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# Internship Report

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*On*

Promoting Social  
Health Awareness  
Through VSO-ICS  
Project

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*At*



Submitted To

Professor.Dr. Bellal Hossain  
Department Head of Nutrition and  
Food Engineering  
Faculty of Allied Health Sciences  
Daffodil International University

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Submitted By

Md .Marzanul Islam

ID: 161-34-490

Department of Nutrition and Food Engineering  
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# *Letter of Transmittal*

Date: 23 December 2018

Professor Dr. Md. Bellal Hossain

Professor and Head

Department of Nutrition and Food Engineering

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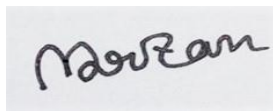
Subject: Submission of Internship report

Dear Sir,

It gives me immense pleasure to submit my Internship report at voluntary service overseas (VSO) under an UKaid project. In this report, I have attempted to depict my experience, venture work procedure and achievements and so on. The task affects introduced here are finished with my genuinely and sincerely.

I will be profoundly obliged in the event that you are sufficiently thoughtful to get and give your profitable judgment. If you have any further inquiry concerning any additional information, I would be very pleased to clarify that.

Sincerely yours,



Md. Marzanul Islam

ID: 161-34-490

Department of Nutrition and Food Engineering

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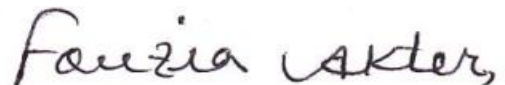
## *Certificate of Approval*

I am pleased to certify that the internship report of promoting social health awareness through VSO-ICS, conducted by Md.Marzanul Islam, bearing ID No: 161-34-490 of the department of nutrition and food Engineering has been endorsed for presentation and defense /viva-voce.

I am satisfied to bunny confirm that the information and findings presented in the report are the authentic work of Md. Marzanul Islam, I strongly recommended the report presented by Md. Marzanul Islam bears a strong moral character and a very pleasant personality. I wish him all success in life.



Professor Dr. Md. Bellal Hossain  
Professor and Head  
Department of Nutrition and Food  
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Fouzia Akter  
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## *Acknowledgement*

With the hearted gratefulness, I would like to acknowledgement the great almighty Allah loyal help, which is the most efficient tool for all kinds of achievements and researches of all time.

I am fortunate that I had the kind association as well as supervisor of our honorable Faculty Professor Dr.Md.Bellal Hossain, Head Department of Nutrition and Food Engineering, Daffodil International University whose hearted and invaluable support with best concern and dedication acted as necessary resource and feedback to carry out internship program and hence complete this report.

I am deeply indebted to my Supervisor Ms. Fouzia Akter, Senior Lecture, Department of Nutrition and Food Engineering, Daffodil International University her whole – hearted supervision during my organizational attachment period. It would have been very difficult to prepare this report up to this mark without her guidance.

I would also like to thank at voluntary service overseas (VSO)-ICS Project manager Mahabubur Rahman & ICS Project Coordinator Feroze Ahmed for being patient and supporting me throughout my placement times in internship program.

My endless thanks go to my Team leader Istiak Nasir and Delia Draghici , My project officer Sravasti Goswami and team members. For their assistance I am able to fulfill my internship journey .i am very grateful to those people. Without them it was not possible to done the tasks successfully .I would like to thanks all the doctors, Medical officer ,healthcare office, Family planning officer partner NGO stuffs of Ghohon and other partner NGO -RDRS, Proshika ,Banchte shekha ,shusilon for their very helpful training .These training give right motivation to do this internship work smoothly.

## *Executive Summary*

The Internship program fulfills part of the requirements in pursuing the Bachelors degree of Nutrition and Food Engineering in the Institute of Daffodil International University. This report serves to summaries of the activities and experiences gained with VSO- ICS project in Development term as an intern.

I found myself lucky by getting the chance to work in such an environment that VSO-ICS cycle provides. During the intern period, I gained valuable knowledge about real life survives. AS I worked with as team I learn many different things from different status peoples also work with vulnerable groups for chance their life it, real hard job .there were so many challenges, some of part I learn form someone and many sometimes I played a significant role in the team. Coming almost the end of my internship, I discovered that some of my communicative skills like public speaking and management skills have been improved largely.

