



PROGRAMME FOR IMPROVED NUTRITION IN SINDH (PINS)

In Support of the Accelerated Action Plan, Government of Sindh
Consolidated Report

Five Days Training of Agriculture Entrepreneurs (AEs) on Kitchen Gardening, Livestock and Poultry Management

March to September 2019 | Field Units| NRSP, SRSO, TRDP



Trickle Down Trainings | NRSP, SRSO, TRDP

PINS is funded by the European Union



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Reviewed By

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Acronyms

AAP	Accelerated Action Programme
ACF / AAH	Action CONSOL La Faim / Action Against Hunger
AEs	Agriculture Entrepreneurs
AFS	Agriculture and Food Security
API	Agriculture Poly Technical Institute
ASO	Assistant Scientific Officer
AZRC	Arid Zone Research Centre
AZRI	Arid Zone Research Institute
A4N	Agriculture for Nutrition ²
BARDC	Baluchistan Agricultural Research & Development Centre
BoGs	Board of Governors
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
FFS	Farmer Field School
GAM	Global Acute Malnutrition
GOS	Government of Sindh
GoP	Government of Pakistan
LS	Livestock
MOU	Memorandum of Understanding
NARC	National Agriculture Research Council
NARS	National Agriculture Research System
NutVal	Nutrition Value
PARC	Pakistan Agriculture Research Council
PDC	Performance, Documentation and Communication
PLWs	Pregnant and Lactating Women
PL	Programme Leader
PINS	Programme for Improved Nutrition in Sindh
PSO	Professional Scientific Officer
QQT	Quality, Quantity and Timeliness
SARC	Southern-Zone Agricultural Research Centre
SRSO	Sindh Rural Support Organization

Overview

Government of Sindh (GoS) through the Planning and Development Department (PDD) is implementing a four-year project 2018 to 2021, 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.

RSPs will have been in an agreement as implementing RSP for EU funded programme with RSPN on 17th April 2018. To address the issues related to Food Security and Livelihood (AFSL) intended to reduce malnutrition and stunting in Sindh. Rural Support Programmes Network (RSPN) scheduled capacity building of RSPS key staff including field staff on aforementioned theme.

Agriculture officers from Accelerated Action Plan (AAP) departments, Government of Sindh and RSPs staff including PMs, DPOs, Agriculture Food Security Officers (AFS) and Community Nutrition officers were nominated to participate in the eight days training workshop. AAP has nominated ten agriculture officer possessing required qualification along with hands-on experience in the field since substantial number of years for eighth days training on kitchen gardening, livestock and poultry management. These Agriculture officers, agriculture department is subject to assist and support RSPs under AFSL component. This known as master cadre aimed at trickle down the five days training of agriculture entrepreneurs who will have establish Demo plot and farmer field school.

During year-I, 1,189 (591 men and 590 women) VO-level Agriculture Entrepreneurs (AEs) were trained and reported in the first interim report. During the reporting period, 2,854 (1,433 men and 1,421 women) have been trained through a five day training. These trainings were facilitated by master trainers of implementing RSPs and the District Government Agriculture Officers. As a result of these training, AEs gained knowledge and good practices pertaining to crop cultivation, kitchen gardening, nursery raising, livestock and poultry management. They also learnt use of the agricultural toolkit and how to organize orientation of poor households on Farmer Field School (FFS) and conduct household visits to provide technical support to establish kitchen garden at home.

Welcome & Introduction to the training

To contribute in Government of Sindh efforts in improving food diversity and reducing water borne diseases while implementing climate resilient nutrition sensitive interventions in targeted districts of Sindh. RSPN and

implementing RSPs conducted AFSL activities under Programme for Improved Nutrition in Sindh. The series of workshop(s) were conducted consists of five Days training for identified & selected Agriculture Entrepreneurs on kitchen gardening livestock and poultry management. These Agriculture Entrepreneurs are capacitated to work in their community on the awareness of the following main areas;

- Farmer field school approach
- Climate smart kitchen gardening especially vertical kitchen gardening techniques for landless households,
- Small scale community farming and value chain by using the Farmer Field School approach Community level poultry and livestock management.

