

BIRTAN NEWSLETTER



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**Bangladesh Institute of Research and Training on
Applied Nutrition (BIRTAN)**
Ministry of Agriculture





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Editorial

We are very happy to present you the second issue (January-June 2019) of the Bangladesh Institute of Research and Training on Applied Nutrition (BIRTAN) newsletter. This is a continuation of the process which was started on last January when the first issue of the BIRTAN newsletter describing its activity was published.

Bangladesh is now on the verge to be a middle-income country, the Vision 2021 is now almost a reality. The challenge to ensure the fundamental basic right of feeding the citizens has been achieved. But the challenge to ensure safe and nutritious food for every citizen to build a sustainable and prosperous future is a daunting task. Government is prioritizing nutrition in all of its work plans and strategies as it was given pristine importance in Sustainable Development Goals proclaimed by the United Nations. As a specialized institution on nutrition under the Ministry of Agriculture, BIRTAN is working relentlessly to achieve and realize these work plans and strategies.

The last 06 months of BIRTAN were very eventful. There are 15 research projects are focusing on applied nutrition is now underway and most of them are near completion. From this January to June, almost nine thousand persons were trained about applied nutrition across the country through BIRTAN head office and 07 regional offices. The arena of training was broadened as for the first time BIRTAN started organizing day long applied nutrition training for slum dwellers, aspirant migrant workers and garments workers.

Seminars on nutrition and food security were arranged, 24 radio talks on related issues were broadcasted. The first web application developed by BIRTAN 'Amar Pusti' was released in the Google Play Store. The explainer video of this app and the nutritional awareness-building animated short film Pusti Sommilon (Nutrition Conference) has been an internet phenomenon.

All these works on various levels and sectors are to ensure nutrition for the citizens of Bangladesh as it was codified in 1972 Constitution 18 (1) by the father of the nation, Bangabandhu Sheikh Mujibur Rahman. I hope BIRTAN's officials will keep continuing the good work and pushing them to limits to achieve this target.

Zharna Begum

RESEARCH

From January 2019, BIRTAN has initiated 12 research projects on different applied nutrition- related issues. These researches are fully funded by BIRTAN, s revenue stream and have been realizing through BIRTAN HQ and its 07 regional offices across the country. Apart from these, there are also 03 regional projects are also underway through the special allocation funds of Ministry of Agriculture, and these projects are supervised by Bangladesh Agricultural Research Council (BARC). These projects are at the Chittagong Hill Tracts, Haor Areas of Sunamganj and Barind Area which are nutritionally vulnerable, the short descriptions of all projects are stated below:

1. Title of Research: Promotion on Nutrient enriched vegetables (Radish and Cabbage) in lean period in char and haor area of Bangladesh

Objective: Contribute to raising the nutritional level of the poor rural people especially in char and haor area through consumption of nutritious fresh and dried vegetables round the year.

Area: Sirajgonj & Netrokona

Duration: July 2018 to June 2019



2. Title of Research: Assessment of Nutritional Status of Adolescent girls in selected School and College of Dhaka City

Objective: To explore the basic nutritional knowledge, attitude & practice and dietary habit of adolescent girls in selected School and College students of Dhaka City.

Area: Dhaka

Duration: July 2018 to June 2019

3. Title of Research: Dietary pattern and physical activity level of rickshaw pullers in Dhaka City

Objective: To assess the dietary diversity, calorie intake, nutritional status, access to water and sanitation hygiene and physical activity level of rickshaw pullers in Dhaka city.

Area: Dhaka

Duration: July 2018 to June 2019



4. Title of Research: The effect of Mother's nutritional-hygienic knowledge and behavior on children's dietary intake

Objective: To assess the effect of mother s nutritional knowledge and behavior on children's dietary intake and nutritional status.

Area: Dhaka

Duration: July 2018 to June 2019

5. Title of the Research: Effect of Community based home gardening and nutrition education on vulnerable groups and intervention study.

Objective: To find out the underlying major causes of malnutrition of Rangpur area and raise the nutritional status through good agriculture practice (GAP) and proper training on food and nutrition.

