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# PROGRAMME FOR IMPROVED NUTRITION IN SINDH (PINS)

In support of the Accelerated Action Plan, Government of Sindh

## Four Days Training of RSPs on Maximizing the Nutritional Impact of FSL Interventions & Climate Resilient Agriculture and PIM Review

(29<sup>th</sup> May 2018 to 1<sup>st</sup> June 2018)



Technical Assistance Partner



Implementation Partners for PINS ER-3 Component



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## Acronyms

AAP	Accelerated Action Programme
ACF / AAH	Action Consol La Faim / Action Against Hunger
AFS	Agriculture and Food Security
A4N	Agriculture for Nutrition
BMI	Body Mass Index
CA	Conservative Agriculture
CRA	Climate Resilient Agriculture
CSA	Climate Sustainable Agriculture
CU5	Children under Five
DRR	Disaster Risk Reduction
ER	Expected Results
EU	European Union
FCS	Food Consumption Score
FEZs	Food Economy Zones
FFS	Farmer Field School
GAM	Global Acute Malnutrition
GOS	Government of Sindh
HDDS	Household Dietary Diversity Score
HDI	Human Development Index
HEA	Household Economy Analysis
HFA	Height for Age
IDDS	Individual Dietary Diversity Score
IYCF	Infant Young Child Feeding
LBW	Low Birth Weight
MMDW	Minimum Dietary Diversity Women
MICS	Multi Indicator Cluster Survey
NutVal	Nutrition Value
PDC	Performance, Documentation and Communication
PLWs	Pregnant and Lactating Women
PINS	Programme for Improved Nutrition in Sindh
QQT	Quality, Quantity and Timeliness
SUN	Scaling Up Nutrition
VAC	Vulnerability Assessment Committee
VAD	Vitamin A deficiency
WFH	Weight for height
WFA	Weight for Age

## Overview

RSPN with technical support of Action Against Hunger (ACF) organised four days training workshop at MÖVENPICK Hotel Karachi. RSPN has intimated the Implementing RSPs and AAP Departments to nominate the participants of the workshop that included RSPs project managers, District Project Officers and District level trainers of Agriculture. The training workshop was objected on maximization of nutritional impact on Agriculture, Food Security and Livelihood intervention and climate resilient agriculture. The four days training workshop facilitated by the trainer / facilitator Mr. Ir Kiaya Mukumu Victor, Programme Advisor AFSL from ACF home office France. This activity was intended to enhance knowledge and understanding of the participants on how Food Security and Livelihoods (FSL) interventions have major roles in combating undernutrition. It also helped them to understand how short term and long term nutritional benefits can be achieved by implementing the right intervention at right time. The participant was familiarized about international perspectives of FSL interventions and encouraged their input / feedback pertaining to Pakistani context specifically Sindh province.

Accelerated Action Plan (AAP) departments, Government of Sindh also attended the four days training workshop with active participation and contributed a lot of FSL interventions in hands-on experience in the field since substantial number of years. Mr. Sheryar Memon, Provincial Programme Manager AAP also paid a visit and briefed about AAP interventions and ask for close coordination with Implementing RSPs with Line Department GoS working under AAP.

Another activity which is carried out accompanied with aforementioned workshop is consultation with RSPs key staff on development of Programme Implementation Manual - RSPN and RSPs staff dedicated their time from 07:00 AM to 09:15 AM for four days to discuss the PIM structure and development of the draft along with annexes.



## Welcome and Introduction

Mr. Muhammad Amir, Deputy Country Director - Action against Hunger (ACF) Pakistan initiated session and invited a participant to be volunteer to recite few verses from Holy Quran. Then he said that he is on behalf of ACF and RSPN delighted to have you here to participate in the training workshop to be continued for four days. He further thanked RSPs staff coming from PINS targeted districts and Government officials of Agriculture, Livestock and fisheries departments under Accelerated Action Plan (AAP) suggested that "Prepare yourself to be challenged, excited and inspired" for learning opportunity lasting for four days, and we are honoured to have Mr. Ir Kiaya Mukumu Victor, Programme Advisor ACF France for delivering detailed session(s) on Maximizing the Nutritional Impact of FSL Intervention & Climate Resilient Agriculture. He handed over the rostrum to facilitator who further briefly introduced himself and relevant international experience in the field of Food Security and Livestock. He proceed by building rapport with audience and distributed intro game cards among participants then guided them to find out the most linked / relevant card available with audience and encourage them to introduce one another. The introduction session went well and participants enjoyed the way they introduced each other.



