



**RESEARCH IMPLEMENTATION OF THE HUMAN DEVELOPMENT
RESEARCH CENTRE (HDRC)
AN INTERNSHIP REPORT**

**BY
MD SHAHAZIN RHAMAN MAYEN
ID: 191-34-834**

Submitted to the Department of Nutrition and Food Engineering in the partial fulfilment of B.Sc.
in Nutrition and Food Engineering

Supervised By

Md. Nawal Sarwer

Lecturer

Department of Nutrition and Food Engineering

**FACULTY OF ALLIED HEALTH SCIENCE (FAHS)
DAFFODIL INTERNATIONAL UNIVERSITY**

DECEMBER 2023

APPROVAL

This Project titled “**Research implementation of the Human Development Research Centre (HDRC)**”, submitted by **Md Shahazin Rhaman Mayen** to the Department of Nutrition and Food Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of B.Sc. in Nutrition and Food Engineering and approved as to its style and contents. The presentation has been held on __/__/____.

EXAMINING COMMITTEE

Chairman of the Board		
External Member		
Internal Member-1		
Internal Member-2		

Dr. Nizam Uddin
Head
Department of Nutrition and Food Engineering
Faculty of Allied Health Sciences
Daffodil International University

DECLARATION

This internship report has been completed by the undersigned individuals under the guidance of Md. Nawal Sarwer, a faculty member in the Department of Nutrition and Food Engineering at Daffodil International University. We also declare that neither this internship report nor any part of this internship report has been submitted elsewhere for the award of any degree or diploma.

Supervised by:



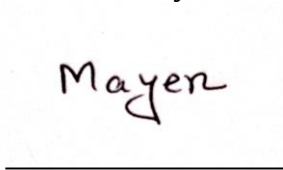
Md. Nawal Sarwer

Lecturer

Department of Nutrition and Food Engineering

Daffodil International University

Submitted by:



Md Shahazin Rhaman Mayen

ID: 191-34-834

Department of Nutrition and Food Engineering

Daffodil International University

ACKNOWLEDGEMENT

First and foremost, I would like to express my gratitude to the divine entity, Allah, for granting me the ability and opportunity to finish the assignment within the designated timeframe. I express gratitude for my parents since their presence is essential to my existence. The attainment of my aspirations and goals would not be feasible without the assistance and backing provided by my parents.

Md. Nawal Sarwer, Lecturer, Department of NFE, Daffodil International University, has been an invaluable mentor to me. I am indebted to him for all he has taught me. For this project to be done, our supervisor had to know much about "community nutrition" and be very interested in it. This project could not have been finished without his endless patience, academic guidance, constant support, constant and energetic supervision, constructive criticism, helpful advice, and reading and fixing many bad drafts at every step.

I want to extend our most incredible gratitude to **Associate Professor and Head Dr. Nizam Uddin**, Department of Nutrition and Food Engineering, for his kind help to finish our project and to other faculty members and the staffs of the Department.

I would also like to thank **Faisal Mohammad Ahamed**, Director of the Human Development Research Centre (HDRC), **Md. Fazle Rabby**, Deputy Director of Research at the HDRC, and **Ms. Laila Begum**, Research Consultant, Human Development Research Centre (HDRC). Their invaluable assistance significantly contributed to the successful completion of our project.

I would like to thank my entire course mate in Daffodil International University, who took part in this discussion while completing the course work.

ABSTRACT

One of Bangladesh's most well-known research institutions is the Human Development Research Center (HDRC). Since its establishment in 1999, this organization has garnered a commendable name and recognition in socioeconomic research. The HDRC has conducted over 250-300 empirical investigations on various subjects within contemplative studies. In addition, the organization has a notable history of doing research on policy and spearheading research-based advocacy campaigns, both of which have brought forth important insights into people's thought processes and decision-making tendencies.

The purpose of the report below is to satisfy the criteria of the intern assessment process. I spent three months working here as part of my internship to obtain real-world experience in a sector related to my academics. I gained a lot of knowledge about study subjects, the way to operate as efficiently as possible, and program planning throughout my three-month internship. I was able to use my work skills to learn new things in research sector problem solving.

Adolescent health and well-being, education, gender equality, human development, family planning, health, nutrition, population dynamics, healthcare, reproductive health, primary healthcare services, and resource development are among HDRC's main areas of concentration.

