

Since 2018, we have trained around 10,000 health workers across the country on breastfeeding and complementary feeding using Health Spoken Tutorials

## Collaborations:

- Health Spoken Tutorials are also being extensively used in various NGOs, government portals and hospitals to promote effective breastfeeding techniques. Some of the agencies that use HST are:
- HST are available on Niti Aayog's Poshan Gyan Portal.
- HST have been included in Maharashtra University of Health Sciences Curriculum for Nursing Colleges.
- Uttar Pradesh ICDS Director has invited our team to train Anganwadi Supervisors on using HST.
- The State Institute of Health and Family Welfare Gujarat had taken up training on HST pedagogy for all the key people from 33 districts of Gujarat.
- Some of the senior trainers of Breastfeeding Promotion Network of India (BPNI) have included HST in their training.
- IIT Bombay hospital uses HST to train new mothers on effective breastfeeding and complementary feeding.
- CSR divisions of corporates like L&T PCT, Tata Trust, Adani foundation, etc use HST.
- Samta Foundation, an NGO in Maharashtra, has trained 1,000 ASHA workers, who have in turn trained 10,000 mothers with babies of 0-6 years of age using HST.
- Mumbai based 60 year old NGO, Shrimati Malati Dahanukar Trust, uses HST extensively to promote effective breastfeeding amongst new mothers.
- Seva Mandal Nursing College, Sewri, uses HST to train its nursing students.

Together, let's build a healthier India.

If you're a hospital, government agency or an NGO and would like to implement our programme, write to us at:  
[health@spoken-tutorial.org](mailto:health@spoken-tutorial.org)



### Website:

<https://health.spoken-tutorial.org/>

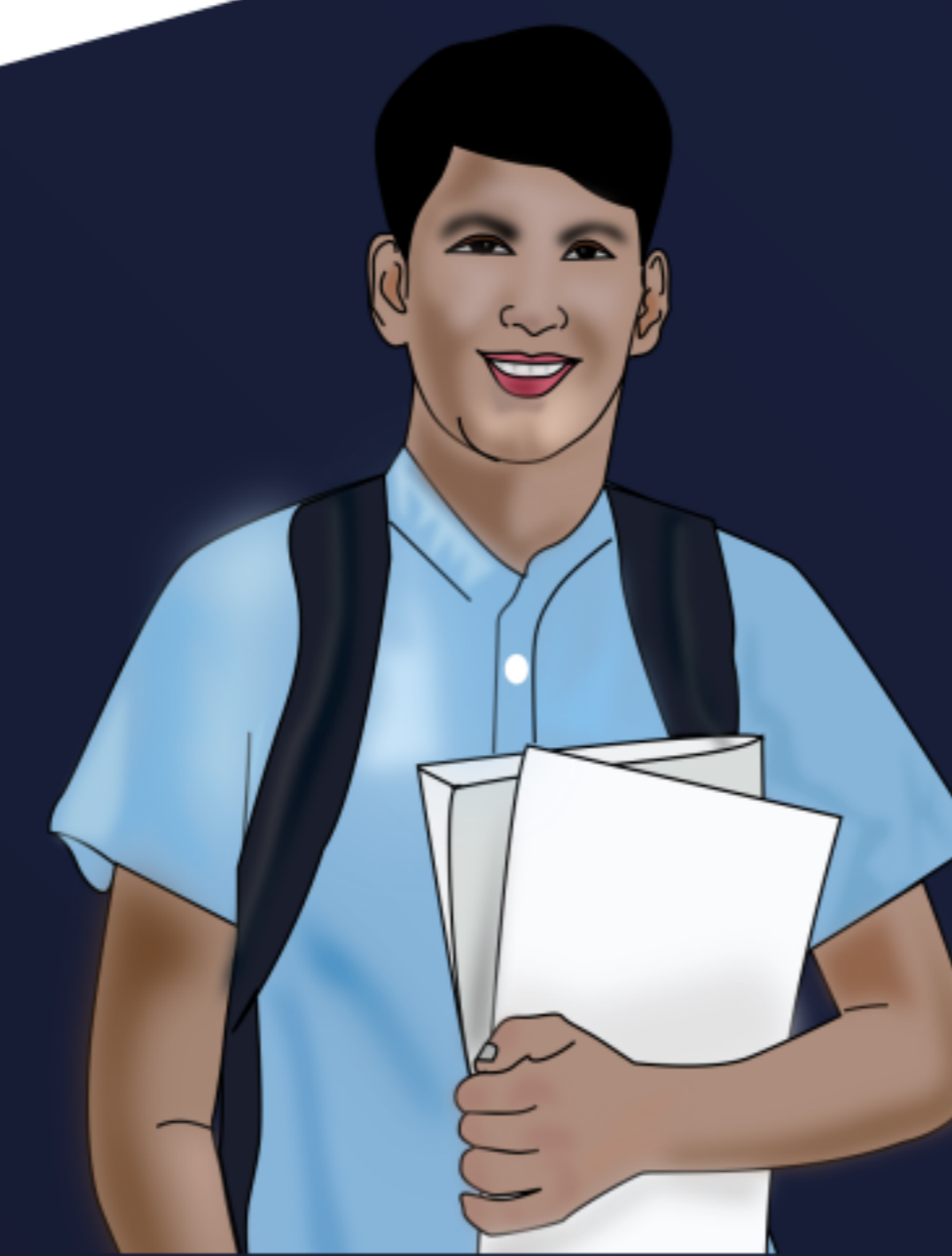
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Spoken Tutorial  
IIT Bombay