## Background & Introduction to the training

The facilitator started the training with formal introduction and background of the training and said that despite a renewed focus on nutrition from the international community and some achievements in agricultural productivity, basic health access and education, the progress on reducing undernutrition has been comparatively slow. In spite of these challenges, the nutrition community is progressing. The publication in the Lancet of a series of papers related to child and maternal undernutrition in 2008, which drew together evidence on key problems and proven solutions in nutrition, acted as a catalyst. It has been followed by a number of initiatives, among other the endorsement of the 'Scaling Up Nutrition' Framework (SUN) by various stakeholders.

Tackling undernutrition will require solutions to be developed with the integration of the food security, livelihoods, health, care practices and nutrition sectors. Yet, the linkages between the

different sectors are complex and are increasingly under scrutiny as experience has shown that each sector tended to operate in separate spheres. Food security and livelihoods (FSL) interventions whether as an emergency operation, or a protracted relief and rehabilitation operation still have major roles to play in combating undernutrition. Although evidence remains scattered and limited, they can bring about short and long-term nutritional benefits by providing the 'right' intervention at the 'right time, and by ensuring nutrition-sensitive practices throughout the intervention pathway and life cycle.

He further said that in July 2011, Action contre la Faim (ACF) / Action Against Hunger (AAH) / ACF International (ACF) produced Maximising the Nutritional Impact of Food Security and Livelihoods Interventions, A manual for field workers aiming at providing practical guidance to country teams. This manual aims to mainstream nutrition into the standard FSL activities and practices, by increasing collaboration between sectors, and to raise awareness of humanitarian practitioners on the impact they can have on nutrition by implementing nutrition-sensitive interventions and by promoting adequate nutrition practices. It promotes the systematic use of a 'nutrition lens' at each step of the project cycle and a close collaboration between sectors. It also emphasizes the need to dispel the myth that economic growth and agricultural development in particular equals automatically improved nutritional status.

Through the production and dissemination of this practical guidance manual to field practitioners, but also policy makers, ACF aims at sharing lessons learnt and best practices to maximise impact of food security and livelihoods programming.

## **Training Objectives and Individual Pre-Test**

The facilitator, **Mr. Ir Kiaya Mukumu Victor** showed images to participants and brainstormed that what's their perception regarding these images, and encouraged participants to provide their view point. They discussed their views and opinions in detail and received feedback from the facilitator.

Then facilitator explained the training objectives;

### **Maximising the nutritional impact of FSL interventions Training**

- To increase participant's knowledge, skills and aptitudes in maximising the nutritional impact of food security and livelihoods intervention.
- To share and disseminate lessons learnt experiences and best practices of 'nutrition-sensitive' interventions.
- To help design a country action-plan to maximise the nutritional impact of FSL interventions.

### **Climate resilient agriculture and integrated farming**

- To contribute and building the desired capacity and ability of participants in the development and promotion of conservation agriculture (CA), thereby enhancing their ability to respond to farmers'/environmental concerns.
- To properly enhance knowledge and skills of participants in integrated farming systems (case of rice-fish culture)

## Individual Pre-Test

The facilitator distributed a format pertaining 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 **“Maximising the nutritional impact of FSL interventions training”**, so that the facilitator formulate a customized strategy for session delivery in better and appreciative manner.

## Training Workshop Proceeding

### Session 1: Overview of under Nutrition:

The lead trainer / facilitator conducted session on under nutrition and briefed about the concepts of undernutrition with respect to following objectives;

- Define undernutrition and explain its consequences & determinants.
- Define Nutrition Security and explain the linkages between food security, livelihoods, agriculture, nutrition and health.
- List the resources and key sources of information related to undernutrition.

