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# PROGRAMME FOR IMPROVED NUTRITION IN SINDH (PINS)

In close collaboration with the Accelerated Action Plan, Government of Sindh

## Training of Community Nutrition Officers on SBCC Toolkit and WASH & AFS Activities

SRSO, NSRP & TRDP Groups

1st - 5th October, 2018 | SRSO - Sukkur

8th - 12th October, 2018 | TRDP & NRSP - Hyderabad



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## Acronyms

AAP	Accelerated Action Programme
AFSL	Agriculture and Food Security Livelihood
CATS	Community Approach to Total Sanitation
CLTS	Community Led Total Sanitation
CNO	Community Nutrition Officer
CO	Community Organization
CRA	Climate Resilient Agriculture
CRPs	Community Resource Persons
CSA	Climate Sustainable Agriculture
CU5	Children under Five
DPO	District Project Officers
DRR	Disaster Risk Reduction
ER	Expected Results
EU	European Union
FFS	Farmer Field School
GAM	Global Acute Malnutrition
GOS	Government of Sindh
GoP	Government of Pakistan
HHs	Households
LSO	Local Support Organization
MOU	Memorandum of Understanding
NRSP	National Rural Support Programme
NutVal	Nutrition Value
ODF	Open Defecation Free
PATS	Pakistan Approach to Total Sanitation
PDC	Performance, Documentation and Communication
PIU	Programme Implementation Unit
PM	Programme Manager
PLWs	Pregnant and Lactating Women
PINS	Programme for Improved Nutrition in Sindh
PSC	Poverty Score Card
QQT	Quality, Quantity and Timeliness
RSPs	Rural Support Programmes
SBCC	Social Behavioural and Communication Toolkit
SRSO	Sindh Rural Support Organization
SUCCESS	Sindh Union Council and Community Strengthening Support - Programme
ToT	Training of Trainers
TRDP	Thardeep Rural Support Programme
UCBPRP	Union Council Based Poverty Reduction Programme
VAP / VDP	Village Action / Development Plan
VO	Village Organization
WASH	Water Sanitation and Hygiene
WSP	Water Safety Plan

## Overview

RSPN along with its implementing RSPs is working with community institutions (COs/VOs/LSOs) and these Community institutions (COs/VOs/LSOs) will have central role in implementation of programme activities and for strengthening the local institutions, capacity-building activities will strengthen their capacity for implementation and management of nutrition sensitive interventions. It will help these community institutions for better engagement with AAP's implementing Departments for implementation of community level activities of AAP. Project Community Nutrition Officers (CNOs) and Engineers will work as district level master trainers for WASH. For this purpose, RSPN planned to these field staff undergo five days TOT at PIU level for district field and programme staff.

The ToT is facilitated by RSPN lead trainers (list of facilitators mentioned in table) by using the training module for CNOs and WASH Officers. The training was focused to improve technical knowledge of participants about water, sanitation and hygiene and Social Behavioural Change Communication Toolkit developed in consultation of Multi-stakeholders. It helped them to understand how to select the CRPs, masons and plumbers and sanitary entrepreneurs, their role and linkages with VOs and LSOs.

The TOT particularly focused to build training skills of the participants and use of training modules for step down trainings at VOs/LSOs, CRPs on SBCC toolkit with intensive demonstrations in the training and same will be replicated with SMTs level.

## Welcome and Introduction

The training of CNOs / WASH officer started with recitation of verses from Holy Quran by a participant, and facilitator called upon respective Programme Managers - Implementing RSPs i.e. SRSO, NRSP and TRDP for welcome note as three training events were scheduled one at Sukkur and two Hyderabad respectively. The Schedule of the training events referred below;

Training Schedule	RSP / Venue
1st to 5th October 2018	Sindh Rural Support Organization (SRSO), SRSO Complex - Sukkur
8th to 12th October 2018	National Rural Support Programme (NRSP), Crown Hotel - Hyderabad
8th to 12th October 2018	Thardeep Rural Development Programme,

**Mr. Nisar Ahmed Pathan, PM - SRSO** during training at SRSO Complex welcomed all distinguished team members from RSPN and field staff of Larkana, Kambar @ Shahdadkot and Shikarpur. Mr. Pathan directed participants to fully concentrate on the training contents, methodologies and get clarity on every aspect of the programme interventions and also guided them to replicate the learned skills in step down training at SMTs level. During his speech Mr. Nisan Pathan announced that he has been retired from the SRSO assigned position of Programme Manager PINS ER3 and introduced Mr. Hamid Ali Magsi as newly joined PM to carry on his legacy on ward as Programme Manager PINS ER3.

**Mr. Ali Muhammad Kallar, Programme Manager TRDP PINS ER3** welcomed the participants and said that participants must focus on the learning and training methodology so that these can be replicated with CRPs. He directed Jamshoro and Dadu team to get maximum benefits from this capacity building opportunity.

**Mr. Nazar Joyo, Programme Manager NRSP ER3** welcomed the participants from five districts i.e. TMK, TAY, Matiari, Thatta and Sujawal and RSPN team for organizing very important event thus awaited for to carry on field activities smoothly and timely. He accentuated his team to learn concentrated from this ToT and rectify any field issue with discussion with component experts pertaining to WASH and M&E. He appreciated the arrangements of event and hoping that this activity will provide practical demonstrative skills amongst the participants.

## Background & Introduction to the training

RSPN team for effective implementation of the PINS ER3 programme activities pertaining to WASH and AFSL scheduled capacity building commotion for Project Community Nutrition Officers (CNOs) and Engineers who will work as district level master trainers for WASH and AFSL along with programme staff. The objective of the training is to help field staff to understand how to select the CRPs, masons and plumbers and sanitary entrepreneurs, agri. entrepreneurs, CLEWs, poultry entrepreneurs and beneficiaries for provision of livestock (goats) and their role and linkages with VOs and LSOs. This TOT will particularly focus to build training skills of the participants and use of training modules for step down trainings at VOs/LSOs, CRPs masons and plumbers and sanitary entrepreneurs and Government officials. Further, the participants were capacitated on role of CRPs in PINS Project i.e. triggering & Sessions delivery using SBCC Tool kit, Selection criteria for CRPs, CLTS Triggering Tools, Use of SBCC Toolkit and Sessions Delivery and Use of Module (CRP training).

First two days have dedicated to cover the project interventions and technical knowledge and remaining three days participants' KSAs enhanced so that they can use CLTS tools for ODF and conduct sessions at community level through mock exercises and day long field visit.

More importantly, this training was designed for field and programme staff and for better effectiveness and efficiency, it was scheduled at PIUs' level for three RSPs at SUKKUR for SRSO and Hyderabad for TRDP and NRSP as per aforementioned schedule. First event was conducted with SRSO staff at SRSO Complex Sukkur, where RSPN facilitators' team engaged in first training as whole and for TRDP and NRSP session, the team has been separated into two groups and assigned to lead training for TRDP and NRSP as both events started simultaneously at Crown Hotel Hyderabad. The detail is as under;

Training Schedule	RSP / Venue	Facilitators
1st to 5th October 2018	Sindh Rural Support Organization (SRSO), SRSO Complex - Sukkur	1. Mussadiq Rashid Kayani, WASH Specialist 2. Munawar Alee Kapri, M&E Coordinator 3. Zaheer Ahmed, Capacity Building Officer 4. Imtiaz Ali, M&E Officer 5. Mohan Thakur, WASH Engineer 6. Shahana Ali, M&E Officer 7. Aaliya, M&E Officer
8th to 12th October 2018	National Rural Support Programme (NRSP), Crown Hotel - Hyderabad	1. Mussadiq Rashid Kayani, WASH Specialist 2. Imtiaz Ali, M&E Officer 3. Shahana Ali, M&E Officer 4. Zaheer Ahmed, Capacity Building Officer* 5. Rao Ayub Khan, ACF facilitated a AFS part
8th to 12th October 2018	Thardeep Rural Development Programme,	1. Munawar Ali Kapri, M&E Coordinator 2. Mihan Thakur, WASH Engineer 3. Aaliya, M&E Officer 4. Zaheer Ahmed, Capacity Building Officer* 5. Dr. Abdul Khaliq, GTLO facilitated a session

\*Zaheer Ahmed, Capacity Building Officer facilitated both groups in administrative and training perspective.

