



Nutrition Society of Sri Lanka (NSSL) Presents

Annual Scientific Sessions – 2026

24th & 25th January 2026 in Colombo

“One Health, One Nutrition: Ensuring Optimal Nutrition for
People and the Planet”

Nutri-Quiz Competition – 2026

Guidelines

- **Eligibility:** Undergraduates interested in Human Nutrition of the State and non-state Universities in Sri Lanka.
- **Structure of the competition:** The competition consists of **two** rounds.

1st round:

- This will be **one-hour** test with 50 MCQs.
- The test will be held on **15th November 2025 Online**
- Participants can sit for the test online/ remotely from any preferred location via a suitable device. Participants are expected to abide by the rules and regulations pertinent to the online test. **Further details and exact time of the online test will be informed to the registrations in due course via email.**
- All participants will be ranked based on marks obtained for the competition to select candidates and the 10 best students who achieve highest scores above a cutoff mark will be chosen for the Final round of the competition. The cutoff mark will be decided by an evaluation panel appointed by the NSSL.

Final round:

- Final round of the quiz will be conducted as a live competition for selected registrants, in **January 25th, the second day of the Annual Scientific Sessions of Nutrition society of Sri Lanka, in Colombo**. Further details will be notified to the eligible candidates.
- **Examination questions and related activities:** The questions and related activities of the competition (The competition to select candidates and Final round) encompasses core areas of nutrition such as Human Nutrition, Food and Nutrition, Public Health Nutrition, Dietetics, Clinical Nutrition, Biochemistry, Human physiology and Human Biology. Questions are designed to test the participant's knowledge, skills and the ability to apply nutrition knowledge.
- **Registration:** Participants can register online (see flyer) for free. A participant can register only once.
- **Awards and certificates:**
Champion: **Gold medal and a certificate**
1st runner-up – **Silver medal and a certificate**
2nd runner-up – **Bronze medal and a certificate**
Merit award certificates to all final round participants

For More Information, Please Contact

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