



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





**Md. Habibur Rahman Khan**  
Executive Director  
BIRTAN

## Foreward

We are passing a very hard time; the global pandemic has thwarted all human activity. It has caused the loss of lives and livelihood across the country and at the world at large. In these bleak scenarios, the official activities of BIRTAN also came under the 'lockdown' caused by the COVID-19. Amid this global crisis, BIRTAN has progressed on its mission to raise the level of nutrition of the people of Bangladesh.

In the mission of raising the level of nutrition, it is necessary to raise the level of awareness about nutrition. To ensure that, BIRTAN has provided food-based nutritional (Applied Nutrition) training to 3980 persons all across the country from this January-June, 2020. This national drive is a continuous effort from BIRTAN to raise the awareness about balanced diet, basic food-based nutritional knowledge etc. To raise the level of awareness of the adolescents, 04 school campaigns were arranged in Cox'sBazar, Tangail and Lalmonirhat. 08 radio talks have been broadcasted through Bangladesh Betar encompassing food security, safety and nutritional issues.

To engage the stakeholders more effectively, 13 Seminars on related issues were organized. BIRTAN's officials have taken part in many national fairs which celebrated food and nutrition-related topics.

On 09 February, 2020-Dr Mohammad Abdur Razzaque, Honourable Minister, Ministry of Agriculture and Chairman of the executive board, BIRTAN has visited BIRTAN's under-construction head office situated at Araihasar, Narayanganj. His visit has encouraged BIRTAN's officials to achieve the goal of nutrition envisioned in national and international work plans and strategies. He reiterated the goal to make BIRTAN a centre of excellence for nutritional research and education in the region.

With the nation, BIRTAN is also celebrating the 'Mujib Borsho' and the Birth Centenary of the Father of the Nation Bangabandhu Sheikh Mujibur Rahman. It is the vision of the father of the nation to ensure the basic nutritional need of the population for which he included it as a basic duty of the state to the people in the first constitution of Bangladesh. Although the planned festivity is marred by the COVID crisis, BIRTAN is celebrating 'Mujib Borsho' in the spirit of realising the vision of Father of the Nation.

**Md. Habibur Rahman Khan**



## Celebrating Mujib Borsho with Bangabandhu's Vision of Hunger Free Bangladesh



17 March 1920, a child was born in a remote village of the then Faridpur district. But this was not any ordinary child; the child was born with an extraordinary gift of the gab and charisma. With natural endowment and unconditional love for his land and its people, he freed his people from centuries of oppression. Had he been alive today, he would be a centenarian. He is the Father of the Nation Bangabandhu Sheikh Mujibur Rahman. On the occasion of his centenary birthday, the declaration of the Mujib Borsho (dedication of a year to his memory) only demonstrates the unreserved love and respect the nation owes him. BIRTAN is celebrating this occasion with utmost festivity and solemn respect.

Unlike most other leaders, Bangabandhu had an exceptional ability to remember an ordinary person and discern between the right and the wrong. But more than everything else it was his unbounded love for his people that made him different from professional politicians. To him, the welfare of the suppressed and wretched people was the first and last mission.

Bangabandhu was always saddened by the fact that his countrymen are plagued by hunger. He expressed his heart's desire on his Memoir of China visit 'Amar Dekha Noya Chin-আমার দেখা নয়াজীন (The book is based on his visit to the Peace Conference, China on 02-12 October, 1952 as a delegate of Pakistan) . He was received very cordially by a friend who was a diplomat of Pakistan Government in China. He was treated like a long lost brother by the wife of his friend who asked him to stay a bit longer. Although he was emotionally overwhelmed by the tears of his sister from another mother, Bangabandhu expressed that he must leave for his country as soon as possible, as mothers and sisters of his country are dying just out of hunger. It was clear that his life's mission was to eradicate hunger of his people.

Paying homage to such an iconic persona is no easy job, for his life is so vast touching every corner of this land and every aspect of Bangalee society and his dream of a Sonar Bangla (Golden Bengal) As a visionary leader, Bangabandhu understood that to realise his dream, the people must be equipped with physical and psychological capabilities. He realized that building block of development is



ensuring proper diet and nutrition for the population. The first constitution of the country bears witness to his philosophy as he codified ensuring nutrition for the people as a basic duty of the state {Constitution 18 (1)}. To perform state duties to the people of Bangladesh, Bangabandhu established the Institute of Public Health and Nutrition (IPHN) in 1974. To strengthen the institutional capacity for ensuring nutrition, he established the National Nutrition Council (BNNC) in 1975.