## Training Objectives

- To train the participants on Social Behavioural Change Communication (SBCC) Toolkit and conceptual clarity on WASH and AFSL activities.
- To taught training methodology i.e. demonstration that help them out for replicating the CRPs trainings at SMTs level.
- Role of CRPs in PINS Project i.e. Triggering & Sessions delivery using SBCC Tool kit
- Selection criteria for CRPs
- CLTS Triggering Tools

- Use of SBCC Toolkit and Sessions Delivery
- Use of Module (CRP training)
- To provide exposure to participants on VAP development, triggering tools, HHs data collection etc
- The participants further transfer the learned KSAs while rolling out activities at CRPs level.

## Individual Pre-Test

The facilitator distributed a format to pre-test the knowledge, skills and aptitudes of the participants and guided them to respond on the given template to the best of their abilities. The purpose of the pre-test was to analyse the conceptual understanding of the participants regarding **“Social Behavioural Change Communication and WASH & AFSL Activities”**, so that the facilitator formulate a customized strategy for session delivery in better and appreciative manner. The template was in simple English language and easily understandable for all the participants.

## Norm Settings and Expectations & Fears

Facilitator(s) implicate the participants to set norm to maintain decorum and promote learning environment for participants; the participants were asked to encompass the norms and rules and decided to fine for violation of set norms, this could be of sing a song or poetry to energize learning atmosphere. The set norms encompassed below;

- Punctuality,
- No Disturbances,
- Avoid side conversations,
- Respect Others,
- Participation,
- Agree to Disagree,
- Raise hands before ask Questions,
- Give your honest feedback,
- Maintain cleanliness in training premises,

As facilitator(s) set ground rules for smooth functioning of the training, then he provide opportunity to all to discuss their expectations and fears regarding the workshop specifically for training delivery and methodologies, provision of training material & contents, facilitators’ skills and knowledge and physical environment including food & refreshment, lodging, equipment and conducive atmosphere. The participants’ responses are summarized in table below;

Expectations	Fears
<ul style="list-style-type: none"> <li>▪ Conducive Environment / Equable Learning atmosphere,</li> <li>▪ Repo Building with facilitator(s) &amp; Participants,</li> <li>▪ Clarity on WASH and AFS activities for field staff under PINS ER3</li> <li>▪ Clarity on role of CRPs,</li> <li>▪ Contents and modules will be provided for rollout,</li> <li>▪ Formats and annexes will be in Sindhi language,</li> <li>▪ Facilitators behaviour and delivery method will be interesting,</li> <li>▪ Practical demonstrations</li> <li>▪ Time management while session delivery</li> <li>▪ Food &amp; Refreshment on time,</li> <li>▪ Outing and entertainment after training,</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contents &amp; Material will be of English language thus create problem while rolling out,</li> <li>▪ Divert concentration of the participants,</li> <li>▪ Sessions take more times,</li> <li>▪ Lack of training material,</li> <li>▪ Facilitator may be monotonous,</li> <li>▪ Lesser Conducive environment,</li> <li>▪ Late provision of Food and refreshment,</li> <li>▪ SBCC toolkit might be heavy as earlier,</li> <li>▪ While replicating training at CRP level, it become difficult as some CRPs are illiterate,</li> <li>▪ No time will be given for hangouts and outing,</li> <li>▪ Avoid to address the questions pertaining to field issues &amp; challenges,</li> </ul>

## Training Workshop Proceeding

### Day One:

#### **Session 1: Roles and responsibilities of CRPs and General instructions and formats**

The facilitator started session with brainstorming and discussion with the participants pertaining to role of CRPs' for implementation of PINS ER3 activities; responses were noted and a detailed power point presentation has been delivered on the aforementioned session in three of the session i.e. SRSO, TRDP and NRSP with cited methodology.

The highlights of the content presented is as under for reference, although detailed presentation could be obtained for understanding;

- Selection Criteria for CRPs, Masons / Plumbers, WASH Entrepreneurs, Agri., Poultry Entrepreneurs and CLEWs,
- Role and responsibilities of programme affiliates pertaining to WASH and AFS under PINS ER3,
- Role of Community Nutrition Officers (CNOs) and WASH Officers (WOs) for project activities,
- Process of selection
- Payment of CRPs and other programme affiliates as honorarium

The session was interactive and participatory with relevant exercises that made audience to learn more noticeably, however formats pertaining to selection criteria and role of CRPs and other programme affiliates and discussed structure of format with information needed for proper selection.



#### **Session 2: Introduction and Use of SBCC toolkit**

The session was conducted with RSPs' programme and field staff for understanding the Social Behavioural Change Communication (SBCC) Toolkits. Facilitator deliver a detailed presentation on session and showed Sindhi version of final toolkit and orient them about the structure and arrangements of the said document. Participants were introduced about the types of sessions and methodologies for effective delivery. The facilitator discussed possible FAQs for more clarity and understanding. For the reason copies of toolkits were distributed amongst the participants and encouraged them to raise queries in connection with field aspects and challenges.

#### **Session 3: Development of VAP**

Facilitator(s) conducted session as per schedule and methodology; and initiate session with objective that enable participants to understand process of developing VAP with the help of customized participatory tools, thus leads towards preparation of village profile as well as VAP with focus on Sanitation, water safety & security and DRR segments.



The session was divided into two parts, first part covered preparatory phase and second part emphasizing implementation of CLTS triggering tools;

#### **Preparatory steps:**

- Review / update of VDP (in context of ODF & water safety planning)
- Review of HHs data from CRPs list
- Review / development of village map



### **CLTS Triggering Tools:**

- Sanitary survey through transect walk
- Calculation of faeces
- Flow diagram (faecal-oral routes through demonstration)
- Calculation of medical expenses
- Solutions for WASH issues
- Review/update Village Action Plan (reflecting sanitary survey findings for water safety, ODF, DRR etc.)

The participants were given formats and annexes pertaining to VAP, ODF, Water Safety and DRR plan and orient them for proper use, these includes;

- VAP template (English and Sindhi version)
- CRP daily Diary
- HHs Visit Plan
- Validation format for sessions

The participants discussed field level issues and challenges pertaining to CLTS triggering and VAP development and get clarity on these for proper implementation in the field level.

### ***Session 4: Mock on CLTS Triggering and planning for field demonstration***

Session on mock on CLTS triggering and planning for field demonstration started with brainstorming in connection with previous session, then participants were divided into four / five groups and assigned tasks to discuss CLTS triggering tools in group and prepare for mock exercise in the training hall. The groups after substantial discussion, had delivered session in the training premises with the support charts and marks. At the end of each presentation, the positives and negatives were discussed in detail and the queries addressed by participants as well as facilitator(s) for supplementary clarity.

For field preparation, the participants were asked to volunteer themselves for role as facilitator, co-facilitator, reporting & documentation. The methodology followed for all sessions was uniform and participants were given much time to address their field level queries.

### ***Session 5: Process for ODF Declaration, Verification, Certification and Celebrations***

The participants were briefed about the ODF process includes;

- Orientation of participants on ODF certification
- Criteria / indicators
- Declaration
- Verification
- Certification (First and second Level)
- Celebration

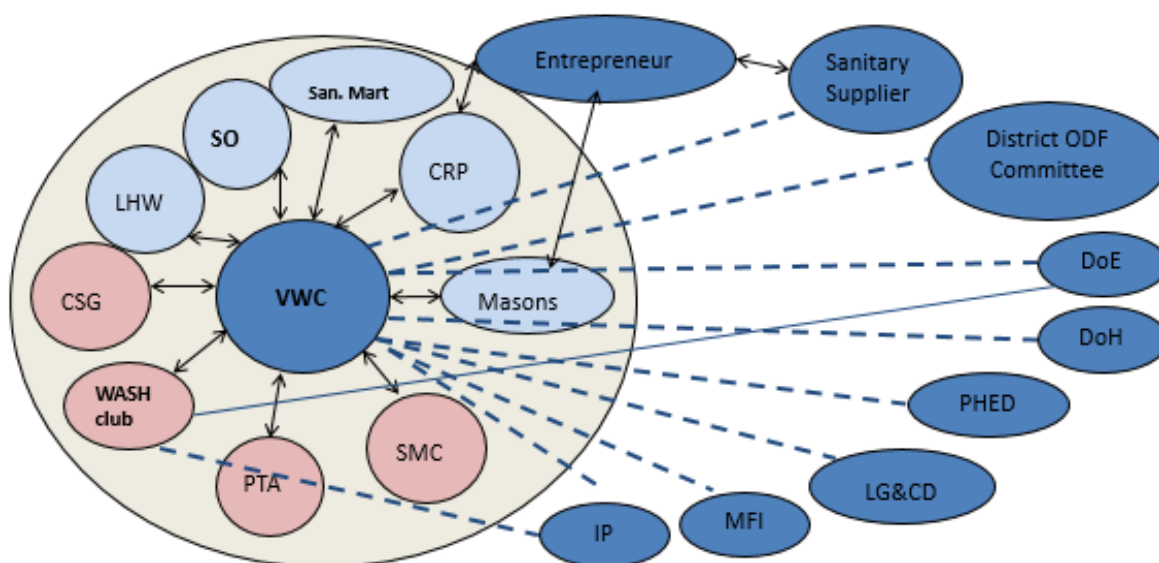
The facilitator(s) started session with concrete definition of open defecation (OD) and probe with audience for OD situations in the villages, and then define that every household uses a latrine with privacy, and there is no shit in the bush or open (sharing is acceptable). Then criteria for ODF for first level was described followed by declaration by CRP, Validation by VOs for random selected HHs, presenting formal declaration to RSPs, verification by RSPs field staff, then formal declaration presented to District ODF Certification Committee and leads to celebration. For secondary level, Post ODF sustainability certification will be conducted after period of six months. Following indicators will be used for second round of certification:

- There are no faeces in the bush or open in the village
- 80 % households are using and maintaining their latrine with privacy,
- One household latrine is being used by a maximum of 15 people
- Above 80 % households practice safe water handling
- All communal water sources are well protected from contamination by livestock and others, with good drainage.

**Session 6: Linkages Development, coordination and Networking**

The facilitator(s) emphasized on linkages development, coordination and networking with programme stakeholders including public and private, specifically developing networking with Accelerated Action Plan, Government of Sindh to understand their role towards project activities.

The participants were briefed about linkage development with internal and external stakeholders including COs / VOs / LSOs and its networking mechanism with multi-stakeholders at all tiers with infographic.



**Day 2:**

**Session 7: Development of VAP in the community**

The facilitator(s) have planned for field visit and assigned roles to participants to rehearsed learnings of previous sessions to demonstrate in VO level activity. For the reason, RSPN team coordinated with RSPs i.e. SRSO, TRDP and NRSP for selection OD village for conducting CLTS triggering activity and development of VAP in community. The RSPs have identified a spot for said activity and two sessions have been conducted separately for male & female simultaneously as per detail below;

Schedule	RSP	Venue / Location	Responsible
2 <sup>nd</sup> October 2018	SRSO	Village Moorani LSO - Bhirkhan Taluka - Lakhi District - Shikarpur	Shabroz & Shakeela Arslan & Fozia Muhammad Ali & Fozia Solangi
12 <sup>th</sup> October 2018	NRSP & TRDP	Village - Muhammad Ilyas Parhyar UC - Bhatt Shah Taluka - Halla District - Matiari	Ghayass Uddin & Uzma Siyal Shokat Ali & Khalida Abdul Wahid & Kanwal Sukhio Abro

The RSPs teams have moved to destined location at 09:00 accompanied RSPN facilitator(s) team, as members from VOs gathered at LSO office(s) and RSPs participants who have been assigned roles for accomplishment of activity led the bustle at community level as per agenda below;

- Recitation, Introduction and Welcome
- Objectives of the meeting
- Introduction to PINS Nutrition sensitive component,
- Transact walk / CLTS Triggering
- Faeces calculations
- Water Safety Plan
- ODF Plan
- DRR Plan
- Development of Village Action Plan.

**Session 8: Reflections on field visit (VAP) and Demo sessions**

After completion of the activity, field team returned to training premises and participants divided into groups and assigned task to list down reflections from field and recommendations for rollout properly pertaining CRPs training. The table showing the glimpse of the discussion points;

Lesson Learned	Recommendations
<ul style="list-style-type: none"> <li>▪ Lack of planning for field demonstration</li> <li>▪ Lack of participation from VOs</li> <li>▪ Majority of participants were trainees rather community members</li> <li>▪ Lack of interest in CLTS triggering activity by community</li> <li>▪ Lack of information about local issues and needs by community</li> <li>▪ Incomplete data HHs data collected by CRPs used in VAP development activity</li> <li>▪ VDP not available at VO record</li> <li>▪ Interruption during activity</li> <li>▪ Avoid laughing and jokes during visit of OD places</li> </ul>	<ul style="list-style-type: none"> <li>▪ Intimation in advance to VO members for activity</li> <li>▪ Planning before conducting an activity</li> <li>▪ LSO must oriented before development of VAP</li> <li>▪ During VAP activity LSOs / VOs office bearers must be presented</li> <li>▪ CRP training must be conducted before VAP development activity.</li> <li>▪ Proper guidelines w.r.t VAP should be disseminated in advance</li> <li>▪ RSPN's facilitator must take lead during first VAP activity at community level</li> <li>▪ Facilitator must behave more sensitive towards transact walk to sensitize community</li> </ul>

**Session 9: Demo Session using SBCC Toolkit**

**Identification of Malnutrition, its causes and solutions (Session 1)**

The facilitator(s) have conducted a demo session on SBCC toolkit session 1 “Identification of Malnutrition, its causes and solutions”. The methodology for this session was demonstration by assuming training participants community and facilitator(s) play role of CRP and exhibit how could CNO / WASH Officer and then CRP will manage to deliver a session efficiently and effectively. For each RSP group, RSPN facilitators have conducted session with entire crowd and then divided audience into four groups for conducting session in their respective groups.

The second day was completed with a lot of exposure and pragmatic skills referring to field and facilitator(s) guided the trainee audience to be prepare for SBCC toolkit sessions as remaining three days will be persisted for practising toolkit by each and every participant.

**Day 3:**

Third day was started with recitation and a vigilant review session conducted to recap former session, this was done through volunteering participants to come forward to deliver a sessions' essential and key learnings. Subsequently, the facilitator(s) steered a session pertaining to guidelines for use of SBCC Toolkit and focused on;

- Objectives of Nutrition Sensitive component of PINS
- Concrete guidelines for conducting session with CRPs
- Reporting and Documentation
- Monitoring

### ***Session 10: Identification of Malnutrition, its causes and solutions (SBCC Session 1)***

Facilitator(s) demonstrated the session first to participants as CRPs is conducting session in community, so that everybody have clarity on the methodology. Facilitator(s) completed session within thirty minutes and asked the attendees to manage time while replicating at community level. The session delivered with help of SBCC Toolkit and participants were told to carry the toolkit in way to that showing pictorial side to community and guiding principles for backing resource person, and covered following topics with help of charts;

- How to identify malnutrition and its causes (Chart 1)
- Symptoms of malnutrition and comparison with normal child(Chart 2)
- Solutions (Chart 3)

After demo session, facilitator(s) divided the participants in five groups and each group comprising of four to five individuals and guided them to read carefully the technical content and pictorial part of the session and then discuss in respective group for at least 20 minutes and then asked them to prepare for session delivery in group. Each participant got equal opportunity to replicate the session and RSPN's facilitator(s) monitored session and provided feedback / input to each individual at the end of each session.

### ***Session 11: Review of existing poor WASH conditions, diseases spread and its control (SBCC Session 2)***

Session was delivered by facilitator(s) as mentioned above then guided participants to replicate in their respective groups; the contents of session included:

- Village map; (Chart 4)
- Diseases flow diagram (chart 5)
- Linking it to poor WASH conditions and Barriers, latrine construction and O&M,(Chart 6)
- Importance of Hand washing with soap (Chart 7)
- Steps involved in Hand Washing (Chart 8)
- Environmental pollution (Chart 9)

### ***Session 12: Identification of safe drinking water sources, protection and care (SBCC Session 3)***

The facilitator(s) deliver third session from SBCC toolkit through mock / demo, and discussed following important topics;

- Identification of safe drinking water sources (Chart 10)
- Water handling and safety and O&M (Chart 11)
- Access to safe drinking water and methods for water treatment (Chart 12)
- Rain water harvesting, nutrition pyramid (Chart 13)

Then asked participants to practice and deliver session within their groups under supervision of facilitator(s) and provided feedback / input at the end each individuals' session.

#### **Day 4:**

The fourth day started with recitation of Quran. In addition to regularly scheduled session and discussions; the participants asked to partake in review of previous session before proceeding to scheduled session. The attendees discussed emergent field challenges and got guidance.

