemed to be University)
U/S 3 of UGC Act 1956
Puducherry-607402

This document contains the details of the
**Certificate course in Lactation counselling and Breast-feeding
Management**, conducted by Mahatma Gandhi Medical College &
Research Institute,
Sri Balaji Vidyapeeth, Deemed to be University.

REGISTRAR
SRI BALAJI VIDYAPEETH
(Deemed University u/s 3 of UGC ACT, 1956)
Accredited by NAAC with 'A' Grade
Pillaiyarkuppam, Pondicherry- 607 402.

(This document is attested from pages 1-22)



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Criteria 1

Metrix 1.3 : Curriculum Enrichment

1.3.2

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Details of Certificate course in Lactation counselling and Breast feeding Management

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4. Enrolled List of students

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NAAC 2020



**CERTIFICATE COURSE ON LACTATION COUNSELLING &
BREASTFEEDING MANAGEMENT**



13.09.2019:

S.NO	TYPE & TEACHING	TIME	TITLE	CONTENT DISCUSSED	TRAINER
1	PPT	45 mins	Introduction to Breastfeeding & Lactation Counselling	<ul style="list-style-type: none">• Current Breastfeeding scenarios worldwide & India• Impact of decreased Breastfeeding rates• Advantages of Breastfeeding mother, baby, family & society• Disadvantages of other modes of feeding	Dr.P.Soundararajan
2	Video Demonstration	10 mins & 5 mins interaction	Breastfeeding- A natural Process	<ul style="list-style-type: none">• Mammals & their kids feeding process and how human baby is suffering for establishment of Breastfeeding	Dr.K.Karthikeyan
3	PPT	35 mins	IYCF Optimal feeding practices	<ul style="list-style-type: none">• IYCF guidelines• Importance of colostrum• Fore milk/ Hind Milk• Term/ preterm milk• Constituents of human milk & Differences between Human & Cows milk & Formula	Dr.Rathi Sharmila

This document is attested from pages 1-20

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4	PPT with Pictures	45 mins	<ul style="list-style-type: none"> Breast Milk Production Anatomy & Physiology 	<ul style="list-style-type: none"> Anatomy of Breast, Various structures involved in Breast milk production & storage Hormonal influence Facilitation & Inhibition Maternal reflex and Neonatal reflex 	Dr.V.Illam aran
5	Video Demonstration	10 mins	<ul style="list-style-type: none"> Early initiation of Breastfeeding and Breast crawl 	<ul style="list-style-type: none"> Aspects of essential newborn care Delayed cord clamping Breast crawl method and allowing for spontaneous latch & sucking 	Dr.K.Karthikeyan
6	PPT & video demonstration	20 mins 10 mins	<ul style="list-style-type: none"> Breast examination 	<ul style="list-style-type: none"> Indicated in all mothers Teaching for self examination Various pictures of Breast condition Video-For what to do & how to do 	Dr.SumathiSri
7	PPT & Pictures, Flip charts , demo with baby manikins & Breast model documents	30 mins	<ul style="list-style-type: none"> Breastfeeding Positioning 	<ul style="list-style-type: none"> Importance of positioning Attachment Sucking & swallowing Various Breastfeeding positions And Optimal situation Management of twins Signs of good and poor attachment Assessment of suck & swallowing by baby Pauses between suck normal & abnormal Signs of good breastfeeding sessions 	Dr.Soma Venkatesh

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8	Video Demonstration	20 mins	<ul style="list-style-type: none"> • Essential newborns care • Counselling skills 	<ul style="list-style-type: none"> • Delayed cord clamping • Breast crawl initiation • Communication skills • Building confidence & giving support 	Dr.K.karthikeyan
9	PPT Pictures for Do & Don't in non verbal communication Case Scenarios for each communication skills	30 mins	Communication & inter personal skills	<ul style="list-style-type: none"> • Helpful non verbal communication • Ask open questions • Show gestures and expression to interact • Reflect back • Empathise • Avoid non judgemental words 	Dr.K.Karthikeyan
10	Role Play	20 mins	<ul style="list-style-type: none"> • Communication & inter personal skills 	<ul style="list-style-type: none"> • Helpful non verbal communication • Ask open questions • Show gestures and expression to interact • Reflect back • Empathise • Avoid non judgemental words 	Dr.R.Sumathi Sri S/N Andal Coordinated by Dr.K.Karthikeyan
11	PPT Demo with baby manikins	15 mins	<ul style="list-style-type: none"> • New born examination 	<ul style="list-style-type: none"> • Identify sick/ normal newborn • Neonatal resuscitation demo • General examination of a new born 	Dr.Venkatesh Karthik