As mentioned above that RSPs staff and district agriculture staff was trained as master cadre to replicate the learnings at field level. For the reason a trickle down plan was shared by RSPs for rollout training at community level. These training workshop(s) was conducted at field units, during year-I, 1,189 (591 men and 590 women) VO-level Agriculture Entrepreneurs (AEs) were trained and reported in the first interim report. During the reporting period, 2,854 (1,433 men and 1,421 women) have been trained through a five day training. These trainings were facilitated by master trainers of implementing RSPs and the District Government Agriculture Officers. As a result of these training, AEs gained knowledge and good practices pertaining to crop cultivation, kitchen gardening, nursery raising, livestock and poultry management. They also learnt use of the agricultural toolkit and how to organize orientation of poor households on Farmer Field School (FFS) and conduct household visits to provide technical support to establish kitchen garden at home.

The consolidated details is as under as sessions conducted RSPs and district wise;

Table 1: Detail of Participants district wise

RSP	District	Trained CRPs		Total	# of Sessions
		Male	Female		
NRSP	Tando Allahyar	124	117	241	8
	Tando Muhammad Khan	132	134	266	9
	Sujawal	141	138	278	9
	Thatta	108	100	208	7
	Matiari	107	110	217	7
SRSO	Larkana	170	171	341	11
	Shikarpur	145	143	288	10
	Kambar Shahdadkot	175	173	348	12
TRDP	Jamshoro	119	121	240	8
	Dadu	212	214	426	14
Total		1433	1421	2853	