The researchers are capable of producing reliable reports, accurate statistical analyses, and a thorough understanding of important national and international issues. The specialists at the HDRC demonstrate a high level of proficiency in collecting primary data in rural and indigenous regions through scientifically designed survey forms. Through effective management practices, the organization strategically recruits and engages highly skilled employees with the qualifications for specific assignments. The individual has exhibited proficiency and substantial expertise in collaborating with many prominent governmental entities, governments, non-governmental organizations (NGOs), U.N. (United Nations) institutions, national and international and development partners in Bangladesh.

TABLE OF CONTENTS

APPROVAL	i
DECLARATION	ii
ACKNOWLEDGEMENT	iii
ABSTRACT	iv
SECTION I	1
BACKGROUND.....	1
1.1. Background	1
SECTION II.....	3
GOALS.....	3
2.1. Overall Goals.....	3
2.1. Particular Goals	3
SECTION III	4
BENEFICIAL RESULT	4
3.1. Making a handbook on indicator.....	4
3.2. Handbook to use for interviews for surveys.....	4
3.3 The APA citation format	5
3.4. Study the Organization's Article on Rivalry or Disasters of Nature	5
3.5. A Brief Overview of Research	6
3.6. Computer-Assisted Survey form	6
3.7. Preparing for the Interview raining Before Survey	7
3.8. Interview Learning with a tab	7
3.9 Performing analysis of statistics.....	8
SECTION IV	9
THE LEARNING ACQUIREDN	9
4.1 The learning acquired.....	9
4.2 Challenges	9
SECTION V	10
CONCLUSION	10
5.1 Conclusion.....	10

SECTION I

BACKGROUND

1.1. Background

Founded in 1999, the Human Development Research Center (HDRC) in Bangladesh is a well-known research organization with a focus on socioeconomic studies. With a mission centered around "Humane development through research and action," HDRC has amassed commendable recognition by conducting over 250-300 research projects, covering a spectrum of issues. The organization's commitment to producing exceptional research outcomes is evident in its qualitative and quantitative research endeavors, policy research, and advocacy efforts.

HDRC's researchers demonstrate high proficiency in understanding national and global issues, performing accurate statistical analyses, and generating dependable reports. They excel in collecting primary data, particularly in rural and indigenous regions, through scientifically designed survey formats. The organization's strategic recruitment practices ensure a skilled workforce capable of collaborating with governmental entities, national and international NGOs, United Nations institutions, and development collaborators within the context of Bangladesh.

Ethical considerations are paramount at HDRC, where The emphasis is placed on rigorous adherence to ethical standards in studying, conformity to male and female standards, ensuring equal career chances, and preventing racism in favor of low-income communities. Located in Dhaka, Bangladesh, HDRC operates with advanced technology, including a fully automated data input system. The organization has a robust financial standing, undergoes regular external audits, and implements Total Quality Management (TQM) methods.

Led by a Chief Advisor chosen by the board of advisors. The organization's main office in Dhaka spans 10,000 square feet, equipped with internal training tools, computer systems, and specialized software for research purposes. HDRC utilizes advanced tools like Computer Assisted Personal Interviewing (CAPI) and the latest versions of SPSS, STATA, NVivo, and Atlas for data analysis.

Development of people, equality between men and women, basic medical care, demographic changes, and contraception and general wellness, poverty, inequality, and other issues are all included in the work that HDRC does. Notably, the HDRC has made a substantial contribution to improvements in national policy concerning a variety of topics, including as infrastructure, land rights, health, education as well as the progress of underrepresented and native populations.

The organization's commitment to capacity building is evident in its diverse team of experts and the training sessions it offers. The organization's training venue spans 2,000 square feet and is equipped with various teaching aids, facilitating gender-aware training sessions for up to 50 individuals. HDRC's training initiatives cover a range of topics, including research methodologies, computer-based solutions, and multimedia assets.

The organization's comprehensive digital library, media department, advocacy division, and publication company further highlight its proficiency in various fields. HDRC specializes in managing large-scale data, employing digital data-gathering systems, and disseminating research findings effectively to maximize impact. The organization's commitment to ethical practices, adherence to study ethics, and a proven track record in policy dissemination events underscore its dedication to responsible and impactful research.

