

Training on Food Security and Nutrition

Date	: 24-26 May 2022
Day	: Tuesday, Wednesday and Thursday
Class Schedule	: From 8.30 a.m. to 05:00 p.m.
Venue	: Caritas Development Institute, Dhaka
Program Cost	: Taka 7500/- + 15% VAT = 8625/- (Residential Training)
Registration	: Upon arrival

Course Overview:

Food Security and Nutrition course is the concepts of Food Security and Nutrition and the dynamics of the interrelationships among various components on Food Security and Nutrition that have been used in emergency contexts. Participants should be made aware of the fact that food security is usually considered within the wider context of Food Security and Nutrition. The objective of the course is to raise participants' awareness of the importance of understanding the Food Security and Nutrition situation in different approaches and their potential uses in a variety of scenario. Participants need to have an understanding of some basic Food Security and Nutrition concepts and the different tools that are used to gather food security information. The importance of incorporating nutrition information within food security analysis should be highlighted.

Course Objectives:

After receiving the training, participants will be able to gain conceptual knowledge, skills and capacity of Food Security and Nutrition, and will be capable to apply that knowledge in their lives as well as enhance the lives of the people that they work with by raising their awareness and knowledge in this regard.

Course Contents/ Point of Discussion

- Concept and Different domain of food security
- Relation between Food Security and Nutrition
- Homestead vegetable cultivation and fruit production in organic way
- Role of Micronutrients
- Role of livestock and fish in human nutrition
- Nutrition for Adolescent Girls and Nutrition and Care for Geriatric People
- Nutrition and care for Pregnant and Lactating Mother
- Importance of WASH, Sanitation and Hygiene for Food Security and Nutrition
- High and Low cost food in respect of nutritional value

Course Methodologies:

The course includes various participants' centered, interactive and reflective dynamic learning methodologies e.g. role-play, structured experience, simulations game, case study, brain storming, seminar, debate, self exercise, demonstration, group exercise to create a meaningful, spontaneous participatory learning environment. Group, individual assignments and creative activities.

Who can attend?

The training course has been designed for senior and mid-level staff of Non-Government Organizations (NGO), Institutions, and other personnel of Development Sectors. It is also open to all

who have a keen interest in Food Security and Nutrition. Anyone from any place in Bangladesh can participate in this training course.

How to Apply:

Please send an email to the Main facilitator stating your interest to participate. Email: kjahan.info@gmail.com

Main Facillitator :



Khurshida Akhtar Jahan
Senior Faculty Member
Caritas Development Institute.
Email: kjahan.info@gmail.com

Khurshida Akhtar Jahan has been serving as a Senior Faculty Member in Caritas Development Institute (CDI) since April 2007. Ms. Jahan has profound professional experiences in designing, facilitating, evaluating and implementing training and related professional development initiatives for government, non-government professionals along with the stakeholders at different level of development sectors.

Ms. Jahan has extensive experiences particularly in working in the area of Training of Trainers (TOT), Training Need Assessment (TNA), Communication and development. She has depth-applied skills to carry out the needs assessment to design need based training focusing on the identified specific learning outcomes. Besides, she has critical analytical expertise in reviewing course content, planning course sessions and interactive activities e.g. participatory tasks with practical exercises along with formative nature of assessment activities in the field of Human Rights. She has comprehensive expertise in designing and delivery the Training of Trainers (TOT) in relation to different forms of basic and advanced level communication and team building training, Right based training and other related professional development activities.

Apart from the Training of Trainers (TOT) she has also expertise in designing and facilitating training in the area of gender, social justice, education, Food security and Nutrition, development and other related aspects at national and international level. Before CDI, she worked for capacity development initiatives under the BRAC Learning Division of BRAC; Training Unit of Association for Land Reform and Development (ALRD), Capacity Development Unit (CDU) of COMMUNiCA, a leading organization in human resource development. Ms. Jahan also involved in designing and facilitating training for UNICEF, World Vision Bangladesh, Food for Hungry, GIZ Bangladesh and Swiss Contact Bangladesh etc.

