



Daffodil
International
University

**RESEARCH APPROACHES OF THE HUMAN DEVELOPMENT
RESEARCH CENTRE (HDRC)**

BY

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

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APPROVAL

This internship report titled ""**Research Approaches of the Human Development Research Centre (HDRC)**"" , submitted by Md Riaj Uddin Reza 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 __/__/_____.

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DECLARATION

We hereby declare that this internship report has been done by us under the supervision of **Md. Nawal Sarwer, Department of Nutrition and Food Engineering**, 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.

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ABSTRACT

The Human Development Research Center (HDRC) is one of Bangladesh's leading research institutions. Since 1999, it has established an excellent reputation and standing in socioeconomic studies. HDRC has completed more than 250-300 contemplative studies on various topics. Through its outstanding research outputs and commitment to the goal of "*Humane development through research and action*," In addition to performing qualitative information-based research and large-scale primary quantitative data research, HDRC has a distinguished history of undertaking policy research and research-based advocacy work that has shed light on how people think and make decisions.

This internship report is meant to fulfill the requirement for the internship evaluation process. I was placed at the Human Development Research Center (HDRC) as part of my internship for a minimum of three months to gain professional experience in a field related to my area of study. During the three months of my internship, I have learned a lot about areas of research, how to perform at my highest level at work, and project design. At the Human Development Research Center (HDRC), I had the good fortune to gain knowledge through my professional experiences. The internship program also helps me discover how to solve real problems in a research setting.

HDRC's main areas of interest are population, health, reproductive health, primary healthcare, adolescent health and well-being, education, gender, human development, and resource development. It also includes work in the areas of poverty and inequality, poverty graduation, human deprivation, rights-based approaches to development, distributive justice, local governance and decentralization, labor market and employment, and information. In the areas of health, population, education, gender development, land rights, infrastructure, and the advancement of the underprivileged, disadvantaged, and indigenous people, HDRC has already made significant contributions to national policy-making.

The researchers at HDRC are qualified to thoroughly comprehend important national and worldwide issues, conduct error-free statistical analyses, and produce reliable reports. HDRC experts are very proficient at gathering primary data in rural and indigenous areas using scientific survey formats. With the help of solid management, the firm employs its most qualified professionals by the requirements of the assignment. It has demonstrated skill and extensive experience working with all of Bangladesh's key government agencies, national and international NGOs, UN organizations, and development partners.

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CHAPTER 1

Introduction

1.1. Introduction

The Human Development Research Center (HDRC) is one of Bangladesh's leading research institutions. Since 1999, it has established an excellent reputation and standing in socioeconomic studies. HDRC has completed more than 250-300 contemplative studies on various topics. Through its outstanding research outputs and commitment to the goal of "*Humane development through research and action*," In addition to performing qualitative information-based research and large-scale primary quantitative data research, HDRC has a distinguished history of undertaking policy research and research-based advocacy work that has shed light on how people think and make decisions.

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In HDRC, stringent adherence to research ethics, gender norms, equal employment opportunities, and positive discrimination toward the underprivileged is required. The center has a conference and training center on-site and is situated in Dhaka, Bangladesh. It has been equipped with state-of-the-art technology. A complete automated data input system is present at the research center. It maintains a consistent external auditing program and has a strong and steady financial status. The HDRC has implemented a TQM (Total Quality Management) system. A board of advisors overseeing the organization meets annually to discuss policies. The board of advisors chooses one Chief Advisor to lead the company. As a legal entity, HDRC is a partnership firm established under the Partnership Act and registered with the Registrar of Firms, Ministry of Commerce.

1.2. Establishment

HDRC has its headquarters in Dhaka with approximately 10,000 square feet of floor area. HDRC has its own internal training resources, computer systems for word processing and data administration, as well as specialized software to meet its needs. The center has communication and transportation resources. HDRC is well-equipped with a sufficient number of tools and supports to conduct Computer Assisted Personal Interviewing (CAPI), which is an alternative

to Paper and Pencil Assisted Personal Interviewing (PAPI). HDRC uses updated software to analyze quantitative data (using SPSS, STATA) and qualitative information (using Nvivo and Atlas. ti).

