



বাংলাদেশ ফলিত পুষ্টি গবেষণা ও প্রশিক্ষণ ইনস্টিটিউট (বার্তান)

বিশ্বনন্দী, আড়াইহাজার  
নারায়ণগঞ্জ  
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ফল গবেষণা মাঠ  
(FRUIT RESEARCH FIELD)  
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(NUMBER OF SPECIES)

# BIRTAN

## NEWS LETTER

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## Foreword

It has been a very tough year for the country and the world at large as the global pandemic still rages on. Advent of various deadly variants of COVID-19 and their higher rates of infection has forced the govt to enforce lockdown and curtail day to day activity. This global phenomenon has also disrupted BIRTAN's various ventures which are designed to raise the level of nutrition of the country. Amid that the organization has achieved a remarkable feat; BIRTAN has been shifted to its own Campus.

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 practices and adequate nutrition. As a specialized research and training organization on food-based applied nutrition, BIRTAN is designated by the law 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. To establish BIRTAN as a regional Food and Nutritional Research and Educational Hub, the Government Bangladesh has facilitated a project titled Infrastructure Development and Strengthening of BIRTAN. Under this project a 100 acre campus has been built at Araihaazar, Narayanganj which comprises a 10 storied office building, research fields, training building, dormitory and residential quarter for the officials. A highly equipped laboratory has been also prepared to enhance the research capacity. The landscape beside the mighty Meghna river is a soothing and calming spectacle to the eye of the beholder. Moreover 07 regional offices also h

BIRTAN has started its official activity in this newly decorated huge campus. The new campus comes with many promises and challenges for the BIRTAN as a organization to which it officials has to lived upto. I hope we all are ready for this challenge.

Apart from this huge accomplishment, from January-June, 2021 period, BIRTAN has provided food-based nutritional (Applied Nutrition) training to 3980 persons all across the country. This national drive is a continuous effort from BIRTAN to raise the awareness about balanced diet, basic food-based nutritional knowledge. 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 officials have taken part in many national fairs which celebrated food and nutrition-related topics. Pandemic has thwarted the normal life, but in this new normal situation BIRTAN will strive to achieve the vision that has been set out by government.

## BIRTAN's new Begining





National Professor Late Dr Md. Ibrahim had started a project namely ‘Applied Nutrition Project’ in 1968 at Jurain at a rented facility. The focus of the project was to improve public health as well as scale up the nutritional status of the people through the applied nutritional sensitive program.

Based on its success, the project was renamed as Bangladesh Institute of Research and Training on Applied Nutrition (BIRTAN) at the 154th council meeting of the Bangladesh Diabetic Association in 1979. Ministry of Agriculture assimilated this project in 1980 and continued it as an associated organ of Bangladesh Agriculture Research Council (BARC) from 1980 to 1994. In this period, BIRTAN acted as an autonomous body and its activities were expanded to other parts of the country through establishing 4 regional centers. In 2012, the Bangladesh Institute of Research and Training on Applied Nutrition (BIRTAN) Act, 2012 passed in the National Parliament to establish it as a regional centre of excellence for food-based nutritional research and training. A project was facilitated by the government in 2013 to strengthen its infrastructural and institutional capacity. Under this project which is titled Infrastructure Development and Strengthening of (BIRTAN), GoB spends 354 Crore BDT to construct buildings for head office, research laboratories, training centres, residential accommodations, and experimental fields and farms at Araihasar, Narayanganj. The project also facilitated the building of 07 regional offices at Netrokona, Sunamganj, Noakhali, Barishal, Jhenaidah, Sirajganj, Rangpur. The regional offices have been operational since 2018 but the huge infrastructure of the head office needed some extra time. So in the meantime, BIRTAN’s national activity was coordinated from the temporary office situated at Sech Bhaban, Dhaka. Now the wait is over, BIRTAN has shifted to its 100-acre campus.

The head office of BIRTAN is situated beside the mighty Meghna River. The 10 storied office building has 90,000 sq feet of space. It has also a fully equipped modern laboratory for food-based nutritional research. The training building has been prepared for the proposed food-based nutrition diploma/certificate course. The research sheds and field are already in use for various ongoing researches. The mosque built on the campus is an architectural marvel and a view to enjoy.

According to the BIRTAN Act 2012, the main objective for the establishment of BIRTAN is to aware all segments of the population about the importance of food-based nutrition primarily through training and research. Training includes human resource development on food based nutrition through education (Proposed Diploma/Certificate course), trainers training and to create awareness among the mass people of the society. BIRTAN do research about the nutritional status of different segments of the people in different areas, knowledge about food-based nutrition, dietary pattern, water, sanitation and hygiene (WASH), calorie intake, balanced diet, biofortification of food etc. It also engages different stakeholders of the food and nutrition sector through organizing seminars/workshops.

