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## *Online Training Programme for ANMs on Safety, Health & Nutrition of Students in Residential Schools*

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### **INTRODUCTION**

Covid-19, pandemic has badly shaken every aspect of human life. Entire world is undergoing severe health challenges. The crux of the time reciprocated with strong human behavioral changes towards self-accommodation with strong survival instincts. Every level of the society inclusively delivered for the case of it. Nevertheless, the ANMs along with their existing responsibilities also mobilized to engage with adolescents at community level by attaining through virtual interactions in some occasions physical visiting.

Considering the situational requirements, an orientation training programme for ANMs on safety, health & nutrition of students was planned to be conducted virtually using online modules. It aims at increasing ANMs familiarity on understand of different emerging adolescent health needs, by effective surveillance towards detection-referral of sick by prompt reporting. Moreover, the training also designed to address the routine key components of LSE project that are identify and treat anaemic students particularly girls and was further added with health education and follow up.

There were 244 numbers of ANMs from 20 districts attended the training programme in four batches. Each batch was of three days training program through online platform. It was organized by United Nations Population Fund (UNFPA) with the collaboration of SCSTRTI, Govt. of Odisha and APPI from date 17.08.2020 to date 29.08.2020.

### **OBJECTIVES**

The training programme has designed to attained following objectives;

- a. To rule out specific Roles and Responsibilities of ANMs on addressing the health, nutrition, wellbeing and safety of adolescents.
- b. To make them understand about the needs of counselling to adolescents.
- c. To orient on Iron deficiency anemia control guideline for prevention and management of anemia.
- d. To make understand about the safety guidelines.
- e. To develop coordination & convergence with RBSK team for improving the health and nutrition of students.

## **PARTICIPANTS DETAILS**

As stated above there were 244 ANMs from 20 districts were participated in training programmes. There were 04 batches of training and each batch comprised in an average of 55 ANMs. The detailed of the participants is presented below.

<b>Batch No</b>	<b>Date</b>	<b>Name of the district represented</b>	<b>No of participants attended</b>	<b>Total no of participants attended</b>
1	17 <sup>th</sup> to 19 <sup>th</sup> August 2020	Koraput	46	67
		Nabarangpur	21	
2	20 <sup>th</sup> to 22 <sup>nd</sup> August 2020	Kandhamal	30	62
		Keonjhar	15	
		Malkanagiri	17	
3	24 <sup>th</sup> to 26 <sup>th</sup> August 2020	Balasore	4	56
		Baragarh	7	
		Angul	1	
		Cuttack	1	
		Balangir	1	
		Boudh	2	
		Gajapati	16	
		Ganjam	8	
		Jharsuguda	5	
		Kalahandi	6	
		Nuapada	5	
4	27 <sup>th</sup> to 29 <sup>th</sup> August 2020	Mayurbhanj	12	59
		Rayagada	36	
		Sambalpur	7	
		Sundergarh	4	
Total Participants				244

## **SHARING SESSION**

Each training session was started with a formal interaction. The team SPMU and in some occasion the District Welfare Officer addressed the participants. It helps to set the tone of the training.

**Dr.Chayanika Mishra,**  
**Programme Officer-Training, Life Skills Education Program,UNFPA**

Welcomed and shared the objectives of the training program before the Participants.

**Mr. Sushanta Panda, State Programme Manager**  
**Life Skills Education Program, UNFPA**

He shares different encouraging stories to the participants relating to the subject. Moreover, his experience sharing and storytelling enables the participants to be connected with different thematic and problem-solving skills.

**Ms. Madhusmita Mohapatra**  
**District Welfare Officer,Koraput**

She conveyed thanks to SCSTRTI and UNFPA to organizing this training programme for ANMs. She also encouraged the participants for active participation towards better learning.

### **TRAINING METHODOLOGY**

Online training is very challenging mode of training. It is a recent introduction. So, a detailed methodological action was undertaken prior to conduct the training.

- District wise list of ANMs were collected
- Whats-app group were formed for online capacity building program
- The link was being shared to all participants through whatsapp group
- Pre orientation session(demo session) was organized for the participants to train them on using virtual platform for training
- **Google form** pre post questionnaire link were shared with the participants through whatsapp group
- As per the planned schedule ,sessions were facilitated by the state LSE training team
- Two sessions were organized per day.
- After each session “**POLL**” was being organized to assess the knowledge received by the participants
- After sessions questions written by the participants in chat box were clarified.Contact numbers of trainers were also given in whatsapp group for clarifying the doubts
- After each day of training program, participants were also sharing their key notes.

### **TRAINING SESSIONS**

The three days of training was broadly divided focusing on various thematic areas.

1. Health screening- BMI, growth monitoring and screening, observation & organization of health awareness program
2. Anaemia screening-Management of weekly iron folic supplementation (WIFS) and therapeutic IFA for mild and moderate anaemic students and Referrals
3. Counselling ethics and principles and counseling for prevention of early marriage and teenage pregnancy
4. Counselling for management of RTI/STI during adolescent
5. Counselling for understanding abuses and overcoming harassment including sexual harassment
6. Counselling for management of menstruation and menstrual hygiene, overcoming traditional practice, myths associated with menstruation

### **PRE-POST ASSESSMENT ANALYSIS**

There were 244 ANMs attended the meeting. As per the standard procedure of training and to assess the effectiveness of the training program a questionnaire was set for pre-knowledge assessment and the same