In conclusion, the Human Development Research Center (HDRC) stands as a formidable institution with a rich history of impactful research, policy influence, and capacity building. Its multifaceted approach to addressing national and global challenges positions it as a leader in the field of socioeconomic research, contributing significantly to the well-being of communities in Bangladesh and beyond.

SECTION II

GOALS

2.1. Overall Goals

My major goal is to complete the criteria set out by the department in order to graduate. I am interested in acquiring practical experience as a student enrolled in the Nutrition and Food Engineering Programme via an opportunity to work this research organization. I want to participate in various projects related to my field of study for three months in order to get real-world experience.

2.1. Particular Goals

1. Find more on the projects and operations carried out by the organization.
2. Gaining knowledge of different organizational research approaches.
3. Recognizing the fundamentals of utilizing Kobo Toolbox to create application-based surveys, collecting both data analysis is done with statistical computer languages like and quantitative as well as qualitative information.

SECTION III

BENEFICIAL RESULT

3.1. Making a handbook on indicator

I acquired knowledge on developing a handbook by using several indicators of community nutrition based on national and international guidelines. There are different types of indicators for using several categories and guidelines. I was using IYCF. Here, I found the definition and measurement methods of complementary feeding practice. Complementary feeding indicators. For example, I made the manual using this type of indicator. I was using some other indicator for prepared manual like. The measures of (FIES) food insecurity experience scale, the household's food insecurity accessibility scale, (HHS) the households hunger scale. The minimum level of variety of diets for women and the household dietary diversity scale, (WDDS) women dietary diversity scores, individual dietary diversity score. Bangladesh demography and health survey (BDHS). Healthcare professionals and community workers will find this handbook, which includes many community nutrition indicators, to be a useful resource. It will provide them with the necessary knowledge and skills to recognize and address the nutritional needs of both people and communities. Professionals may get an understanding of the many metrics associated with community nutrition and health outcomes by utilizing this guidebook. They gain knowledge on how to collect reliable and accurate data, evaluate the findings, and use the information to develop programs that encourage a balanced diet and enhance overall health. By using the information in this handbook, practitioners will be able to identify nutritional deficiencies, track a child's progress, and target therapies where they are most needed. In the end, the handbook enhances person-centered, evidence-based, and community nutrition interventions while also adapting demands of different groups.

3.2. Handbook to use for interviews for surveys

Survey questionnaire is a set of inquiries used in questionnaires and analysis of statistics to obtain information from participants. It is a type of study tool. Research questionnaires usually include both closed-ended and open-ended items. I learned how to design a survey questionnaire handbook throughout my internship. I prepared supplemental food habits among kids aged 6 to 23 months. A questionnaire was developed using guidelines from the Bangladesh Demography and Health Survey (BDHS) and the Household Dietary Diversity Score (HDDS). The survey on local Bangladeshi citizens is conducted in Bangla.

3.3 The APA citation format

In research papers, concepts and data sources are cited using the 7th version of the APA standard. My time as an intern has taught me skills to reference sources in academic papers effectively. The details about the source of the material, including the writer's name, publisher, dates of publication, and the specific page or piece that utilized, must be gathered to reference it properly. Below is an example of how to style a book reference in APA 7th edition format:

- Journal Article Reference:

Saha, K. K., Frongillo, E. A., Alam, D. S., Arifeen, S. E., Persson, L. K., & Rasmussen, K. M.

(2008, June). Appropriate infant feeding practices result in better growth of infants and young children in rural Bangladesh. *The American Journal of Clinical Nutrition*, 87(6), 1852–1859. <https://doi.org/10.1093/ajcn/87.6.1852>

- In-text Citation:

Use the author's last name and the publication year in parentheses for in-text citations.

Example: (Saha et al., 2008).

3.4. Study the Organization's Article on Rivalry or Disasters of Nature

In Bangladesh, several government agencies and non-governmental organizations (NGOs) are involved in disaster management and response efforts due to the country's vulnerability to various natural disasters, particularly cyclones, floods, and landslides.

The concepts of readiness, action, and rehabilitation guide the work of environmental or rivalry disasters organizations, that are made up of a community of specialists, employees, and help personnel. The primary goals are to lessen distress, lower mortality, and facilitate rehabilitation for affected populations. The group works closely with locals, non-governmental organizations, and government agencies to develop effective disaster management plans and early warning systems, as well as to transfer crucial supplies and humanitarian help during times of crisis.