On his visit to Bangladesh Agricultural University, 13 February 1973, Bangabandhu said, 'If we work on a planned way, we would be self-sufficient on food by next 5 years.' Bangabandhu added that, 'This does not mean only rice or wheat; fish, meat, egg, vegetables are also means food.' Bangabandhu implied that only self-sufficiency on a cereal food item is not enough to eradicate hunger, we should focus on attaining self-sufficiency on every food item to defeat hunger.

Bangabandhu's dream of the Golden Bengal is on the verge of becoming a reality under his Daughter Honorable Prime Minister Sheikh Hasina. Bangladesh has attained self-sufficiency on cereal food. Bangladesh has stood second globally on the ranking of freshwater fish production this year. The emphasis on research and development on livestock and fisheries sector has made meat and eggs accessible to mass people.

BIRTAN is working to raise the level of nutrition of the people of Bangladesh, as Bangabandhu promised on the constitution through applied nutritional research and training activities for every section of the society. BIRTAN is committed to raising awareness about dietary diversity and a balanced diet.

On the occasion of Bangabandhu's Birth centenary, BIRTAN is remembering and is trying to emulate what he stood for. Reflections on his commitment to the emancipation of his people-the Bangalee can indeed help galvanise BIRTAN's vision to raise the level of nutrition for the people of Bangladesh.

## Dr Mohammad Abdur Razzaque envisioned BIRTAN as a Regional Food and Nutritional Research and Educational Hub



It was the most ominous day of the year for BIRTAN as Dr Mohammad Abdur Razzaque, Honourable Minister, Ministry of Agriculture and Chairman of the Executive Board, BIRTAN was to attend BIRTAN's Board Meeting. Honourable Minister made it even more special as he instructed to arrange the meeting in the under-construction head office of BIRTAN situated at Araihasar, Narayanganj. Dr. Razzaque wanted to see the progress of the Infrastructure Development and Strengthening of BIRTAN's Project (IDSB). This project is realizing the dreamed head office, specialized laboratory and research facilities, office and academic buildings and 07 regional centres of BIRTAN.

On 09 February, 2020-Dr. Razzaque arrived at BIRTAN accompanied by Dr Abdul Aziz, Honorable Member of Parliament Sirajganj 03 and Board Member of BIRTAN and Md. Nazrul Islam Babu, Honorable Member of Parliament, Narayanganj 02 (Araihasar). Arifur Rahman Opu, Additional Secretary-Administration (as a representative of Secretary, Ministry of Agriculture), Ministry of Agriculture, Kamalaranjan Das, Additional Secretary (Research), Ministry of Agriculture, Md. Sayedul Hasan, Chairman (Additional Secretary), BADC, Additional Secretary, Finance Division, Ministry of Finance, Joint Secretary, Ministry of Food, Joint Secretary, Ministry of Health, Director General, National Nutrition Council, Director General, Department of Agricultural Extension, Director General, Bangladesh Agriculture Research Institute were among the board member present at the occasion.

Minister of Agriculture was received by Zharna Begum, Executive Director (Additional Secretary), BIRTAN, Kazi Abul Kalam, Director (Joint Secretary) and S.M Shibly Nazir, Project Director (Joint Secretary), IDSB project. Honourable Minister commensurated with ceremony by official salute and protocol arranged by UNO, Araihasar, Narayamganj. In the board meeting, Honourable Minister re-iterated the vision and mission scripted on the BIRTAN Act-2012. Dr Razzaque said, raising the level of nutrition is a constitutional responsibility of the Government of Bangladesh, and it has a pivotal role to play in establishing a prosperous and developed nation. The base of making a skilled and capable workforce is proper dietary practice and adequate nutrition. As a specialized research and training organization on food-based applied nutrition, BIRTAN will have to play a vital nation-building role in regard of ensuring the basic nutritional needs of the population through knowledge dissemination and basic research activities.

After the conclusion of the meeting, Dr Razzaque observed the infrastructure developed under the IDSB project. He inquired about the progress of the various infrastructures and their completion time. Honourable Minister visited the under construction modern food and nutrition laboratory of BIRTAN. He instructed BIRTAN's research related officials to do basic food and nutrition-related research. He motivated the BIRTAN's officials to take the organization to the height of a regional food and nutrition research and educational hub and create a centre of excellence in this regard.