#### ***Session 13: Importance of Minimum Dietary Diversity for PL Women and care (SBCC Session 4)***

The facilitator(s) started session on importance of minimum dietary diversity for pregnant and lactating women. The demonstration started with brainstorming with attendees and facilitator(s) base the discussion on responses established by participants on the subject of Minimum dietary diversity. Further the session focused on following;

- Balance Diet (Chart 14)
- Benefits of Nutritional elements (Chart 15)
- Food groups (Chart 16)
- Food preservation (Chart 17)

The facilitator(s) demonstrate the session with participants and further guided them to replicate and practice the activity in their respective groups. The participants were guided to spend 15 minutes for reading the instructions & session contents and then deliver the session within 20 to 25 minutes. After delivery of session by each participant, RSPN facilitator have provided valuable feedback / input for improvement.

#### ***Session 14: Minimum Dietary Diversity for IYCF and Care (Session 5)***

Facilitator(s) started session with recap of former contents and introduced minimum dietary diversity for Infant Young Child and linked conceptual; discussion with MDD for PLWs. Further, participants were asked about the importance for food diversity for children aging from birth to sixth months, 6 months to 9 months, 9 months to 12 months and 12 months to 24 months. Participants were awarded about minimum dietary requirements for aforementioned age groups amongst the children and also discussed the safe nurturing practices, so that children under five grow as normal child.

#### ***Session 15: Monthly Household Expenditure and its %age spending on Food (Session 6)***

The facilitator(s) started demonstration session on “Monthly Household Expenditures and %age spent on food items” with brainstorming for extracting data regarding household’s income and expenditures. After responses the facilitator(s) showed recently surveyed about income & spending on food item and briefed about the effective use of portion of income in food diversity.

After demo session, participants were guided to replicate the session in their respective groups. RSPN team spent some time on general observation pertaining to session delivery and guide field staff specifically CNOs and WASH officers to follow guidelines mentioned in the SBCC toolkit and encouraged them to ask for any clarity.

#### **Day 5:**

Fifth day started with recitation of Holy Quran and recap of the session. The facilitator(s) review the sessions in detail about minimum dietary diversity for PLWs and IYCF, Monthly income and expenditure for fulfilment of dietary needs. After the session the participants were guided to move into the field for conducting demo session on SBCC Toolkit at community, for the reason RSPs i.e. SRSO, TRDP and NRSP requested to schedule a visit

in village nearby to training venue, so that time could be managed. The field visit for demo session organized as per below scheduled;

Date	RSP	Venue	Group (M / F)	Responsible
5 <sup>th</sup> October 2018	SRSO	Village Mungrani Taluka Lakhi District Shikarpur	Male	Ali Muhammad
			Female	Fozia & Sabira
11 <sup>th</sup> October 2018	NRSP	Village Sultan Malah District TMK	Male	Moosa Soomro
		Village Ghulam Nabi Shah	Female	Rehana
11 <sup>th</sup> October 2018	TRDP	Village Zeemi UC Anar Pur Taluka Manjhand District Jamshoro	Male	Shokat Ali, Ghayyas Ali
			Female	Suriya Soomro

### **Session 16: Field planning for session at CO and HH visit and Training Guidelines / SOPs**

Facilitator(s) after field visit have brief discussion on field activity and participants' observations in connection with demo session on toolkit and guided them for planning rollout with CRPs training. Further, a focused session conducted on training guidelines and SOP; session covered following topics;

- Pre Training Preparation:
- During Training
- Post Training essentials and requirements

The RSPs teams were provided relevant and necessary material for rollout training, that includes;

- Complete Training Pack
- SBCC Toolkit (Sindhi version) Soft and hard copies
- Pre / Post-test and feedback form (English and Sindhi version)
- Power Point presentations
- Training guidelines

### **Conclusion / Closing Remarks & Certificate Distribution**

The event was concluded and all the honourable guests were requested to come forward and distribute the certificates of participation to successful trainee participants.



## Post-Test

In order to evaluate the pre & post training knowledge of the participants, the facilitator(s) provided a format consists of questions / objective statements for assessment. The pre and post training evaluation format divided into three parts i.e. MCQs, True & False and Subjective part. The participants fill in the form carefully and submitted for score evaluation. Following table showing the pre and post training score of each individual attended the training.

### PRE & POST EVALUATION RESULT

Sr#	Name of Participant	Designation	RSP	Pre-test	Post-test	Variance
1	Ali Raza	WASH Officer	SRSO	34	44	10
2	Humair Ahmed	CNO	SRSO	28	37	9
3	Muhammad Ali	CNO	SRSO	39	41	2
4	Shoaib Ahmed	CNO	SRSO	40	42	2
5	Barkat Ali Waghan	CNO	SRSO	22	39	17
6	Riaz Ahmed	DPO	SRSO	46	46	0
7	Nisar Pathan	PM	SRSO	43	43	0
8	Samreen Sardar	CNO	SRSO	5	41	36
9	Rozeena	CNO	SRSO	36	41	5
10	Mazhar Ali	DPO	SRSO	39	46	7
11	Khurram Zameer	WASH Officer	SRSO	38	44	6
12	Akeel Ahmed Tunio	CNO	SRSO	28	38	10
13	Sabira GM	WASH Officer	SRSO	22	46	24
14	Shakeela Memon	CNO	SRSO	20	46	26
15	Sobia Parveen	CNO	SRSO	30	44	14
16	Sardar Khatoon	CNO	SRSO	10	32	22
17	Parveen Mahar	DPO	SRSO	39	46	7
18	Shabroz	CNO	SRSO	25	44	19
19	Rehana Hyder Joyo	CNO	SRSO	10	42	32
20	Ambreen	CNO	SRSO	10	39	29
21	Fozia Solangi	CNO	SRSO	38	46	8
22	Yasir Ali Kalhoro	CNO	SRSO	16	34	18
23	Arslan	CNO	SRSO	25	42	17
24	Balqees Noonari	CNO	SRSO	21	42	21
25	Ghulam Batool	CNO	SRSO	8	35	27
26	Sadia Junejo	CNO	SRSO	28	46	18
27	Sultan Khan	CNO	SRSO	22	34	12
28	Fozia Juenjo	CNO	SRSO	25	45	20
29	Hamid Ali Magsi	PM	SRSO	38	46	8
30	Mahira Soomro	M&E Assistant	SRSO	39	42	3
31	Abdul Kareem	CNO	TRDP	16	38	22
32	Muhammad Umar	WASH Officer	TRDP	43	45	2
33	Saira Memon	M&E Assistant	TRDP	45	46	1
34	Ghayasuddin	CNO	TRDP	29	37	8
35	Deedar Ali Shahani	CNO	TRDP	29	45	16
36	Ghulam Hussain Radhnani	CNO	TRDP	31	41	10
37	Gulsher Panhwar	DPO	TRDP	39	45	6
38	Mohammad Yaseen	CNO	TRDP	10	39	29
39	Waryam Baloch	DPO	TRDP	36	44	8
40	Muhammad Hassan	CNO	TRDP	46	41	-5
41	Khuda Bux	CNO	TRDP	28	43	15
42	Arbab Ali	CNO	TRDP	29	36	7

43	Ali Muhammad Kallar	PM	TRDP	46	47	1
44	Muhammad Yousif	WASH Officer	TRDP	33	43	10
45	Shoukat Hussain	CNO	TRDP	41	47	6
46	Fahmida Junejo	CNO	TRDP	31	43	12
47	Shaheena Siyal	CNO	TRDP	32	41	9
48	Uzma Siyal	CNO	TRDP	39	46	7
49	Rukhsana Parveen	CNO	TRDP	24	40	16
50	Shumaila Jamali	CNO	TRDP	29	43	14
51	Suriya Soomro	CNO	TRDP	32	44	12
52	Shaista Mallah	CNO	TRDP	19	43	24
53	Shaharbano	CNO	TRDP	9	36	27
54	Musrat Jamali	CNO	TRDP	25	43	18
55	Ali Nawaz Lakho	DPO	NRSP	46	46	0
56	Mahboob Jarwar	DPO	NRSP	40	45	5
57	Arshad Hussain	WASH Officer	NRSP	16	41	25
58	Muhammad Moosa	CNO	NRSP	21	40	19
59	Naseem Akhtar	CNO	NRSP	27	43	16
60	Abdul Wahid	CNO	NRSP	25	43	18
61	Sukhio Abro	CNO	NRSP	19	32	13
62	Rehana Solangi	CNO	NRSP	19	36	17
63	Mahtab Ali	CNO	NRSP	22	33	11
64	Mukesh Kumar	WASH Officer	NRSP	32	38	6
65	Abdul Qayoom	CNO	NRSP	22	39	17
66	Ali Hassan	CNO	NRSP	24	41	17
67	Abdul Ghani	WASH Officer	NRSP	28	44	16
68	Muhammad Saleem Tunio	CNO	NRSP	38	42	4
69	Junaid	WASH Officer	NRSP	36	43	7
70	Ghulam Murtaza	DPO	NRSP	45	47	2
71	Sana Rasheed	CNO	NRSP	24	43	19
72	Afshan Khwaja	CNO	NRSP	14	39	25
73	Zafreen Naz	CNO	NRSP	29	44	15
74	Rizwana Memon	CNO	NRSP	10	41	31
75	Rukhsana Samon	CNO	NRSP	9	39	30
76	Naseema Chuhan	CNO	NRSP	12	42	30
77	Inayat Ali	CNO	NRSP	25	41	16
78	Munir Ahmed	CNO	NRSP	28	40	12
79	Kanwal Baloch	CNO	NRSP	31	42	11
80	Attaullah	CNO	NRSP	29	42	13
81	Khalida Soomro	CNO	NRSP	25	44	19
82	Abdul Jabbar	CNO	NRSP	12	37	25
83	Nazar Joyo	PM	NRSP	43	46	3
84	Sikandar Ali	DPO	NRSP	41	46	5
85	Waseem Akhtar	DPO	NRSP	40	43	3