Area: Rangpur Division

Duration: July 2018 to June 2021



6. Title of the Research: Conservation of Indigenous Herbaceous and Semi-Woody Medicinal Plant and their Improvement under Pot Condition.

Objective: To conserve the indigenous high-value medicinal plant in Barishal region and increase their medicinal value through research.

Area: BIRTAN regional office, Barishal

Duration: July 2018 to June 2019

7. Title of the Research: Improving nutritional status through homestead gardening in the Jamuna's Char area in Sirajganj district.

Objective: To meet up the nutritional demands through homestead gardening and knowledge dissemination at Jamunas's Char Area.

Area: Sirajganj

Duration: July 2018 to June 2019



8. Title of Research: Effect of nutrition intervention among adolescent girls in Sunamganj District

Objective: To raise the level of knowledge and empowerment about nutrition among adolescent girls of Sunamganj's haor basin area through intervention and training.

Area: Sunamganj

Duration: July 2018 to June 2021

9. Title of Research: Identification of Dietary Patterns and Nutritional status of young adults in Birishiri, Netrokona

Objective: To identify major dietary patterns in the rural area of Bangladesh.

Area: Netrokona

Duration: July 2018 to June 2019



10. Title of Research: Nutritional status assessment among adolescent in Netrokona district of Bangladesh

Objective: The objective of this project is to assess the nutritional status of the adolescent of Netrokona district which significantly reflects the nutritional status of that community. It will also be used to verify the existence of the nutritional problem in a population and to assess its magnitude as well as solutions.

Area: Netrokona

Duration: July 2018 to June 2019



11. Title of Research: Proper Food and Nutrition Consumption and Good Health through Agro-based sources of 'Shawtal and other Tribal peoples' in the Barind area

Objective: To identify the agriculture and food security-related vulnerabilities, implementing Agro-Based Food and Nutritional Activities and Reduce considerable knowledge gaps among the tribal peoples of Barindra area.

Area: Barindra area

Duration: July 2018 to June 2019

12. Title of Research: Enhancing Nutritional Security by Homestead Gardening in the Marjat Baor's area at Kaligonj in Jhenaidah

Objective: To address the nutritional demands at Marjat Baor's area of Kaligonj, Jhenaidah through homestead gardening and knowledge dissemination.

Area: Jhenaidah

Duration: July 2018– June 2019



13. Title of Research: Increasing Food and Nutrition Security at Chittagong Hill Tracts (CHT) Homestead Area of Bangladesh.

Objective: To identify the agriculture and food security-related vulnerabilities in the Chittagong Hill Tracts area and minimizing them through interventions and knowledge dissemination about safe food and nutrition.

Area: Rangamati, Bandarban, Khagrachari

Duration: July 2018– June 2019

14. Title of Research: Increasing family income and nutrition through the intervention of modern agro technologies

Objective: To increase income and nutrition of farm families through the intervention of modern agro-technology in the selected area of Noakhali district.

Area: Noakhali

Duration: July 2018– June 2019



15. Title of Research: Increasing Food and Nutrition Security at Sunamganj Haor Homestead Area of Bangladesh

Objective: To identify the agriculture and food security-related vulnerabilities in Sunamganj Homestead area and minimizing them through interventions and knowledge dissemination about safe food and nutrition.

