

Guidelines for ‘Public Speaking 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, the 8th edition of the initiative will be held on 24th–25th April at Dhaka, Bangladesh. Children, adolescents & youth as individuals and teams, 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 ‘Public Speaking’. Anyone between 06 to 24 years can participate in the ‘Public Speaking Competition’. The guidelines of the ‘Public Speaking Competition’ are given below.

Public Speaking Competition

Public Speaking Competition is an event where individuals present a speech based on theme to an audience, with the aim of showcasing their speaking, communication, and presentation skills.

Age Group:

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

Theme:

Group A: My Plate; My Health.

Group B: Knowing Nutrition is the Key to Better Future.

Group C: Advertisement Influences Unhealthy Food Choices.

Eligibility:

- Participants must complete the registration form on the INO 2025 website (www.nutritionolympiad.net) and select ‘Public Speaking Competition’ during the registration.
- Any participant within the specified age group can join.
- Contestants can only compete individually.
- Participants must have basic IT facilities (e.g., Phone, E-mail, WhatsApp or Zoom Account)

Registration:

All participants have to register at the dedicated website of INO 2025. Click the registration link at the INO 2025 website (<https://nutritionolympiad.net/>) and select ‘Public Speaking Competition’ during the registration.

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

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

Public Speaking Guidelines

1. Participant Information:

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

2. Language: Bangla or English.

3. Selection Process:

Preliminary Selection:

- Participants have the option to join the competition either online via Zoom or in person at their respective schools.
- For the in-person public speaking competition, schools will select the top 3 speakers from each school.
- For the online preliminary phase Zoom link will be shared through e-mail and WhatsApp.
- Participants must present the statement within 2 minutes.
- Online participants must keep their cameras on during the competition.
- Participants under 18 require consent from parents or guardians.

Final Selection:

- 5 participants from each group will be selected to participate in person at INO 2025. A theme will be given to the selected participants for the 'Public Speaking Competition' and 3 minutes time will be allocated for the final round.

Scoring Criteria:

Sl. No	Criteria	Number
01	Main theme	30
02	Presenting the theme	20
03	Accurate information and explanation	25
04	Accent	15
05	Following the rules	10
Total		100

Special Notes:

- Public Speaking ideas must be created by participants, though guidance from mentors is allowed.
- Judges' decisions will be considered final and any malpractice will lead to disqualification.
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2025.

Contact:

Any queries regarding 'Public Speaking 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.