

Components of Job Training Course of Anganwadi Workers

Duration: 30 Days

Working Days: 26 Days

Batch Size: 25

A. Defreezing (½ Day)											
1	Welcome & Introduction	1	30	0	00	0	00	0	00	1	30
2.	Sharing of Experiences	0	00	2	45	0	00	0	00	2	45
	Total	1	30	2	45	0	00	0	00	4	15
B. The Foundation (1 ½ Days)											
3	Situation of Children and Women in India/States	1	15	0	00	0	00	0	00	1	15
4	Social Issues Concerning Children and Women	2	00	0	00	0	00	0	00	2	00
5	Constitutional Provisions, Rights and Legislation Concerning Children & Women	2	00	0	00	0	00	0	00	2	00
6	Programmes and Policies for Development of Children and Women	2	15	0	00	0	00	0	00	2	15
7.	Status of Girl Child and the Meena Initiative	1	00	0	45	0	00	0	00	1	45
8.	Women Empowerment through Self Help Groups	1	00	0	30	0	00	0	00	1	30
	Total	9	30	1	15	0	00	0	00	10	45

C. ICDS Programme (2 Days)											
9.	Introduction to ICDS Prog.	2	30	0	00	0	00	0	00	2	30
10.	Training Set up and Approach to ICDS Training	1	45	0	00	0	00	0	00	1	45
11.	Setting up an AWC	1	15	0	00	0	00	0	00	1	15
12.	Role & Job Responsibilities of an AWW	1	30	0	00	0	00	0	00	1	30
	Class Assignment – Write up on ICDS Project	0	00	0	30	0	00	0	00	0	30
13	Role & Job Responsibilities of other ICDS Functionaries, Health and Block Functionaries	1	30	0	00	0	00	0	00	1	30
14	Health Infrastructure and Set up	1	15	0	00	0	00	0	00	1	15
15	Interface/Coordination with Government Ministries/Departments (Health, Education, Rural Development, and Information and Broadcasting) for ICDS Programme	1	30	0	00	0	00	0	00	1	30
16	Communication and Counseling Skills Required by Awws	0	30	1	00	0	00	0	00	1	30
17	Instructions and Guidelines Issued by DWCD	1	15	0	00	0	00	0	00	1	15
18	Feedback of ICDS Component	0	30	0	00	0	00	0	00	0	30
	Total	13	30	1	30	0	00	0	00	15	00

D. Early Childhood Care and Development (4 Days)											
19	Child Development – Definition, Concept Need & Process	2	15	0	00	0	00	0	00	2	15
20	Film on Child Development	0	00	0	45	0	00	0	00	0	45
21	Early Childhood Care & Education in ICDS	1	15	0	00	0	00	0	00	1	15
22	Activities for Early Childhood Stimulation (Birth – 3 years)	0	45	1	00	0	00	0	00	1	45
23	Importance of PSE & Characteristics of a Preschool Child	1	30	0	00	0	00	0	00	1	30
24	Activities for Physical and Motor Development of Children in a Preschool	0	45	1	15	0	00	0	00	2	00
25	Activities for Cognitive Development of Children in a Preschool	1	00	1	15	0	00	0	00	2	15
26	Activities for Language Development of Children in a Preschool	0	45	0	45	0	00	0	00	1	30
27	Activities for Psycho-social Development of Children in a Preschool	0	45	0	45	0	00	0	00	1	30

28	Instructions for Nature Walk	0	15	0	00	0	00	0	00	0	15
29	Nature Walk	0	30	1	00	0	00	0	00	1	30
30	Activities for Development of Creative, Aesthetic Expression and Science Exposure of Children in a Preschool	0	30	1	00	0	00	0	00	1	30
31	Organisation & Arrangement of AWC for PSE Activities	1	15	0	00	0	00	0	00	1	15
32	Preparation and Use of Low Cost PSE Material	0	30	2	45	0	00	0	00	3	15
33	Planning and Organizing PSE Programme at AWC	1	30	2	45	0	00	0	00	4	15
34	Class Assignment Make a Plan for Conducting PSE Activities at a AWC	1	15	0	00	0	00	0	00	1	15
35	Common Behavioural Problems among Children	0	00	1	30	0	00	0	00	1	30
36	Feedback of ECCD	0	30	0	00	0	00	0	00	0	30
	Total	15	15	14	45	0	00	0	00	30	00
	E. Nutrition & Health (7 Days)										
37	Importance of Healthy Living and Good Nutrition	1	30	0	00	0	00	0	00	1	30
38	Nutrition and Health Services in ICDS Programme	1	30	0	00	0	00	0	00	1	30