When Dr Mohammad Abdur Razzaque MP, Honourable Minister, Ministry of Agriculture and Chairman of the Executive Board, BIRTAN visited the under construction head office of BIRTAN on 09 Feb 2020, he instructed BIRTAN’s 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. So now BIRTAN has its turf. It’s a new day, a new beginning to raise the level of nutrition of the country and to realize the vision of a hunger-free world.



## Research



BIRTAN has undertaken 12 research project in 2020-21 FY. The research topics comprising of various applied nutritional topics including the nutritional assessments of various crops under varied circumstances. These researches has been realizing through the head office and 07 regional offices across the country. For the first BIRTAN's head offices farms fields has been used in these researches. Short introductions of all these projects are stated below:

SL	Research Tittle	Researcher and Office	Duration
1.	Nutritional value of non conventional leafy vegetable available in Rangpur.	Dr. Md. Sadequl Islam, Senior Scientific Officer, Rangpur Regional Office, BIRTAN	July 2020-June 2021
2.	Nutritive value of different colored vegetable and their health implication.- Locally available vegetable	Dr. Md. Jamal Hossain, Senior Scientific Officer, Barishal Regional Office, BIRTAN	Dec 2020-Dec:2022
3.	Assessment of nutritional composition of Moringa and drying effect on chemical properties.	Md. Abdur Razzak, Senior Scientific Officer, Sunamganj Regional Office, BIRTAN	July:2020-June:2021
4.	Assessment of non-conventional locally available vegetable in Netrokona	Dr. Altaf-Un-Nahar, Senior Scientific Officer, Netrokona Regional Office, BIRTAN	Dec:2020-Dec:2021
5.	Nutritional analysis of ethnic fruits and vegetables locally available in CHT and Noakhali	Dr. Mohammad Zahir Ullah , Senior Scientific Officer Noakhali Regional Office, BIRTAN	July:2020-Dec:2021
6.	Collection and variety development of cherry tomato.	Dr. Mohammad Zahir Ullah, Senior Scientific Officer Noakhali Regional Office, BIRTAN	July:2020-Dec:2021
7.	Assesment of nutritional value of non-conventional locally available vegetable in Sirajgonj	Dr. Md. Abdul Majid, Senior Scientific Officer Sirajganj Regional Office, BIRTAN	July:2020-June:2021
8.	Nutrient Analysis of Common Groundnut ( <i>Arachis hypogaea</i> ) Cultivar in Bangladesh	Md. Maksudul Haque, Senior Scientific Officer, Prince Biswas and Md. Shamsuzzoha, Scientific Officer, BIRTAN Head Office	Dec:2020-Dec:2021
9.	Nutritional composition of pumpkin flour produced by different drying methods.	Rownoke Jannat Janny, Scientific Officer; Md. Maksudul Haque, Senior Scientific Officer, BIRTAN Head Office and Md. Marufur Rahman, Scientific Officer, Rangpur Regional Office, BIRTAN	July:2020-June:2022
10.	Assessment of Nutritive value of Dragon Fruits ( <i>Hylocereus polyrhizus</i> ): The Next Generation Fruit.	Md. Maksudul Haque, Senior Scientific Officer, Elora Parvin and Md. Shariful Islam, Scientific Officer, BIRTAN Head Office	Dec:2020-June:2022
11.	Genetic improvement for improving nutritional quality in sweet Potato ( <i>Ipomoea Batatas</i> )	Md. Maksudul Haque, Dr. Mohammad Zahir Ullah, Dr. Md. Jamal Hossain Senior Scientific Officer Elora Parvin, Md. Shariful Islam, Prince and Md. Marufur Rahman, Scientific Officer	July:2020-June:2023
12.	Study on agronomy of Mara shak	Md. Marufur Rahman, Scientific Officer, Rangpur Regional Office, BIRTAN	July:2020-June:2021



## 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 conducts training programs on food-based nutrition. In these trainings BIRTAN disseminates basic food based nutritional information which includes balanced dietary pattern, best cooking practices water, sanitation and hygiene (WASH), calorie intake, balanced diet, bio fortification of food etc. Trainers from BIRTAN use various Social Behavior Change Communication approaches which comprises of lectures, Videos, Group Activity etc. Amid the COVID-19 crisis BIRTAN achieved the targeted number of trainees which includes Farmers, Sub asst Agricultural Extension Officer, local School teachers, at risk demography which includes Garments worker, aspiring migrant worker, slum dwellers etc. In the Covid-19 emergency situation, BIRTAN also providing awareness training about nutrition to boost the immunity system through balanced dietary habit and practices. From January –June 2021 period BIRTAN has provided training to 1290 farmers, 1292 Sub asst Agricultural Extension Officer, local School teachers, religious leader, 2392 at risk demography which includes Garments worker, aspiring migrant worker, slum dwellers etc and provided Food and Nutrition training in emergency situation to 300 persons. In total 4,974 persons were trained on food based applied nutrition in this period. BIRTAN training manual has been updated in this period, 60 of the manual were distributed for the extension of the knowledge. Apart from that, 2542 Pusti Plate were distributed too.