Female

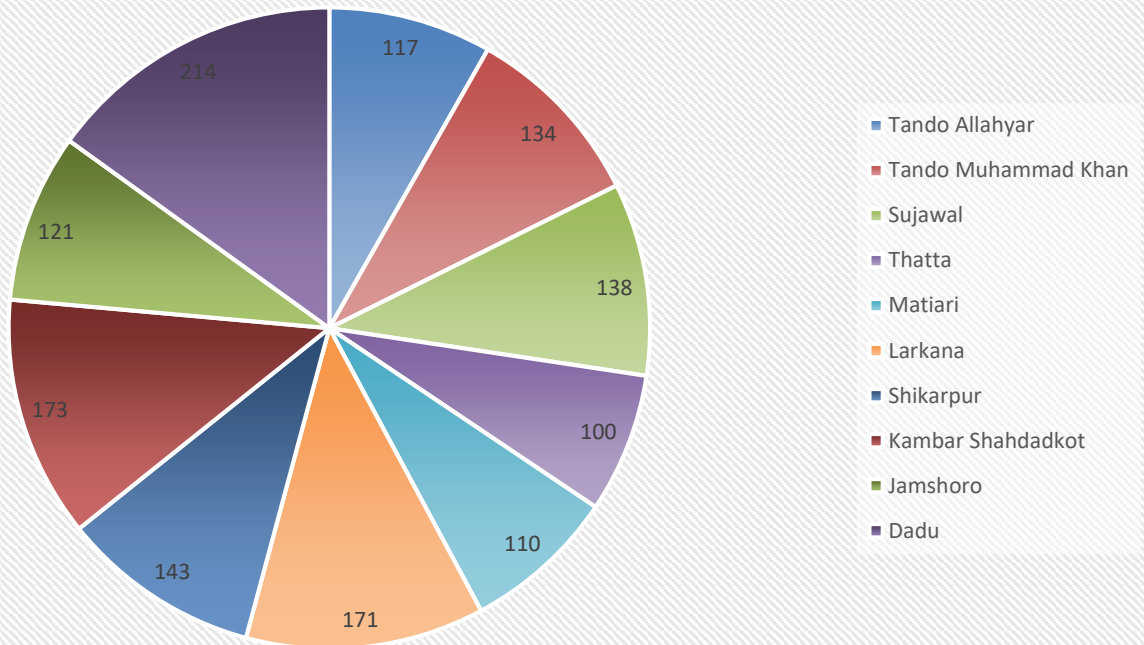


Figure 1 Showing female participants

Male

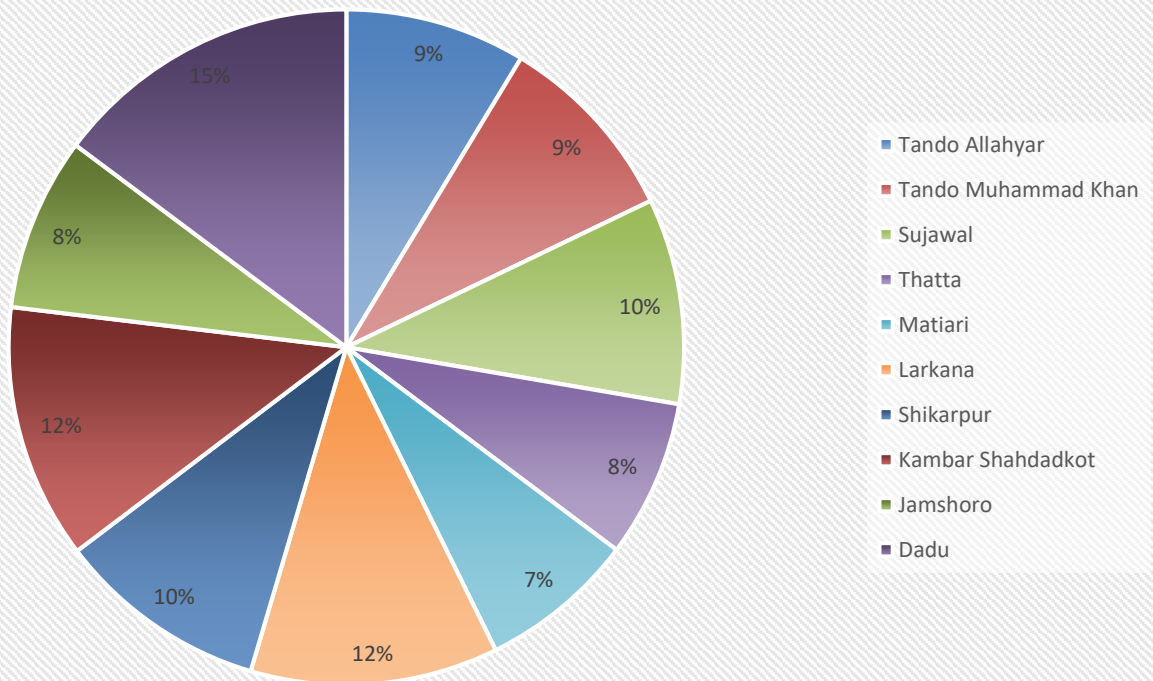


Figure 2: Showing Male Participants

Training Objectives

The purpose of this activity is to build the capacity of Agriculture Entrepreneur for improved Agricultural (vegetables, Livestock and Poultry) practices so that more Vegetables, Livestock and Poultry will produced and available at the local level. Further the objectives of these trainings are defined as under;

- To enhance food security in vulnerable communities.
- To aware female farmers on kitchen garden and their importance.
- Kitchen garden supply non-staple food needs and a significant share of vitamins and minerals for the household

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 ***“Kitchen Gardening, Poultry and Livestock Management & Other AFSL Activities”***, so that the facilitator formulate a customized strategy for session delivery in better and appreciative manner. The template was in simple Sindhi language and easily understandable for all the participants.

Norm Settings and Expectations & Fears

Norm setting, expectations and fears were asked from the participants and participants conclude following points

Norm Setting:

- Keep Silence during sessions
- One person will talk on same time
- Keep off the cell phone or make them on silent mode
- If someone has a question, He/She will raise the hand
- No Criticism
- Each participant will get time to express his/her point of view

Expectations:

- After Orientation we will be able to play our role for PINS Programme
- This orientation will help us to know about the PINS programme activities
- Training will build confidence
- We will get interventions in Our LSOs

Fears:

- How we will reach at the training address?
- What type of the questions will be asked?

- At what time we will be free? And How will be the behaviour of Trainer?