12	PPT Demo with Tools of relactation in a Breast model		Re Lactation	<ul style="list-style-type: none"> • Definition, Indication • Factors facilitate relactation • Methods of re lactation • Confidence building in mother 	Dr.Vikneswari karthiga
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14.09.2019

S.NO	TYPE & TEACHING	TIME	TITLE	CONTENT DISCUSSED	TRAINER
1	PPT Demo with Breast model Tools for expressing Breast milk	40 mins 30 mins 10 mins	Expression of Breast milk(EBM)	<ul style="list-style-type: none"> • Situation for expression of Breast milk • Hand expression vs other models • Advantages and Disadvantages of modes of expression • Importance of stimulation of prolacting & oxytocin rerflex before expression • Storage of Breast milk • How to give EBM via Tube feeds/ Cup feeds/ Palladai feeds 	Dr.Anandhi

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2	Video	15 mins	EBM (Expression of Breast milk)	<ul style="list-style-type: none"> • Situation for expression of Breast milk • Hand expression vs other models • Advantages and Disadvantages of modes of expression • Importance of stimulation of prolactin & oxytocin reflex before expression • Storage of Breast milk • How to give EBM via Tube feeds/ Cup feeds/ Palladai feeds 	Dr.K.Karthikeyan
3	Breast conditions PPT Flip chats Photos	40 mins	Breast conditions	<ul style="list-style-type: none"> • Various Breast conditions and its treatment • Full Breast • Engorged Breast • Mastitis • Breast abscess • Flat nipple • Inverted nipple 	Dr.Banupriya
4	PPT	20 mins	Breastfeeding in special situations	<ul style="list-style-type: none"> • Special situations- Maternal infection (HIV/ HBs Ag/ Varicella Zoster infection) • Flu • Baby conditions-Cleft lip and cleft palate 	Dr.Podhini
5	Video	5 mins	Feeding in cleft palate babies	<ul style="list-style-type: none"> • Baby conditions-Cleft lip and cleft palate 	Dr.K.Karthikeyan
6	Small Group Teaching	15 mins	Divided into 2 group - Demo with Breast models - Tools for syringing technique	<ul style="list-style-type: none"> • Inverted nipple and syringing technique • Stimulation of oxytocin and prolactin reflex 	Dr.K.Karthikeyan / Dr.Soma Venkatesh

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7	Case Scenario based discussion		Not enough milk Refusal of feeds	<ul style="list-style-type: none"> • Reasons- common/ uncommon • Approach • Management 	Dr.K.karthikeyan/ Dr.Soma Venkatesh
8	PPT	30 min	Feeding during baby illness and recovery	<ul style="list-style-type: none"> • Various conditions of baby feeding issues 	Dr.V.ILAMARAN
9	PPT	30 min	Nutrition of Lactating mothers	<ul style="list-style-type: none"> • Calorie and protein requirement • Micro nutrient intake • Various foods stuffs and nutrients properties 	Dr.Rathi Sharmila
10	PPT	15 min	Fertility issues while Breastfeeding	<ul style="list-style-type: none"> • Lactational amenorrhea methods • Types of contraceptive methods safer for lactation 	Dr.Hareesh
11	PPT Video on KMC Video on LBW feeding	30 mins	Feeding issues in LBW, Pre term and KMC	<ul style="list-style-type: none"> • Relationship between gestational age and feeding techniques • Importance of Breast milk for pre term growth • Components of KMC • Methods of KMC 	Dr.Amrutha Venkateswaran
12	Exercises Case Scenarios		Listening and learning skills	<ul style="list-style-type: none"> • Applying listening and learning skills in various scenarios 	Dr.k.Karthikeyan

15.09.2019 FORENOON SESSION:

SRI BALAJI HOSPITALS & RESEARCH CENTRE
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1	Whole group Teaching lecture Document provided and discussions		Taking Breastfeeding history	<ul style="list-style-type: none"> Assessment of Breastfeeding session 	Dr.Manjubala Dash(External Expert) Dr.K.Karthikeyan
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All participants were sent to Postnatal ward, I3 ward for practicals in above sessions

