

**Curriculum for Refresher Training of
AWWs**

Curriculum for Refresher Training of AWWs

*Duration: 7 Days

Working Days: 5 Days

Batch Size: 40

Objectives

- Assess training needs of AWWs.
- Provide a forum for sharing experiences in running an Anganwadi.
- Appraise AWWs of recent developments & trends in ICDS Programme.
- Update their knowledge in the area of early childhood care and development including nutrition, education and health care.
- Sharpen communication, supervisory and training skills of AWWs.

*1. Inclusive of one day each for arrival and departure of the participants.
2. Exclusive of holidays falling during the programme.

Key Elements

- Child Centered Development Approach
- Life Cycle Basis for Interventions
- Child's Rights Perspective
- Gender Sensitivity
- Emphasis on Preventive Approaches to Malnutrition & Disability
- Reaffirming Sound Traditional Child Care Practices
- Family Focussed and Community-Based Approach
- Enabling Joyful Learning Environment
- Focus on Under Threes
- Communication and Counselling Skills
- Self Evaluation and Self Assessment

Methodology

- Use of Participatory Learning Techniques
- Learning through Role play, Group Work and Group discussions
- Hands on experience via Mock sessions, Practice Exercise and Supervised Practice
- Self Learning

Learning Goals

- Importance of Early Childhood Care & Development
- Improved Family & Community Practices in Nutrition and Health Care
- Nutritional Assessment and Counselling for Young Children
- Improving Parenting Skills and Behaviours
- Organising Early Childhood Care and Education Activities
- Early Detection of Disabilities
- Management of Childhood Illness
- Communication Techniques for Behaviour Change
- Advocacy for Child Survival and Development in the Community

Instructions for the Course Director

- Instructions for Class Assignments/ Mock Sessions/Supervised Practice are at Annexure I
- At the end of the day, instructions for the Class Assignment/Field Visit for the next day may be given by the Course Director
- Course Director is to provide all the documents/ reading material required for Group work
- As it is a residential course, participants can start the work in their groups in the evening
- Everyday, from Day 2 onwards between 9.00—9.15 a.m., one of the participants may be asked to give feedback of the previous Day. Class Assignment may also be submitted

Days	9.00 a.m.— 9.15 a.m.	Session-I 9.15 a.m.—10.30 a.m.	Session-II 10.30 a.m.—12.00 noon	Session-III 12.00 noon—1.15 p.m.	1.15 p.m. —2.15 p.m.	Session-IV 2.15 p.m.— 4.00 p.m.	Session-V 4.00 p.m.—5.30 p.m.
Day 3	Games/ Feedback of Previous Day	Review of Nutrition Services under ICDS Programme + Mock Session by Participants		Review of Health Services and Management of neonatal and Childhood Illnesses +	L	Review of Community Participation in ICDS and Techniques for Mobilising Community and Eliciting Community Participation	Review of IEC in ICDS and Advocacy for ICDS or Issues concerning Children and Women
				Demonstration on Use of Medicine Kit		Mock Session	Mock Session by Participants
		(9.15 a.m.—11.15 a.m.)		(11.15 a.m.—1.15 p.m.)	N		Instructions for Mock Session on Day IV
Day 4	Games/ Feedback of Previous Day	Essentials for Management of an AWC for Delivery of Services	Leadership and Managerial Skills of an AWW	Conducting a Survey in a Community	C	Review of Records & Registers, Visitor's Book & Daily Diary maintained at AWC	Filling up of MPR
		(9.15 a.m.—10.45 a.m.)	(10.45 a.m.—12.00 noon)	Class Assignment	H		Class Assignment

Note: Instructions for Class Assignments/Mock Sessions /Supervised Practice are at Annexure I — For Session I, II, III, IV & V.

Days	9.00 a.m.— 9.15 a.m.	Session-I 9.15 a.m.—10.30 a.m.	Session-II 10.30 a.m.—12.00 noon	Session-III 12.00 noon—1.15 p.m.	1.15 p.m. —2.15 p.m.	Session-IV 2.15 p.m.— 4.00 p.m.	Session-V 4.00 p.m.—5.30 p.m.
Day 5	Games/ Feedback of Previous Day	Running an Anganwadi Centre for a Day (Supervised Practice) (9.00 a.m.—1.15 p.m.)			L	Self Appraisal & Development (2.15 p.m.—3.30 p.m.) Feedback & Course Evaluation (3.30 p.m.—4.30 p.m.)	Concluding Session (4.30 p.m.—5.30 p.m.)

Note: Instructions for Class Assignments/Mock Sessions/Supervised Practice are at Annexure I—For Session I, II & III.