39	Nutrition and Health Care of Expectant, and Nursing Mothers	1	15	0	00	0	00	0	00	1	15
40	Nutrition and Health Care of Newborns, Infants and Young Children (Birth – 6 years)	1	15	0	30	0	00	0	00	1	45
41	Nutrition and Health Care of Adolescent Girls	1	30	0	00	0	00	0	00	1	30
42	Protein Energy Malnutrition among Children – Causes, Symptoms, Prevention and Management	1	30	0	00	0	00	0	00	1	30
43	Micronutrient Deficiencies among Children : Causes, Symptoms, Prevention and Management	1	30	0	00	0	00	0	00	1	30
44	Organizing Supplementary Nutrition at an AWC	0	45	0	30	0	00	0	00	1	15
45	Growth Monitoring and Promotion	0	30	1	30	0	00	0	00	2	00
46	Organising Nutrition and Health Education Session and Instructions for Field Visit	0	30	0	45	0	00	0	00	1	15
47	Visit to AWC for Conducting Preschool Education Activities & Organising Nutrition Services	0	00	0	00	4	15	0	00	4	15

48	Prevention of Emerging Endemic Diseases among Children	1	45	0	00	0	00	0	00	1	45
49	Identification and Prevention of Disability among Children	1	30	0	00	0	00	0	00	1	30
50	Introduction to Integrated Management of Childhood Illness	2	00	0	00	0	00	0	00	2	00
51	Assessment of Childhood Illness (Newborn – 5 yrs.)	1	15	1	00	0	00	0	00	2	15
52	Assessment of Childhood Illness (Newborn – 5 yrs. Contd.)	2	00	1	15	0	00	0	00	3	15
53	Classification of Childhood Illness	1	30	0	30	0	00	0	00	2	00
54	Treatment of Childhood Illness	1	00	1	00	0	00	0	00	2	00
55	Treatment with Home Care & Advice	1	30	2	00	0	00	0	00	3	30
56	Visit to Community for Assessment, Classification and Treatment of Common Childhood Illness	0	00	0	00	4	15	0	00	4	15

57	Nutrition Counseling	1	00	2	15	0	00	0	00	3	15
58	Visit to Community for Assessment, Classification, Treatment, Home Care & Advise Counseling	0	00	0	00	4	15	0	00	4	15
59	Review, Reinforcement and Feedback of IMCI Component	0	30	0	30	0	00	0	00	1	00
60	Personal Hygiene and Safe Drinking Water	1	15	0	00	0	00	0	00	1	15
61	Feedback of Nutrition and Health Component	1	00	0	00	0	00	0	00	1	00
	Total	28	00	11	45	12	45	0	00	52	30
F. Communication, Advocacy and Community Participation (4 Days)											
62	Need, Importance and Scope of Community Participation in ICDS	1	00	0	30	0	00	0	00	1	30
63	How to Know Your Community	0	30	0	45	0	00	0	00	1	15
64	Role of Community in ICDS Programme	1	30	0	00	0	00	0	00	1	30
65	Role of Panchayats in Implementation of ICDS Project	1	30	0	00	0	00	0	00	1	30

66	Preparing Community for Starting an ICDS Project	1	45	0	00	0	00	0	00	1	45
67	Formation of Mahila Mandals in the Community	1	30	0	00	0	00	0	00	1	30
68	Formation of Village Level Coordination Committee	0	30	0	45	0	00	0	00	1	15
69	Conducting a Survey in a Community	0	45	0	45	0	00	0	00	1	30
70.	Techniques for Mobilising Community and Eliciting Community Participation	1	00	1	00	0	00	0	00	2	00
71	Community Based Monitoring for ICDS	1	15	0	00	0	00	0	00	1	15
72.	Information, Education & Communication in ICDS Programme & Need for Use of Media	1	15	0	00	0	00	0	00	1	15
73.	Communication Process	1	45	0	00	0	00	0	00	1	45
74.	Use of Folk & Traditional Media and Street Play in ICDS Programme	1	15	0	00	0	00	0	00	1	15
75.	Use of Interpersonal and Group Communication in ICDS	1	30	0	00	0	00	0	00	1	30
76.	Communication for Behaviour change	1	45	0	00	0	00	0	00	1	45