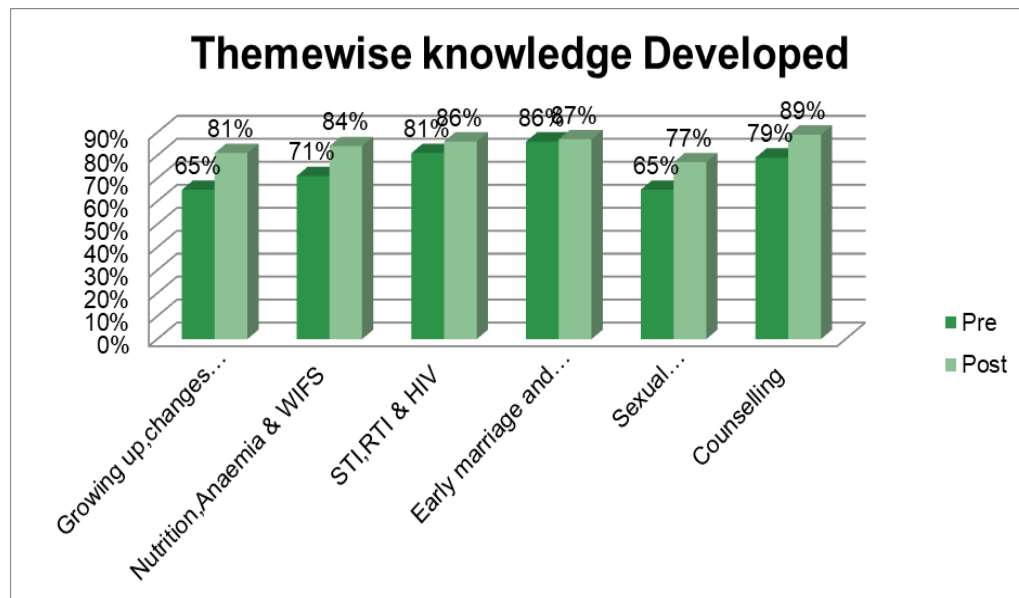
set off question also used for post-knowledge assessment. **Google form** pre post questionnaire link were shared with the participants through whats-app group.

The question was broadly covering below stated themes.

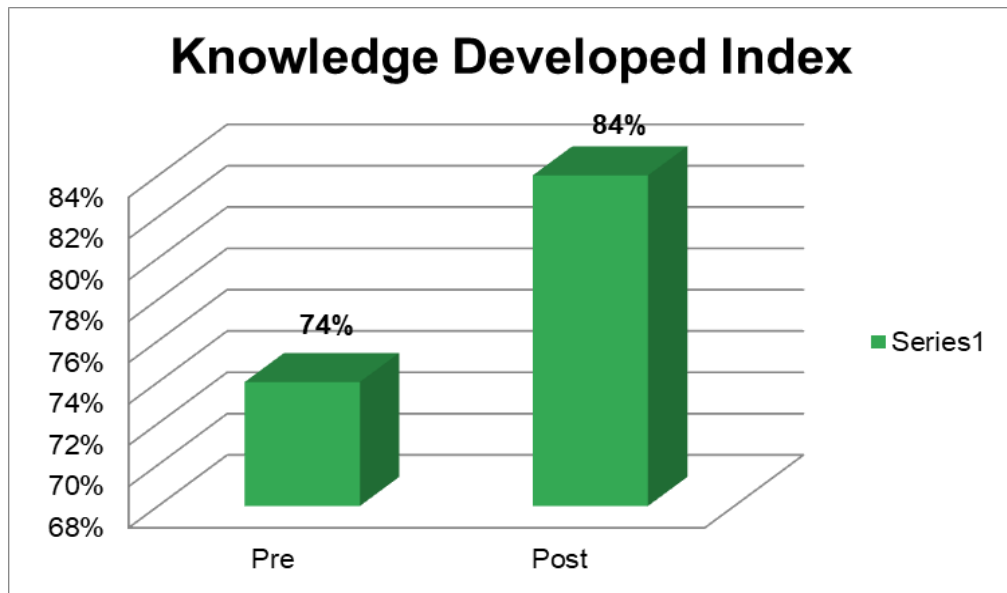
- 1- Growing up and changes during adolescents
- 2- Nutrition, WIFS & Anaemia control
- 3- Early marriage and Teenage pregnancy
- 4- RTI/STI, HIV & AIDS
- 5- Sexual abuse, POCSO Act
- 6- Counselling

There were 20 questions. Each question carried 01 mark. The entire questions were based on above thematic areas.

**Graph-1**



**Graph-2**



#### **PARTICIPANTS DESK**

- Maximum of the participants were excited to use virtual platform for training because it was new experience for them. They shared pre training demo session was very helpful for them to operate the virtual training platform
- Participants shared that POLL question answer session was very exciting and useful for them, through POLL they can immediately clarify their doubts.
- Some of them shared that this training program will help them to work and deal with the students with update knowledge and skill.

ARSH issues such as management of menstruation, RTI, STI, early marriage, teenage pregnancy and sexual abuse were discussed clearly and this will help them to provide need based counseling service to the students and identify their health issues easily.

#### **CHALLENGES & MEASURES TAKEN**

- It was difficult to interact with the participants during virtual training. Keeping this on view POLL question & answer session was conducted.
- Network issues were a major hurdle for some of the participants. Therefore some of the participants missed some discussion points of the training session. Therefore, contact numbers of the trainers were given in whatsapp group to call and clarify their doubts.

#### **FINDINGS**

- Though virtual platform was a new experience for some of the participants but still they were attending the training with full enthusiasm and sharing their key learning notes on different session themes.
- Pre demo training session was very helpful for them to operate the virtual training platform.

- This training program helped them to develop counselling skills among them.
- “POLL” question answer session was very effective. It was derived to clarify the knowledge gap immediately.

## PHOTO GALLERY