1.3. Areas of Expertise & Interests

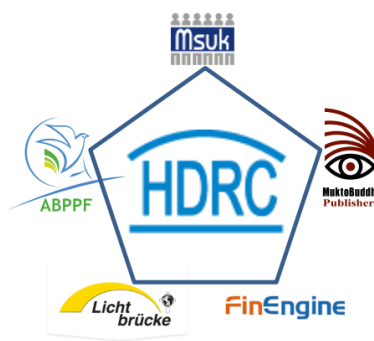
Since its founding, HDRC has conducted a significant amount of applied research, transdisciplinary research, and program assessment. Policy and strategy research, operations research, surveys, evaluation, and assessment are all areas of interest for HDRC in the research world.

The primary area of interest for HDRC is work in the areas of population, health, reproductive health, primary healthcare, adolescent health and well-being, education, gender, human development, and resource development. It also includes work in the areas of poverty and inequality, poverty graduation, human deprivation, rights-based approaches to development, distributive justice, local governance and decentralization, labor market and employment, and information. In the areas of health, population, education, gender development, land rights, infrastructure, and the advancement of the underprivileged, disadvantaged, and indigenous people, HDRC has already made significant contributions to national policy-making.

1.4. HDRC Umbrella

Along with HDRC, five network organizations operate independently and jointly under the HDRC umbrella: Manob Sakti Unnayan Kendro (MSUK), Muktibuddhi Publishers, Abul Barkat Peace and Progress Foundation (ABPPF), Licht Brucke, and FinEngine. It collaborates with the Pari Foundation, a nonprofit organization, and Daffodil International University (DIU). Since 2013, HDRC has also belonged to the UNCTAD Virtual Institute for Trade and Development.

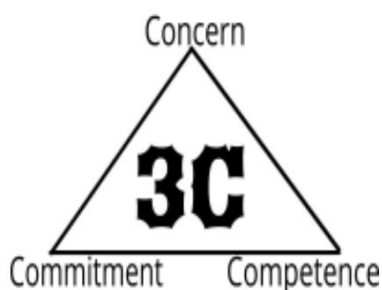
Figure 1: HDRC Umbrella



1.5. Human Resources

Multidisciplinary expertise in the necessary development domains is available at HDRC. HDRC has now employs more than 60 research consultants. With a robust management structure, knowledgeable and effective staff, and a reporting system that assigns particular tasks to specific people, HDRC is equipped to handle any situation. The company employs knowledgeable and professional personnel in word processing, data processing, and information and communication technology assistance. A board of advisers oversees HDRC and meets once a year to give policy recommendations in keeping with the organization's goals and the environment. The board of advisers chooses a Chief Advisor each year, who is in charge of overseeing HDRC.

Figure 2: Human Resources



1.6. Services

HDRC has been a significant contributor to applied, transdisciplinary, and program assessment research in arena research. With a diverse team of experts, it offers data collection, analysis, interpretation, and use to promote policy changes. Its aims are for humane development through research and action, focusing on population, health, reproductive health, primary healthcare, education, gender, human resource development, human rights, indigenous people, land, agriculture, rural development, microcredit, the environment, management, and marketing. HDRC has made significant contributions to national policy in these areas. It offers high-quality training sessions using specialized techniques, pre-made courses, and computer-based solutions. Consultants lead in-house sessions, and a dynamic framework enhances organizational performance. Researchers, assistants, and associates participate in international and domestic training sessions, showcasing HDRC's expertise in planning and leading top-notch workshops. It also provided management and technical oversight services to Michigan International Development (MID) and Die Lichtbrücke, DLB (Germany) projects in Bangladesh.

