

# Nutrition Club Newsletter

Connect. Inspire. Empower



**Nutrition Club**  
Engaging youth in nutrition

Issue: 01-2025, Date: April 01, 2025

## Editorial

### Collective Effort to Promote Youth Leadership and Improve Adolescent Nutrition Through International Nutrition Olympiad 2025

International Nutrition Olympiad, a platform for progression to leadership for the youth, is being hosted at Sher-e-Bangla Agricultural University, TSC on the 24th-25th of April. INO has introduced over 1 lakh people to the opportunities in Nutrition over the last decade. This year's Olympiad theme is "Making Local Food System Nutrition Sensitive and Adolescents Friendly". INO 25 is a tool to cultivate creativity and skill development for the youth through 15 challenging activities, policy workshops, and networking knowledge along with Innovation lab, Open Internet Challenge, Design Camp, Call for Paper, and Call for Posters. What started as a small Nutrition Olympiad has now scaled up to being as International Nutrition Olympiad, since 2021 with participants from over 30 countries in the past. INO 2025 is a global platform and an opportunity of a lifetime to showcase your leadership skills.

## Contents

- Participant to Jury
- CIRDP and BIID Foundation, a Force to Mainstream Nutrition
- Launching and Orientation of Sher-e-Bangla Agricultural University Nutrition Club
- Design Camp on Food Systems Youth Leadership Training
- Sparking leadership: Introducing Core Leadership Team of NC
- INO 2024 Champion
- Charter to Pursue 2045
- Announcements



Mr. Md. Rezaul Maksud Jahedi, Secretary, Ministry of Youth & Sports as chief guest at the launch of International Nutrition Olympiad (INO 25)

## Participant to Jury: An Impactful Journey

*"An experience that shaped my passion for public health nutrition and sustainable food systems."*

- Roza Maisha Banee



Roza Maisha Banee

From a dreamer to an achiever, this is the story of Roza Maisha Banee. She started her journey as a participant in the first ever Nutrition Olympiad in Bangladesh in 2017. A young girl joined the nutrition club with a bag full of passion. Today, she's a lecturer at National College of Home Economics and a clinical dietitian specializing in kidney nutrition, and we have the honor of having her as a jury at the International Nutrition Olympiad (INO) 2025.

## CIRDAP and BIID Foundation, a Force to Mainstream Nutrition



"CIRDAP and BIID Foundation Signed Mou to Strengthen Collaboration in Nutrition and Youth Leadership" – CIRDAP via Facebook

On March 17, 2025, a Memorandum of Understanding (MoU) was signed by the Bangladesh Institute of ICT in Development (BIID Foundation) and the Centre on Integrated Rural Development for Asia and the Pacific (CIRDAP) that states their collaboration to facilitate knowledge exchange, action research and development of a charter to mainstream nutrition among the youth, on a global scale through the promotion of International Nutrition Olympiad. The MoU was signed by Dr. Jannatul Mim Convener of INO 25 and Mr. FAM Zakirul Huq, Head of Administration, CIRDAP.

## Launching and Orientation of Sher-e-Bangla Agricultural University Nutrition Club



Launch and Orientation of Sher-e-Bangla Agricultural University Nutrition Club

At the launching ceremony of Sher-e- Bangla Agricultural University Nutrition Club, we had the honor to have Professor Dr. Md. Abdul Latif, Vice-Chancellor, Sher-e-Bangla Agricultural University as the Chief Guest. His active participation and interest in the development of adolescent nutrition encouraged the participants to engage in the Nutrition Club activities .



Tamanna Chowdhury

One of the leading lights in the field of nutrition, Ms. Tamanna Chowdhury who is currently working as a Principal Dietitian at Evercare Hospital, Bangladesh graced the Launch and Orientation event of Nutrition Club of Sher-e-Bangla Agricultural University.

Ms. Tamanna Chowdhury is not only influential but one of the best dietitians in the nation. She presented on "Nutrition During Ramadan" and discussed the better and more nutritious meals for Ramadan amongst the aspiring students of the university along with a Q&A session at the very end.