Through research, education, and advocacy, natural disaster organizations constantly seek to increase enhance environmentally friendly tactics that lessen the probability and effects of catastrophes caused by nature and promote resilience to emergencies.

3.5. A Brief Overview of Research

A systematic and organized process of inquiry, study, or exploration aimed at discovering, interpreting, and expanding our knowledge of a certain topic, problem, or occurrence is known as research. It entails a rigorous and disciplined approach to gathering, analyzing, and interpreting information and data in order to answer questions, test hypotheses, or solve issues. During my internship I learned quantitative research and qualitative research. The depth, complexity, and context of human experiences, actions, and events are explored and understood through qualitative research. Its emphasis on gathering and analyzing non-numerical data, such as text, narratives, photographs, and observations, to reveal patterns, themes, and meanings distinguishes it.

Quantitative research is a method of gathering and analyzing numerical data in order to comprehend and characterize events, test hypotheses, and uncover patterns and correlations. It is distinguished by a focus on organized data collecting methods and statistical analysis. Quantitative research is widely employed in a wide range of disciplines, including the natural sciences, social sciences, economics, psychology, and medicine. Qualitative research is widely utilized in social sciences, anthropology, psychology, sociology, education, and healthcare.

Qualitative research has various characteristics that make it useful in a variety of study scenarios. These benefits arise from its emphasis on investigating and comprehending the breadth, complexities, and context of human experiences and actions. Quantitative research has various characteristics that make it useful in many study situations, particularly when researchers want to measure, quantify, and evaluate numerical data.

3.6. Computer-Assisted Survey form

As a researcher, you'll find Kobo Toolbox to be a valuable resource for field data collection and management, particularly in development and humanitarian operations. It is intended to make data collection, processing, and reporting easier especially in settings with limited resources. Researchers, NGOs (Non-Governmental Organizations), and organizations engaged in a range of data gathering activities, such as surveys, evaluations, and research initiatives, frequently utilize Kobo Toolbox.

I gained knowledge on how to use an MS Excel sheet to develop an application-based questionnaire using Kobo Toolbox. During my time as an intern at (HDRC), I acquired a comprehensive understanding of the entire process by closely following the guidance of my instructor in order to make an application-oriented assessment. She taught me the process of developing, publishing, and displaying inquiries on menus, in addition to teaching me all about coding. The survey data is exported by Kobo Toolbox in a consistent format, maintaining the uniformity of the questionnaire's structure. Typically, each question is exported as a column and

the respondent data is arranged in rows. Excel's structured format makes it easy to analyze Utilize the information using its inherent capabilities or employ more advanced methods for data processing. Survey data may be evaluated using a range of statistical tools and formulas provided in Excel. Researchers one can calculate overall statistics, perform the cross-tabulation, or generate graphical representations to gain valuable insights from the collected data. Excel also offers tables known as pivot tables, which can be valuable for conducting analyses with multiple dimensions or generating data summaries.

essentially Spreadsheet is a highly proficient application for basic data processing and evaluation, it might not be well-suited for intricate statistical computations or complicated representation of data. When this occurs, it may be necessary for scientists to transfer their findings into specialized data presentation or statistical applications.

3.7. Preparing for the Interview raining Before Survey

I had the privilege of engaging in a survey experience. The research was conducted in the Town Hall as well as Geneva camps, both of which are situated in Dhaka City. Prior to being assigned to the survey, the instructor provided me with training on the proper techniques for conducting interviews, persuading individuals to partake, handling difficult circumstances with tact, and ensuring comprehensive data collection while maintaining a positive demeanor.

3.8. Interview Learning with a tab

A survey technique known as "tab-based surveyed experience" involves presenting respondents with a series of questions arranged into discrete tab or sections. Tab-based, user-friendly surveys have the potential to replace traditional survey approaches. The surveys are administered via a tablet application to provide convenient accessibility. In order to facilitate respondents' navigation through the survey and encourage relevant comments, it is common practice to organize each tab around a specific topic or concern.

