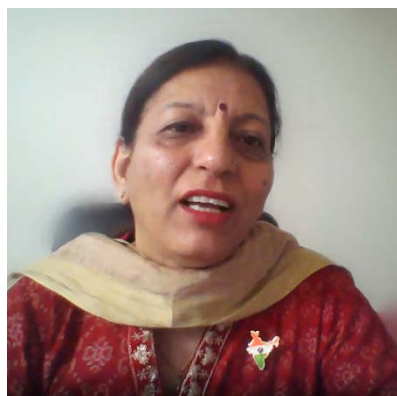


INTERNATIONAL YEAR OF MILLETS - 2023

Lecture on Potential of Millets (Nutritional Value, as Nutraceutical and Functional Food) as well as Awareness through social media was organised at NITTR Chandigarh on 13th August 2022 from 11:30 AM to 1:00 PM through Online Mode

The programme started by the introduction of the importance of nutritional and potential of Millets by Dr. Poonam Syal, Professor and Head, Rural Development Department. She detailed about the Millets as staple food source which provides major and minor nutrients for good human health. Professor B. S. Pabla, welcomed all the participants in this programme and discussed about the increase in farmer income by adoption of millet production. Dr. Hemant Kumar Vinayak introduced the expert, Mrs. Rekha Raheja, Food Culinary Medicine Consultant Aka Food Choreographer.



About Nutritional Value of Millets by Prof. Poonam Syal



Welcome Address by Prof. B. S. Pabla

Dr. Hemant Kumar Vinayak introducing the Expert

Mrs. Rekha Raheja, initiated her talk with significance of eating the right food for our fitness and maintaining health. She emphasised about low carbohydrate to fibre ratio of various types of Millets

in comparison to rice and wheat. She detailed about the various health benefits of different types of millets and how these different millets maintain the various organs healthy. The millets are proving to be the food source that have been able to cure many diseases. Mrs. Raheja emphasised upon the protocol to be followed while having millets, such as no two millets should be mixed and eaten, millets should be taken in different forms such as kheer, khichdi, etc. Mrs. Rekha Raheja emphasised about the aspect of having millets in a fermented form. The talk ended with question-and-answer session by participants such as millets which can cure cancer, reduce obesity, etc.



Potential of Millets by Mrs. Rekha Raheja

About 36 participants attended this lecture. The participants were faculty and staff members from NITTTR Chandigarh and faculty from PIs of Punjab under UBA. The programme was concluded by vote of thanks proposed by Dr. Amit Goyal.



Dr. Amit Goyal proposing Vote of Thanks