They were given standard form of


1. History taking in Breastfeeding
2. B-R-E-A-S-T assessment form

Each Participant took a case in the ward and presented to the above trainers

15.09.2019 AFTERNOON SESSION

1	Video PPT	30 mins	Building confidence and giving support	Use skills such as 1.Praise 2.Inform 3.Suggest 4.Support	Dr.K.Karthikeyan
2	PPT Documents Tools for growth monitoring given	30 mins	Growth charts and growth monitoring	<ul style="list-style-type: none"> Importance Frequency How to plot growth chart Growth chart has teaching aid 	Dr.K.Karthikeyan

3	Large Group Teaching Lecture	40 mins	Use of various aids for Breastfeeding Counselling	<ul style="list-style-type: none"> • Using • Pictures • Flip charts • Counselling booklet • Social media 	Dr.K.Karthikeyan
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 Dr. K. KARTHIKEYAN
 TNMC 69053

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31.01.2020:



CERTIFICATE COURSE ON LACTATION COUNSELLING & BREASTFEEDING MANAGEMENT



S.NO	TYPE & TEACHING	TIME	TITLE	CONTENT DISCUSSED	TRAINER
1	PPT	45 mins	Introduction to Breastfeeding & Lactation Counselling	<ul style="list-style-type: none">• Current Breastfeeding scenarios worldwide & India• Impact of decreased Breastfeeding rates• Advantages of Breastfeeding mother, baby, family & society• Disadvantages of other modes of feeding	Dr. K. Karthikeyan
2	Video Demonstration	10 mins & 5 mins interaction	Breastfeeding- A natural Process	<ul style="list-style-type: none">• Mammals & their kids feeding process and how human baby is suffering for establishment of Breastfeeding	Dr.K.Karthikeyan
3	PPT	35 mins	IYCF Optimal feeding practices	<ul style="list-style-type: none">• IYCF guidelines• Importance of colostrum• Fore milk/ Hind Milk• Term/ preterm milk• Constituents of human milk & Differences between Human & Cows milk & Formula	Dr.Rathi Sharmila

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4	PPT with Pictures	45 mins	<ul style="list-style-type: none"> Breast Milk Production Anatomy & Physiology 	<ul style="list-style-type: none"> Anatomy of Breast, Various structures involved in Breast milk production & storage Hormonal influence Facilitation & Inhibition Maternal reflex and Neonatal reflex 	Dr.V.Illamaran
5	Video Demonstration	10 mins	<ul style="list-style-type: none"> Early initiation of Breastfeeding and Breast crawl 	<ul style="list-style-type: none"> Aspects of essential newborn care Delayed cord clamping Breast crawl method and allowing for spontaneous latch & sucking 	Dr.K.Karthikeyan
6	PPT & video demonstration	20 mins 10 mins	<ul style="list-style-type: none"> Breast examination 	<ul style="list-style-type: none"> Indicated in all mothers Teaching for self examination Various pictures of Breast condition Video-For what to do & how to do 	Dr. SumathiSri
7	PPT & Pictures, Flip charts , demo with baby manikins & Breast model documents	30 mins	<ul style="list-style-type: none"> Breastfeeding Positioning 	<ul style="list-style-type: none"> Importance of positioning Attachment Sucking & swallowing Various Breastfeeding positions And Optimal situation Management of twins Signs of good and poor 	Dr. K. Karthikeyan Dr. SumathiSri

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				<p>attachment</p> <ul style="list-style-type: none"> • Assessment of suck & swallowing by baby • Pauses between suck normal & abnormal • Signs of good breastfeeding sessions 	
8	Video Demonstration	20 mins	<ul style="list-style-type: none"> • Essential newborns care • Counselling skills 	<ul style="list-style-type: none"> • Delayed cord clamping • Breast crawl initiation • Communication skills • Building confidence & giving support 	Dr. K. Karthikeyan
9	<p>PPT</p> <p>Pictures for Do & Don't in non verbal communication</p> <p>Case Scenarios for each communication skills</p>	30 mins	Communication & inter personal skills	<ul style="list-style-type: none"> • Helpful non verbal communication • Ask open questions • Show gestures and expression to interact • Reflect back • Empathise • Avoid non judgemental words 	<p>Dr. K. Karthikeyan</p> <p>Dr. SumathiSri</p>