The facilitator visualize the images pertaining to human face of food security, hunger and undernutrition, understanding on micro and macro nutrients needs, and have detail session while facilitating participants’ input on conceptual clarity on the aforementioned themes. Furthermore, Mr. Victor explained the affects millions of people mainly in Africa and Asia, underlying cause of 1/3 of deaths in pre-school children and Maternal and child undernutrition account for 11% of the global burden of disease. Moreover, the concepts and definitions of Acute malnutrition, Chronic malnutrition, Micronutrient deficiencies, Maternal undernutrition, Low birth weight and Underweight leading to consequences Impair child cognitive and physical development, Increase morbidity and mortality risks, Increase risk of chronic diseases and Reduce human and economic development.

The facilitator divided participants into groups and shared a case study and each group is requested to answer the two questions and prepare a brief presentation of the discussion on case study related to undernutrition, micronutrient deficiencies and importance of intake by age groups. The participants performed very effectively in context of Sindh.

### Session 2: Nutrition Sensitive Assessment

Mr. Victor discussed in detail a Life cycle of nutrition challenges in connection with impact of malnutrition throughout the life cycle, the session was focused on PLWs, CU5, Old age people and adolescent and challenges under consideration including higher mortality rate, impaired development, increased risk of adult chronic diseases, untimely / inadequate feeding, frequent infections, inadequate food, health and care, reduces mental capacity, reduced physical capacity and fat-free mass and higher maternal mortality leading to malnourished women, and stunting and wasting of children under five. The lead trainer / facilitator discussed local scenario in general with participants and shared a case study (handout) pertaining to **“Linking food security and nutrition data” - adapted from the nutrition cluster harmonized training package**. The situation in Zimbabwe spiralled into crisis as a result of complex underlying factors. The lead trainer / facilitator divided participants in groups and instructed them to answer the case containing questions and prepare a brief presentation of the discussion. Firstly the group prepared and deliver presentation to answer the questions, what can you conclude from this information? And what interventions would you recommend to international agencies and donors to address the situation? The Second group discussed and prepare a presentation on How do these findings alter your conclusions and recommendations? Which non-nutritional data did you find most compelling with regard to



determining the severity of the situation and why? And what lessons can be learnt from doing this case study?

In conclusion, the lead trainer / facilitator provided his critical feedback and input in general and specifically in context of Zimbabwe.

### **Session 3: Window of opportunity**

The second day of the 4 day workshop on Maximising the Nutritional Impact of Food Security and Livelihood Interventions, led by Mr. Kiaya Mukumu Victor, Food Security and Livelihood Programme Advisor, Action Against Hunger, France focused mainly on the first thousand days that he called out '**window of opportunity**' that are the child's first thousand days that start with its conception. A series of case studies were planned that concentrated on women and all the factors that affect her during this time. He quoted that "Good Nutrition in the 1000 days between a woman's pregnancy and her child's second birthday sets the foundation for all the days that follows" as good nutrition is essential for development yet malnutrition is widespread, and affecting 1 out of 3 people on the planet (The Issue), helping parents navigate the what, when and how of infant and toddler's feeding (For parent) and thus 1000 days promote action and investment to improve nutrition for women and children throughout the world.

The facilitator discussed a scaling up nutrition, a framework for action to discuss the following elements;

- Start from the principle that what ultimately matters is what happens at the country level;
- Sharply scale up evidence-based cost-effective interventions to prevent and treat undernutrition, with highest priority to the minus 9 to 24 month window of opportunity where we get the highest returns from investments;
- Take a multi-sectoral approach that includes integrating nutrition in related sectors and using indicators of undernutrition as one of the key measures of overall progress in these sectors;
- Provide substantially scaled up domestic and external assistance for country owned nutrition programmes and capacity.