Orientation Workshop Proceeding

Day One:

First day of training was started with the recitation of Holy Quran and then Riaz Ahmed Bijarani DPO welcomed to whole participants on participation of training and then introduced each and every self and then set the training norms for ensuing during five days training, later on team got attendance from trainees and then trainer conducted Pre Test by the participants and later on introduced about **Programme for Improved Nutrition in Sindh (PINS)** and then Project Manager Hamid Ali Magsi attended event and briefed to participants on importance of vegetable than by trainer following the agenda on first day Trainer covered following topics

Farmers Field School (FFS)

- FFS Concept & Approach
- Methodology & Working
- Roles & Responsibilities of Entrepreneurs
- Record keeping (FFS Register).

Importance of Vegetables

- Causes of Food insecurity & Malnutrition
- Importance of vegetables in our daily diet
- Local vegetable cultivation trends & practices
- Comparison b/w vegetables & crops returns

Kitchen Gardening plot establishment

- Field level preparation / Lay out & Site selection
- Types & Good quality Soils
- Importance & Use of Organic matter in soil
- Transplantation methods
- Caring of seedlings for first 10-15 days

Good quality Seed

- Importance of good quality seed
- Types of seeds / Pre-basic, Basic & Registered
- Sources of good quality seeds
- Seed Germination Testing methods
- Methods of cultivation Vegetable seed production & storage.



Day Two:

2nd day training started with the review of first day by DPO and AFSL Officer each trainee participated in review PINS and trainer covered following topics according to agenda.

Time of Sowing

- Importance of timely sowing vegetables
- Types of vegetable seasons
- Types and methods of sowing vegetables
- Sowing & Harvesting times of vegetables
- Off Season Vegetable cultivation



Insect / Pest / Diseases

- Important pests & Diseases of vegetables
- Control of Pests & Diseases
- Importance & Use of Organic pesticides & Fertilizer
- Methods & preparation of Neem based organic pesticides at village level
- Hoeing & Weeding

Day Three:

3rd day training started with the review of 2nd day AFSL officer each trainee participated in review, then visited the Village for onsite field activities i.e. process of Compost making at VO Level each trainee participated in the form of group and AFS Officer facilitated him initially told the importance of Compost and then practically started the whole process by following the procedure each trainer covered following topics according to agenda



Organic Matter or Fertilizer

- Importance and use of organic matter or Fertilizer
- Types of organic matter
- Methods of compost making

Organic pesticides

- Types of Organic pesticides
- Methods of Making organic pesticides

Irrigation System

- Types of irrigation
- Water requirement for vegetables
- Time of irrigation

Post-Harvesting

- Time & methods of harvesting vegetables
- Post-Harvest Losses & their control
- Food processing & preservation methods

Integrated Pest Management (IPM)

- Introduction and importance of combined control
- Cultural Control
- Physical Control
- Biological Control
- Chemical Control



Day Four:

4th day training started with the review of 3rd day by DPO and AFSL officer each trainee participated and discussed on yesterday review later on trainer covered following topics according to agenda schedule.

Livestock Management

- Introduction and Importance of Livestock
- Nutritional importance of Livestock

Caring of Livestock during emergency

- Types of Livestock at village level
- Fodder Management
- Livestock Sheds

Kinds and breeds of domestic animals

- Breeds of Livestock (Indigenous and cross breeding)

Diseases and vaccination schedule of animals

- Types of diseases
- Treatments



- Time of vaccinations
- Community Livestock Extension Worker

Day Five:

5th day training started with the review of 4th day by DPO and AFS officer each trainee participated and discussed on yesterday review than trainer covered following topics according to agenda schedule.

Poultry Management

- Nutritional importance of Poultry (Meat & Eggs)
- Household Poultry Trend

Caring of Poultry at HH level

- Household level Backyard Poultry Management
- Making feed at HH level
- Formation of Cages

Diseases and vaccination

- Types of diseases
- Treatments
- Vaccination schedule



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. Mainly Programme Manager of RSPs or DPO were engaged in closing remarks and awarded the certificates of participants.

Pre & Post Training Evaluations:

A total of 2854 participants from targeted district participated in the training event at the end of training post-test was taken from participants and provided feedback on the training workshop by filling the participant's feedback form (Attached)

Certificate Distribution Ceremony

In the end of training Certificate distribution ceremony was held in Programme Manager of RSPs or DPO were engaged in closing remarks and awarded the certificates of participants.

Annex A: Agenda (Sindhi)

نصاب برائي پنج روزا تربيتي پروگرام ايگريڪلچر اينٽرپرائيز

وقت	عنوان / سيشن	سرگرمين جو تفصيل	سهولتڪار	طريقيڪار	گهريل وسيلو
پهريون ڏينهن					
1030 - 0930	تعارف ۽ خوش آمديد	<ul style="list-style-type: none"> رجسٽريشن ۽ تلاوت خوش آمديد ۽ تعارف تربيت مان اميدون ۽ ضابطا اخلاق تربيت جا مقصد تربيت کان پهرين معلوماتي ٽيسٽ 	ڊي پي او / اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه	رجسٽريشن شيٽ /حاضري شيٽ / پري ٽيسٽ فارميٽ /
چانهه جو وقفو					
1045 - 1030	فارمير فيلڊ اسڪول	فارم فيلڊ اسڪول جو تعارف، <ul style="list-style-type: none"> تصور ۽ رسائي يا پهچ اينٽرپرائيز جو ڪردار ۽ ذميداريون رڪارڊ ڪيپنگ (ڪارگڌاري رجسٽر) 	اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه	مينوئل / پريزنتيشن /
1330 - 1430 نماز / مانجهاندي جو وقفو					
1730 - 1430	مرغباني (ڪڪڙيون پالڻ ۽ انهن جي سنڀال)	<ul style="list-style-type: none"> غذائي لحاظ ڪا ڪڪڙ جي گوشت ۽ آن جي اهميت گهريلو سطح تي ڪڪڙيون پالڻ جو رجحان گهريلو سطح تي ڪڪڙين جي گهر جي اڳڻ ۾ افزائش مقامي / علائقائي نسل ۽ انهن جي اهميت پجڙي جي بناوٽ بيماريون ۽ ٽڪا هڻڻ 	اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه	مينوئل / پريزنتيشن
ٻيون ڏينهن					
1000 - 0930	تلاوت ۽ گذريل ڏينهن جو ورجاءُ		سي اين او	بياني	
1000 - 1030	جانور پالڻ ۽ انهن جي سنڀال	<ul style="list-style-type: none"> چوپائي مال جي اهميت هنگامي حالتن ۾ جانورن جي سنڀال 	اي ايف ايس آفيسر /	بياني / سبق / ڳالهه ٻولهه	مينوئل / پريزنتيشن
چانهه جو وقفو					
1030 - 1045	جانور پالڻ ۽ انهن جي سنڀال	<ul style="list-style-type: none"> جانورن جا نسل ۽ قسم جانورن جي کاڌ ۽ خوراڪ جانورن جي رهائش جو بندوبست 	اي ايف ايس آفيسر /	بياني / سبق / ڳالهه ٻولهه	مينوئل / پريزنتيشن
1330 - 1430 نماز / مانجهاندي جو وقفو					
1430 - 1700	جانور پالڻ ۽ انهن جي سنڀال	<ul style="list-style-type: none"> جانورن جون بيماريون ۽ انهن جو علاج ڪميونٽي لائيو اسٽاڪ ورڪرز جانورن جو وڻج واپار 	اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه / فيلڊ ڊمانسٽريشن	مينوئل / پريزنتيشن
ٽيون ڏينهن					
1000 - 0930	تلاوت ۽ گذريل ڏينهن جو ورجاءُ		سي اين او	بياني	
1100 - 1000	پاڇين جي اهميت	<ul style="list-style-type: none"> روزانه جي غذا ۾ پاڇين جي اهميت علائقائي سطح تي پاڇين جي پيداوار پاڇين ۽ فصلن جي پيداوار جو موازنو 	اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه / فيلڊ ڊمانسٽريشن	مينوئل / پريزنتيشن
چانهه جو وقفو					
1115 - 1100	پاڇين جي باغباني	<ul style="list-style-type: none"> هموار زمين ۽ ان جي شڪل شبيح، زمين جي تياري جو طريقيڪار اوزار ۽ انهن جو استعمال، بيجاري لاءِ زمين جي تياري نرسري لاءِ پاڻ جي پرائي 	اي ايف ايس آفيسر / سي اين او	بياني / سبق / ڳالهه ٻولهه / فيلڊ ڊمانسٽريشن	مينوئل / چارٽ / پينا فليڪس

