

Guidelines For Painting Competition

Making Local Food System Nutrition Sensitive and Adolescent Friendly

The International Nutrition Olympiad (INO) is an annual global event where children, adolescents and youth can share their experiences to promote healthy diets and nutrition through innovative activities, express their concerns and challenges related to nutrition and seek actionable solutions, and build networks. BIID Foundation has organized the program since 2017 in collaboration with various government and non-government organizations. The children, adolescents and youth-led INO has been playing an effective role in achieving national and international goals on nutrition.

INO 2025 will be held on 24th-25th April in Dhaka, Bangladesh. Children, adolescents & youth as individuals and team, are encouraged to engage through the network of Nutrition Clubs. Different competitions, seminars, workshops & exhibitions are going to be organized at INO 2025, There will be a total of 15 competitions including 'Painting Competition'. Anyone between 06 to 24 years can participate in the 'Painting Competition'. The guidelines of the 'Painting Competition' in given below.

Painting Competition

Painting is the act of creating pictures using colors, pencils, or pens on paper. Painting competition is a contest where participants draw pictures based on a specific theme.

Age Group:

Group A	Group B	Group C
06-10	11-18	19-24

Theme:

Group A: Healthy Foods Around Me.

Group B: Environment Friendly Food Waste Management.

Group C: The Journey of Efficient Food Production from Farm to Plate.

Eligibility:

- Participants must complete registration form on the INO 2025 website (www.nutritionolympiad.net) and select 'Painting Competition' during the registration.
- Any participant within the specified age group can join.
- Only individual participant can participate in this competition.
- The participants or guardian or the institution must have minimum IT facilities [Phone, E-mail, WhatsApp, Zoom account (not mandatory)].

Registration:

All participants have to register at the dedicated website of INO 2025. Click the registration link at the INO 2025 website (www.nutritionolympiad.net) and select 'Painting Competition' during the registration.

Registration Deadline: March 31, 2025 (11 PM, Dhaka time)

Submission deadline: April 06, 2025 (11 PM, Dhaka time)

Painting Guidelines

1. Participant Information:

Name, Age, Designation, Institution, Address, Contact Number, and Email

2. Painting Rules & Guidelines:

- The participants have to draw a picture based on the specific theme.
- Color must be used & pencil sketch is not acceptable.
- Fill and submit the attachment form incorporating the description of the painting within max 50 words.

3. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla) Font Size: 12, Plain text without special formatting. A4 Size paper. Paper type: Any type of paper.

4. Language: Bangla or English

5. Submission & Selection Process:

Preliminary Selection:

- Participants can submit their painting with descriptions either online or through their school. Schools will select the top 5 paintings from each.
- Selected drawings can be submitted via email, Google Drive or by courier with a hard copy.
- Participants under 18 must submit a signed consent form from parents/guardians along with the painting description (up to 50 words), including the participant's name, age, group, institution, and signature.
- 10 paintings will be selected from each age group for the preliminary round.

Final Selection:

- 10 paintings from each age group will be displayed at INO 2025.
- Selected participants must send the original hard copy of their painting for display. Failure to meet deadlines will result in replacement by waiting list participants.
- Judges will select the top 3 paintings from each group.

Scoring Criteria:

Sl. No	Criteria	Number
01	Presenting main theme	40
02	Color consistency	30
03	Creativity	20
04	Following the rules	10
Total		100

Special Notes:

- The painting must be the participant's original work, though assistance from advisors is allowed. Use of AI or online tools will disqualify entries.
- Judges' decisions are final. Any unethical behavior will result in disqualification.
- The top 3 winners from each group will be announced at the closing ceremony of INO 2025.
- Selected paintings will be uploaded to the official websites of INO and BIID Foundation.

Contact:

Any queries regarding the Painting Competition, please contact, Phone: +8801782510089 or E-mail: ino@biid.org.bd

One participant or a group can participate for a maximum of 3 (Three) competitions.

Competition Name: Painting Competition

Name:

Age Group:

Contact No:

Institution:

District:

Description of the Painting: (Maximum 50 words)

Disclaimer: This painting has been drawn by -----
daughter / son of ----- and agreed to use the
painting for any non-commercial use.