

SUSTAINABLE CONSTRUCTION SKILLS TRAININGS
ONE-ROOM SHELTERS AND RAISED BED FARMING
TRAINING OF TRAINERS

HELD ON 22ND JULY, 2014 AT VILLAGE MOAK SHARIF, TANDO ALLAHYAR

HERITAGE FOUNDATION TRAINING TEAM:

Site Project Coordinator: Mr. Naheem Shah

Lead Trainer: Ms. Sumaira Batool

TRAINING SESSION:

The training session started as per schedule, with the arrival of the trainees at the Eco-Village Moak Sharif. Site Project Coordinator, Naheem Shah conducted the training where he briefed the participants on the One-room Shelters, Karavan Latrine and their different stages of construction. The trainees were taught how to keep a check on their construction quality against the HF provided guidelines and various building tools and techniques along with their uses.

The second half of the session focused on Raised Bed Farming, its purpose and functionality along with its benefits.

The third session conducted by Sumaira Batool, HF's Lead Trainer discussed Roof Farming and the seasonal vegetables that could be grown organically. The trainees were taught about the method for roof farming, placement of tarpaulin and watering techniques.

LIST OF TRAINEES:

A total no. of 10 participants were present at the Training. The names are as follows:

- | | |
|------------------|-------------|
| 1. Sumaira | 6. Malook |
| 2. Ar. Ayaz | 7. Talsa |
| 3. Ar. Saifullah | 8. Jamil |
| 4. Shad Muhammad | 9. Dharmoon |
| 5. Jaloo | 10. Ratna |



Naheem Shah leading the training session



Trainees learning about the properties of construction materials and usage

**SUSTAINABLE CONSTRUCTION SKILLS TRAININGS
PAKOSWISS CHULAH AND ROOF FARMING
TRAINING OF TRAINERS**

HELD ON 23RD JULY, 2014 AT VILLAGE MOAK SHARIF, TANDO ALLAHYAR

HERITAGE FOUNDATION TRAINING TEAM:

Site Project Coordinator: Mr. Naheem Shah

Lead Trainer: Ms. Sumaira Batool

TRAINING SESSION:

The training session started as per schedule, with the arrival of the trainees at the Eco-Village Moak Sharif. Site Project Coordinator, Naheem Shah conducted the training where he discussed the PakoSwiss Chulah, Roof Farming and their functionality along with showing the different tools and techniques to be used for construction and farming. The trainees were taught the placement of tarpaulin, watering techniques as well as the suitable seasonal vegetables that could be grown.

Whereas Sumaira Batool, HF's Lead Trainer discussed Raised Bed Farming, its purpose and process. The session ended with a detailed discussion with the women on organic vegetables and their selection according to different seasons.

LIST OF TRAINEES:

A total no. of 10 participants were present at the Training. The names are as follows:

- | | |
|------------------|-------------|
| 1. Sumaira | 6. Mahnaz |
| 2. Ar. Saifullah | 7. Malook |
| 3. Meerzadi | 8. Jamil |
| 4. Rozina | 9. Dharmoon |
| 5. Sajan | 10. Ratna |



Naheem Shah briefing the trainees on Chaht Bagheecha



Women learning about the use and benefits of PakoSwiss Chulah