1.7. Logistics

HDRC's 2,000 square feet training venue can accommodate 50 people and is equipped with teaching tools, including overhead projectors, sound systems, whiteboards, flip charts, and screens. The venue is designed for gender sensitivity and offers materials such as folders, pads, pens, pencils, and refreshments. HDRC maintains high-quality training sessions using customized techniques, pre-made courses, and interactive materials. Experienced consultants lead internal training sessions, and specialists create a dynamic framework to enhance organizational performance. HDRC excels in planning and leading top-notch training sessions, seminars, conferences, and workshops. While HDRC has 48 modern computers, LAN, broadband, and WiFi internet capabilities, two power generators, and separate cubicles for data entry. The office is equipped with digital cameras, printers, photocopiers, scanners, GPS devices, and tablets for data collection. The space is monitored by a closed-circuit television camera and has a well-built fire extinguishing system.

1.8. Library, Media, Advocacy and Publication

HDRC has a computerized library of 20,000 books, journals, and reports, and manages a media, advocacy, and publication house. Its team specializes in various sectors, including media communication and publication. The organization publishes books and printed items, and has a skilled workforce in multidimensional media assets, including animation, documentary films, event planning, editing, and proofreading.

1.9. Experiences

HDRC excels in managing detailed data and conducting numerous research studies with high-value knowledge and policy utility. Its reputation in the industry is based on quick response times and superior products. Examples of HDRC's large-scale data collection and management capabilities include DCIs, questionnaires, variables, sample sizes, and questionnaire pages. It also used digital data-gathering platforms for three years to collect field data using personal digital assistants, tablets, and netbooks. Applications are created using platforms like ODK, Survey Solution, SurveyCTO, mWater, or CSPro 7.7, and the data is then configured on tablets for field data collection. HDRC monitors and assists field enumerators during the data-gathering process. The data is then transferred to appropriate databases for analysis.

1.10. Dissemination Activities & Advocacy Works

HDRC disseminates research results and recommendations to stakeholders, optimizing their benefits. Each research project receives a unique distribution strategy, considering the study's nature and resources. HDRC specializes in creating presentation slides, research reports, press releases, and policy briefs, securing media relationships and coverage, considering cultural and political environments. They use cutting-edge technology for sharing findings in both English and regional languages. HDRC has a track record of planning high-level policy dissemination events while upholding moral and ethical principles. They establish SMART goals and tailor their approach to maximize advocacy effectiveness. HDRC develops messages and uses effective channels to communicate with stakeholders and provide necessary materials.

CHAPTER 2

Objectives

2.1. General Objectives

The primary objective is to finish my graduation by fulfilling the department's requirements. I want to get experience as a Nutrition and Food Engineering Program student by working at the Human Development Research Centre (HDRC) in Bangladesh. For the next six months, I want to work on various projects in the field of my study to get practical experience.

2.1. Specific Objectives

1. Become knowledgeable about the functions and activities of the Human Development Research Centre (HDRC), Bangladesh.
2. Learning about various organizational research methodologies.
3. Learning the fundamentals of application-based questionnaire creation using Kobo Toolbox, quantitative and qualitative data collecting, and data analysis using statistical programming languages like SPSS.