نماز / مانجهاندي جو وقفو				1430 - 1330
ڊيمو پلاٽ / بچ / اوزار	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> زمين جي تياري ۽ زمين جي چونڊ ۽ ان جي شڪل زمين جا قسم نامياتي مواد جا قسم ۽ انهن جي اهميت پيوندڪاري يا روٽي جا طريقڪار بيجاري جي پهرين 15-10 ڏينهن جي سنڀال 	پنيري لاءِ زمين جي تياري
چوٿون ڏينهن				
			تلاوت ۽ گذريل ڏينهن جو ورجاءُ	1000 - 0930
پڙهائي وارو مواد / اوزار / وٽاڻ / ڪڪڙين جو پاڻ	بچ پڇاڻڻ / جوت جا ٿيلها پڇاڻڻ	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> پوکائي لاءِ بچ جي اهميت بچن جا قسم بهترين بچ جا ذريعا 	بچ جي چڪاس جا طريقا
چانهه جو وقفو				
				1130 - 1115
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> وقت تي پاجيون پوکڻ جي اهميت موسمي پاجين جا قسم پوکائي ۽ لٿڻ ڪا وقت غير موسمي جي پاجين جي پيداوار 	پوکائي جو وقت
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> آپياشي جا قسم پاجين جي پيداوار لاءِ پاڻي جي گهرج آپياشي جو صحيح وقت 	آپياشي جو نظام
نماز / مانجهاندي جو وقفو				
				1430 - 1330
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> زهر ۽ ان جي پاجين لاءِ اهميت بيماريون / زهر نامياتي زهر ۽ ان جو صحيح استعمال نامياتي زهر ۽ ان جي اهميت نر ۽ نامياتي زهر ٺاهڻ جي تياري ۽ وٽاڻ جو پاڻ زمين جي صفائي 	جيت جٽا / بيماريون / قوهارو
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> نامياتي پاڻ جا قسم ۽ انجو استعمال ڪمپوسٽ ٺاهڻ جو طريقو فوليئر جو استعمال 	نامياتي پاڻ
پنجون ڏينهن				
			تلاوت ۽ گذريل ڏينهن جو ورجاءُ	0930 - 1000
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> پاجين جو لابي جو وقت / طريقو لاباري کان بعد جا نقصان ۽ انجي روڪڻ پاجين کي محفوظ ڪرڻ جو طريقڪار 	لاباري کان بعد
چانهه جو وقفو				
				1115 - 1130
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> گهريلو سطح تي پاجين جي عمودي پوکائي مارڪيٽ سان واسطو ۽ رابطاڪاري زياده پاجين جي مٽا سٽا 	پاجين جو ڪاروبار
نماز / مانجهاندي جو وقفو				
				1300 - 1400
مينوئل / پريزنٽيشن	بياني / سبق / ڳالهه بولھ / فيلڊ ڊمانسٽريشن	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> سوهانجڙي جي غذائي اهميت سوهانجڙي جي پوکائي جا طريقا 	سوهانجڙي جي پوکائي
	ڳالهه بولھ /	اي ايف ايس / آفيسر / سي اين او	<ul style="list-style-type: none"> تريبيت کان بعد جي اسيسمنٽ اختتام تي تاثرات سرٽيفڪيٽ 	تريبيٽي ورڪشاپ جو اختتام

Annex B: Definition of EU

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).



EUROPEAN UNION

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