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**NABH/NABL ACCREDITED HOSPITAL AND LABORATORY**

**DR. D. Y. PATIL VIDYAPEETH, PUNE**

**(Deemed To Be University)**

**Accredited (3<sup>rd</sup> Cycle) by NAAC with a CGPA of 3.64 on four point scale at 'A++' Grade**

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### **Report of Hands-on Training for Certificate Course in Lactation Counselling (18<sup>th</sup> to 23<sup>rd</sup> August 2025)**

“Yashoda” Advanced Human Milk Bank & Comprehensive Lactation Management Training and Research Centre (CLMTRC), Department of Paediatrics, Dr. D.Y. Patil Medical College, Hospital & Research Centre, Pimpri, Pune-18, Hands-on Training for the Certificate Course in Lactation Counselling was conducted from 18<sup>th</sup> August 2025 to 23<sup>rd</sup> August 2025 at 09 am to 05pm. This training was part of the ongoing certificate course started on 1st March 2025, aimed to provide participants with essential practical skills for effective lactation counselling. The program emphasized the importance of hands-on experience, allowing trainees to apply theoretical knowledge to real-world breastfeeding challenges, such as latch techniques, milk supply issues, and nipple pain. By engaging in interactive scenarios, participants gained confidence, developed communication and problem-solving skills, and received immediate feedback to enhance their competency. The diverse group of 10 participants, including doctors and nurses benefited from building professional relationships and developing empathy, cultural competency, and the ability to support new mothers in their breastfeeding journey.

On **Day 1 (18th August 2025)**, the program commenced at Demo Room 206 with the introduction of students and faculty by Dr. Shailaja Mane, Dr. Vineeta Pande, Dr. Pramila Menon, and Dr. Pallavi Tupkar. The session set the tone for the course, outlining its objectives and expectations. Dr. Pramila Menon introduced the Mother & Child Card as a counselling tool for breastfeeding, followed by a practical demonstration in the labour room by Dr. Shilpa Kshirsagar, who covered breast crawl, early initiation, and breastfeeding practices, along with counselling techniques for immediate postpartum mothers. Later, Dr. Puja Padbidri conducted a session on PIOME, and the day concluded with hands-on training in the PNC ward led by Dr. Chaitali Borgaonkar, focusing on proper attachment, positioning, and assessment of the latching score.

On **Day 2, 19th August 2025**, the training focused on *Scientific Sessions and Skill Stations* and was conducted at LH5 and designated skill workstations. The day began with participant registration from 8.45 to 9.00 am, followed by a series of scientific lectures. Dr. Sujata Sawant spoke on “Golden Hour Opens Exclusive Breastfeeding Door,” Dr. Puja Padbidri addressed

“Lactation Challenges in NICU and Preterm Babies,” Ms. Rashmi Poduval presented on “Breastfeeding in Special Situations,” Dr. Pramila Menon discussed “Psychosocial Aspects of Breastfeeding and Maternal Mental Wellbeing,” Dr. Priya Ashturkar highlighted “Let Breastfeeding & Work Work Together,” and Dr. Mangala Wani spoke on “Breastfeeding & Lactation after Breast Implant/Surgeries.” The inaugural ceremony and welcome note by the organising team were held between 11.00 and 11.30 am. The scientific sessions resumed thereafter, with Dr. Vineeta Pande presenting on the *Theme of World Breastfeeding Week 2025*, Dr. Shilpa Kshirsagar discussing *Drug Safety in Breastfeeding*, and Dr. Shailaja Mane elaborating on *Milk Banks and Lactation Support Services*.

In the afternoon, from 2.00 to 4.00 pm, participants engaged in hands-on training through skill-based workstations. These included: *Hands-On KMC: The Midas Touch* led by Dr. Shradha Salunkhe; *Perfect the Latch – Attachment, Positioning & Latching* conducted by Dr. Vidhi Mehata and Dr. Rebecca Gosawi; *Express with Confidence – Hand Expression & Pump Techniques* facilitated by Dr. Chaitali Borgaonkar and Dr. Rani Balgude; *Overcoming Feeding Challenges – Case-based Discussions* guided by Dr. Kirti Mahajan and Dr. Shraddha Gawade; and *Behind the Scenes: Human Milk Bank Tour* covering collection, processing, and safety, led by Dr. Pallavi Tupkar and Mrs. Vrushali Deshpande. The day concluded with a valedictory session, participant feedback, and certificate distribution between 4.00 and 4.30 pm, followed by a hi-tea and networking session from 4.30 to 5.00 pm.

On **Day 3 (20th August 2025)**, participants engaged in NICU-based sessions with Dr. Shradha Gawade, focusing on feeding protocols, oral motor stimulation, and case studies. This was followed by antenatal counselling at the OBGY OPD conducted by Dr. Pallavi Tupkar, and in the afternoon, participants observed follow-up sessions on feeding issues at the high-risk OPD, guided by Dr. Abhishek Denge and Dr. Pallavi Tupkar.

**Day 4 (21st August 2025)** began with at Yashoda Human Milk Bank & CLMTRC information by Mrs. Vrushali Deshpande. Then postnatal ward training led by Dr. Pallavi Tupkar, where participants practised skills such as colostrum collection, feeding positions, relieving engorgement, expression techniques, and management of difficult cases. They also demonstrated these skills under supervision. Growth monitoring was carried out at the Well Baby Clinic under Dr. Shradha Salunkhe, followed by case allocation and IYCF counselling visits to the PNC wards in the afternoon.

On **Day 5 (22nd August 2025)**, held in Demo Room 206, participants appeared for their practical examination and project presentations exam taken by Dr Renuka Jadhav, Dr. Balakrishna Garud and Dr. Shraddha Salunkhe, followed by a written examination coordinated by Dr. Pallavi Tupkar.

The program concluded with **Day 6 (23rd August 2025)** at “Yashoda” Human Milk Bank & CLMTRC. Dr. Pallavi Tupkar guided participants through a detailed milk bank visit, including demonstrations of milk collection, processing, storage, safety protocols, documentation, and use of pumps. The final session was led by Dr. Shailaja Mane, during which participants shared their reflections and key learning’s, followed by the distribution of certificates of completion.

The six-day hands-on training provided participants with comprehensive exposure to real-life lactation counselling scenarios, bridging theoretical knowledge with practical skills, and equipping them to effectively support mothers in their breastfeeding journey.

Thank you for your continued support.

Yours Sincerely,

Dr. Shailaja Mane  
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Department of Paediatrics  
Dr. D. Y. Patil Medical College,  
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