## Design Camp on Food Systems Youth Leadership Training



Design Camp, a 3-day program is annually held for aspiring students and experts in the field of nutrition to come together to generate ideas and initiatives to better the development of nutrition through a creative learning process. Our associates GAIN and SUN Youth Network supported us in hosting this camp. This year, it was held on 25-27 February with students participating from over seven different institutions.

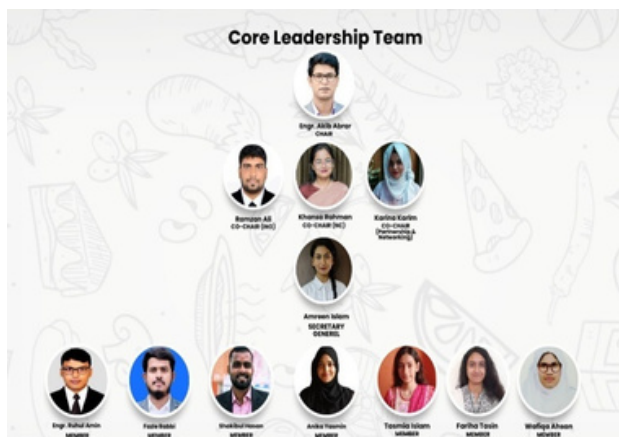


Tanmoy Patro Raj

***“These 3 days were a transformative journey filled with learning, teamwork, exploration, idea generation, and collaboration”.  
Grateful for this wonderful experience and the amazing people I met along the way!***

- Tanmoy Patro Raj, Participant  
Food Technology student  
Islamic University, Kushtia.

## Spark of Inspiration: Introducing Core Leadership Team of NC



Core Leadership Team (CLT) members

Composed of NC Alumni and active members, Core Leadership Team (CLT) is a force of youth that has come together to implement Nutrition Club initiatives to better the development of nutrition, for the youth, through the youth. It is a group of 13 dedicated team members who are appointed for the next two years to carry out their collective and individual responsibilities in providing strategic guidance, mentorship and extensive support.

### Meet The Champion

We'd like to introduce our champion of INO 2024 in the Debate segment, Ms. Adrita Ananna Zaman. She's currently a tenth grader and a very promising debater at Shamsul Haque Khan School and College.

***“The International Nutrition Olympiad last year was an extraordinary experience for all of us, especially the debate segment where we won the championship after combating a good number of schools which is actually our 2nd time winning the championship. I'm really looking forward to having this year's event as one of the bests.”***



Adrita Ananna Zaman

## Charter to Pursue by 2045

With the purpose of decreasing malnutrition by 1% by 2030 and 3% by 2045 in Bangladesh and mainstreaming nutrition globally, BIID Foundation and associations like Pushtibid, BNWA, ANDSS and others have come signed a charter. At the end of the closing ceremony of INO 25, we're presenting our charter, which is meticulously curated to reach the prospective stakeholders and younger generation. Our vision is "A well- nourished future generation in Bangladesh and globally." To achieve this vision we gave segregated the cause in four major brackets: Nutrition Governance, Nutrition Advocacy, Awareness and Education and School meal. We aim to pursue this charter in its full proximity.

## Announcements:

Hurry up and complete your registration for INO 2025 to witness the progression of the youth to leadership! Submission for the required segments' deadline is nearing and ends on 10th April. We're promising numerous learning opportunities even for visitors!

# INTERNATIONAL NUTRITION OLYMPIAD 2025

## SAVE THE DATE

**Date: April 24-25, 2025**  
**Venue: TSC, Sher-e-Bangla**  
**Agricultural University**  
**Dhaka, Bangladesh**

QR Code for  
Registration Link



For more information, visit: [www.nutritionolympiad.net](http://www.nutritionolympiad.net)

## Call for Partnership

Join Us to make INO 2025 successful and create positive social change in the domain of nutrition.

### Published By

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### Join Us and Share Your Story

If You have a story or news on Nutrition Club or youth engagement in nutrition, please share us at [nc@biid.org.bd](mailto:nc@biid.org.bd)