**ANOVA: Single actor**

**SUMMARY**

<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
SRSO	30	429	14.3	98.07931
TRDP	24	275	11.45833	71.04167
NRSP	31	450	14.51613	75.5914



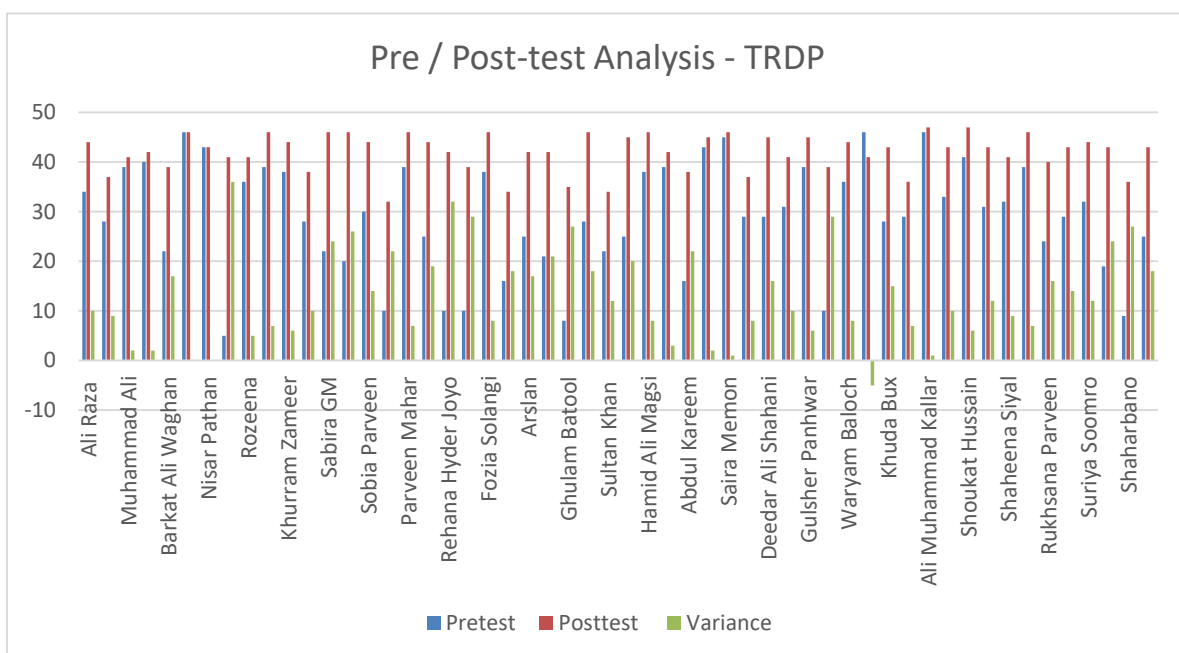
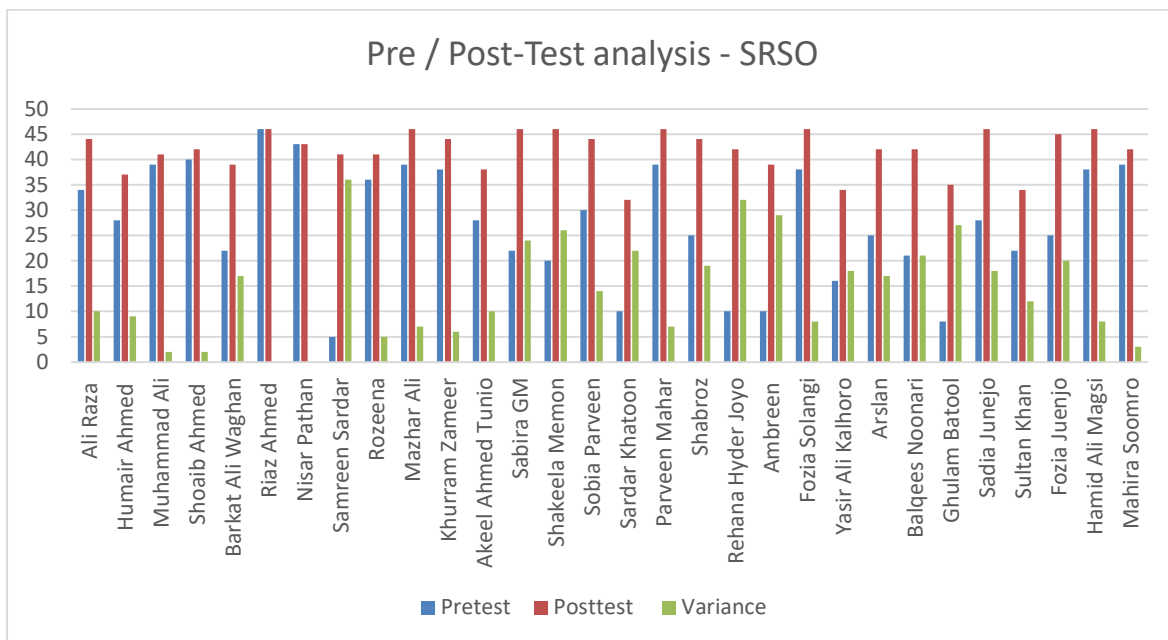
## ANOVA

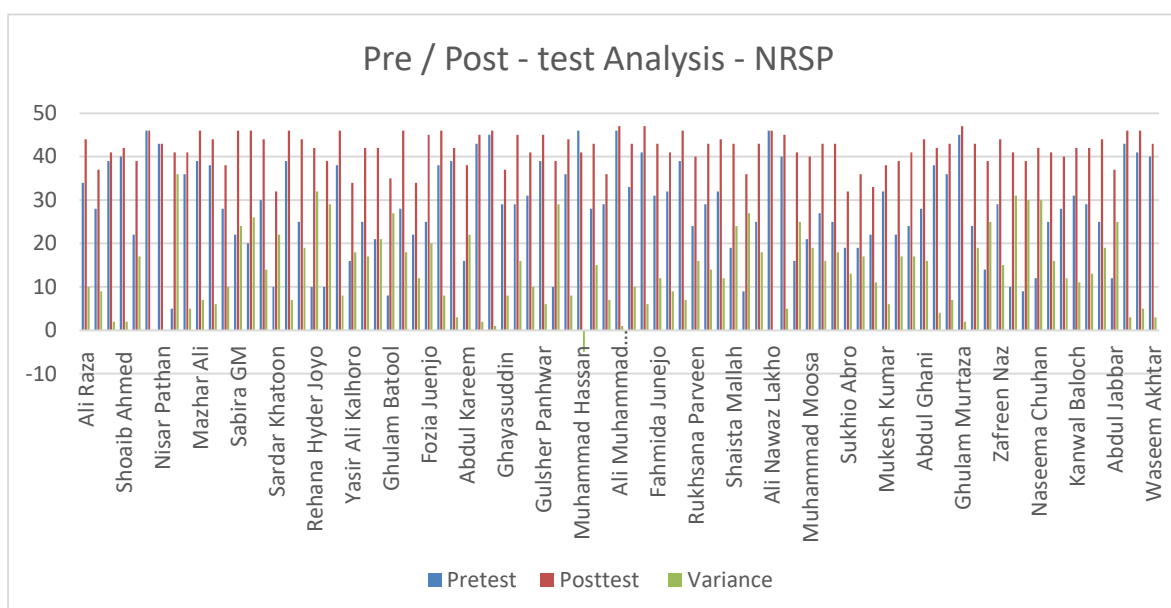
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	150.7527	2	75.37634	0.916226	0.404082	3.107891
Within Groups	6746	82	82.2683			
Total	6896.753	84				

## Descriptive Statistics:

Aforementioned table showing descriptive analysis for 11111 and field staff on SBCC Toolkit and WASH & AFSL activities. The table showing the different sample size of the groups and their sum of variance showcasing positive figure that resulted in positive change in the capacity of participants pertaining to this specific event.