CHAPTER 3

Learning Outcome

3.1. Preparing Manual on Different Indicators

During my internship, I first learned how to prepare a manual on different indicators of community nutrition. There are several indicators in community nutrition. These are - Introduction of solid, semi-solid or soft foods 6–8 months (ISSSF), Minimum dietary diversity 6–23 months (MDD), Minimum meal frequency 6–23 months (MMF), Minimum acceptable diet 6–23 months (MAD), Minimum milk feeding frequency for non-breastfed children 6–23 months (MMFF), Sweet beverage consumption 6–23 months (SwB), Unhealthy food consumption 6–23 months (UFC), Zero vegetable or fruit consumption 6–23 months (ZVF), Consumption of iron-rich or iron-fortified foods, Minimum dietary diversity for women (MDD-W), Infant and Young Child Feeding Module, Household dietary diversity Score (HDDS), Women dietary diversity Score (WDDS), Individual dietary diversity Score (IDDS), Food Insecurity Experience Scale (FIES), Household Food Insecurity Access Scale (HFIAS) and Household Hunger Scale (HHS). This manual containing different community nutrition indicators will be an invaluable tool for both healthcare professionals and community workers, giving them the information and abilities, they need to identify and meet the nutritional requirements of individuals and communities. By using this manual, professionals may understand the many measurements relating to community nutrition and health outcomes. They learn how to gather trustworthy and accurate data, analyze the results, and apply them to create plans that will promote healthy eating and improve health. Applying the information in this manual will allow practitioners to recognize nutritional deficits, monitor development, and focus interventions where they are most needed. The manual ultimately helps improve community nutrition treatments and evidence-based programs, person-centered programs, and adjusts to the requirements of different communities.

3.2. Survey Questionnaire Manual

A questionnaire is a research tool consisting of a list of questions for surveys or statistical studies to collect data from respondents. Basically, closed-ended and open-ended questions are frequently used in research questionnaires. During my internship period, I learned how to prepare a survey questionnaire manual. I prepared Minimum dietary diversity for women (MDD-W), Infant and Young Child Feeding Module, Household dietary diversity Score (HDDS), Women dietary diversity Score (WDDS), Individual dietary diversity Score (IDDS), Food Insecurity Experience Scale (FIES), Household Food Insecurity Access Scale (HFIAS) and Household Hunger Scale (HHS) indicators survey questionnaire for enumerate in Bangla language on Bangladeshi local people.

3.3. APA Reference Style

In academic writing, the seventh edition of the APA manual is used to cite sources of data and concepts. During my internship, I have learned how to cite in the research paper. To cite a source, here needs to gather the necessary information about the source, such as the author, title, publication date, publisher, and the specific page or section you used. An illustration of how to format a reference for a book in APA 7th edition format is given below:

Author, A. A. (Year of publication). Title of book: Subtitle of book. Publisher.

For example:

Smith, J. D. (2019). The Art of Writing: A Guide to Clear and Effective Communication. Harper Collins.

In this example, "Smith, J. D." is the author's name, "2019" is the year of publication, "The Art of Writing" is the title of the book, "A Guide to Clear and Effective Communication" is the subtitle of the book, and "Harper Collins" is the name of the publisher.

The APA 7th edition style has specific conventions for other types of references such as book chapters, websites, and journal articles. It's essential to refer to the APA Publication Manual or an online APA citation guide for detailed instructions on how to format various reference types.

3.4. Review Report on Conflict or Natural Disaster Organization

Natural or conflict disaster organizations are nonprofit or publicly supported organizations whose mission is to help communities devastated by disasters. They are significant in delivering assistance following storms, earthquakes, and floods. Natural or conflict disaster organizations, which are made up of a network of professionals, volunteers, and support personnel, function according to the concepts of preparedness, response, and recovery. Its main objective is to limit suffering, lessen death, and make recovering impacted populations easier. In order to create efficient disaster management plans, and early warning systems, and distribute critical supplies and humanitarian aid in times of crisis, the organization actively interacts with governments, NGOs, and local populations. Natural catastrophe organizations continuously work to improve disaster resilience and promote sustainable development methods that lessen the risk and effect of natural calamities via research, training, and lobbying. There are several organizations founded all over the world. These are- Action Against Hunger (AAH), CARE, Caritas Internationalis, Catholic Relief Services (CRS - USCC), Emergency Nutrition Network (ENN), Doctors Without Borders, Food For The Hungry International (FHI), International Committee of the Red Cross (ICRC), International Organization for Migration (IOM), International

Federation of Red Cross and Red Crescent Societies (IFRC), Lutheran World Federation, International Rescue Committee (IRC), Mennonite Central Committee (MCC), Overseas Development Institute (ODI), Mercy Corps (MC), Refugees International, Oxfam, Save the Children, Relief International, United Nations Children's Fund (UNICEF), The Office of U.S. Foreign Disaster Assistance (OFDA), United Nations High Commissioner for Refugees (UNHCR), US Committee for Refugees (USCR) and United Nations Office for the Coordination of Humanitarian Affairs (OCHA).