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10	Role Play	20 mins	<ul style="list-style-type: none"> • Communication & interpersonal skills 	<ul style="list-style-type: none"> • Helpful non verbal communication • Ask open questions • Show gestures and expression to interact • Reflect back • Empathise • Avoid non judgemental words 	Dr. Ammrutha Dr. Shalini Coordinated by Dr.K.Karthikeyan
11	PPT Demo with baby manikins	15 mins	<ul style="list-style-type: none"> • New born examination 	<ul style="list-style-type: none"> • Identify sick/ normal newborn • Neonatal resuscitation demo • General examination of a newborn 	Dr. V. P. Karthikeyan
12	PPT Demo with Tools of relactation in a Breast model		Re Lactation	<ul style="list-style-type: none"> • Definition, Indication • Factors facilitate relactation • Methods of re lactation • Confidence building in mother 	Dr.Vikneswari karthiga

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01.02.2020

S.NO	TYPE & TEACHING	TIME	TITLE	CONTENT DISCUSSED	TRAINER
1	PPT Demo with Breast model Tools for expressing Breast milk	40 mins 30 mins 10 mins	Expression of Breast milk(EBM)	<ul style="list-style-type: none">• Situation for expression of Breast milk• Hand expression vs other models• Advantages and Disadvantages of modes of expression• Importance of stimulation of prolactin & oxytocin reflex before expression• Storage of Breast milk• How to give EBM via Tube feeds/ Cup feeds/ Palladai feeds	Dr.Anandhi
2	Video	15 mins	EBM(Expression of Breast milk)	<ul style="list-style-type: none">• Situation for expression of Breast milk• Hand expression vs other models• Advantages and Disadvantages of modes of expression• Importance of stimulation of prolactin & oxytocin reflex before expression• Storage of Breast milk• How to give EBM via Tube feeds/ Cup feeds/ Palladai feeds	Dr.K.Karthikeyan

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3	Breast conditions PPT Flip chats Photos	40 mins	Breast conditions	<ul style="list-style-type: none"> • Various Breast conditions and its treatment • Full Breast • Engorged Breast • Mastitis • Breast abscess • Flat nipple • Inverted nipple 	Dr. Gautam
4	PPT	20 mins	Breastfeeding in special situations	<ul style="list-style-type: none"> • Special situations- Maternal infection (HIV/ HBs Ag/ Varicella Zoster infection) • Flu • Baby conditions-Cleft lip and cleft palate 	Dr. Banupriya
5	Video	5 mins	Feeding in cleft palate babies	<ul style="list-style-type: none"> • Baby conditions-Cleft lip and cleft palate 	Dr. K. Karthikeyan
6	Small Group Teaching	15 mins	Divided into 2 group - Demo with Breast models - Tools for syringing technique	<ul style="list-style-type: none"> • Inverted nipple and syringing technique • Stimulation of oxytocin and prolactin reflex 	Dr. K. Karthikeyan / Dr. Sumathisri
7	Case Scenario based discussion		Not enough milk Refusal of feeds	<ul style="list-style-type: none"> • Reasons- common/ uncommon • Approach • Management 	Dr. K. Karthikeyan

8	PPT	30 min	Feeding during baby illness and recovery	<ul style="list-style-type: none"> • Various conditions of baby feeding issues 	Dr.Venkatesh karthik
9	PPT	30 min	Nutrition of Lactating mothers	<ul style="list-style-type: none"> • Calorie and protein requirement • Micro nutrient intake • Various foods stuffs and nutrients properties 	Dr. Ragasivamalini
10	PPT	15 min	Fertility issues while Breastfeeding	<ul style="list-style-type: none"> • Lactational amenorrhea methods • Types of contraceptive methods safer for lactation 	Dr.Ragasivamalini
11	PPT Video on KMC Video on LBW feeding	30 mins	Feeding issues in LBW, Pre term and KMC	<ul style="list-style-type: none"> • Relationship between gestational age and feeding techniques • Importance of Breast milk for pre term growth • Components of KMC • Methods of KMC 	Dr. Podhini
12	Exercises Case Scenarios		Listening and learning skills	<ul style="list-style-type: none"> • Applying listening and learning skills in various scenarios 	Dr. K. Karthikeyan

02.02.2020 FORENOON SESSION:

1	Whole group Teaching lecture Document provided and discussions		Taking Breastfeeding history	<ul style="list-style-type: none">Assessment of Breastfeeding session	Dr.Manjubala Dash(External Expert) Dr.K.Karthikeyan
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All participants were sent to Postnatal ward, I3 ward for practicals in above sessions