The session ahead was emphasized on Why a Major Focus Now on Reducing Undernutrition? And a Multi Sectoral-Approach and Scaling Up a set of direct nutrition interventions and its benefits and impact of undernutrition interventions on Millennium Development Goals (**MDGs**).

The facilitator used mixed methods to conduct the session and also encouraged the participant to provided their input and ask questions for conceptual clarity.

### **Session 4: Programme Theory Pathways – Aiming for Nutrition Impact**

The facilitator headed towards session and delved into **Programme Theory Pathway** through which participants were to understand the different mechanisms / pathways by which the nutritional status are expected to improve. The session was objected to define the 'programme theory pathway' and explain its purpose in the programme's design.

The participants were divided into groups and shared a case study related to Myanmar which is considered as a food-surplus country with agriculture potential and natural resources, it is one of the poorest countries in Asia and ranks 132 on the 2010 HDI. Chronic food and nutrition insecurity is the consequence of unfavourable economic policies, rural underdevelopment coupled with vagaries of weather, and the marginalisation of some sectors of the population. "The situation is affecting the ability of many households to access sufficient levels of nutritious food as well as basic services such

as clean water, health and education and is particularly pronounced in the border areas and among ethnic minorities.”

The groups instructed to read case study and prepare a brief presentation to address the questions;

- List the different mechanisms/pathways by which the nutritional status of the targeted households is expected to improve.
- List the intermediary and final outcomes.
- List the potential problems that may arise.
- Draw on a flip chart the whole programme pathway.

The highlight of the session was a role-play session around the dietary diversity questionnaire where participants carried out small skits to exhibit how a session with beneficiaries would be like.

### Session 5: Nutrition oriented indicators

The session started with slight discussion on nutrition oriented indicator with objective implications to identify nutrition-related indicators to measure outcomes & impact's intervention and the purpose and process of collecting individual dietary information using IDDS, MDDW and IYCF.

The facilitator distributed the guidelines for measurement of household & individual dietary diversity along with a questionnaire to fill in order to analyse the MDDS.

The participants split in two teams and team one assigned a task on IDDS meanwhile other team instructed to work on IYCF to address the questions, for team one has to address following questions;

1. Design an Individual Dietary Diversity questionnaire – including food groups reflecting locally available foods.
2. Select one member of the team that will play the role of the respondent (for example, a woman of reproductive age) and administer the questionnaire in 'real conditions'.
3. Collect the answer, compute and analyse the data. Final score should be between 0-9

Team two guided to address the questions discussed below;

1. Start by reading the definition of indicators in the Definition guideline (p.5-9)
2. Select three members of the team that will play the role of the respondents.
3. Administer the questionnaire in 'real conditions' to the 3 respondents
4. Collect the answers, compute and calculate the indicator of early initiation of breastfeeding.



## Session 6: Do No Harm

The facilitator headed a session and define two objectives of the session;

- Define the 'do no harm approach' and list key steps of 'a do no harm approach' strategy
- Explain the purpose and process of using the IYCN Nutritional Impact tool assessment

The facilitator discussed that A Do No Harm" approach is used to integrate conflict-sensitivity wherever it is relevant. DNH field assessments help understand conflict at a project or community level. When local leaders understand which activities divide or connect people, development partners designed projects / programmes to minimise harm and support. The participants divided into two groups and asked to identify the negative impacts of Agriculture, Food Security and Livelihood intervention while implementing the projects / programmes with multi-sectoral approach. The groups then delivered a brief presentation on the theme with local context.



## Session 7: Nutrition Promotion and Behaviour Change Strategy

The nutrition promotion and behaviour change strategy session conducted and the facilitator explained the objectives, include;

- Explain the purpose of nutrition promotion and how this should be used
- Explain the purpose of Behaviour Change Strategy (BCS) and how this should be used,

The facilitator discussed that Agricultural interventions are most likely to contribute to positive nutritional outcomes if they addressing gender issues, empowering women and incorporate nutrition education to address natural, financial, physical and human capitals, discussed the concepts of nutrition promotion (terminologies, improving knowledge and practices) and behaviour change and probe a question that "Is giving information enough to change behaviour". Furthermore, the participants were taught about Change Communication and Formative research



including *Dietary and care practices are embedded in people's beliefs, norms, habits and traditions, and convincing people to change behaviour requires time and expertise*. Mr. Victor also discussed about vital strategies to improve nutrition & care of children, women and household; depend on practices of caregivers, who decide on adopting and using the project deliverables in an optimal manner or not, target non only women/caregivers **BUT** also men, decision makers and community agents who is doing it? FSL, NUT, MHCP.