Moreover the under public-private initiatives jointly organized with different government agencies, Ms Jahan involved in different interventions related to leadership and communication, gender, early childhood development, trafficking and human rights carried out particularly with Ministry of Women and Children Affairs; Ministry of Health and Family Welfare; Forensic Training Institute (*FTI*) of Criminal Investigation Department (*CID*), Department of Social Services. Internationally Ms. Jahan has been exposed in working in the related filed with different development initiatives in India, Sri Lanka, UK and The United Arab Emirates (UAE). Ms. Jahan has experiences in designing and facilitating training in the following specific areas:

- Communication and Development
- Training of Trainers (TOT)
- Facilitation Skills Development
- Participatory Rural Appraisal (PRA)
- Food Security and Nutrition
- Human Rights, Justice and Peace
- Anti-Human Trafficking and Social Justice
- Social Analysis and Development
- Gender, Diversity and Development
- Early Childhood Development
- Pre-primary and Primary Education
- Leadership and Management
- Result Based Management Planning and Monitoring
- Project Proposal Writing
- Developing Participatory Strategic Plan ((PSP)

As educational background, Ms. Jahan pursued her ‘Master in Education’ from Institute of Education and Research (IER), Dhaka University. She also obtained Bachelor (Hons) and Master in Economics from Eden University College, Dhaka.

Ms. Jahan participated in training, workshops, seminars, conferences on communication, leadership and management, gender and development, teaching and learning at national and international level. Ms. Jahan has related publications on different contemporary issues related to her interests and expertise. Some specific publications she produced are as follows:

Research Articles published:

- A. K. M. Badrul Alam & Khurshidha Akhtar Jahan (2007), ***Quality Education in Selected Primary Schools of Bangladesh: Perceptions of Classroom Teachers***, Bangladesh Education Journal (A half-yearly journal published by UNESCO, Dhaka and Bangladesh Forum for Educational Development (BAFED), Website: -www.bafed.org, Volume 6,

Number 1, June 2007, ISSN 1811– 0762, (pp. 43-51). Available: <http://www.bafed.net/pdf/EJune7.pdf>

- Khurshidha Akhter Jahan (2008), ***Children’s Development through Sisimpur (local version of TV serial for children ‘Sesame Street’ of USA): A Survey on Parents and Children’s Opinion.*** Bangladesh Education Journal (A half-yearly journal published by UNESCO, Dhaka and Bangladesh Forum for Educational Development (BAFED), Website: www.bafed.org, Volume 5, Number 1, June 2008, ISSN 1991– 6655, (pp. 33-46). Available: <http://www.bafed.net/pdf/BJune8.pdf>

Development documents published:

- Khurshidha Akhtar Jahan (2020), ***What to do to maintain family peace in Covid -19 situation, Unnayan Samikkhon,*** Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 32, Issue 33, November 2020, (pp. 73-81).
- Khurshidha Akhtar Jahan (2020), ***Child Development in the 21st Century: The need for a Child-friendly Family Environment and Integrated Initiatives,*** *Unnayan Samikkhon,* Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 31, Issue 32, November 2020, (pp. 43-51).
- Khurshidha Akhtar Jahan (2019), ***The Present Social Context and Relevance of Gandhi philosophy,*** *Unnayan Samikkhon,* Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 30, Issue 31, September 2019, (pp. 70-79).
- Khurshidha Akhtar Jahan (2018), ***Pre-primary Education of Bangladesh: Thinking of Development,*** *Unnayan Samikkhon,* Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 29, Issue 29, June 2018, (pp. 12-24).
- Khurshidha Akhtar Jahan (2015), ***Role of In-formal, Formal and Non-formal Education in Reducing Contemporary Social Crisis,*** *Unnayan Samikkhon,* Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 27, Issue 27, December 2015, (pp. 51-58).
- Khurshidha Akhtar Jahan (2007), ***Early Childhood Development: Care, Growth and Development,*** *Unnayan Samikkhon,* Caritas Development Institute, 2, Outer Circular Road, Shantibagh, Dhaka – 1217, Website: www.caritascdi.org, Volume 19, Issue 15, December 2007, (pp. 32-35).

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Co facilitators:



Prova Lucy Rozario
Faculty Member
Caritas Development Institute.
Email: provarozario1216@gmail.com

Prova Lucy Rozario has a Master of Education (M.Ed) Open University in 2006. Sha also has a Master of Social Science (MSS). In 1999 she was appointed as the Regional Manager of Caritas Dhaka Regional Office of Community Health and Natural Family Planning Project (CH-NFP) at Caritas. In 2007 She was promoted as a trainer and transferred to CH-NFP Central Project. In 2012 she transferred to Caritas Education Program in the position of Program Officer at Caritas Central Office. In 2017 she transferred and started her career at Caritas Development Institute (CDI) as a Faculty Member.