Questionnaires that use tab-based navigation provide users with versatile and adaptable means of navigating via the survey interface. Respondents are able to easily navigate between tabs, examine and modify their replies, and choose exclude sections that are not relevant to them. Enhancing the user experience through greater control over the survey-taking process may lead to better completion rates and more accurate responses. Using tabs allows researchers to obtain more comprehensive data. Sorting questions into related groups makes it easier to obtain additional information about a certain topic. Tabs may be created, for example, for different aspects. From a design standpoint, tab-based surveys are visually appealing and offer opportunities for personalization.

Researchers can use color palettes, symbols, or indicators of progression to enhance a website's appearance and feel. Surveys may become easier to participate in as a result, increasing response rates and producing better data.

3.9 Performing analysis of statistics

Software for statistical analysis and data management is called SPSS. IBM initially created the instrument in question during the 1960s, and has gained significant popularity as a statistical analysis tool across various disciplines, encompassing social sciences, psychology, economics, and healthcare.

SPSS (Statistical Package for the Social Sciences) is well-known for its user-friendly interface and vast variety of statistical procedures.. It is frequently applied to descriptive statistics, presentation of data, and simple inferential statistics like ANOVA and t-tests. Additionally, SPSS is a good choice for research and factor evaluation analysis. Its GUI, or graphical interface for users, allows users to select analytic parameters via menus and conversation boxes. With its integrated techniques for data transformation and purification, SPSS is capable of handling both numerical and categorical data.

Using SPSS's user-friendly interfaceAnalysts have access to a range of statistical tests, news reports, and data manipulation tools. But users of SPSS may also utilize syntax, a language for programming with more advanced features and modification choices, to automate their analyses.

I learned how to analyze data in SPSS by using syntax and programming from my tutor. With SPSS syntax, researchers may do more complex statistical analyses that would not be achievable with the GUI. Users may do complex actions such as creating custom scripts to manipulate sophisticated data or incorporating new variables, gathering information, combining records, or executing intricate models of regression. For users to create and execute scripts effectively, they must understand the syntax, functions, and processes of SPSS.

SECTION IV

THE LEARNING ACQUIRED

4.1 The learning acquired

While I was an intern at HDRC, I acquired knowledge in several topic areas, such as:

- The individual possesses exceptional language aptitude, advancement, and proficiency in written communication.
- The process of strategizing and preparing for task-oriented initiatives.
- The cultivation of time-management abilities.
- Critical thinking and problem solving
- Develop team work and collaboration skills.
- Building professional relationship with experienced researcher and fellow.
- Time management and feedback acceptance.
- Learn how to literature review and ethical research.
- Develop a deeper understanding of the cultural aspects within the industry under investigation.
- The assessment of governance risk and the acquisition of knowledge on compliance.
- Working alone has advantages for me.
- Maximizing the utility of Microsoft Office.
- Utilizing Microsoft Excel effectively.
- Engaging in this activity facilitates the enhancement of my problem-solving skills.
- The activity enhances my time management skills.
- Cultivate a moral work disposition

4.2 Challenges

Limited experience as an intern I have limited practical experienced in my field , which can make it challenging to perform tasks and contribute effectively. Finding the right balance between being a productive contributor as a learner it was tricky. Approach feedback with open mind and a growth mind set. Sometimes, there can be misunderstandings or misaligned expectations between you and your supervisor or employer.

SECTION V

CONCLUSION

5.1 Conclusion

Internships bridge academic learning and practical work experience, equipping individuals with the skills, knowledge, and connections needed to kickstart their careers and achieve their professional goals. internships provide students with real-world, hands-on experience. Interns have the opportunity to developed variety of skills, technical skills related to interns field area, soft skills, team work, communication, problem solving and time management. My internship experience has taught me a lot, especially about research, how to provide my best effort at work, and project design. I had the fortunate opportunity to learn at the Human Development Research Centre (HDRC) through my work experiences. My sincere gratitude goes out to the Human Development Research Center's (HDRC) staff, including Faisal Mohammad Ahamed, the center's director of research; The deputy director of research, Md. Fazle Rabby; Laila Begum, The research consultant at the center; and the entire staff. This adjustment has marked a significant turning point in my career progress, in my opinion. The management of the Human Development study Centre (HDRC) offers me good, appropriate, and well-thought-out help, Those are all essential to how I understand the research I have done.