After session a video clip showed to participants which intended to communicate behaviour change and research to understand context, norms and levers (formative research) related to dietary and care practices, Design actionable and well-tailored messages, Use existing channels of dissemination & cooking demonstrations, Measure the changes with KAP surveys and on-field observation.

## Session 8: Health Garden in Mali

The facilitator had brief presentation on “Health Garden Approach” and discussed that it is an innovative and sustainable approach of the fight against malnutrition which endows mothers with necessary basic knowledge for a good nutrition in their families together with means to put into practice those «lessons learnt » through the nutritional education and the improvement of food diversity. This approach is based on;

- The development of vegetable gardens (for the production of fruits, vegetables, cereals, peanuts used, on one hand, for the family consumption and, on the other hand, for generating incomes by sale on markets,
- The holding of sessions of awareness and education on essential nutrition actions in the gardens (breastfeeding, hygiene, food and nutrition,
- Culinary demonstrations of balanced recipes based on the availability of the garden’s products and other local food crops ordinarily used, at a price equivalent to that of meals usually prepared.

Secondly he showed the evaluation resulting in positive impacts included;

- Availability of vegetables increased from 5 to 9 months.
- Production of vegetable crops (fruits, vegetables, cereals) improved by 165%.
- Diet diversity among the whole population improved from six to seven food groups (HDDS: from 5, 3 to 6, and 59 over 12 as maximum score). Seven is the minimum score to consider having a “diversified diet”.
- Food consumption especially on vitamin A-rich food in young children improved from 59% to 99%.
- Knowledge on causes of malnutrition was 88% in beneficiaries but only 68% in non-beneficiaries.
- Improved income from market gardening: times 2.5.
- Better access to safe drinking water and better hygiene knowledge & practices.

Thirdly, he discussed and classify the common activities implemented for the health garden, Nutritional Education, Support to production and Crop Management and provide recommendations;

1. Improve the identification process of gardeners and beneficiaries with emphasis on targeting the Health Gardens most vulnerable women in communities and women with malnourished children.
2. Insert in the Gardens’ activities a component of bio-fortified seed production during the rainy season.
3. Limit the number of Gardens (6 to 3 for each animator) to provide technical guidance and implement outreach activity more continuously. Indeed, a Health Garden requires a constant presence of raising awareness and supervision staff.
4. Strengthen the capacity of supervisors on the topics of nutrition education or the techniques and technologies before any distribution on the ground

## Main Recommendations and Action Plan

The facilitator displayed a video clip to participants and conducted a brief session on the action plan to incorporate the lesson learnt and the steps involved in it, these included actions needed to be taken, necessary resources, necessary support, timeliness and constraints & foreseen challenges.

## Session 9: Integrated Farming System: Rice-Fish Culture

In the session, facilitator showed a video regarding Rice-Fish farming in Indonesia and encouraged the participants to discuss the integrated farming system with respect to rice-fish culture in local context. Participants actively engaged in the training session and provide their input / feedback.



## Session 10: Agroecology / Agro and Nutrition

1. To contribute and building the desired capacity and ability of participants in the development and promotion of conservation agriculture (CA), thereby enhancing their ability to respond to farmers'/environmental concerns.
2. To properly enhance knowledge and skills of participants in integrated farming systems (case of rice-fish culture)

Climate resilient agriculture includes a broad set of practices that sustainably increase productivity and resilience, reduce and/or remove greenhouse gas emissions where possible and enhances the achievement of food security and development goals.