## Graphical Representations of Pre / Post - test





## Training Evaluation / Feedback

A total of 85 participants from Rural Support Programmes i.e. SRSO, NRSP and TRDP provided feedback on the Training workshop by filling the Participant's Feedback Form. The summary of feedback provided against each set criteria statements is depicted in the below given table.

Criteria Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total (N=32)
The objectives of the training were clearly defined	78%	10%	12%	0%	0%	100%
Participation and Interaction were encouraged	83%	15%	0%	2%	0%	100%
Topics covered (course content) were relevant and appropriate with practical implications of concepts	91%	9%	0%	0%	0%	100%
Content was organized and easy to follow	89%	9%	2%	0%	0%	100%
Materials distributed were useful and sufficient for the participants	68%	24%	6%	1%	1%	100%
The facilitators(s) were knowledgeable about the training topics	71%	29%	0%	0%	0%	100%
The participant(s) were well prepared	88%	12%	0%	0%	0%	100%
The training of training objectives were met	98%	2%	0%	0%	0%	100%
Time allotted for each training session was sufficient	95%	3%	2%	0%	0%	100%
Physical facilities were adequate and comfortable / conducive learning environment	94%	6%	0%	0%	0%	100%
Do you think you can effectively use the skills / information learned from the ToT in your work?	100%	0%	0%	0%	0%	100%
Do you think that your personal learning objectives have been achieved?	42%	47%	5%	5%	0%	100%
Do you think that practical skills / exposure visits enhanced your KSAs for field activities?	93%	6%	1%	0%	0%	100%

On the basis of above the participant's feedback, the below areas of improvement are recommended for future capacity building events / training workshops.

### Time Management:

As per feedback form the participants suggested that training time should started from 09:00 am rather 08:30 am morning because fewer participants came from distant areas directly. However the allocated time for session delivery is insufficient as demonstration on the SBCC toolkit was time taking and it was compulsory for every

participant to deliver a demo session in assigned groups. The participant recommended when training timing exceeds the time frame of 09:00 AM to 05:00 PM then increase the number of days of training as efficiency of the participants diminish after 05:00 AM and some of them are coming from remote districts to attend the training especially female participants facing problems.

#### **Provision of Relevant and Useful Material:**

Although the majority of the participants agreed that the material provided in workshop were useful and relevant, however a significant percentage of them either remain neutral or even strongly disagreed with this statement. Therefore, it is recommended that usefulness and relevance of the material to be provided in the future and trainings should be thoroughly reviewed.

#### **Facilitation and Encouragement of the Participant's Participation and Interaction:**

The majority of participants either just agreed or remained neutral while rating that participation and interaction were encouraged in the workshop. Therefore, it is recommended that the participations and interaction of participants should be adequately encouraged. Moreover, the preparation of facilitators should be exceptional.

#### **Content Organization and its Delivery:**

The feedback of participants as shown in the above table suggest that the organization and delivery of the content of can be improved further making it easier for the participants to follow it.

### **Annex A: List of Participants**

Sr#	Name of Participant	Designation	Fe / Male	RSP / District	Contact #
1	Ali Raza	WASH Officer	M	SRSO - SHP	0311-9944030
2	Humair Ahmed	CNO	M	SRSO - SHP	0333-7222127
3	Muhammad Ali	CNO	M	SRSO - LRK	0334-3195404
4	Shoaib Ahmed	CNO	M	SRSO - LRK	0333-7554968
5	Barkat Ali Waghan	CNO	M	SRSO - KSK	0300-5077463
6	Riaz Ahmed	DPO	M	SRSO - LRK	0334-2146142
7	Nisar Pathan	PM	M	SRSO - PINS ER3	0345-1262959
8	Samreen Sardar	CNO	F	SRSO - LRK	0335-3136201
9	Rozeena	CNO	F	SRSO - LRK	0335-7468280
10	Mazhar Ali	DPO	M	SRSO - KSK	0332-2769579
11	Khurram Zameer	WASH Officer	M	SRSO - KSK	0346-8973088
12	Akeel Ahmed Tunio	CNO	M	SRSO - LRK	0333-9911253
13	Sabira GM	WASH Officer	F	SRSO - LRK	0336-3464181
14	Shakeela Memon	CNO	F	SRSO - SHP	0335-6926125
15	Sobia Parveen	CNO	F	SRSO - SHP	0300-2576160
16	Sardar Khatoon	CNO	F	SRSO - SHP	0305-2269237
17	Parveen Mahar	DPO	F	SRSO - SHP	0302-3612749
18	Shabroz	CNO	F	SRSO - SHP	0331-5279820
19	Rehana Hyder Joyo	CNO	F	SRSO - LRK	0348-3312801
20	Ambreen	CNO	F	SRSO - LRK	0340-0342328
21	Fozia Solangi	CNO	F	SRSO - LRK	0305-2904872
22	Yasir Ali Kalhoro	CNO	F	SRSO - KSK	0340-2798540
23	Arslan	CNO	F	SRSO - KSK	0331-3435518
24	Balqees Noonari	CNO	F	SRSO - KSK	0306-3150972
25	Ghulam Batool	CNO	F	SRSO - KSK	0302-3470413
26	Sadia Junejo	CNO	F	SRSO - KSK	0305-3911997
27	Sultan Khan	CNO	F	SRSO - KSK	0336-7504441

28	Fozia Juenjo	CNO	F	SRSO - KSK	0331-2727775
29	Hamid Ali Magsi	PM	F	SRSO - PINS ER3	0334-3303212
30	Mahira Soomro	M&E Assistant	F	SRSO - PINS ER3	0332-0835644
31	Abdul Kareem	CNO	M	TRDP - DADU	0300-3270694
32	Muhammad Umar	WASH Officer	M	TRDP - DADU	0311-0357094
33	Saira Memon	M&E Assistant	F	TRDP - PINS ER3	0336-3744605
34	Ghayasuddin	CNO	M	TRDP - Jamshoro	0306-8571768
35	Deedar Ali Shahani	CNO	M	TRDP - DADU	0300-3255687
36	Ghulam Hussain	CNO	M	TRDP - DADU	0333-7067377
37	Gulsher Panhwar	DPO	M	TRDP - DADU	0334-2216102
38	Mohammad Yaseen	CNO	M	TRDP - DADU	0303-2628160
39	Waryam Baloch	DPO	M	TRDP - Jamshoro	0331-12284741
40	Muhammad Hassan	CNO	M	TRDP - DADU	0334-2202624
41	Khuda Bux	CNO	M	TRDP - Jamshoro	0336-8080018
42	Arbab Ali	CNO	M	TRDP - Jamshoro	0333-7079081
43	Ali Muhammad Kallar	PM	M	TRDP - PINS ER3	0333-2642053
44	Muhammad Yousif	WASH Officer	M	TRDP - Jamshoro	0300-3257092
45	Shoukat Hussain	CNO	M	TRDP - DADU	0313-7880687
46	Fahmida Junejo	CNO	F	TRDP - Jamshoro	0302-3934098
47	Shaheena Siyal	CNO	F	TRDP - DADU	0345-1352365
48	Uzma Siyal	CNO	F	TRDP - Jamshoro	0331-3690269
49	Rukhsana Parveen	CNO	F	TRDP - Jamshoro	0332-0382074
50	Shumaila Jamali	CNO	F	TRDP - DADU	0305-8265211
51	Suriya Soomro	CNO	F	TRDP - DADU	0345-3174757
52	Shaista Mallah	CNO	F	TRDP - Jamshoro	0313-3446619
53	Shaharbano	CNO	F	TRDP - Jamshoro	0348-8080169
54	Musrat Jamali	CNO	F	TRDP - DADU	0311-3854209
55	Ali Nawaz Lakho	DPO	M	NRSP - Matiari	0303-3335517
56	Mahboob Jarwar	DPO	M	NRSP - TAY	0303-7776402
57	Arshad Hussain	WASH Officer	M	NRSP - Sujawal	0303-7775820
58	Muhammad Moosa	CNO	M	NRSP - TAY	0333-2664371
59	Naseem Akhtar	CNO	F	NRSP - TAY	0301-3731596
60	Abdul Wahid	CNO	M	NRSP - TAY	0303-7774214
61	Sukhio Abro	CNO	M	NRSP - Matiari	0303-3336896
62	Rehana Solangi	CNO	F	NRSP - Matiari	0334-2884442
63	Mahtab Ali	CNO	M	NRSP - Matiari	0303-3994663
64	Mukesh Kumar	WASH Officer	M	NRSP - Matiari	0332-2034558
65	Abdul Qayoom	CNO	M	NRSP - Thatta	0312-3392293
66	Ali Hassan	CNO	M	NRSP - Thatta	0323-8795942
67	Abdul Ghani	WASH Officer	M	NRSP - Thatta	0303-7775832
68	Muhammad Saleem	CNO	M	NRSP - TMK	0303-7773826
69	Junaid	WASH Officer	M	NRSP - TMK	0303-7772956
70	Ghulam Murtaza	DPO	M	NRSP - Thatta	0303-7773624
71	Sana Rasheed	CNO	F	NRSP - Thatta	0303-7775835
72	Afshan Khwaja	CNO	F	NRSP - Thatta	0303-7775833
73	Zafreen Naz	CNO	F	NRSP - Thatta	0303-7775834
74	Rizwana Memon	CNO	F	NRSP - Sujawal	0303-7772135
75	Rukhsana Samon	CNO	F	NRSP - Sujawal	0303-7772137
76	Naseema Chuhan	CNO	F	NRSP - Sujawal	0303-7774202
77	Inayat Ali	CNO	M	NRSP - Sujawal	0303-7775823
78	Munir Ahmed	CNO	M	NRSP - Sujawal	0333-3669017
79	Kanwal Baloch	CNO	F	NRSP - TMK	0303-7775829
80	Attaullah	CNO	M	NRSP - TMK	0303-7774770
81	Khalida Soomro	CNO	F	NRSP - TMK	0303-7775827