77	Preparation of Social Messages Concerning Crucial Issues Related to Children and Women	1 00	1 15	0 00	0 00	2 15
78	Preparation of Communication Material for Use in Community	0 00	2 00	0 00	0 00	2 00
79	Planning and Organisation of Balmelas, Exhibitions and Advocacy/Awareness Campaigns for Issues Concerning Children and Women	0 45	2 00	0 00	0 00	2 45
80	Feedback of Communication, Advocacy & Community Participation	0 30	0 00	0 00	0 00	0 30
G. Management of an Anganwadi (2 Days)						
81	Management of AWC including Supplies, Material & Equipment	1 15	1 00	0 00	0 00	2 15
82	Planning and Organising Meetings	2 00	0 00	0 00	0 00	2 00

83	Leadership & Managerial Skills of an AWW	1	00	0	30	0	00	0	00	1	30
84.	Interpersonal Relationship with Other Functionaries and the Leaders in the Community	0	30	1	15	0	00	0	00	1	45
85	Correspondence with Supervisors, ACDPOs/CDPOs/Health Functionaries	1	15	0	30	0	00	0	00	1	45
86	Self Development and Self Appraisal	0	45	0	30	0	00	0	00	1	15
87.	Filling up of MPRs & QPRs and Maintenance of Visitors Book and Daily Dairy	1	15	0	00	0	00	0	00	1	15
88	Maintenance of Records and Registers at AWC	1	30	0	00	0	00	0	00	1	30
89.	Instructions for Supervised Practice	1	15	0	30	0	00	0	00	1	45
H. Supervised Practice (4 Days)											
90	Act as a Helper at AWC	0	00	1	30	0	00	0	00	1	30
91.	Act as a Helper in the Community	1	00	0	30	0	00	0	00	1	30
Total		14	30	8	00	0	00	0	00	22	30

	I. Final Course Evaluation (1 Day)										
92.	Issues of National Importance	0	45	0	30	0	00	0	00	1	15
93.	Evaluation of Trainees (Examination)	0	45	0	30	0	00	0	00	1	15
94.	Feedback Supervision Management Instructions Supervised Practice	0	45	0	00	0	00	0	00	0	45
	H. Supervised Practice (3 Days)										
95.	Act as an Helper at AWC	0	00	0	00	4	15	0	00	0	00
96.	Act as an Helper in the community	0	00	0	00	3	15	0	00	0	00
97.	Act as an AWW at AWC	0	00	0	00	4	15	0	00	0	00
98.	Act as an AWW in the Community	0	00	0	00	3	15	0	00	0	00
99.	Act as an AWW at AWC										
100.	Act as ac AWW in the Community	0	00	0	00	4	15	0	00	0	00
101.	Act as a Supervisor at AWC										
102.	Act as a Supervisor in the CDPO's Office	0	00	0	00	3	15	0	00	0	00
	Total	0	00	0	00	22	30	0	00	0	00
	I. Final Course Evaluation (1 Day)										
103.	Issues of National Importance	2	15	0	00	0	00	0	00	2	15
104.	Evaluation of Trainees	2	00	0	00	0	00	0	00	2	00
105.	Feedback and Bridging the Learning Gaps	1	45	0	00	0	00	0	00	1	45
106.	Concluding Session	1	30	0	00	0	00	0	00	1	30
	Total	7	30	0	00	0	00	0	00	7	30
	Grand Total	111	00	48	45	35	15	0	00	195	00

Components and Duration of Job Training Course of Anganwadi Workers

Duration: 30 Days

Working Days: 26 Days

Batch Size : 25

S.No	Component & Content	Working Days	Working Hours									
			Theory		Class Assignment		Supervised Practice		Observational Visit		Total	
			H	M	H	M	H	M	H	M	H	M
1.	A. Defreezing	½ day	1	30	2	45	0	00	0	00	4	15
2.	B. The Foundation	1 ½ day	9	30	1	45	0	00	0	00	10	45
3.	C. ICDS Progrmame	2 days	13	30	1	30	0	00	0	00	15	00
4.	D. Early Childhood Care & Development	4 days	15	15	14	45	0	00	0	00	30	00
5.	E. Nutrition & Health	7 days	28	00	11	45	12	45	0	00	52	30
6.	F. Communication, Advocacy & Community Participation	4 days	21	00	9	00	0	00	0	00	30	00
7.	G. Supervision, Training and Management	3 days	14	30	8	00	0	00	0	00	22	30
8.	H. Supervised Practice	3 days	0	00	0	00	22	30	0	00	22	30
	I. Evaluation & Concluding	1 day	7	30	0	00	00	00	00	00	7	30
	Total						35	15			195	00