In the face of natural disasters, such organizations play a critical role in creating a safer and more resilient world.

3.5. A Brief Overview of Research

Research is defined as "creative and methodical work done to increase the body of knowledge." It entails gathering, organizing, and analyzing data in order to better understand a subject and is distinguished by a specific focus on preventing bias and error sources.

During my internship, I learned Qualitative vs. quantitative research methods. In quantitative research, numerical data is gathered and examined. The data is analyzed using computational, mathematical, and statistical methods. It is used to extend results to larger populations, find averages, and make forecasts. Data is typically not numerical in form while doing qualitative research. consists of. examining data that is not numerical as well. Qualitative research has numerous similar characteristics, including- Analyzing the context, emphasizing meaning, using the researcher as a tool, and being flexible with the design are some examples.

Using statistics, gathering data quickly, improving the effectiveness of behavior analysis, expanding the range of data analysis, and removing bias The following are advantages associated with quantitative research. Advantages of Qualitative Research include the ability to gain an approach, cost savings, content generator, method that is always open-ended, and flexibility.

3.6. Application-Based Questionnaire (Kobo Toolbox)

KoBo Toolbox is an open-source, free program that anybody may use to collect data on the go. It enables you to gather data on the go with mobile devices like tablets, smartphones, and paper and PCs. KoboToolbox is a user-friendly, robust, and trustworthy piece of software used to gather, examine, and manage data for surveys, monitoring, assessments, and research.

During my internship period at Human Development Research Center (HDRC), I learned how to create an application-based questionnaire on Kobo Toolbox with the help of MS Excel sheet. The instructor taught me all the procedures to create an application-based questionnaire. She also taught me all codes, and how to write, publish and display the questions on the tabs. Kobo

Toolbox exports the survey data in a standardized format that preserves the consistency of the questionnaire's organization. The data for each responder is normally structured in rows, and each question is exported as a column. It is simple to evaluate the data using Excel's built-in features or to use more sophisticated data processing methods thanks to its organized format. Data from surveys may be analyzed using a variety of statistical tools and formulae that are included in Excel. To glean insights from the gathered data, researchers might compute summary statistics, carry out cross-tabulations, or create charts and graphs. Pivot tables, which may be particularly helpful for multidimensional analysis or producing data summaries, are also supported by Excel. While Excel is a great tool for basic analysis and data manipulation, it might not be appropriate for sophisticated statistical calculations or advanced data visualization. Such circumstances can necessitate researchers loading the data into specialist statistical software or data visualization tools.

3.7. Training Before Survey

During my internship, I got an opportunity to experience a survey. The survey was conducted in the Geneva and Town Hall camps in Dhaka City. Before I got sent to the survey, the instructor trained me on how to conduct interviews, convince participants to participate, interact gently with bad situations, and collect all the information with a smile

3.8. Tab-based Survey Experience

A tab-based survey experience is a kind of surveying in which respondents are provided with a series of questions divided into various tabs or sections. Traditional survey methodologies have the potential to be replaced by tab-based user-friendly questionnaires. The surveys are conducted using this manner using a tablet application for ease of access. To make it easier for respondents to traverse the survey and offer pertinent responses, each tab usually concentrates on a certain subject or issue.