## Session 11: Conservation Agriculture

Facilitator started the session and showed outline of the session Conservation Agriculture to participants;

- The Introduction (our mother land)
- Principles
- CA impact
- Implements
- Benefits and Constraints
- Conclusion

He discussed that Conservative Agriculture (CA) is a way of managing agro-ecosystems to achieve higher, sustained productivity, increased profits and food security while enhancing the environment and also defined 3 simultaneous principles:

- Permanent soil cover
- Minimum soil disturbance
- Diversified crop association and rotations

He further discussed that managing Soil Organic Carbon with no-till cropping systems to restore soil resilience, improve soil quality and agronomic productivity and what are the impacts in the soil when we convert natural vegetation to an agricultural land, and what happened to the Soil Organic Carbon after conversion to agricultural area and the maintenance of the continuous tillage?

While conclusion, he defined the benefits of CA and classify these in two categories mentioned below;



### **In the short term**

- Benefit farmers through reduced cultivation costs,
- Reduced fuel and labor requirements

### **In the medium and long term**

- Help improve resource base quality (soil, water, biodiversity)
- Enhance productivity and use-efficiency of external inputs through improved functioning of natural processes of regulation, transformations and cycling
- Constitute a practical adaptive strategy to build resilience of frail production systems to climate change variations
- Change and contribute to mitigation through carbon sequestration and reduced GH gas emissions

The fourth day's session started off with participants presenting their action plans that incorporated their learnings from the previous days, each giving their take on what they would do in order to optimize their resources and experiences to create the maximum impact.

## **Development and Use of Programme Implementation Manual**

RSPN and implementing RSPs had numerous sittings to understand the project proposal in depth; firstly, RSPN's nutrition sensitive component team have prepared a draft of Programme Implementation Manual that following contents which were considered thoroughly in the discussions;

- Structure of the Manual
- Preliminary
  - Introduction to PINS
  - Objectives of the PINS
  - Components of PINS Programme
  - Key Principles for Implementation of PINS programme
  - Purpose of the PIM
  - Process of Development of PIM
  - Implementation and Revision
- Expected Result – 1
  - Sanitation Related Activities
    - Prepare VAP and support implementation for access for safe drinking water and achieve ODF
    - Construction of low cost disaster resilient demonstration latrines in each target village
    - Community level awareness session on WASH and nutritious food
    - Develop community level technical resource for construction of low cost latrines and installation of hand pumps
    - Construct Village level ODF certification through district ODF Certification of Committees, Sustainability Certification and Celebrations by VOs / LSOs
  - Water Rated Activities
    - Capacity Building of PHED staff and LSOs on water testing and water quality monitoring



- Undertake Chemical Testing and periodic biological water quality monitoring of improved water sources through LSOs
- Chlorination of communal water sources to address biological contamination through LSOs
- Provision of Safe drinking water through construction / installation / rehabilitation of hand pumps / water supply schemes in areas of extreme need
- Pilot testing on LSO level chlorine production and household level chlorination for water treatment and explore possibility for scale up and commercialization / social marketing
- Celebration of programme related international days i.e. World Food Day, World Water Day, Global Hand Washing Day at UC, District and provincial level
- Quarterly Coordination meetings with national WASH partners
- Expected Result – 2
  - VO Level preparation to improve availability of nutritious crops at all times
  - Develop a cadre of master trainers (Government & RSPs) and VO level agriculture entrepreneurs in kitchen gardening (for drought, flood and peri – urban setting) in landless households, homestead gardening and small scale community farming.
  - VO level farmer field schools (FFS) to promote kitchen gardening and identify indigenous solutions to agricultural challenges and replicate at a large scale
  - Undertake female agriculture entrepreneurship activities through female farmer schools to promote markets to improve access to balanced and affordable food
  - Promote Moringa tree plantation and other nutritious plants, the processing and consumption as a supplement for maternal and early child nutrition.
  - Capacitate small landholders / farmers (up to acres) in climate resilient crop production technologies including food safety through demonstration plots, training / extensions services and provision of inputs.
  - Livestock Related Activities
    - Provision of goats to the poorest households (0 - 12 PSC) with PLWs and Children under 5 for food diversification
    - Improve livestock management practices through training of CLEWs and delivery of extension services including introduction of improved livestock breeds
    - Improve food diversification through community level poultry entrepreneurship
    - Identification and training of poultry entrepreneurs on better management practices
    - Regular technical and social support for community poultry entrepreneurs
  - Fisheries Related Activities
    - Improve community level fish production and consumption through training of individuals of fish farmers, support LSOs for community fish ponds and fish distribution amongst poor households
    - Pilot testing on promotion of paddy fish farming cultures in rice cultivation areas

