

Programme Schedule for Refresher Training of Helpers

Days	Session I	Session II	1.00 – 2.00 p.m.	Session III	Session IV
	9.00 – 11.00 a.m.	11.00 a.m. – 1.00 p.m.		2.00 – 3.30 p.m.	3.30 – 5.00 p.m.
Day 1	<ul style="list-style-type: none"> • Registration (9.00 – 9.30 a.m.) • Welcome, Introduction and Sharing of Experiences (9.30 – 11.00 a.m.) 	Review of ICDS Programme	L	Review of Setting up and Functioning of an Anganwadi Centre	Role and Job Responsibilities of Helpers in running an AWC
Day 2	Communication and Counselling Skills Required by a Helper + Role Play by Participants (9.00 – 10.30 a.m.)	Organising Preschool Education Activities at Anganwadi Centre and Low Cost Preschool Education Material + Demonstration by Trainers (10.30 a.m. – 1.00 p.m.)	U N C H	Organising Nutrition Services at Anganwadi Centre + Mock Session by Participants	Organizing Health Services at AWC and Use of Medicine Kit + Demonstration by Trainers + Role Play by Trainees

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

Days	Session I	Session II	1.00 – 2.00 p.m.	Session III	Session IV
	9.00 – 11.00 a.m.	11.00 a.m. – 1.00 p.m.		2.00 – 3.30 p.m.	3.30 – 5.00 p.m.
Day 3	Importance of Community Participation and IEC in ICDS Programme (9.00 a.m. – 10.30 a.m.)	Techniques for Involving Community and Eliciting Community Participation + Mock Session by Trainees (10.30 a.m. – 1.00 p.m.)	L U N C H	Social Messages on Issues Concerning Children and Women + Class Assignment: Listing of Important Social Messages (2.00 p.m. – 3.15 p.m.)	Awareness for ICDS Programme or for Issues Concerning Children and Women (3.15 p.m. – 5.00 p.m.)

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

Day 4	Placement in an Anganwadi Centre to Assist an AWW		Feedback & Bridging the Learning Gaps	Evaluation of the Course and Concluding Session
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Note: Instructions for Class Assignments/Mock Sessions & Practice are at Annexure I - For Session I, II & III.

Refresher Training of Helpers

Instructions for Class Assignments, Mock Sessions & Practice

Day	Session	Topic	Class Assignment	Instructions
Day 2	I	Communication and Counselling Skills Required by a Helper	Role Play by Trainers	<ul style="list-style-type: none"> Trainers are to do role play exhibiting communication & counselling skills of a Helper while talking to a mother of a sick child Discussion after the Role Play
Day 2	II	Organizing Preschool Education (PSE) Activities at AWC and Low Cost Preschool Education Material	Demonstration by Trainers	<ul style="list-style-type: none"> After the discussion, trainers should demonstrate selected preschool education activities using low cost material covering all domains of child development
Day 2	III	Organising Nutrition Services at AWC.	Mock Session	<ul style="list-style-type: none"> After the review the nutrition services under ICDS programme. Trainees to be divided into 3 groups for Mock Session on: <ul style="list-style-type: none"> Group I :Organising Supplementary nutrition Group II: Growth Monitoring & Promotion Group III: Organising Nutrition and Health Education Session
Day 2	IV	Organising Health Services at AWC and Use of Medicine Kit	<ul style="list-style-type: none"> Demonstration by Trainers on use of Medicine Kit for Common Ailments Role Play by Trainees 	<ul style="list-style-type: none"> After the discussion, the Resource Person/Course Director demonstrates the use of Medicine Kit. Role Play by two participants on treating a child with diarrhoea and fever

Day	Session	Topic	Class Assignment	Instructions
Day 3	II	Techniques for Involving Community and Eliciting Community Participation	Mock Session by Trainees on Techniques for Mobilizing Community	<ul style="list-style-type: none"> • Participants to be divided into 3 groups. • Mock Session by Trainees on eliciting community participation through the following techniques: <ul style="list-style-type: none"> - Folk Songs/Folk Dance - Community Meeting/Panchayat Meeting - Nukkad Natak/Street Play
Day 3	III	Social Messages on Issues Concerning Children and Women	Listing of Important Social Messages	<ul style="list-style-type: none"> • Participants to be divided into 2 groups to prepare the list of important social messages for Children (Group I) and women (Group II) Group 1 – Social messages related to Survival & Development of Children Group 2 - Social Messages related to women empowerment Group Presentation & Discussion
Day 3	IV	Awareness for ICDS Programme or for Issues Concerning Children and Women	Plan for Awareness Campaign	<ul style="list-style-type: none"> • Trainees to be divided into 2 groups • Each group will prepare a plan to create awareness about: <ul style="list-style-type: none"> - ICDS programme & services (Group 1) - Issues concerning children (Group 2) • Group Presentation & Discussion
Day 4	I&III	Placement in an AWC to Assist an AWW	Supervised Practice: Placement in an AWC is to give Participants Hands on Experiences to Sharpen their Skills for their day to day Activities. Trainers should Supervise the Participants and give on the Spot Guidance wherever required.	<ul style="list-style-type: none"> • Trainers – Trainee Ratio for 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 to assist an AWW for a day for management and delivery of services including Mother’s Meeting/NHE Sessions.