**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 nutrition sensitive program. BIRTAN head office along with the seven regional offices, Integrated Agricultural Approach for Ensuring and Food Security Project (IANFP)-BIRTAN Part, and Infrastructure Development and Strengthening of BIRTAN Project (IDSB) also conducts training programs on food-based nutrition. There are two batches of training programs being conducted and each batch consists of 30 participants. The participants of one batch (30 participants) consist of field workers of the Department of Agricultural Extension (DAE), school teachers, field officers of Non-government organizations (NGO), elected representatives of local government, imam, priest, purohit, social workers, and health providers. Another batch (30 participants) include both male and female farmer. BIRTAN also conducted a day-long training program on food-based awareness in the slum area and also introduced for garments and migrant workers. A total number of 3980 participants received training where 59% male and 41% 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, and Department of Women Affairs. These training are arranged and financed by the Integrated Agricultural Approach for Ensuring Nutrition and Food Security Project-BIRTAN Part (IANFP).

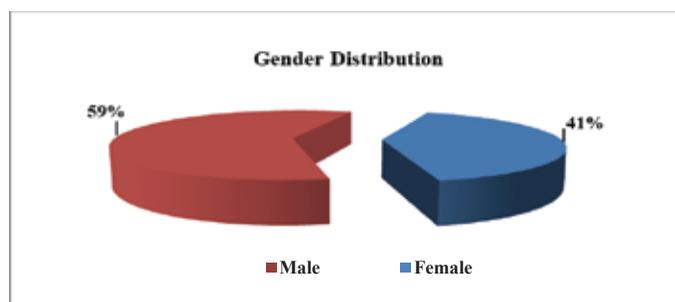
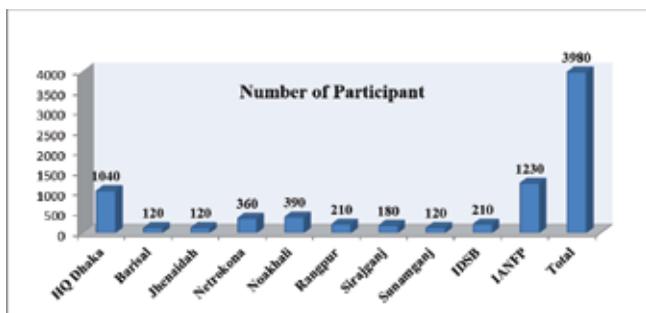


Figure 1: The number of participants received training on applied nutrition from January to June, 2020

Figure 2: Gender distribution of total participants

## SCHOOL CAMPAIGN

BIRTAN conduct School campaigns across the country to raise the level of awareness about nutrition among adolescents. Adolescence is the period between the normal onset of puberty and the beginning of adulthood. According to World Health Organization (WHO) the period of adolescence is start from the age of 10 to 19 years. In Bangladesh, more than one-fifth (23 percent) of the total population, which is 36 million, were adolescents (BBS, 2017). And a large number of adolescent girls suffer from various degrees of nutritional disorders.



The campaigns have been realized through Integrated Agricultural Approach for Ensuring and Food Security Project (IANFP)- BIRTAN Part.

In these School campaigns, students learn on food based nutrition related information, importance of nutrition in life cycle, necessity of balanced diet and dietary habit from the resource persons. The students taught through various practice such as flash card, leaflet, food plate and educational visuals on nutrition.

### List of School Campaign Program (January-June, 2020)

Sl No	District	Upazila	Date	Name of School
1	Cox's Bazar	Kutubdia	04 January 2020	Dhurung Ideal High School and College
2	Cox's Bazar	Teknaf	07 January 2020	Ezahar Girls High School
3	Tangail	Delduar	25 February 2020	FR Khan Pilot High School
4	Lalmonirhat	Kaliganj	02 March 2020	Tushvander Women's Degree College