Refresher Training for AWWs

Instructions for Class Assignments, Mock Sessions & Supervised Practice

Day	Session	Topic	Class Assignment	Instructions
Day 1	II	Sharing of Experiences in running an Anganwadi		<ul style="list-style-type: none"> • Participants may be asked to share their experiences in running an Anganwadi and the problems & constraints faced. • As per the discussion, the Course Director is to list— <ul style="list-style-type: none"> - Training Needs; and to see if these can be met during the course. - Constraints and Problems faced by Supervisors.
<p>Note : Information and feedback of session II is to be sent to NIPCCD HQs.</p>				
Day 2	I	Review of ICDS Programme	Group Work	<p>Trainees may be divided into 4 Groups for the following Presentations:</p> <p>Group 1: Objectives, Services (only name), Beneficiaries and Organisational Set up.</p> <p>Group 2: Integrated Package of Services under ICDS Programme.</p> <p>Group 3: Job Responsibilities of Helpers, AWWs, Supervisors, CDPOs/ACDPOs.</p> <p>Group 4: Setting up an AWC and Management of Services Delivery.</p>

Day	Session	Topic	Class Assignment	Instructions
Day 2	II	Communication and Counselling Skills required by AWWs	Role Play by Trainees	<ul style="list-style-type: none"> After the discussion, divide the trainees into 2 Groups. Each group will do a role play exhibiting communication and counselling skills on the following topics. <p>Group 1: Counselling a mother to take the sick child immediately to Hospital</p> <p>Group 2: Counselling a mother of four children to send her eldest daughter to school.</p> <p>or</p> <p>Any other topic suggested by the trainees.</p> After the discussion, ask 2/3 participants to demonstrate selected age specific Early Childhood Stimulation activities.
Day 2	III	Review of Early Childhood Care and Education Component of ICDS Programme	Demonstration in Early Childhood Stimulation & Activities by Participants	<ul style="list-style-type: none"> Course Director/Resource Person is to explain PSE Activities as per each domain of child development and demonstrate selected ones with the help of low cost PSE material. Demonstrate use of PSE Kit available at AWC.
Day 2	IV	Activities for Preschool Education and Low Cost PSE Material	Demonstration of PSE Activities with Low Cost Material + Demonstration of PSE Kit	<ul style="list-style-type: none"> After the session, participants may be divided into 4 Groups to prepare a Plan for Organising PSE Activities at AWC for a day. Presentation of plan and discussion.
Day 2	V	Plan for Organizing Preschool Education Programme at AWC	Plan for organising PSE activities at AWC for a day	

Day	Session	Topic	Class Assignment	Instructions
Day 3	I&II	Review of Nutrition Services under ICDS Programme	Mock Session by Participants on Organising Nutrition Services at AWC	<ul style="list-style-type: none"> After the review of nutrition services under ICDS programme, trainees may be divided into 3 Groups for the Mock Session on the following: <ul style="list-style-type: none"> Group 1: Organising supplementary nutrition including procurement, distribution and storage. Group 2: Growth Monitoring of 3/4 children. Group 3: Organise Nutrition and Health Education Session for mothers on topic of choice by participants. Discussion after each Mock Session. Trainers to give inputs wherever required. Demonstration by Trainers on use of Medicine Kit provided at AWC. Role Play by two participants on treating a child with diarrhoea and fever.
Day 3	III	Review of Health Services and Management of neonatal and Childhood Illness under ICDS Programme	<ul style="list-style-type: none"> Demonstration by Trainers on Use of Medicine Kit Role Play by Trainees 	
Day 3	IV	Review of Community Participation in ICDS Programme and Techniques for Mobilizing Community and Eliciting Community Participation	Mock Session on Techniques for Mobilising Community	<ul style="list-style-type: none"> After the review of Community Participation in ICDS, Participants to be divided into 3 Groups for the following Mock Sessions: <ul style="list-style-type: none"> Group 1: PLA Techniques-Chapati diagram/Seasonality diagram for Identification of common childhood illness in children. Group 2: Community meeting for utilization of services under ICDS. Group 3: Nukad Natak/Street Play for Awareness regarding ICDS Programme & Services.
Day 3	V	Review of IEC in ICDS Programme and Advocacy for ICDS or Issues concerning Children & Women	Plan an Advocacy Campaign (Group Work)	<ul style="list-style-type: none"> After the review of IEC in ICDS, participants to be divided into 4 Groups to prepare an Action Plan for an Advocacy Campaign or on topic of their choice. Presentation of Action Plan and Discussion.

Day	Session	Topic	Class Assignment	Instructions
Day 4	III	Conducting a Survey in a Community	Filling up Survey Form	<ul style="list-style-type: none"> • After explaining, how to conduct a Survey, resource person is to give participants Survey Form and supervise filling up of the form for 4-5 families.
Day 4	V	Filling up of MPR	Filling up of MPR Proforma	<ul style="list-style-type: none"> • Each participant is to be given MPR Proforma for filling up. • The estimated data can be given by the participants themselves. • After MPRs are filled up, divide the class into 5 groups. • Each group is to prepare monthly report for sending it to Supervisor. • Participants are to present the report, interpret the data and suggest course of action to be followed in the field.
Day 5	I—III	Running an Anganwadi for a Day (Supervised Practice) (9.15 a.m.—1.15 p.m.)	Placement in an AWC in Groups of two	<ul style="list-style-type: none"> • Trainer—Trainees Ratio for Supervised Practice is to be 1:6. • Course Director may take the help of other faculty members for Supervised Practice. • Course Director is to prepare Time Plan for Supervised Practice. • Participants in groups of two are to be placed at an AWC for running an AWC for a day as well as for management and delivery of services. • Participants are also to fill up Records and Registers maintained at AWC and conduct NHE session for mothers.