- Cross-cutting themes
  - Disaster Risk Reduction
  - Gender Integration in the proposed action
  - Right Based Approach
  - Climate Change, Environment and Disaster Risk Reduction
  - Mitigation measures to be adopted to offset negative impact on climate due to livestock
- Sub-granting
- Communication and Visibilities Related Activities
- Annexes

RSPN core and project team in consultation with RSPs Key staff adopted consultative approach to develop the manual with purpose to ensure inputs from RSPN senior management and implementing partners. The process started with desk review of the existing manuals of RSPN and approved action document and prepared draft. During workshop participants have reviewed the draft and strategize the manual into comprehensive document leading to guidelines for smooth implementation. The participants dedicated 3 hours a day for proceeding four days to formulate a manual shape for further review and use throughout the project period.

## Conclusion

Mr. Ir Kiaya Mukumu Victor concluded the four days training workshop and discussed with participants and asked certain question in local context in order to strategize the implementation of programme activities effectively and efficiently. These questions included;

1. How will climate change affect a rural Sindh household?
2. What can we do to stop, to mitigate the effect of climate change?
3. What are the challenges for the agriculture sector in your district?
4. What do we want to keep?
5. What do we want to eliminate?
6. What do we want to get or achieve?
7. What do we want to avoid in the future?
8. What will the PINS program look like in the future?

After formal conclusion of the training workshop by thanking all the participants again and summarizing important take-away.

## Post-Test and Training evaluation / Feedback

At the end of formal training, trainee participants given a post-test template in order to analyse the conceptual clarity on a four days training workshop themed at “Maximizing the Nutritional Impact of FSL Intervention & Climate Resilient Agriculture”. Moreover, participant also given a feedback form for overall evaluation of training, encourage them to provide their valuable input / feedback so that these could be considered for future capacity building events.

## Closing Remarks & Certificate Distribution

The four day workshop orientation on the Maximisation of Nutritional Impact of Food Security and Livelihood Intervention came to a close on the June 1st with a very special guest! Mr. Bashir Anjum introduced Ms. Shohreh Naghchbandi, In charge of Rural Development and Nutrition, Delegation of the European Union to Pakistan. The participants had a pleasure to meet her and enthusiastically introduced themselves and thanked for her special presence.

Ms. Naghchbandi mentioned that how Sindh was a priority region for the EU, with other programmes such as SUCCESS already running in the province. She urged everybody to build on existing programmes, work together to bring forth sustainable change in the communities in the target districts.

Mr. Khaleel Tetlay, Chief Operating Officer (COO) had a brief session with programme staff and guided about importance of Performance, Documentation and Communication (PDC) in connection with Quality, Quantity and Timeliness (QQT) for achieving programme objective and career development.

Mr. Shehryar Memon, Deputy Secretary (Administration) & Provincial Program Manager for Accelerated Action Plan joined us for the certificate distribution ceremony. He too, encouraged the participants to put their best foot forward and close coordination with AAP departments and officials for effectiveness of the programme activities and also avoid any duplication in PINS activities as the Programme for Improved Nutrition in Sindh is funded by the European Union in Pakistan and supplements the Government of Sindh's Accelerated Action Plan for Reduction of Stunting & Malnutrition in Sindh and will be implemented across 10 districts in Sindh.