*Dedicated*  
*TO My Beloved Parents,*  
*My Teachers*  
*&*  
*My Internship Team Members*

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## *List of Acronyms*

VSO	Voluntary Services Overseas
ICS	International Citizens Service
NGO	Non- Governmental Organization
CAD	Community Action Day
SRHR	Sexual Reproductive and Health Rights
SDGs	Sustainable Development Goals
CPR	Cardiopulmonary Resuscitation
Gothon	Gothon Samaj Kallan Sangstha

# *Chapter One*

## *Introduction*



## 1.1 Preface

Internship is a beneficial procedure for students to make a link up their academic qualification with organizing office work practice. It gives students an opportunity to sharpen their skills, sharing and leaning their skills, Form the student's perspective, an internship assists with career development by providing real work experience that provide students opportunist to explore their interests and develop professional skills and competencies. As well as, Organization and industry get opportunity from internship program to earn the new innovative idea about the research and development fields of the academia. In a word, internship establishes relation between institutions and professional world.

I feel proud of being a student of Nutrition and Food engineering (NFE), Daffodil International University because it provides this worthy opportunity to me within the bachelor program. VSO (voluntary service overseas) is one of the leading programmers in over 20 countries .Cordially selected me as an intern and gave me chance to utilize my theoretical knowledge, put some contribution in community. I joined VSO-ICS project as an intern \_September, 2018 and successful completed the program on 6 December 2018

## 1.2 Origin of the report

The report has been prepared, as a fulfillment of a practical requirement of the internship program .I have tried my best to complete this report with knowledge and amazing experience. I also try to present my technical skills and non- technical skills what I gained as an intern.

## 1.3 Objective

The outcome of my internship presented in this report and this report is prepared as a requirement of the internship program. The primary objects of this report is to presents an overall description of the internship program at VSO-ICS project .It describe the jobs performed in the organization as well as the working strategy , management , organizing criteria ,collaboration working policy , project impact and professional and personal skill development working in this organization .

## 1.4 Methodology

I have presented different kinds of information in this report, which I gathered during internship placement times, and collected form some written document such as leaflet, Handbook, Posters, Handover note, Submitted document, official contract .Most of the information collected from

during assessment, pre-placement training, project supervision, daily counselling .website articles etc. Information included in this report classified into two categories, primary data source and secondary data source.

Primary data source are –

- Assessments, pre-placement training, in country orientation, Partner organization brief Mid-phase review, government offices visit and observing their activities, conversation with my team leaders & members
- Participation in different school session , arrange court yard sessions
- Debrief program and project impact shearing program in NGO bureau.

Secondary data source are -

- Internet
- Website of VSO international .org
- Website of volunteerics.org

### 1.5 Scope

An insight of the experience that I gained and the challenge that I faced in my working place provided by this report .It also provides as idea about hoe I start with the professional organization environment. A short description about the working environment is added to this report .My whole project work schedule is also includes to give explicit view about the working strategy at VSO-ICS project .Overall, I try to give a brief description about of VSO-ICS project so that teachers and students can able to know effortlessly about the organization .

If internship is gathering skills, then projects are the main way of gathering them. During internship times, I have also worked on my Thesis project work, named “***Assessment of Nutritional knowledge, Personal Hygiene and Menstruation related Knowledge in High school going children of five selective school in Mongla***”. I gained immense knowledge and experience when I worked on this project.

## 1.6 Overview of the report

In this report, I have discussed about my internship working experience during the placement in Mongla under by VSO-ICS project. (UKaid)

- First Chapter describes the objective of the report, the methodology of collecting data, scope of this report.
- Second Chapter discusses the history of VSO-ICS, vision & mission, working areas and Values.
- Third Chapter my explains details of my workplace My Volunteering Activities with VSO-ICS Seven Quality Principles, people first strategy
- Fourth Chapter describe the How the journey started and finished in details with Schedules
- Fifth Chapter discusses the My Learning Journey with VSO & some Extra activities.

## 1.7 Conclusion

In the chapter, I have completed introductory part of my report. I have discussed about the purpose of the report, methodology, scope and some term in this report will give clear view of this report. In next chapter, I describe profile of the Organization.