Area: Sunamganj

Duration: July 2017– June 2019

TRAINING

Bangladesh Institute of Research and Training on Applied Nutrition (BIRTAN) is an autonomous Institute, under the Ministry of Agriculture, which plays a pivotal role to improve the nutritional status throughout the country following the applied nutritional sensitive program. BIRTAN head office along with the seven regional offices conduct training programs on food-based nutrition. There are two batches of training programs consist of 30 participants. The participants of one batch (30 participants) consist of field workers of Department of Agricultural Extension (DAE), school teachers, field officer of Non-government organization (NGO), elected representative of local government, imam, priest, purohit, social workers, and health providers. Another batch (30 participants) include both male and female farmer. BIRTAN recently started a food-based awareness training program in the slum area. Day long programmes on nutrition were also introduced for garments and migrant workers. A special awareness training program was conducted in the enclaves at Dashiarchhara, Kurigram. A total number of 8909 participants received training whereas 60.93% male and 39.07% female (Fig 1 & fig 2). Apart from these training, BIRTAN also arranges Training of Trainers (ToT) on food-based nutrition for 09th grade and above officers of Department of Agricultural Extension, Department of Fisheries, Department of Livestock, Department of Women Affairs. These training are arranged and financed by BIRTAN's nutrition education section, Integrated Agricultural Approach for Ensuring Nutrition and Food Security Project-BIRTAN Part (IANFP) and Infrastructure Development and Strengthening of BIRTAN Project (IDSB).

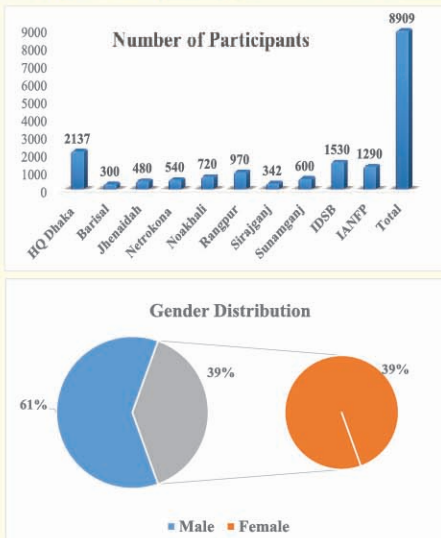


Figure 1: The number of participants received training on applied nutrition from January to June, 2019

Figure 2: Gender distribution of total participants



Training in Enclaves at Dashiarchhara, Kurigram

SCHOOL CAMPAIGN

BIRTAN conducts School campaigns across the country to raise the level of awareness about nutrition among adolescents. Adolescence is a time of transition involving multi-dimensional changes such as biology, psychological, mental and social structure. In National Nutrition Policy-2015 ensuring nutrition for adolescent girls was given special emphasis for that reason, BIRTAN mainly conducts school campaigns among adolescent girls. In the last 06 months, BIRTAN has organized 36 School campaigns.

The campaigns were realised through BIRTAN's revenue budget, Integrated Agricultural Approach for Ensuring and Food Security Project- BIRTAN Part.

In these School campaigns, students learned on food-based nutritional information, the importance of nutrition in the life cycle and necessity of balanced dietary habit from the resource persons. The students taught through various practice such as flashcard, food plate and educational visuals on nutrition.



