



# IROMAG

*Incomings Edition*



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## Ramadan

The holy month of Ramadan is the ninth month of the Islamic calendar. It is a month of spiritual reflection, self-improvement, and heightened devotion and worship. The annual observance of Ramadan is regarded as one of the Five Pillars of Islam. It lasts from twentynine to thirty days, from dawn to sunset. During the fasting period Muslims cannot drink or eat. They also must abstain from intimacy, sinful speech and behavior. Fasting is an obligation 'fard' for all adult Muslims who are not acutely or chronically ill or travelling. The elderly, mothers who are breastfeeding, people suffering from diabetes or women during periods also do not have an obligation to fast. The meal the fast starts with is referred to as suhur, and the daily fast ends with the meal called iftar.

# Women's Day

By IROUNMO



Prof. Dr. Alena Huseinbegović, the Rector of "Džemal Bijedić" University of Mostar, hosted a festive lunch with socializing and fun to celebrate International Women's Day on March 8th. The university organized the ceremony at Hotel Almira as a gesture of gratitude and deep respect for all its employees who continuously contribute to the institution's development through their dedicated work, commitment, and dedication.

The festive lunch and socializing took place in an unforgettable atmosphere with a piece of entertaining music credited to Mostar singer Dino Memić and his band. This gathering of university employees in Mostar further strengthened their connection, providing inspiration and motivation for new work challenges, victories, and successes.

"The success of every woman should be the inspiration to another. We are strongest when we cheer for each other," is the joint message from the gathering employees.

# Independence Day

By IROUNMO



Since 1992, March 1 has been celebrated as Independence Day in Bosnia and Herzegovina. A referendum held on February 29 and March 1, 1992, saw the majority of Bosnians and Herzegovinians vote in favor of a democratic and independent Bosnia and Herzegovina, where all citizens are equal.

On April 6, 1992, the European Community member states recognized Bosnia and Herzegovina as an independent and sovereign state. The United States of America followed suit a day later, and on May 22, 1992, the United Nations admitted the Republic of Bosnia and Herzegovina as a member. However, this recognition came amidst armed conflicts in some parts of Bosnia and Herzegovina, which soon escalated into an aggressive war that caused significant human casualties, suffering, and material destruction.

Despite the aggression, the citizens of the Republic of Bosnia and Herzegovina successfully resisted and the government committed to building a multi-ethnic and democratic state where all people are equal, preserving the constitutional and historical continuity of Bosnia and Herzegovina.

# Nutrition of the Youth

By IROUNMO



The students of the study program "Nutritionism" organized the public panel titled "Nutrition of the Youth - Challenges of the Modern Age" at the Agromediterranean Faculty of the University "Džemal Bijedić" in Mostar. They initiated the idea through a questionnaire to explore the eating habits of their colleagues across various faculties of "Džemal Bijedić" University in Mostar. To better interpret the results and provide recommendations, the panelists included renowned nutritionists such as Amela Ivković O'Reilly, Master of Nutrition Vlatka Škurla, and Professor Dr. Aida Šukalić from the "Nutritionism" program. High school seniors and students from "Džemal Bijedić" University in Mostar attended the event.

Vice Professor Alisa Hadžiabulić, the Dean of the Agromediterranean Faculty, emphasized that nutrition is a relatively new scientific field, focusing on the impact of food on human health. The faculty recognized societal needs by introducing a study program promoting healthy food consumption and production. The Biotechnics program was updated with courses like Plant Production, Ecological Agriculture, and IT in Agriculture.



Professor Aida Šukalić, from the Nutrition program, highlighted students' commitment to promoting healthy eating habits within their community through their research. The study aimed to understand students' dietary habits, their awareness of their diet, and the influence of their environment and habits. The goal was to identify challenges and provide guidance to improve eating habits and promote a healthier lifestyle among students.

Panelists stressed that the study results would inform programs supporting healthy diets and well-being at "Džemal Bijedić" University in Mostar. They also aimed to raise awareness among high school students about healthy eating habits from an early age. They emphasized the importance of regular, moderate, diverse, and balanced eating, along with engaging in sports, resisting societal appearance standards, developing self-esteem, and surrounding oneself with positive examples and support.

The panel concluded that proper nutrition in youth is essential for both physical and mental health. Furthermore, students of the "Nutrition" course produced a brochure titled "Recommendations for Student Nutrition."

# Erasmus+ SmartWB Training

By IROUNMO



The University of Applied Sciences and Arts Ostwestfalen-Lippe, TH OWL, Germany, played host to an inspiring teaching staff training from March 19 to 21, 2024, in Hoexter.

Throughout this dynamic three-day event, under the umbrella of the Erasmus+ CBHE SmartWB project, passionate experts (educators) empowered teaching staff from partner universities in Bosnia and Herzegovina, Albania, and Montenegro, imparting invaluable knowledge and skills in the realm of climate-smart urban development.

Representing the Dzemal Bijedic University of Mostar (UNMO) with zeal and expertise was Prof. Ph.D. Emina Junuz and Assoc. Ph.D. Merima Salčin.

Initiated in January 2023, the Erasmus+ CBHE SmartWB project, led by the Faculty of Civil Engineering, University of Montenegro, and guided by the eminent Prof. Ph.D. Merima Šahinagić-Isović at the helm of the SmartWB UNMO team, stands as a beacon of collaborative innovation and progress.

## Debate competition



The Law Faculty of "Džemal Bijedić" University of Mostar hosted a two-day debate competition, with over 50 high school students from all over Bosnia and Herzegovina participating in 16 teams. The Faculty of Law, the Union of Students of the University of "Džemal Bijedić" of Mostar, and the Association of Students of the Faculty of Law organized the competition with the support of the OSCE Mission in Bosnia and Herzegovina.

Prof. Dr. Alena Husseinbegović, the Rector of the Džemal Bijedić University of Mostar, opened the competition during the opening ceremony held in the Simulated Judging Hall at the Law Faculty.

During the rector's speech, she encouraged the students, saying, "Dear students, debate competitions offer you the opportunity to gain new experiences, meet colleagues from other classes and schools, develop argumentation and oratory skills, as well as critical thinking on various topics that you will debate in this year's competition. I wish you all the best of luck and success on this journey, and I hope to see many of you as future students of one of the 8 faculties and 5 university studies.

The opening ceremony also featured addresses from Prof. Dr. Amra Jašarbegović, the dean of the Law Faculty; Šejla Maslo-Cerkić, representing OSCE; and Amir Čaušević, the President of the Student Union of the University "Džemal Bijedić" in Mostar.

In the final debate on the topic "The place of religious education in public schools," the teams Second Gymnasium Mostar and Sari Saltuk 1 competed, with victory ultimately going to team Sari Saltuk 1 (from the Electrical School "Salih Salko Salurić" Mostar), represented by Amar Obradovic and Amina Alispahić from the Bugojno Gymnasium

# BOSNIAN DICTIONARY

- TAKMIČENJE - COMPETITION
- DEBATA- DEBATE
- SREDNJA ŠKOLA - HIGH SCHOOL
- PRIJEMNI ISPIT - ENTRANCE EXAMINATION

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IROMAG TEAM  
MIRSADA BEHRAM  
LEJLA ŠKALJIĆ  
LEJLA REPEŠA  
HUSEIN MARIĆ