They were given standard form of

1. History taking in Breastfeeding
2. B-R-E-A-S-T assessment form
3. LATCH SCORE SHEET

Each Participant took a case in the ward and presented to the above trainers

02.02.2020 AFTERNOON SESSION

1	Video PPT	30 mins	Building confidence and giving support	Use skills such as 1.Praise 2.Inform 3.Suggest 4.Support	Dr.K.Karthikeyan
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2	PPT Documents Tools for growth monitoring given	30 mins	Growth charts and growth monitoring	<ul style="list-style-type: none"> • Importance • Frequency • How to plot growth chart • Growth chart has teaching aid 	Dr.K.Karthikeyan
3	Large Group Teaching Lecture	40 mins	Use of various aids for Breastfeeding Counselling	<ul style="list-style-type: none"> • Using • Pictures • Flip charts • Counselling booklet • Social media 	Dr.K.Karthikeyan

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 Dr. K. KARTHIKEYAN
 TNMC 69053



SRI BALAJI VIDYAPEETH DEEMED UNIVERSITY
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MAHATMA GANDHI MEDICAL COLLEGE & RESEARCH INSTITUTE



NH-45A, Pillaiyarkuppam, Pondicherry - 607 403

Value Added Course on Lactation Counselling

Certificate of Participation

This is to certify that Mr./Ms.....

has actively participated inconducted towards the

Certificate course in Lactation counselling and Breast feeding Management

Medical Superintendent
MGMCRI

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Prof & Head,
MGMCRI

MAHATMA GANDHI MEDICAL COLLEGE AND RESEARCH INSTITUTE
CERTIFICATE COURSE ON LACTATION COUNSELLING & BREASTFEEDING MANAGEMENT

COURSE REPORT

Date:13th,14th ,15th SEPTEMBER 2019.

COURSE COORDINATOR: Dr.K.KARTHIKEYAN

10 members



MAHATMA GANDHI MEDICAL COLLEGE AND RESEARCH INSTITUTE
Pillaiyarkuppam, Puducherry – 607 402



DEPARTMENT OF NURSING

LACTATION COUNSELLING NURSE'S LIST – SESSION II

S.NO	EMP.NO	NAME OF THE STAFF	WARD	DESIGNATION	CONTACT NO
1.	218002	Ms. Devikala S	Nursing Office	Nursing Supervisor	7094897383
2.	218422	Ms. Malathi A S	Nursing Office	Nursing Supervisor	9655545942
3.	219073	Ms. Arulmozhi I	Phototherapy	Staff Nurse	8220940436
4.	213071	Ms. Bhuvaneshwari V	H1 ward	Staff Nurse	9488809171
5.	218231	Ms. Om Shakthi B	NICU	Staff Nurse	9087224506
6.	218054	Ms. Achaya Priyadharshini R	NICU	Staff Nurse	9489862583
7.	218122	Ms. Dhivya S	I3	Staff Nurse	9894915395
8.	214136	Ms. Mary Victoria S	PICU	Staff Nurse	9003518221
9.	214231	Ms. Suganya R	H2	Staff Nurse	8524977434
10.	214252	Ms. Nivedha R	OG OPD	Staff Nurse	8056864252

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CERTIFICATE COURSE ON LACTATION COUNSELLING & BREASTFEEDING MANAGEMENT

COURSE REPORT

Date: 31st January, 1st & 2nd February 2020.

COURSE COORDINATOR: Dr. K. KARTHIKEYAN

12 members

S.NO	EMP.NO	NAME OF THE STAFF	WARD	DESIGNATION	CONTACT NO
1.	213014	Subashini V	I3	Incharge Nurse	9597018853
2.	218250	Shymala R	H1	Staff Nurse	8608468795
3.	218243	Rajalakshmi A	NICU	Staff Nurse	8220574486
4.	218074	Sugapriya R	NICU	Staff Nurse	9786528311
5.	218432	Sivasangeetha V	Phototherapy	Staff Nurse	8012733901
6.	219041	Nivedha M	I3	Staff Nurse	9025853711
7.	219071	Nithya P	H2	Staff Nurse	9787702736
8.	219084	Priyanka R	H2	Staff Nurse	7094276189
9.	218225	Sivaranjani N	NICU	Staff Nurse	9092441253
10.	218229	Amala P	NICU	Staff Nurse	9384124770
11.	218085	Lavanya	PICU	Staff Nurse	7708830397
12.	218316	Gita Priya	PICU	Staff Nurse	8838369929

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