The list of School campaign program

No	District	Uppzila	Date	Name of School
1	Noakhali	Hatiya	20 January 2019	A.M High School
2	Kishoreganj	Mithamoin	22 January 2019	Tamiza khatun Govt Girls High School
3	Borguna	Sadar	23 January 2019	Barguna Adorsho Madhomik Girls High School
4	Sylhet	Jaintapur	08 February 2019	Sarigat High School
5	Nilphamari	Saidpur	14 February 2019	Tulshiram Govt Girls High School
6	Jhenaidha	Sadar	14 February 2019	Madhupur High School
7	Noakhali	Hatiya	19 February 2019	Hatiya Union Pilot High School
8	Cox's bazar	Taknaf	20 February 2019	Lomborimol Kabanu High School
9	Cox's bazar	Kutubdia	07 March 2019	kutubdia Ideal High School
10	Sherpur	Nalitabari	13 March 2019	Taragonj Pilot Girls High School
11	Sunamganj	Sadar	13 March 2019	Sunamganj Girls High School
12	Sunamganj	Sadar	14 March 2019	Al Hera Jamea Islamia Madrasa
13	Sherpur	Nakla	14 March 2019	Nakla pilot Model High School
14	Jhenaidha	Sadar	14 March 2019	Goalpara High School
15	Kurigram	Rajarhat	20 March 2019	Rajarhat Govt Girls School
16	Habiganj	Baniachang	24 March 2019	Medha Bikash High School
17	Netrokona	Sadar	25 March 2019	Netrokona Ideal High school
18	Gaibandha	Saghata	30 March 2019	Munshirhat High School
19	Munshiganj	Tongibari	01 April 2019	Tongibari Pilot girls High School
20	Rangpur	Mithapukur	11 April 2019	Shotibari Girls High School
21	Kurigram	Fullbari	17 April 2019	Fullbari Joshim Mia Govt High School
22	Netrokona	Kalmakanda	17 April 2019	Kalmakanda High School
23	Netrokona	Barhatta	18 April 2019	Barhatta Pilot High School
24	Sunamganj	Sadar	25 April 2019	Char Mahala High School
25	Sirajganj	Sadar	02 May 2019	Mechlarchar High School
26	Dhaka	Dhaka	04 May 2019	Tejgaon Govt High School
27	Sunamganj	Sadar	05 May 2019	Santigonj Model High School
28	Comilla	Burichang	15 May 2019	Mosheda Begum High School
29	Jhenaidha	Sadar	20 June 2019	Wazir Ali High School
30	Barishal	Sadar, Barishal	23 June 2019	Mohabaz Govt. Primary School
31	Netrokona	Sadar	23 June 2019	Razur Bazar kolegiat school
32	Sirajganj	Sadar	24 June 2019	Hat Boira High School
33	Comilla	Burichang	26 June 2019	Fakir Bazar School and College
34	Barishal	Sadar, Barishal	29 June 2019	Halima Khatun Balika High School
35	Rangpur	Pirganj	29 June 2019	Pirganj Mohabidaloy High School
36	Barishal	Sadar, Barishal	30 June 2019	Kashipur Girls High School

LIST OF THE SEMINAR ARRANGED BY BIRTAN 2018-2019 FISCAL YEAR

BIRTAN has arranged numerous seminars at the head office as well as other seven regional offices about different nutrition related issues. The objectives of arranging these seminars are to enhance knowledge, develop the understanding of nutritional issues, disseminate new research findings on nutrition and health related issues. Different stakeholders from governmental and Non-government organizations, development partners and academicians participated on the seminars.



Title of the Seminar	Key Note Speaker	Date	Venue
Prospects and Role of Dried Fruits and Vegetables for Ensuring Food and Nutritional Security in Bangladesh	Prof. Dr. Md. Sazzat Hossain Sarker, Chairman, Department of Food Engineering & Technology, Hajee Mohammad Danesh Science and Technology University, Dinajpur,	16 January 2019	Rangpur Regional Office
Food Adulteration & Its Impact on Health & Nutrition	Prof. Dr. Md. Iqbal Rouf Mamun, Member of Bangladesh Food Safety Authority	06 February 2019	Dhaka Head office
Causes and Prevention of Food Adulteration	Dr Md Monirul Islam, Director (Nutrition), BARC	02 March 2019	Noakhali Regional Officer
Nutrition Program & Policies in Bangladesh	Md. Ruhul Amin Talukder, Joint Secretary, Health Service Division, Ministry of Health and Family Welfare.	14 March 2019	Dhaka Head office
Diabetes & Dietary Management	Shamsunnahar Nahid, Head of the Department, Department of Nutrition, BIRDEM, Dhaka.	28 March 2019	Dhaka Head office
Appropriate Diet to Prevent and Fight against Diseases	Tanvir Ahmad, Assistant Professor, Department of Nutrition and Food Technology, Jashore University of Science and Technology.	28 March 2019	Jashore Regional Office
Food Adulteration and Its Remedy: Bangladesh Perspective	Prof. Dr. Md. Iqbal Rouf Mamun, Member of Bangladesh Food Safety Authority.	01 April 2019	Sirajgonj Regional Office
Safe Food and Nutrition Security Challenges and Opportunities in Bangladesh	Dr. Md. Abdul Alim, Professor, Department of Food Technology and Rural Industry, Bangladesh Agricultural University, Mymensingh.	03 April 2019	Netrokona Regional Office
Food Adulteration & Contamination and Its Impact on Health & Nutrition	Dr Wahiduzzaman, Associate Professor, Food Engineering and Tea Technology, Shahjalal University of Science and Technology	09 April 2019	Sylhet Regional Office
Framework for Integrated Agricultural Development for Nutrition Improvement	Dr. Moin Us Salam, International Consultant (Agriculture Systems)	12 April 2019	Dhaka Head office
Production and Uses of Food Composition Data in Bangladesh	Dr. Abu Torab Md. Abdur Rahim, Professor, Institute of Nutrition and Food Science, Dhaka University.	28 April 2019	Dhaka Head office

