

## Development of module for complementary feeding at rural set up

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### ABSTRACT

The present study was conducted in Bargarh situated in Mau block of district Chitrakoot (U.P.). Rationale of the study was to facilitate information on complementary feeding to rural women through training module as flip chart. The objective of the study was to develop training module on complementary feeding for facilitators at *anganwadi* centres and *balwadi* centres. Qualitative information was obtained by semi structured interview method to get views on major challenges regarding complementary feeding as reported by respondents. It was uncommon to prepare semi solid food as complimentary food for infants of six months and older. Women were often not aware of the exact age of their child. Family foods often lack the nutrients in the appropriate concentration that children need for proper growth. Distribution of weaning foods from *anganwadi* centers was irregular. On the basis of need assessment, module on complementary feeding was developed containing four sections viz anchor, input, apply and integration. Anchor sections (15 min.) consisted of exploring what the learners already know about the topic and connect them to the core concept to be introduced. Input section (40 min.) comprised of adding new knowledge through flip chart. Apply activity (30 min.) involved undertaking a task that enables learners to apply the new knowledge immediately provided through flip charts. Integrate activity (20 min.) included using new knowledge in their real lives. Participants showed enthusiasm to have knowledge regarding complementary feeding provided by facilitators. The module was found useful by the participants.

Singhal, Priyanka and Raghuvanshi, Rita Singh (2011). Development of module for complementary feeding at rural set up, *Food Sci. Res. J.*, 2(2): 152-156.

**Key Words :** Rural women, Complementary feeding, Training module

### INTRODUCTION

Infant and young child nutrition has been engaging the attention of scientists and planners since long for the very simple reason that growth rate in the life of human beings is maximum during the first year of life and infant feeding practices comprising of both the breastfeeding as well as complementary feeding have major role in determining the nutritional status of the child. (FNB, 2006). The proportions of underweight, stunting and wasting among under-three year old children have been reported to be 47 per cent, 45 per cent and 16 per cent, respectively at the national level (NFHS-2 1998-99). Infant-feeding practices constitute a major component of child caring practices apart from socio-cultural, economic and demographic factors. Somehow, these practices constitute one of the most neglected determinants of young child malnutrition in spite of their important role in growth pattern of children. Recent studies have recognized the link between malnutrition and child feeding practices (Brennan *et al.*, 2004, Sethi *et al.*, 2003, Kapur, *et al.*, 2005). Need for educating mothers for promotion of proper infant-feeding practices and other aspects of childcare has also

been felt. (Caulfield *et al.*, 1999; Sachdev *et al.*, 1991). The objective of the study was to develop training module on complementary feeding for facilitators at *anganwadi* centres and *balwadi* centres.

### METHODOLOGY

The present study was conducted in Bargarh village situated in Mau block of district Chitrakoot (U.P.). The village is considered backward as 81 per cent of population is living below poverty line. There are 18 revenue village with 3073 household covering 19,013 population. Caste composition includes 69 per cent schedule caste and schedule tribe, other backward caste 26 per cent and rest 5 per cent general caste. Population is mainly tribal (*koal*). Daily wages work in nearby stone mines is the main source of income generation for local community and youth.

### OBSERVATIONS AND ASSESSMENT

Need assessment was done by conducting informal discussions with rural women, staff at *Sarvodaya Sewa Ashram* (SSA), Village Development Co-ordinators