# *Chapter Two*

## *Organization Profile*



## 2.1 History of VSO-ICS

Voluntary Service Overseas (VSO) began in 1958 when Alec and Mora Dickson recruited and sent 16 British volunteers overseas in response to a letter from the bishop of Portsmouth asking people to teach English in Borneo. <sup>[3]</sup>

Much has changed since then .VSO has engaged over 76,000 volunteers to work on development programmes in more than 120 country. There are several Milestones year in VSO's History. International Citizens Service (ICS) also a UK government funded programme that bring together young people to make a difference in some of the poorest countries across the world.ICS aims to bring about three things: project impact, volunteer personal development and the creation of active citizens .VSO – ICS work together for achieve Sustainable Development Goals (SDG). In 2018, VSO celebrates its 60<sup>th</sup> anniversary.<sup>[4]</sup>

2.2 VSO today : VSO bring people from different backgrounds , expertise and experiences together to fight poverty .Last year 7,475 volunteer worked alongside partners, communities and institutions to support 1.5 million people.

## 2.3 Vision

VSO's vision is a world without poverty .this means a world in which everyone in able to exercise their fundamental rights, live with dignity and respect, and be able shape the world in which they live.<sup>[1]</sup>

## 2.4 Mission <sup>[1]</sup>

VSO's bring people together to address marginalization and poverty .It unique role in international development is to place committed volunteers with carefully selected organizations so their skills generate the greatest value

## 2.5 Values <sup>[1]</sup>

- By thinking globally , we can change the world
- Progress is only possible by working together
- Knowledge is our most powerful tool
- People are the best agents of change

## 2.6 VSO theory of change <sup>[2]</sup>

VSO promote volunteering as powerful and practical way to tackle poverty and inequality. Organization believe that it is only people step forward either as local national or global citizens that sustainable change happens.

By enabling people and in turn, their organization and communities to play a more active role in development, volunteering provides the means through which the essential pre conditions for systemic and sustainable change –ownership, participation, empowerment and inclusion can be able to realize.

## 2.7 Working Areas

VSO currently works in the following areas:

- Education
- Health
- Livelihood
- Gender equality
- Disability
- Climate Change
- Participation and governance



*Chapter Three*  
*Working Policy*



### 3.1 Bangladesh Country Strategy

In Bangladesh VSO, work to support marginalized & disadvantage communities to access a sustainable Development goals. In Bangladesh VSO, work with Seven SDG goals. It covers End poverty ,achieve food security improved nutrition and promote sustainable agriculture ,Ensure healthy lives and promote well-being ,make gender equality & women empowerment ,Decent work and economic growth, reduce inequality, for peace ,justice build an effective relationship with institutions. For these VSO selected youth volunteer form all over the world. Youth volunteer are come from different expert subject and make a team .then VSo support youth volunteer team to contributing their valuable work for making sustain .After left VSO-ICS volunteer, youth clubs will raise these social issues.

### 3.2 VSO People First Strategy

At VSO think that people matter .there are enough resources in the world that no –one need be poor .People are the ones who can change this. For these VSo mobilize an extraordinary diversity of volunteer: Community, national, international, they come from all part of the world. They work with communities, with organization, with government institutions and with business.

VSO have identified three strategic priorities:

- VSO will extend and deepen their impact through a portfolio of **Global Programmes**. These will harness the power of our insight and experience to deliver improved services and opportunities to individuals, communities and countries.
- Leveraging VSO's relationships with communities, partners and volunteer, also deliver increased **Global Engagement** in programme areas. Then will mobilize active global citizens across the world in support of the Sustainable Development Goals (SDGs).
- Building VSO global programme and Engagement, take step into fulfill **Global Leadership** role to position volunteering as a powerful contribution to delivery of the SDGs.

### 3.3 VSO-ICS works with these Seven Quality Principles <sup>[2]</sup>

The department for International Development (DFID) and delivered funds ICS by a consortium of organization led by VSO

These projects are based on these principles and are committed to delivering impact in partnership with local communities.

- Diversity  
A diverse range of young people is given the opportunity to participate in the programed. Cause when diverse groups of peoples work together they learn more about one another

and the world around them. When a team with form different backgrounds and life experience can better understand the challenges facing the community where it works.