During my internship, I experienced A tab-based survey that was conducted in the Geneva camp and Town Hall camp in Dhaka City. Surveys with tabs offer flexible navigation options. It is simple for respondents to browse between tabs, review and edit their responses, or skip portions that might not apply to them. Giving people greater control over their survey experience improves the user experience, which may result in higher completion rates and more accurate replies. Researchers can get more thorough data by employing tabs. Getting more data on a certain issue is simpler by classifying queries into similar groups. For instance, tabs may be made for distinct factors. Tab-based surveys provide chances for customization and are visually appealing from a design perspective. Researchers can improve the visual appeal and user experience by using color schemes, iconography, or progress indications. This may make surveying more interesting and pleasurable, which will increase response rates and data quality.

3.9. SPSS Statistics Analysis

SPSS (Statistical Package for the Social Sciences) is a powerful statistical tool that is frequently used in social science research. It is designed to help researchers analyze and interpret data using a range of statistical approaches.

The user-friendly interface of SPSS (Statistical Package for the Social Sciences) and its wide range of statistical techniques are well known. It is frequently used for data visualization, descriptive statistics, and fundamental inferential statistics like t-tests and ANOVA. SPSS is a good choice for factor analysis and survey research as well. Through menus and dialogue boxes, its graphical user interface (GUI) enables users to choose analytic settings. Both category and numerical data can be handled by SPSS, including built-in algorithms for data cleansing and transformation.

During my internship, I learned SPSS (Statistical Package for the Social Sciences) analysis with the help of syntax. While researchers may alter data, produce reports, and perform a number of statistical tests using SPSS's user-friendly interface. But additionally, SPSS enables users to automate their analyses through syntax, a programming language that offers more sophisticated functionality and customization choices. My instructor taught me how to analyze data through programming, and the use of syntax in SPSS. Researchers can do more intricate statistical studies using syntax in SPSS that may not be possible using the GUI. Users may carry out complicated operations, including adding new variables, recording data, combining datasets, running intricate regression models, or performing sophisticated data manipulation by building their own custom scripts. It's important to remember that using syntax in SPSS necessitates some programming knowledge and familiarity with the SPSS command language. To build and run scripts efficiently, users must grasp the SPSS syntax rules, functions, and procedures.

CHAPTER 4

Lesson Learnt

4.1. Lesson Learnt

During their time as an intern, the intern learns about this subject-

1. Outstanding linguistic abilities, progress, and writing skills.
2. Planning and training for task projects.
3. Development of time-management skills.
4. Become more acquainted with the industry submitted for study's culture.
5. Governance risk evaluation and insight into compliance
6. Working independently is beneficial to me.
7. Making good use of Microsoft Office.
8. Making good use of Microsoft Excel.
9. It helps me develop my problem-solving abilities.
10. It teaches me how to manage my time better.
11. Develop an ethical work attitude

4.2. Challenges

The main obstacle for me as an intern was adjusting to a new lifestyle. This internship offers a fresh outlook and benefits one's future. The main challenges for me sat on the chair in front of the computer and typing for six to seven hours of work each day.

CHAPTER 5

Conclusion

5.1. Conclusion

For the intern, this internship experience was a huge success. The internship program helps the intern to discover how to solve real problems in the research setting and ensure that the question is recognized. The internship program genuinely provided a real-world comprehension and disclosure that had been illuminated in real-life situations to the application of ideas. I have learned a lot from my internship time, particularly in the areas of research, how to perform at my highest level at work, and project design. At the Human Development Research Centre (HDRC), I had the good fortune to gain knowledge via my professional experiences. In particular, I want to express my gratitude to Faisal Mohammad Ahamed, Director, Research at the Human Development Research Centre (HDRC), Md. Fazle Rabby, Deputy Director-Research at the Human Development Research Centre (HDRC), Laila Begum, Research Consultant at the Human Development Research Centre (HDRC), and all of the staff at the Human Development Research Center (HDRC). I have viewed this change as a major turning point in my professional development. The Human Development Research Centre's (HDRC) management provides me with thoughtful, suitable, and excellent assistance, all of which were essential to my interpretation of the research that I had conducted.