Combating malnutrition in  
India through  
**Health Spoken Tutorials,**  
**IIT Bombay**



## Introduction:

The first 1,000 days of life, starting from the time the mother conceives the baby till the child is two years of age, is the time which is the most crucial in a child's physical and cognitive development. The NFHS5 data shows about 36% children in India are stunted, almost 32% children are underweight and almost 21% children are wasted.

To address this issue of malnutrition here at IIT Bombay with extensive research and latest technologies, we have come up with the Health Spoken Tutorials.

## The Spoken Tutorial Project:

Spoken Tutorials are 10 minute long audio video tutorials, created for self learning, dubbed into our 22 languages, and usable offline. It is proposed as an easy method of imparting skills to the bottom of the pyramid. It has been developed into a rigorous Educational Technology tool for IT training. Seventy lakh students from about 5,000 colleges across our country have been trained through Spoken Tutorials. The Spoken Tutorial Project started at IIT Bombay with funding from the National Mission on Education through ICT, MOE, Govt. of India.

## Health Spoken Tutorials - The journey so far:

The above-explained method for IT skills training is replicated successfully in the health sector, with a focus on newborns and their mothers.

## The process for our training:

Health Spoken Tutorials (HST) are used to train district-level health workers on effective breastfeeding and complementary feeding. This training involves watching a large number of video content suitable for self-learning, practicing them on the babies assigned to them, participating in contact skills training workshops, and attending online tests. The focus of the training is exclusive breastfeeding, complementary feeding, maternal and young adolescent nutrition.

The know-how for the above-described HST came after extensive implementation in rural settings in Shrirampur, Maharashtra since 2013, as well as in the outskirts of Mumbai since 2017 through government integrated child development services in Anganwadi centres.

The reliability of the underlying method has been verified in a controlled study in Banaskantha, Gujarat between August 2020 and September 2021.

## The key findings:

The study focused on the impact of proper breastfeeding techniques on infant weight gain and reducing underweight. It involved 576 exclusively breastfed infants from 0 to 14 weeks. The findings revealed that using effective breastfeeding techniques led to significantly higher daily weight gain (32.7g) compared to standard care (28.05g). The prevalence of underweight was three times lower in the intervention group (5.3%) compared to the control group (16.7%) at 14 weeks. These results emphasized the importance of adopting these techniques through HST training for successful breastfeeding and improved infant health.

## Rollout of the Health Spoken Tutorials:

This training has been implemented in Jashpur district, Chattisgarh.

It is currently being implemented in the following districts of Maharashtra: Nandurbar, Nashik, Washim, and Thane. Dahod and Valsad districts in Gujarat are exploring the roll out of this training.

## Testimonials:

"Speaking of breastfeeding, to a layperson like me the only image and explanation that conjured up is that of a mother holding her child to her breast, until I came across Health Spoken Tutorials that can be easily termed 'mechanical engineering' on the phenomenon of breastfeeding. These tutorials helped us simplify the 'hold and latch' in a manner so effective that we started getting positive and good results with corresponding proportionate weight gain in children. While the National Nutrition Mission guidelines recommend 28 grams weight gain per day, the Health Spoken Tutorials have helped us achieve weight gain of 35-40 grams and even 50 grams per day."

- Minal Karanwal, Sub Divisional Officer, Project Officer, Nandurbar district (Maharashtra), 2019 batch IAS officer.

## The key steps involved in implementing the district-level training programme:

