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PROGRAMME FOR IMPROVED NUTRITION IN SINDH (PINS)

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



Maximizing the Nutritional Impact of FSL Intervention & Climate Resilient Agriculture Orientation Workshop Report

Karachi

29th May - 1st June 2018

Technical Assistance Partner



Implementation Partners for PINS ER-3 Component



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Acronyms

AAP	Accelerated Action Plan
ACF/AAH	Action Contre La Faim/Action Against Hunger
AFS	Agriculture and Food Security
A4N	Agriculture for Nutrition
BMI	Body Mass Index
CA	Conservation 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 for Women
MICS	Multi Indicator Cluster Survey
NutVal	Nutrition Value
PDC	Performance, Documentation and Communication
PLW	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

Rural Support Programmes Network with technical support from Action Against Hunger (ACF) organised a 4-day training workshop at the Mövenpick Hotel, Karachi on **Maximizing the Nutritional Impact of FSL Intervention & Climate Resilient Agriculture**. The implementing RSPs and AAP Departments were asked to nominate participants for this training event. These included RSPs Project Managers, District Project Officers and Agriculture and Food Security Officers. Similarly, representatives from Agriculture and Livestock and Fisheries departments also participated in this training. The orientation workshop was led by Mr. Kiaya Mukumu Victor, Food Security and Livelihood Advisor, Action Against Hunger, France. This activity was intended to enhance knowledge and understanding of the participants on how food security and livelihoods (FSL) interventions have major role in combating undernutrition. It also helped them to understand how short term and long term nutritional benefits can be achieved by implementing the right interventions at the right time. The participants were familiarized about international perspectives on FSL interventions and were encouraged to give their input pertaining to the Pakistani context specifically for the Sindh province.

Representatives from the Accelerated Action Plan for Reduction of Stunting & Malnutrition in Sindh (AAP), Government of Sindh also attended the four days training workshop including Mr. Shehryar Memon, Deputy Secretary (Administration) & Provincial Program Manager, AAP. He stressed for close coordination among implementing RSPs and line departments working under AAP.

Proceedings of the Workshop

Welcome and Introduction



Mr. Muhammad Aamir, Deputy Country Director - Action against Hunger (ACF) Pakistan initiated the session and invited a participant to recite a few verses from the Holy Quran. He welcomed the participants on behalf of ACF and RSPN. He thanked the RSPs staff representing the different PINS target districts and representatives from the Agriculture, Livestock and Fisheries departments under Accelerated Action Plan (AAP). He encouraged that participants should

make the most out of this learning opportunity. Welcoming Mr. Victor, he handed over the rostrum to the facilitator who briefly introduced himself and relevant international experience in the field of Food Security and Livelihoods. He proceeded by building a strong rapport with the audience. To help set the tone, Mr. Victor distributed game cards among participants and guided them to find out the most linked/relevant card available with audience and encourage them to introduce one another.

Background & Introduction to the Training

The facilitator started the first session with a formal introduction and background of the training. He mentioned 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.

What is encouraging, however, is the effort that we see the nutrition community putting in to bring in some much-needed change. This is also evident from the varied publications we see such as The Lancet's series of papers related to child and maternal undernutrition in 2008, which drew together evidence on key problems and proven solutions in nutrition. This went on to act as a catalyst for a number of initiatives, including the endorsement of the 'Scaling up Nutrition' Framework (SUN) by various stakeholders.

He said that tackling undernutrition will require solutions to be developed with the integration of the food security, livelihoods, healthcare practices and nutrition sectors. Yet, the linkages between different sectors are complex and are increasingly under scrutiny as experience has shown that each sector tends 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 mentioned that in July 2011, Action Contre la Faim (ACF) produced a manual titled *Maximising the Nutritional Impact of Food Security and Livelihoods Interventions* 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 equals automatically improved nutritional status.

The production and dissemination of this practical guidance manual is not just for field practitioners, but also policy makers. It is through efforts like these, that 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 showed images to participants and asked them to share their perception regarding these images. The participants presented their views and opinions in detail and received feedback from the facilitator.

The facilitator then explained the following training objectives:

Maximising the Nutritional Impact of FSL Interventions Training

- To increase the 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 the knowledge and skills of participants in integrated farming systems such as rice-fish culture

Individual Pre-Test

The facilitator distributed a questionnaire 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 could formulate a customized strategy for session delivery in a more effective manner.

Session 1: Overview of Under Nutrition:

The facilitator conducted session on undernutrition 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.

While facilitating the participants' conceptual clarity about food security, hunger, undernutrition, he mentioned conditions of malnourished and undernourished populations in Africa and Asia. He explained that underlying cause of 1 in 3 deaths in pre-school children and 11% maternal and child undernutrition becomes the cause of diseases. He explained the factors that cause low birth weight and underweight leading to consequent impaired child cognitive and physical development, increase morbidity and mortality risks, increased risk of chronic diseases and reduced human and economic development.



The participants were divided into groups to work on given case studies. They were asked to answer given questions and prepare a brief presentation of the discussion on the case study related to

undernutrition, micronutrient deficiencies and importance of intake by age groups. The participants performed very effectively in the context of Sindh.

Session 2: Nutrition Sensitive Assessment

The facilitator discussed in detail the 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, reduced mental and physical capacity, and fat-free mass leading to malnourished women, maternal mortality and stunting and wasting of children under five. The facilitator discussed local scenario in general with participants and shared a case study about a community in Zimbabwe titled Linking Food Security and Nutrition Data - adapted from the nutrition cluster harmonized training package. The participants were divided into groups and asked to review the situation and answer the questions about minimizing such situations and suggesting practical interventions to be undertaken by donors and relief agencies. The second group prepared a presentation on how do these findings alter your conclusions and recommendations?



Which non-nutritional data did you find most compelling with regards to determining the severity of the situation and why? And what lessons can be learnt from doing this case study?

Concluding the discussion, the facilitator provided his critical feedback and input in general and specifically in context of Zimbabwe.

Session 3: The Window of Opportunity

The second day of the 4-day workshop on Maximising the Nutritional Impact of Food Security and Livelihood Interventions, focused mainly on the first thousand days that the facilitator called out *window of opportunity* that start with the 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.' Though good nutrition is essential for development yet malnutrition is widespread, and affecting 1 out of 3 people on the planet.

The facilitator discussed 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 next part of the session was titled *Why is there a Major Focus Now on Reducing Undernutrition?* This was focused on a multi-sectoral approach and scaling up a set of direct nutrition interventions and its benefits and impact of undernutrition interventions on the Millennium Development Goals (MDGs).

The facilitator used mixed methods to conduct the session and encouraged the participants to provide their input and ask questions for conceptual clarity.

Session 4: Programme Theory Pathways – Aiming for Nutritional Impact

The session focused on Programme Theory Pathway through which participants were expected to understand the different mechanisms/pathways by which the nutritional status is expected to improve. The session aimed to define the programme theory pathway and explain its purpose in the programme's design.

The participants were divided into groups and given 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 were instructed to read a case study and prepare a brief presentation to address the following points:

- 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 brief discussion on nutrition-oriented indicators 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 to analyse the MDDS.

The participants were 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 this purpose, team one had 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. The final score should be between 0-9.

Team two was asked to do the following:

1. Start by reading the definition of indicators in the definition guideline.
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 started the session explaining two main objectives:



- Define the ‘do no harm’ approach and list key steps of this strategy
- Explain the purpose and process of using the IYCN Nutritional Impact tool assessment.

Mr. Victor discussed that a ‘Do No Harm’ approach is used to integrate conflict-sensitivity wherever it is relevant. DNH field assessments help understand the conflict at a project or community level. When local leaders understand which activities divide or connect people, development partners design projects/programmes to minimise harm and support. The participants were divided into two groups and asked to identify the negative impact 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 a local context.

Session 7: Nutrition Promotion and Behaviour Change Strategy

In this session, the facilitator explained the objectives as following:

- 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 address gender issues, empower women and incorporate nutrition education to address natural, financial, physical and human capital. He also discussed the concepts of nutrition promotion (terminologies, improving knowledge and practices) and behaviour change and probe the question, *'Is giving information enough to change behaviour?'.* Furthermore, the participants were taught about change communication and formative research including dietary and care practices that are embedded in people's beliefs, norms, habits and traditions, and convincing people to change behaviour requires time, patience 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 only target only women/caregivers but also men, decision makers and community agents who are doing it?

After the session a video clip was shown 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, using existing channels of dissemination & cooking demonstrations, measure the changes with KAP surveys and on-field observation.

Session 8: Health Garden in Mali

The facilitator gave a 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 (to produce fruits, vegetables, cereals, peanuts on one hand, for the family consumption and on the other hand, for generating incomes by sale in 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 impact that included:

- Availability of vegetables increased from 5 to 9 months.
- Production of vegetable crops (fruits, vegetables, cereals) improved by 165%.
- Dietary diversity among the whole population improved from six to seven food groups

- 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.
- Better access to safe drinking water and better hygiene knowledge & practices.

Thirdly, he discussed and classified the common activities implemented for the health garden, nutritional education, support to production and crop management and provided the following recommendations:

1. Improve the identification process of gardeners and beneficiaries with an emphasis on targeting the most vulnerable women in communities and women with malnourished children.
2. Include 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 supervisor) to provide technical guidance and implement outreach activity more consistently since a Health Garden requires a constant presence of raising awareness and supervisory staff.

education or the techniques and technologies before any distribution on the ground.

4. Strengthen the capacity of supervisors on the topics of nutrition

The facilitator then showed a video clip to participants and conducted a brief session on the action plan to incorporate the lessons learnt and the steps involved in it. These included actions needed to be taken, necessary resources, necessary support, timeliness and constraints & unforeseen challenges.

Session 9: Integrated Farming System: Rice-Fish Culture

In the session, the 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 the local context. Participants actively engaged in the discussion and provided their feedback and shared how similar practices are being implemented locally.

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 the farmers' and environmental concerns.
2. To properly enhance knowledge and skills of participants in integrated farming systems such as 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 enhance the achievement of food security and development goals.



Session 11: Conservation Agriculture

Mr. Victor then led a session on Conservation Agriculture where he discussed how it is a way of managing agro-ecosystems to achieve higher and sustained productivity, increased profits and food security while also enhancing the environment around. The session proceeded as follows:

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

He discussed that Conservation Agriculture (CA) is a way of managing agro-ecosystems to achieve higher, sustained productivity, increased profits and food security while enhancing the environment and 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 concluding, he defined the benefits of CA and classified these in two categories mentioned below:

In the short term

- Benefit farmers through reduced cultivation costs
- Reduced fuel and labour 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

Before starting the last day's session where participants were to present their action plans, Mr. Khaleel Tetlay, COO, RSPN conducted a brief session with programme staff and guided about importance of Performance, Documentation and Communication in connection with Quality, Quantity and Timeliness for achieving programme objective and career development.

The participants also had the pleasure of meeting Ms. Shohreh Naghchbandi, In charge of Rural

Development and Nutrition, Delegation of the European Union to Pakistan 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.

Once Ms. Naghchbandi left, 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 to optimize their resources and experiences to create the maximum impact.

Conclusion

The facilitator, Mr. Victor concluded the four days training workshop and discussed with participants and asked certain question in local context 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 and 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 summarized important take-away.

Post-Test and Training Evaluation/Feedback

At the end of formal training, participants were given a post-test template to analyse the conceptual clarity on the four days training workshop. The participants were also given a feedback form for overall evaluation of training, to provide their valuable feedback so that these could be considered for bringing improvement in future capacity building events.

Closing Remarks & Certificate Distribution

The floor was opened for a round of feedback and appreciation for Mr. Victor. After the round of appreciation for Mr. Victor, attendees were given a certificate of participation awarded by Mr. Shehryar Memon, Deputy Secretary (Administration) & Provincial Program Manager for Accelerated Action Plan.



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

23	Muhammad Akbar Raza	Programme Director	RSPN PINS ER-3	0300-5321193
24	Mohan Thakur	WASH Engineer	RSPN PINS ER-3	0333-2977035
25	Ali Muhammad Kalar	Programme Manager	TRDP PINS	0333-2642053
26	Waryam Baloch	District Project Officer	TRDP PINS	0331-2284741
27	Gulsher	District Project Officer	TRDP PINS	0334-2210902
28	Khalid Usman	AFS Officer	TRDP PINS	0345-5333158
29	Saira Memon	M&E Assistant	TRDP PINS	0336-3744605
30	Ali Nawaz Lakho	District Project Officer	NRSP PINS	0333-2729285
31	Anila Gandani	AFS Officer	NRSP PINS	0300-2838596
32	M Ismail Ahmadani	AFS Officer	NRSP PINS	0333-2547891
33	Waeem Akhtar	District Project Officer	NRSP PINS	0333-2432673
34	Nazar Hussain Joyo	Programme Manager	NRSP PINS	0303-3335473
35	Aftab Ali Shah	AFS Officer	NRSP PINS	0345-3584680
36	Ghulam Mustafa Nangraj	Dep: Prog: Coordinator	AAP-GoS (Agriculture)	0300-3036689
37	Dr. Mir Allah Dad	Programme Coordinator	AAP-GoS (Fisheries)	0333-2608192
38	Deedar Ahmed Bhutto	Programme Coordinator	AAP-GoS (Agriculture)	0333-2604205
39	John Ashley		EU / GoS	0302-8380851
40	Zaheer Ahmed	Capacity Building Officer	RSPN PINS ER-3	0336-0121849
41	Abdul Ghani	Finance Officer	RSPN	0332-4137303
42	Muhammad Amir	DCD	ACF	0333-1594222
43	Rabia Rauf	Dep: Technical Coordinator	ACF	0316-9773186
44	Ir Kiaya Mukumu Victor	Trainer / Advisor AFSL	ACF - France	
45	Dr. Akhtar Ali	DPD	AAP - GoS	0322-8225585
46	Badar ul Islam	Manager Compliance	RSPN	0333-5570571
47	Khaleel Tatley	Chief Operating Officer	RSPN	
48	Mehboob Jarwar	District Project Officer	NRSP PINS	

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 + oral & written feedback from participants
				Conclusion Note & Certificate Distribution

Annex C

Definition of European Union: The European Union is a unique economic and political union between 28 European countries that together cover much of the continent. The EU was created in the aftermath of the Second World War. What began as a purely economic union has evolved into an organization spanning policy areas, from climate, environment and health to external relations and security, justice and migration.

The EU is based on the rule of law: everything it does is founded on treaties, voluntarily and democratically agreed by its member countries. The EU is also governed by the principle of representative democracy and has delivered more than half a century of peace, stability and prosperity, helped raise living standards and launched a single European currency: the euro. One of the EU's main goals is to promote human rights both internally and around the world. Human dignity, freedom, democracy, equality, the rule of law and respect for human rights: these are the core values of the EU.

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. The EU 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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Programme for Improved Nutrition in Sindh

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