82	Abdul Jabbar	CNO	M	NRSP - Sujawal	0303-7775821
83	Nazar Joyo	PM	M	NRSP - PINS ER3	0303-3335473
84	Sikandar Ali	DPO	M	NRSP - Sujawal	0303-7772131
85	Waseem Akhtar	DPO	M	NRSP - TMK	0303-7775824

Activity	Participant	# of Participants		Total
		Male	Female	
Training of CNOs & WASH Officers on SBCC Toolkit and WASH & AFS Activities	CNOs	25	35	60
	WASH Officer	8	1	9
	M&E Assistant	0	2	2
	DPOs	9	1	10
	PM	4	0	4
	<b>Total</b>		46	39

Table-I: Detail of trained participants designation-wise.

Activity	RSP Name	# of Participants		Total
		Male	Female	
Training of CNOs & WASH Officers on SBCC Toolkit and WASH & AFS Activities	SRSO	11	19	30
	NRSP	21	10	31
	TRDP	14	10	24
	<b>Total</b>	46	39	85

Table-II: Detail of trained participants RSP-wise.

## Annex B (Training Agenda)

### PROGRAMME FOR IMPROVED NUTRITION IN SINDH – (PINS) ER-3 5 Days Training of Community Nutrition Officers (CNOs) on SBCC Toolkit and WASH & AFS Activities Agenda

#### Objectives:

The CNOs will be trained as district level master trainers for CRPs trainings (5 days).

The training will cover the following content:

1. Role of CRPs in PINS Project i.e. Triggering & Sessions delivery using SBCC Tool kit
2. Selection criteria for CRPs
3. CLTS Triggering Tools
4. Use of SBCC Toolkit and Sessions Delivery
5. Use of Module (CRP training)

First two days will cover the project interventions and technical knowledge, however last three days participants skills will be enhanced so that they can use CLTS tools for ODF and conduct sessions at community level through mock exercises and day long field visit.

#### Day One:

Time	Session	Contents & Expected Outcome	Methodology	Facilitator / RP	Session Requirements
0900 - 0915	Registration of participants	The participants will register themselves on provided attendance sheet.	Attendance Sheet	RSPN	
0915 - 0920	Recitation from The Holy Quran	One of the Participants will recite verses from the Holy Quran	Recitation	Volunteer	
0920 – 0930	Introduction of the facilitators and participants /Ice breaking (Expectation& fears of the participants)	This session will help participants to know each other and will help in the upbringing of inter personal communication among the participants. <ul style="list-style-type: none"> <li>▪ The expectations of the participants will be noted down</li> <li>▪ These will be matched with the training objectives, the left over will be included by the resource persons in order to meet the expectations of the participants.</li> </ul>	Participatory		
0930-0945	Norms setting	This session will help in maintaining the decorum of the training. <ul style="list-style-type: none"> <li>▪ Participants will set the norms for the workshop so that the time available for the training is utilized in an effective and efficient manner</li> </ul>	Brainstorming	Facilitator	
0945 -1000	Pre-test	The existing knowledge of the participants on the subject will be assessed. <ul style="list-style-type: none"> <li>▪ Facilitator will provide the pre-test form and ask participants to fill it</li> </ul>	Pre-test form	CBO - RSPN	
<b>1000 - 1015</b>	<b>Tea Break</b>				

1015 -1030	Welcome Note and Objectives of the training	<p>In this session the participants will be formally welcome and the objectives of training will be communicated (as above).</p> <ul style="list-style-type: none"> <li>▪ This will be a formal welcome to the participants and views will be provided on the objectives of the training in relation to its relevance with the program highlights the role of the RSPs 'staff.</li> <li>▪ In addition to this the objectives of the training will also be shared with the participants.</li> </ul>	Presentation/ Discussion	PD – RSPN	
1030- 1115	Sequencing and flow of the PINS ER3 activities (keeping in view of roles and responsibilities of CNOs/CRPs).	At the end of this session participants will understand the flow/sequencing of PINS ER3 activities under PINS Project and CNOs/CRPs roles and responsibilities towards those activities.	Brain Storming & participatory exercise	WASH Engineer	
1115 - 1130	Introduction to SBCC toolkit - WASH	<ul style="list-style-type: none"> <li>▪ Participants will be briefed about Behavior Change Communication, its Definition &amp; Concept.</li> <li>▪ Participants will be able to develop understanding about SBCC toolkit</li> <li>▪ Participants will be able to develop understanding on the use of SBCC toolkit</li> </ul>	Presentation and Discussion	WASH Specialist	
1130-1230	Development of VAP and VO's level Village Action Plan through customized participatory tools	<p>At the end of the session, participants will be able to develop/review VAP with the help of customized participatory tools (This exercise will also help them in preparation of VAP with focus on Sanitation and water safety:</p> <ul style="list-style-type: none"> <li>▪ Review/update of VDP (in context of ODF &amp; water safety planning)</li> <li>▪ Sanitary survey through transect walk</li> <li>▪ Calculation of feces</li> <li>▪ Flow diagram (fecal-oral routes through demonstration)</li> <li>▪ Calculation of medical expenses</li> <li>▪ Solutions for WASH issues</li> <li>▪ Review/update Village Action Plan (reflecting Sanitary survey findings for water safety, ODF, DRR etc.)</li> </ul>	Presentation, group work & discussion	WASH Specialist and WASH Engineer	
1230-1330	Process for ODF Declaration, Verification, Certification and Celebrations	<p>At the end of this session, the participants will be able to understand the process of ODF:</p> <ol style="list-style-type: none"> <li>I. Criteria / indicators</li> <li>II. Declaration</li> <li>III. Verification</li> <li>IV. Certification (First and second Level)</li> <li>V. Celebration</li> </ol>	Presentation, Group work & Discussion	WASH Specialist	
<b>1330 - 1430</b>	<b>Lunch &amp; Prayer Break</b>				
1430-1500	Linkages Development, coordination and Networking	At the end of this session, the participants will develop their understanding about other programme stakeholders (public and Private) will be able to understand their role towards project activities.	Presentation Group work & Discussion	WASH Specialist	

1500-1700	Introduction to CLTS	At the end of this session, the participants will develop their understanding about CLTS triggering tools and will be able to conduct triggering activities	Presentation, documentary Discussion	WASH Specialist	
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### Day Two:

Time	Session	Contents & Expected Outcome	Methodology	Facilitator / RP	Session Requirements
0800 - 0930	<b>Travel to nearby village (Non ODF)</b>				
0930 - 1230	Development of VAP in the community	Through field level activity the participants will be able to prepare the VAP as per guide lines: Village Action Plan (reflecting Sanitary survey findings for water safety & ODF)	Brainstorming Participatory		
1230-1330	Demo Session using SBCC Toolkit	Identification of Malnutrition, its causes and solutions (Session 1)	Volunteer		
1330 - 1500	<b>Travel back to training venue and lunch break</b>				
1500 - 1530	Reflections on field visit and filling the gaps	The participants will present their findings, share the feedback and facilitator will respond the queries.	Presentation & Discussions		
1530 -1700	Triggering (Mock)	Mock exercise on triggering in training hall	Mock exercise		

### Day Three:

Time	Session	Contents & Expected Outcome	Methodology	Facilitator / RP	Session Requirements
0900 - 0905	Recitation of Holy Quran	One of the Participants will recite verses from the Holy Quran	Recitation	Volunteer	
0905 - 0945	Recap	Review the topics covered in previous session	Participatory	Facilitator	
0945 - 1215	Identification of Malnutrition, its causes and solutions <b>(Session 1)</b>	<b>Demo session conducted by facilitator (30 Minutes)</b> How to identify malnutrition and its causes Symptoms of malnutrition Comparison with normal child and Solutions <i>Division of Participants in five groups. Each group comprising of four Participants. First of all the demo will be done before larger group. Then they will go through (Read and discuss) the technical content. ( 15 minutes )</i> Presentation by each participant on specific topic of technical content (15 minutes) Presentation by each participant on Session 1 (2 hrs. & 30 minutes)	Using SBCC Toolkit Practical Demo Mock exercises Chart # 1 Chart # 2 Chart # 3		
<b>Tea Break (during session)</b>					
1215 - 1445	Review of existing poor WASH conditions, diseases spread and its control	<b>Demo session conducted by facilitator (30 Minutes)</b> Village map; Diseases flow diagram – linking it to poor WASH conditions and Barriers, latrine construction and O&M, Hand washing with soap and its steps, environmental pollution	Using SBCC Toolkit Practical Demo		



	<b>(Session 2)</b>	<p>Division of Participants in five groups. Each group comprising of four Participants. First of all they will go through (Read and discuss) the technical content. ( 15 minutes )</p> <p>Presentation by each participant on specific topic of technical content (30 minutes)</p> <p>Presentation by each participant on Session 1 (2 hrs &amp; 30 minutes)</p>	<p>Mock exercise</p> <p>Chart # 4</p> <p>Chart # 5</p> <p>Chart # 6</p> <p>Chart # 7</p> <p>Chart # 8</p> <p>Chart # 9</p>		
<b>1445 - 1545</b>	<b>Lunch &amp; Prayer Break (during session)</b>				
1545 - 1815	<p>Identification of safe drinking water sources, protection and care</p> <p><b>(Session 3)</b></p>	<p style="text-align: center;"><b>Demo session conducted by facilitator (30 Minutes)</b></p> <p>Identification of safe drinking water sources, safety and O&amp;M; Access to safe drinking water; HHWTMs, rain water harvesting, nutrition pyramid</p> <p>Division of Participants in five groups. Each group comprising of four Participants. First of all they will go through (Read and discuss) the technical content. ( 15 minutes )</p> <p>Presentation by each participant on specific topic of technical content (30 minutes)</p> <p>Presentation by each participant on Session 1 (2 hrs. &amp; 30 minutes)</p>	<p>Using SBCC Toolkit</p> <p>Practical Demo</p> <p>Mock exercise</p> <p>Chart # 10</p> <p>Chart # 11</p> <p>Chart # 12</p> <p>Chart # 13</p> <p>Chart # 14</p>		

**Day Four:**

Time	Session	Contents & Expected Outcome	Methodology	Facilitator / RP	Session Requirements
0800 – 0905	Recitation of Holy Quran	One of the Participants will recite verses from the Holy Quran	Recitation	Volunteer	
0905 – 0945	Recap	Review the topics covered in previous session	Participatory	Facilitator	
0945 - 1215	<p>Importance of Minimum Dietary Diversity for PL Women and care</p> <p><b>(Session 4)</b></p>	<p style="text-align: center;"><b>Demo session conducted by facilitator (30 Minutes)</b></p> <p>Benefits of different food groups; description of food groups; food preservation;</p> <p>Division of Participants in five groups. Each group comprising of four Participants. First of all they will go through (Read and discuss) the technical content. ( 15 minutes )</p> <p>Presentation by each participant on specific topic of technical content (30 minutes)</p> <p>Presentation by each participant on Session 1 (2 hrs &amp; 30 minutes)</p>	<p>Using SBCC Toolkit</p> <p>Practical Demo</p> <p>Mock exercise</p> <p>Chart # 15</p> <p>Chart # 16</p> <p>Chart # 17</p>		
<b>Tea Break (during session)</b>					

1215 – 1445	Minimum Dietary Diversity for IYCF and care <b>(Session 5)</b>	<p><b>Demo session conducted by facilitator (30 Minutes)</b> MDDW and MDD for IYCF; care</p> <p><i>Division of Participants in five groups. Each group comprising of four Participants. First of all they will go through (Read and discuss) the technical content.( 15 minutes )</i> <i>Presentation by each participant on specific topic of technical content (30 minutes)</i> <i>Presentation by each participant on Session 1 (2 hrs &amp; 30 minutes)</i></p>	SBCC Toolkit Demo & Mock Chart # 18 Chart # 19 Chart # 20 Chart # 21 Chart # 22 Chart # 23		
<b>1445 - 1545</b>	<b>Lunch &amp; Prayer Break (during session)</b>				
1545 – 1815	Monthly Household Expenditure and its % on Food <b>(Session 6)</b>	<p><b>Demo session conducted by facilitator (30 Minutes)</b> % of Monthly HH expenditure on food items and suggested actions <i>Division of Participants in five groups. Each group comprising of four Participants. First of all they will go through (Read and discuss) the technical content.( 15 minutes )</i> <i>Presentation by each participant on specific topic of technical content (30 minutes)</i> <i>Presentation by each participant on Session 1 (2 hrs &amp; 30 minutes)</i></p>	Using SBCC Toolkit Practical Demo Mock exercise Chart # 24 Chart # 25		

### Day Five

0800 – 0905	Recitation of Holy Quran	One of the Participants will recite verses from the Holy Quran	Recitation	Volunteer	
0905 – 0945	Recap	Review the topics covered in previous session	Participatory	Facilitator	
0945- 1300	Filed visit and SBCC session delivery	The participants will conduct sessions in the field	Session delivery		
<b>1300 – 1400</b>	<b>Lunch &amp; Prayer Break</b>				
1430-1500	Review of Sessions And use of Module	Participatory Review on field sessions with dos and don'ts And use of Module of CRP Training	Participatory		
1500 -1515	Post test	To evaluate the learning of the participants after completion of the training		CBO/M&E	
1515 –1545	Participants Feedback (Format)	To evaluate the training as whole as terms of facilities, material, trainer / facilitator		CBO - RSPN	
1545 –1700	Closing ceremony	<ul style="list-style-type: none"> <li>▪ Participants Feedback/Remarks</li> <li>▪ Closing Remarks</li> </ul>		PD	

## **Annex C**

Definition of European Union: “The European Union is made up of 28 Member States who have decided to gradually link together their know-how, resources and destinies. Together, during a period of enlargement of 50 years, they have built a zone of stability, democracy and sustainable development whilst maintaining cultural diversity, tolerance and individual freedoms. The European Union is committed to sharing its achievements and its values with countries and peoples beyond its borders”.

Government of Sindh (GoS) through the Planning and Development Department (PDD) is implementing a six-year multi-sectoral Sindh Accelerated Action Plan for Reduction of Stunting and Malnutrition (AAP), with the objective of reducing stunting rate from the existing 48 percent to 40 percent by 2021. The European Union (EU), under the EU Commission Action Plan on Nutrition 2014, is supporting GoS in addressing the issue of malnutrition. Therefore, EU Brussels Office has approved the Programme for Improved Nutrition in Sindh (PINS) to be implemented in ten districts of Sindh which include Shikarpur, Thatta, Kambar Shahdaskot, Larkana, Dadu, Jamshoro, Matiari, Sajawal, Tando Allahyar and Tando Muhammad Khan.

RSPN is leading the PINS Expected Results (ER) 3 component with four partners: Action Against Hunger, National Rural Support Programme (NRSP), Sindh Rural Support Organisation (SRSO) and Thardeep Rural Development Programme (TRDP). This component includes nutrition sensitive interventions i.e. Water Sanitation and Hygiene (WASH) and Agriculture & Food Security (AFS).



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