Ms. Prova Lucy Rozario is now responsible to Conduct Training Need Assessment, develop modules and education materials for training courses, coordinate and Facilitate training courses, prepare training reports, visit fields and prepare report. Write ups on development issues, case studies and other materials to use in the CDI publication. Prepare Prospectus/Brochures on CDI programs and activities.

Ms. Rozario has the following expertise:

Expertise in Development Work:

- Family Facts Analysis
- Organize and Facilitate Effective Training.
- Facilitate responsible parenthood training
- Organize the Adolescent, Youth, and couple, Teacher, Adivasi and others Community People.
- Field Monitoring and Supervision
- Awareness and Motivation
- Social Facts Analysis
- Prepare the report and case study writing
- Prepare the micro plan in community level
- Develop poster
- Organize and Facilitate the training, meeting, seminar, special day celebration and workshop
- Communication with GO, NGO and varies level social leaders
- Rights Based Approach and help to make decision in community level in participatory way
- Gender and Participation
- Article Writing
- Develop training module
- Strategy planning
- Church level activity
- Charity activity

- Material development
- Credit activity
- Relief activity

Areas of training expertise:

- ▶ Facilitate Family Relationship Development Training
- ▶ Facilitate responsible parenthood training
- ▶ Facilitate Pre-Marriage Course
- ▶ Adolescent Psychosocial Life Skill Development
- ▶ Facilitate Couples training for strong family relationship
- ▶ Advance Leadership Training
- ▶ Primary Health Care
- ▶ Natural Family Planning
- ▶ Adolescent Reproductive Health
- ▶ Gender and Sexual Health, Concept of Peer education & advocacy
- ▶ Reproductive Health and Rights
- ▶ Early Childhood Development
- ▶ Child Protection and Development
- ▶ Food Security and Nutrition
- ▶ Advocacy, Lobbying and Networking
- ▶ Human Rights, Justice and Peace
- ▶ Training of Trainers (TOT)
- ▶ Caritas and Development Orientation
- ▶ Leadership and Management
- ▶ Gender and Development
- ▶ Value Education
- ▶ PP writing
- ▶ Effective Communication and Development
- ▶ Training on Team Building
- ▶ Report Writing Analytical Skill Development
- ▶ Facilitation and Development
- ▶ Climate Change Adaptation and Mitigation
- ▶ Project Proposal Writing
- ▶ Facilitation Skill and Man-Woman Relationship in Disaster Risk Activities
- ▶ Disability Care and Mainstreaming
- ▶ Human Rights and Women & Street Child Rights

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Ferdinand Pereira
Faculty Member
Caritas Development Institute.
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Ferdinand Pereira has been working for Caritas Development Institute (CDI) for the past five years in the capacity of Faculty Member, Training. Prior to that, he has 16 years' experience working with different humanitarian organizations in different capacities. He has a Master's Degree in Social Science (Social Welfare) from the University of Dhaka.

Mr. Pereira has extensive experience as a facilitator/trainer in relation to Report Writing, Leadership and Management, Communication, Food Security and Nutrition, Project Proposal Writing, Result Based Management Planning and Monitoring, Facilitation Skills Development, Protection Mainstreaming, Safeguarding, Gender, Monitoring, supervision & evaluation, Asset Based Community Development (ABCD), etc.

At present, Mr. Pereira is working as Faculty Member (Training) at Caritas Development Institute. His responsibilities entail preparing training material/ content, designing training sessions, facilitating training for a wide variety of participants ranging from grassroots level people to development workers, to senior level management personnel at the non-government and government level. He has particular experience in training Union Parishad members in Sylhet and Habiganj Districts. Capacity building and mentoring in unleashing human potentials is another area of his expertise and he has been designed training modules and capacity building initiatives on contemporary development issues such as Training of Trainers, Gender and Development, Analytical Report Writing, Safeguarding, etc.

He has exposure of work with a range of development organizations including Oxfam, ActionAid, Food for the Hungry, The Canadian International Development Agency (CIDA). He has also been engaged with different civil society platforms working in pursuing rights of marginalized, socially excluded and living in hard-to-reach areas of Bangladesh. Working with the Rohingya refugees in Cox's Bazar district and providing training to them has also enhanced his wealth of experience.

Mr. Pereira has had the opportunity of exposure to overseas organizations and has been able to study and learn different country contexts of the development sector. He regularly shares these experiences and learnings with training participants during training delivery/facilitation.