## Seminar

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

For Covid-19 situation BIRTAN could not arrange seminar for the first 03 month of the January-June, 2021 period. On 17 June, 2021 BIRTAN has organized a seminar which was titled Agricultural Productivity, Nutrition and SDG and beyond-The Roadmap under Bangladesh Context. The keynote presenter of the seminar was Dr. Moin Us Salam, Freelance Consultant, Agricultural System and Modeling. In his presentation Dr. Moin stated, that every country of the world has some form of malnutrition problem. The problem should be addressed according to the particular countries culture and agriculture. The seminar was presided by Md. Khorshed Alam NDC, Director (Joint Secretary), BIRTAN, discussant of the seminar was Kbd. Md. Manzurul Hannan, Managing Director, Hortex Foundation.

Another seminar titled Bangladesh Country Nutrition Situation and Discourse of Social Behavior Change Communication (SBCC) was organized on June 24. The keynote presenter of the seminar was Dr. Sheikh Shahed Rahman, Team Leader, Suchana and CSA-SUN-Save the Children. Discussant of the seminar was Md. Aman Ullah, Assistant Director and Deputy Program Manager, National Nutrition Services. The Keynote speaker stated that, social behavior change of the population is an important component to ensure food and nutritional security. To ensure successful social behavior change communication, greater efforts are needed to validate the information and tools which are to be used. To ensure that greater co-ordination among the stakeholders of the food and nutrition sector. Apart from these seminar organized at head office, 18 seminar were organized in the regional offices.





## Radio Programs

BIRTAN disseminate food based nutritional messages through Bangladesh Betar. BIRTAN's officials present radio talks, participate in phone in live programs to provide food based nutritional instruction to the listener. In the Jan-June 21 period, BIRTAN official have participated in 18 radio programs. They have broadcasted information's including health benefits of fruits and vegetables, healthy cooking process, and safe food related etc.



SL	Topic	Presenter	Venue
1.	Nutritional value and versatile use of Snake gourd.	Md.Shariful Islam, Scientific Officer	Bangladesh Betar,Dhaka
2.	Nutritional value and versatile use of Sweet Bitter Gourd	Md.Shariful Islam, Scientific Officer	Bangladesh Betar,Dhaka
3.	Nutritional value of Bottle Gourd	Prince Biswas Scientific Officer	Bangladesh Betar,Dhaka
4.	Benefits of pomelo	Prince Biswas Scientific Officer	Bangladesh Betar,Dhaka
5.	Nutritional value and medicinal use of Sponge gourd	Rownoke Jannat Janny Scientific Officer	Bangladesh Betar,Dhaka
6.	Nutritional value and herbal use of Rige Gourd	Rownoke Jannat Janny Scientific Officer	Bangladesh Betar,Dhaka
7.	Changing food habits and importance of Nutritional learning	Md. Abdur Razzak Senior Scientific Officer	Bangladesh Betar, Sylhet
8.	The role of herbal plants in curing diseases	Farjana Simi Scientific Officer	Bangladesh Betar, Barishal
9.	Importance of vitamins and minerals to prevent diseases in corona pandemic.	Dr. Md. Sadequl Islam Senior Scientific Officer	Bangladesh Betar, Rangpur
10.	Nutritional value and uses of Drum Stick	Dr. Md. Sadequl Islam Senior Scientific Officer	Bangladesh Betar, Rangpur
11.	Role of Ektee Bari Ektee Khamar to fulfillment Food security and Nutritional demand.	Md. Abdur Razzak Senior Scientific Officer	Bangladesh Betar, Sylhet
12.	Nutritional diet and exercise for child wellness and normal development in corona pandemic.	Dr. Md. Jamal Hossain Senior Scientific Officer	Bangladesh Betar, Barishal
13.	Eating sufficient food for pregnant & children during coronavirus.	Dr. Md. Sadequl Islam Senior Scientific Officer	Bangladesh Betar, Rangpur
14.	Roles of vitamin-C containing vegetables and fruits to human body.	Dr. Altaf-Un-Nahar Senior Scientific Officer	Bangladesh Betar, Mymensingh
15.	Nutritional value of Milk and Egg and health benefit for human.	Dr. Md. Jamal Hossain Senior Scientific Officer	Bangladesh Betar, Barishal
16.	The role of herbal plants in curing diseases	Md. Abdur Razzak Senior Scientific Officer	Bangladesh Betar, Sylhet
17.	The role of grains in supplying <i>nutrients</i> to human health	Dr. Md. Jamal Hossain Senior Scientific Officer	Bangladesh Betar Barishal
18.	Nutritional value of native fruits	Dr. Md. Sadequl Islam Senior Scientific Officer	Bangladesh Betar Rangpur

## National Events Celebration at Regional Offices

### International Mother Language Day 2021



Regional Office, Rangpur



Regional Office, Noakhali

### Mujib Centenary Celebration



Regional Office, Barishal



Regional Office, Sirajganj



## 50<sup>th</sup> Anniversary of Independence



Regional Office, Barishal



Regional Office, Sirajganj

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