- **Volunteer Support:**  
Volunteers are suitable supported throughout the program to ensure optimal personal development and effective placement outcomes
- **Project Impact**  
Every ICS project must aim to achieve some kind of development impact .ICS works with communities and partners who value the contribution of younger volunteer and your ability to engage your peers and improve community participation
- **Cross – cultural working**  
Shared working and learning between young peoples from different countries is a critical aspect of the programme
- **Community Integration**  
All ICS volunteers must become an integral part of the communist while they are on placement
- **Supported learning**  
Volunteer learning is supported and encouraged through all parts of the journey
  
- **Active citizens**  
ICS volunteers continue their commitment to live as active citizens after the programme is finished

### 3.4 My Volunteering Activities <sup>[7]</sup>

A work plan design by VSO-ICS project first volunteer are gets training then go to the placement and do several meeting with community youth through community people, visits local governments office.

Then with supported by community leader and experience volunteers ,VSO youth volunteer are well placed to challenge harmful attitudes as well as educate other young people on a variety of topics volunteers on this project support :

- Sexual health and reproductive rights and awareness
- Sanitation and hygiene
- Maternal health – Safe delivery, referral pre-natal and post –natal care services to the community people.
- Violence against Women
- Adolescent health care
- Child health care & child nutrition

- Family planning
- Menstrual knowledge
- Disaster Management Training
- Peer Educator training
- Nutrition knowledge ( Targeted Community ,slected school)
- Professionals training for School teacher
- Some agricultural training such poultry , Turkey farm , fishing , Crab farming
- Handicraft training
- Some National health care service & Emergency Numbers such 999,109
- Team plan , finding
- Make governance

# *Chapter Four*

## *How the Journey Begins*



#### 4.1 How the journey started with Working Schedules <sup>[7]</sup>

After selection as a volunteer, i got 4 days pre-placement training By VSO-ICS Trainers. Then Another's 4 days Team Building Training, Safety & security Training, How to work for achieve SDGs goals Training by Country Director & UK Project officers In Proshikha, Noyadanga ,Manikgonj. In country orientation program held two time, one's in Dhaka with UK volunteers and one is when we arrived in community. In the middle of the project, we went Banchte shekha in Jessore for attend our Mid Phase Review program. Here we shared our haft done activities, problems facing issues with VSO-ICS management .after finishing project, we give a presentation in NGO bureau and shared our project impact Result. Here I describe my whole internship steps form my team.

#### 4.2 Project Location <sup>[5]</sup>

Project location in Mongla .Mongla is an Upazilla of Bagerhat District in the Davison of Khulna, Bangladesh. Mongla Upazilla with an area of 1462.22km, Borders Rampal Upazilla on the north, the Bay of Bengal on the south, Mongla (Town) stands on the river pashur. We work in Under Chadpai Union. Our selected community are Narikeltola, Pakkhali, Joykha, and Abason.

#### 4.3 School Session

Our selected School are:

- Mongla Girls School
- Chadpai High School
- St Paul's high School
- Chalna Port School
- T.A.Faruk School And College
- Gothon Educator Center



#### How The school session begins <sup>[7]</sup>

- Two at Gothon Educator Center  
20/10/2018: one-hour session at Gothon School on personal hygiene, with 140 students.  
22/10/2018: one-hour session at Free Friendship School on personal hygiene, with 30 students.
- Two at Chadpai High School.  
28/10/2018: one-hour session on menstrual health and hygiene, with 50 girls.



30/10/2018: One hour and a half session on Adolescents Health care with nutrition, 150 boys and girls.

▪ Two at St Paul's High School.

3/11/2018: one-hour session on menstrual health and hygiene with 70 girls

5/11/2018: one-hour session on Basic Nutrition knowledge with 85 students.

- Mongla Girls School
- 10/11/2018: One – hour session on Nutrition knowledge & Personal hygiene with 135 students
- 13/11/2018 : session on menstrual health and hygiene with 67 girls



- T.A.Faruk School and College

14/11/2018: one and half hour session on Nutrition knowledge & physical activity with 130 students

17/11/2018: one-hour session on menstrual knowledge with 38 girls

- Chalna Port School

19/11/2018: one and half hour session on Nutrition knowledge & physical activity with 130 students

22/11/2018: one-hour session on menstrual knowledge with 38 girls

At the primary school sessions, we provided soap for all the children, and at the high school sessions, we provided snacks and prizes, as our team thought this would be a good way of motivating the students. We received good feedback from both students and staff all the schools. We are very happy with the reception and success of these sessions.