## Annex A: (List of Participants)

Sr#	Name	Designation	Department / Organization /RSP	Contact#
1	Rao Ayub Khan	Tech. Agri. Manager	ACF	0333-2974284
2	Dr. Abdul Khaliq	Govt. Tech. Liaison Officer	RSPN PINS ER-3	0300-2694987
3	Ghulam Sarwar Memon	Admin & Logistics Assistant	RSPN PINS ER-3	0300-3133017
4	Nisar Ahmed Pathan	Programme Manager	SRSO PINS	0345-1262959
5	Muhammad Salman	AFS Officer	SRSO PINS	0333-7288124
6	Munawar Ali Gadhi	AFS Officer	SRSO PINS	0347-3830749
7	Mazhar Ali Abro	District Project Officer	SRSO PINS	0332-2769579
8	Riaz Ahmed Bijarani	District Project Officer	SRSO PINS	0334-2146142
9	Junaid Ahmed Jatoi	AFS Officer	SRSO PINS	0341-2904942
10	Parveen Mahar	District Project Officer	SRSO PINS	0302-3612744
11	Mahira Soomro	M&E Assistant	SRSO PINS	0332-0835644
12	Abdul Aleem	AFS Officer	NRSP PINS	0303-7774216
13	Ayesha Mysorewala	KM & Reporting Officer	RSPN PINS ER-3	
14	Rabab Jafar	Communication Officer	RSPN PINS ER-3	0332-2126368
15	Ghulam Murtaza	District Project Officer	NRSP PINS	0303-7773624
16	Sikandar Ali	District Project Officer	NRSP PINS	0303-7772131
17	Imtiaz Ali	M&E Officer	RSPN PINS ER-3	0312-9744895
18	Shahana Ali	M&E Officer	RSPN PINS ER-3	0333-2884362
19	Alee Kapri	M&E Coordinator	RSPN PINS ER-3	0333-2511142
20	Khuram Shahzad	M&E Specialist	RSPN	0300-5201720
21	M R Kayani	WASH Specialist	RSPN PINS ER-3	0300-4145014
22	Bashir Anjum	Specialist Social Sector	RSPN	0333-4003811
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24	Mohan Thakur	WASH Engineer	RSPN PINS ER-3	0333-2977035
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26	Waryam Baloch	District Project Officer	TRDP PINS	0331-2284741
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29	Saira Memon	M&E Assistant	TRDP PINS	0336-3744605
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31	Anila Gandani	AFS Officer	NRSP PINS	0300-2838596
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47	Khaleel Tatley	Chief Operating Officer	RSPN	

### Annex B (Training Agenda)

Time (AM-PM)	Tuesday / D1	Wednesday /D2	Thursday /D3	Friday /D4
11 :00- 11 :15	Introduction & welcome	Recap D1	Recap D2	Integrated farming system Rice fish culture
11 :15-11 :30		Window of opportunity	Do no harm	
11 :30-12 :00	Training objectives and individual pre-test	Window of opportunity	Do no harm	
12 :00-2 :00	Over view of under nutrition	Programme theory pathway	Do no harm	Agroecology /agro and nut
2 :00-2 :30	Break	Break	Break	Break
2 :30 – 4 :15	Over view of under nutrition / Exercise	Programme theory pathway + exercise	IYCN presentation (nut impact assessment tool)	Conservation agriculture (CA) +group discussion
4 :30 – 5 :00	Exercise		Nutrition promotion & Behaviour Change Strategy	
5 :00 – 5 :30	Case study 1	Nutrition oriented indicators	Nutrition promotion & Behaviour Change Strategy	
5 :30 – 6 :00	Nutrition sensitive assessment	Nutrition oriented indicators	Programme/project presentation from participant	
6 :00 – 6 :30	Nutrition sensitive assessment + case study 2	Nutrition oriented indicators + exercise	Health garden in Mali & group discussion	
6 :30 – 7 :00	Nutrition sensitive assessment + case study 2	Exercise	Main recommendations and action plan + oral & written feedback from participants	Conclusion Note & Certificate Distribution

## **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 Shahdadkot, 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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