Title of the Seminar	Key Note Speaker	Date	Venue
Safe Fruit and Vegetable Consumption for Good Health	Dr Md Amirul Islam Professor of Biochemistry & Molecular Biology , University of Rajshahi	29 April 2019	Rajshahi Regional Office
Importance of proper Food Habit and Food Diversification	Dr Wahiduzzaman, Associate Professor, Food Engineering and Tea Technology , Shahjalal University of Science and Technology	29 April 2019	Sylhet Regional Officer
Dietary pattern in Barishal Division	Liton Chandra Sen Department of Community Health and Hygiene Faculty of Nutrition and Food Science, Patuakhali Science and Technology University.	30 April 2019	Barishal Regional Office
Importance of Livestock & Poultry for Food & Nutrition Security in Bangladesh	Md. Golam Rabbani, PhD, Chief Technical Coordinator, Livestock and Dairy Development Project, Department of Livestock Services.	02 May 2019	Dhaka Head office
Food and Nutrition: Issues Relating to Proper Health and Food safety	Md. Abdullah Al Mamun, Assistant Professor, Department of Food Technology and Nutrition Science, Noakhali Science and Technology University.	02 May 2019	Noakhali Regional Office
Food Nutrition and Prevention of Chronic Diseases	Dr ATM Mizanur Rahman Professor of Applied Nutrition and Food Technology, Islamic University, Kushtia	02 May 2019	Jhenaidah Regional Office
Food Adulteration and Its Impact on Health and Nutrition	Dr. Maruf Ahmed Professor, Department of Food Processing and Preservation, Hajee Mohammad Danesh Science and Technology University, Dinajpur	05 May, 2019	Rangpur Regional Office
Dietary Approach to Stop Hypertension Challenge and Way Forward	Dr. Alamgir Hossain. Head of the Department of Food Safety Management, Bangladesh Agriculture University, Mymensingh.	16 May 2019	Netrokona Regional Office
Importance of Fish for Food and Nutrition Security in Bangladesh	Dr. Habibur Rahaman Khondaker, Monitoring Specialist, Agriculture Research Foundation.	21 May 2019	Dhaka Head office
Use of Revised & Updated Food Composition Table for Bangladesh	Dr. Nazma Shaheen, Professor, Institute of Nutrition and Food Science, University of Dhaka.	29 May 2019	Dhaka Head office
Safe Milk for Building Healthy Nation	Prof Dr Md. Nurul Islam, Dean, Animal Husbandry, Bangladesh Agricultural University, Mymensingh.	12 June 2019	Dhaka Head office
Importance of Nutrition and Safe Food for the Achievement of SDGs	Md Mizanur Rahman Director, BARD, Cumilla	13 June 2019	Noakhali Regional Office
Nutritional Deficiency Diseases and its Importance of Prevention	Dr Wahiduzzaman, Associate Professor, Food Engineering and Tea Technology, Shahjalal University of Science and Technology	16 June 2019	Sylhet Regional Office
The Efficacy of Homemade Diet in Management of Severe Acute Malnutrition	Prof. Dr. S.K. Roy Chairperson and Executive Director, Bangladesh Breast Feeding Foundation.	17 June 2019	Dhaka Head office
Overview of Nutrition and Malnutrition in Bangladesh	Prof. Dr. Khaleda Islam, Institute of Nutrition and food Science, Dhaka University.	23 June 2019	Dhaka Head office
Importance of Medicinal Plants on Human Health	Dr Shuplob Chandra Dhor, Medical Officer General Hospital, Barishal	23 June 2019	Barishal Regional Office