## LIST OF SEMINAR



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

**List of The Seminar (January-june, 2020)**

<b>Title of the Seminar/ Workshop</b>	<b>Key Note Speaker/Discussant</b>	<b>Date</b>	<b>Organized by Head Office/ Regional Office</b>
Nutritional Care for Adolescent Girl & Elderly People	Ms Aysha Siddika Consultant (Diet & Nutrition) Japan Bangladesh Friendship Hospital Dhaka	20 January 2020	Head Office
3M Model Nutrition Policies and Governance– Bangladesh Perspectives	Dr. Md. Shanewaz Director General Bangladesh National Nutrition Council (BNNC), Dhaka	27 January 2020	Head Office
Draft Nutrition Sensitive Agricultural Policy Strategy	Md. Ruhul Amin Talukder Additional Secretary Ministry of Agriculture, Dhaka	16 February 2020	Head Office
Nutrition For Adolescent & Pregnant Mother for Good Health	Dr. Mominur Rahman Civil Surgeon Officer Noakhali	18 February 2020	Noakhali
Coronavirus Outbreak: A Global Health Emergency	Dr. Ahmed Sharif Principal TMSS Medical Institute of Research & Technology (TMIRT), Bogura	19 February 2020	Sirajganj
Food Safety and Quality of Fresh Produce	Dr. Shamim Ahmed Kamal Uddin Khan Professor of Agrotechnology Discipline Khulna University, Khulna	24 February 2020	Jhenaidah
Keto and Balance Diet	Dr Wahiduzzaman Associate Professor Food Engineering and Tea Technology Shahjalal University of Science and Technology	27 February 2020	Sunamganj
Nutritional Status and Strategies to Improve on Children & Adolescent in Nilphamari District	Dr. Anwara Akter Khatun Chairman Dept of Food Science and Nutrition Hajee Mohammad Danesh Science and Technology University (HSTU), Dinajpur	04 March 2020	Rangpur
Minimum Processing to Reduce Qualitative loss	Professor Dr Md Fakhrul Hasan Dept of Horticulture Patuakhali Science and Technology University, Patuakhali	09 March 2020	Barisal
Nutritional Status and Strategies to Improve on Children & Adolescent in Thakurgaon District	Dr. Anwara Akter Khatun Chairman Dept of Food Science and Nutrition Hajee Mohammad Danesh Science and Technology University (HSTU), Dinajpur	11 March 2020	Rangpur
Manual Development on Food Based Nutrition	Md. Al Mamun Deputy Secretary Ministry of Agriculture, Dhaka	16 March 2020	Head Office
Safe and Healthy Nutritional Practices to Follow During the COVID-19 Pandemic	Professor Dr. Md. Rezaul Karim Department of Horticulture Faculty of Agriculture, Bangladesh Agricultural University, Mymensingh	16 June 2020	Netrokona
The Role of Milk, Meat and Egg to Disease Prevention of Human Body	Dr. Md Ibrahim Khalil Veterinary Surgeon Barisal Sadar, Barisal	22 June 2020	Barisal

## MASS MEDIA

BIRTAN used social media to increase the level of awareness on nutrition. In the last 06 (Six) months BIRTAN's officials have broadcasted eight (08) radio programs on nutrition, health benefits of fruits and vegetables, healthy cooking process, and safe food related issues through Bangladesh Betar and its regional offices across the country.



### Summary of Radio Program (January-june, 2020)

Serial no.	Subject	Name and designation	Organizer	Date	Time
1.	Nutritional value and health benefits of broccoli	Md. Kausar Ahmed Assistant Scientific Officer	Bangladesh Betar, Dhaka	16.01.2020	7.05 pm
2.	Roles of fruits and vegetables to prevent disease	Dr. Md. Sadequl Islam Senior Scientific Officer	Bangladesh Betar, Rangpur	28.01.2020	6.10 pm
3.	Cooking: How to preserve nutrients during cooking. / What to do during cooking to reduce nutrients loss	Golam Sagir Ahammad Scientific Officer	Bangladesh Betar, Dhaka	14.02.2020	6.05 pm
4.	Nutritional value of native fruits	Farzana Simi Scientific Officer	Bangladesh Betar, Barisal	21.02.2020	6.05 pm
5.	Importance of small fish to fulfill the nutritional needs	Elora Parvin Scientific Officer	Bangladesh Betar, Dhaka	13.03.2020	6.05 pm
6.	Nutritional benefits of water melon	Dr. Razu Ahammad Senior Instructor	Bangladesh Betar, Dhaka	16.03.2020	6.05 pm
7.	Roles of native fruits in nutritional and economic security	Elora Parvin Scientific Officer	Bangladesh Betar, Dhaka	30.03.2020	6.05 pm
8.	Nutritional value of vegetables	Farjana Rahman Bhuiyan Senior Scientific Officer	Bangladesh Betar, Dhaka	16.04.2020	6.05 pm

*Write up in Krishi Kotha*

*'শাক সবজির পুষ্টিমান' Krishi Kotha 79th yr, 10th number, page 27-28, January-February 2020. Agriculture Information Service (AIS), Ministry of Agriculture, by Farjana Rahman Bhuiyan, Senior Scientific Officer.*

## 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 2020 BIRTAN head office has participated in National Vegetable Fair (01th – 03th January), National Honey Fair (14th -16th February). Jhenaidha regional station has participated at “Agriculture Information Fair’ 2020 (01-03 February). Sunamgonj regional station has participated on “Agriculture Information Fair’2020 (24th -27th February) and won the third position. All those fair 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 ‘PustiSommelom (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.



BIRTAN official paying respect to Bangabandhu Sheikh Mujibur Rahman on the occasion of the Birth Centenary of Father of the Nation and the commencement of "Mujib Borsho" at Bangladesh Agricultural Research Council (BARC).



## Editorial Board

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Sech Bhaban (3rd Floor), 22 Manik Mia Avenue, Shere Bangla Nagar, Dhaka-1207