#### 4.4 Courtyard Session in Targeted Community

Our selected communities are:

- Narikeltola
- West Pakkhali
- East Pakkhali
- Abason
- Joykha

## Courtyard Sessions:

- 1/11/2018: Maternal health in a host home in Narikeltola, with 29 members of the community.
- Three on Family planning, Community Nutrition based Education & Child health care with Nutrition.  
4/11/2018: The Narikeltola session had between 40 and 50 women in attendance, with 11 peer educators helping us.  
8/11/2018: The session in Joykha had more than 30 women in attendance, and 9 peer educators came to assist us.  
10/11/2018: The session in Abason had arranged and facilitated by our peer educators and had between 55 women in attendance.



## Three on Breast and Uterus Cancer & Maternal health.



- 12/11/2018: Pakkhali, organized by peer educators and with 55 women in attendance.
- 15/11/2018: The session in Joykha had 33 women in attendance and 8 peer educators.
- 24/11/2018: The last session in Pakkhali had around 20 women in attendance, with one peer educator.

Courtyard sessions were organised and run with the assistance of local youth club leaders and peer educators, and we think this contributed to their success. We used these community members to spread awareness of the sessions and distribute leaflets around the community. We also provided snacks at these

sessions, as the team thought it was important to be hospitable.

A nurse led our first session from the Surjer Hashi Health Clinic, the time SRHR team ran the sessions on reusable sanitary pads, with the assistance of peer educators. Dr. Hassan led our sessions on breast and uterus cancer, sessions on Community Nutrition based Education & Child health care with Nutrition by Shima Khan & Family Planning done by Upazilla Family planning



officers Nargis Apa. Some of Basic Nutrition knowledge done by Me. so we are pleased that these sessions were informative and useful for community members. Women really enjoyed learning how to make their own reusable sanitary napkins and we feel this was a good project for the community

#### 4.5 Youth club Role in Community

Youth club have a big role for the community , cause when the project work is finished , everyone left then it's their responsibility to carry on these activity for SDGs. so , these are ours youth club

- Sonar tori ( Government registered ), West Pakkhali
- Srijoni ,East Pakkahli
- Angel ( Government registered ) ,Narikeltola
- Sunrise , Joykha
- Surjoson, Abason

**Community relationships:** We are very pleased to have made good new connections with two local high schools, as our working area does not actually include any high schools. However, as girls in our community attend these schools, we were able to visit them for sessions and interviews. This has helped us reach our target audience for menstrual health education, and it was good fun going into the schools. Additionally, Dr. Rafiul Hassan has been very helpful during our cycle, and provided good training for our peer educators. Women in the community have been positive and have shown a lot of interest in our courtyard sessions

#### 4.6 Others Activities For Sustain Development Goals

Work for Food Security we trained individuals 15 participants for Turkey farming, Fishing, handicraft Training .Also provide Disaster management equipment's and some official materials for youth clubs.

At The motive with VSO contributes to create the environment for social change by strengthening human capital, also operate within existing structure to assure locally owned and locally appropriate solutions and build a global network of citizens and communities engaged in the fight against poverty.

# *Chapter Five*

## *Achievement*



## 5.1 Community Action Day<sup>[6]</sup>

Whole the cycle we arranged two Community Action Day. For these days we invited as chief guest for first one, our VSO projects Trainer, for second Mongla police super He did a very well training on Social accountability. On this day we in invited all the youth club members, our peer educators and local governments officers. In CAD days, we talk about some governments service has and try to make a good connection between local community and local governments. Therefore, if any problems facing times they can easily go and raise their voice .also in CAD days provide certificate whose got training form VSO-ICS project.

Mongla is a coastal area, for that previous cycle members made a Disaster management team, this time on 02, Nov Friday -2018 our team provided all necessary equipment (rain court, hale mate, gumboots, mini speaker) to DMT.



For our second Community action Day, we decided to focus on spreading the awareness to focus on spreading the awareness of the country's emergency Helpline 999. Our team formally invited government officials to the event, with some success. The keynote speaker was the senior assistant super. We also had speeches from the youth development officer and assistant ire service station officer, all of whom spoke about the importance of the 999 emergency number and share their experience. Hoe people take service any emergency like ambulance, fire controls etc.

## 5.2 My Learning Journey with VSO-ICS:

Maintains official Works its rally hard for unprofessionalism peoples, during internship times I learn some ethic & values of time management, Now I am becoming more adapting to any new environment ,achieve target with timeline , how to give a business proposals , learn some technical challenges , Learn cross-cultural, working with team , respect each other's .It is all provides me motivation for doing next time any work sector definitely.

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