FAIR

Raising awareness about nutrition among the masses through participation in fairs related to food and nutrition-related issues are codified in BIRTAN Act 2012. BIRTAN has been actively taking part in various fairs organized by the Ministry of Agriculture and other Govt and Non-Govt entities. From January-June 2019 BIRTAN has participated in National Vegetable Fair (24-26 January), National Honey Fair (10-12 March), National Fruit Fair (16-19 June) and National Seed Fair (28-30 June). All these fairs were organized by Ministry of Agriculture, and BIRTAN's stall was a point of attraction in the fair, as BIRTAN demonstrated and distributed posters, leaflets on different nutritional issues. The BIRTAN's stalls also projected nutrition awareness-raising docu-drama 'Gunobotir Ghor (Home of the Efficient Lady)', animated short film 'Pusti Sommilon (Nutrition Conference)' and animated explainer user manual for BIRTAN's mobile application 'Amar Pusti (My Nutrition)' through large LED screen in these fairs which have drawn a considerable amount of audience.



SPECIAL ACHIEVEMENT



The Ministry of Agriculture arranged an Innovation Showcasing of its 17 departments on 22 June. The event was organized at Bangladesh Agricultural Research Council Auditorium. The chief guest of the program was Dr. Md. Shamsul Arefin, Senior Secretary, Coordination and Reforms, Cabinet Division. The event was presided by Md. Nasiruzzaman Secretary, Ministry of Agriculture. BIRTAN has showcased its first android mobile application Amar Pusti (My Nutrition). The poster describing the user interface and the animated explainer was demonstrated on the allocated corner. Among the 27 Innovations, BIRTAN was placed at 3rd position. The Director of BIRTAN, Kazi Abul Kalam (Joint Secretary) received the accolade from the chief guest.

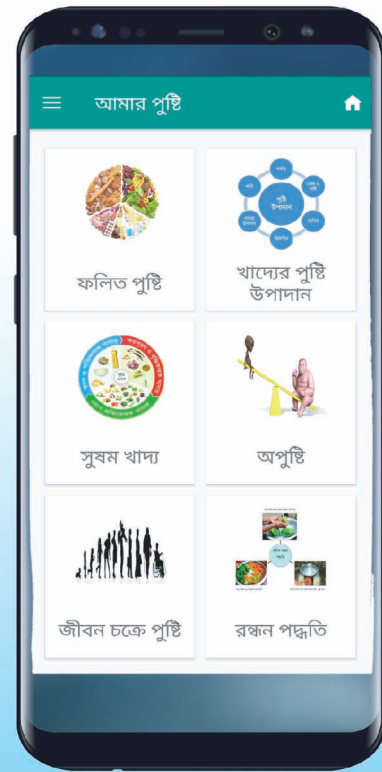
MASS MEDIA

BIRTAN uses electronic, print and social media to raise the level of awareness about nutrition. In the last 06 months, BIRTAN's officials have broadcasted 24 radio talks about issues related to nutrition and safe food through Bangladesh Betar and its regional offices across the country. The press release of these seminars was constantly sent to the leading news dailies and online news portals. With the help of these media's the recommendations of the discussed issue of the seminar were communicated with the mass people.

BIRTAN has given special focus on using the new media tools. The social media platforms like Facebook, Instagram, Twitter and Youtube are now an integral part of social life. BIRTAN had a facebook page, now it has its own Twitter (BIRTAN BD), Instagram (birtan_moa) handle and a Youtube channel (BIRTAN Moa). To raise awareness about balanced dietary habit, BIRTAN has produced an animated short film named 'Pusti Sommelen' (Nutrition Conference). The digital approach to raise the level of nutrition was introduced as an android based mobile application 'Amar Pusti' (My Nutrition). The user interface of this mobile application was explained with a jovial animated video. These videos have racked almost two hundred thousand views across these social media platforms. Also, the scripts of the radio talks are being published on these platforms which now have a great number of followers.



TV Personality
Mir Sabbir Speaking
in a School Campaign at
Borguna Adorsho Madhomik
Girls High School,
Organized by
BIRTAN



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