

Health Benefits of Millets in Routine Diet: A Study on Assessing the Awareness and Consumption of Millets among Youth in Delhi NCR



Project No: 178/CRP-2023-806/YoM23/SCD

National Workshop

On

‘Health Benefits of Millets’

Sponsored by

Indian Council of Social Science Research (ICSSR)

PM Year of Millets Scheme



Patron-in-chief
Principal,
Prof. R.N. Dubey



Chief Guest
Prof. K.P. Singh



Guest of Honour
Prof. Neera Agnimitra



Guest of Honour
Sh. Jagdish Mittal



Workshop Convener
Prof. Tushti



19th February 2024 (Monday)



9:00 am – 5:30 pm

Venue: Auditorium, Dr. Bhim Rao Ambedkar College



[Click for venue google map location link](#)

For more Information contact us

- 8638568049 : Ms. Bidisha Borgohain
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Dr. Bhim Rao Ambedkar College, DU

In collaboration with

Dept. of Social Work, Aditi Mahavidyalaya, Dept. of Chemistry, (University of Delhi)



दिल्ली विश्वविद्यालय
University of Delhi



Dr. Bhim Rao Ambedkar College
University of Delhi, Delhi, India



INTERNATIONAL YEAR OF
MILLETS
2023

Health Benefits of Millets in Routine Diet: A study on Assessing the Awareness and Consumption of Millets among Youth in Delhi NCR

Project No: 178/CRP-2023-806/YoM23/SCD



NATIONAL WORKSHOP ON HEALTH BENEFITS OF MILLETS

Date: 19th February 2024

Organized by:
Dr. Bhim Rao Ambedkar College,
University of Delhi

**Venue: T8 College
Auditorium**



Implemented by:



Dr. B.R. Ambedkar College
University of Delhi
Project Coordinator and Director
Prof. Tushti Bhandwaj

Sponsored by:



Indian Council of Social
Science Research
Ministry of Education

In Collaboration:

- Prof. Beena Antony Reji, Aditi Mahavidyalaya, University of Delhi
- Prof. Archana Kaushik, Department of Social Work, University of Delhi
- Prof. Raj Kishore Sharma, Department of Chemistry, University of Delhi

WORKSHOP CONCEPT NOTE

Background:

The workshop titled 'Health Benefits of millets' is part of the short-term research project entitled "Health Benefits of Millets in Routine Diet: A study on Assessing the Awareness and Consumption of millets among Youth in Delhi NCR" (Project no. 178/CRP-2023-806/YoM23/SCD), sponsored by the Indian Council of Social Science Research, Ministry of Education under the PM Year of Millets Scheme 2023. The importance of Millets has been recognized by the government of India as well as the United Nations during the declaration of International Year of Millets 2023. Since youth are the pathfinder of our society, awareness about millets among them becomes of paramount importance.

About the Collaborating Institutions

The project is implemented at Dr. Bhim Rao Ambedkar College, University of Delhi in collaboration with Aditi Mahavidyalaya, Department of Social Work and Department of Chemistry of the University of Delhi. The project is housed in Dr. Bhim Rao Ambedkar College which is a constitute college of the University of Delhi. The college is located at Yamuna Vihar and caters to a wide section of students from different socioeconomic background. The college has remarkable performance of students in academics as well as extra-curricular activities like sports, cultural, NCC, NSS etc. The college headed by the principal Prof. R.N. Dubey is continuously progressing towards success in diverse fields.

The Indian Council of Social Science Research (ICSSR), Ministry of Education promotes research in the field of social sciences in India. ICSSR provides grants for project, fellowships, international collaboration, capacity building, survey, publication etc. ICSSR has also established National Social Science Documentation Center and National Data Services to provide library and information support services to scholars and scientists. ICSSR is the sponsoring organization for the present project under the year of millets schemes.

About the Project

This project covered a sample of approximately 2000 youth studying in various Higher Education Institutions across Delhi NCR. The project covered higher education institutions from Sonipat, Meerut, Ghaziabad, Gautam Budha Nagar, Delhi, Hapur and Alwar. The project aimed to assess the awareness and consumption level of millets among youth. A sub set of participants were also trained for innovative millets cooking through the Millets Mobile Kitchen of this project

About the workshop

The present workshop is an integral component under this project, and organized with practical support and coordination from Department of Social Work, Dr. Bhim Rao Ambedkar College. The workshop aims to disseminate the findings among the stakeholders and general public at large. The workshop aims to deliberate upon the compilation, organization and analyses of the data collected as part of the project. The workshop also aims to deliberate upon the objectives and targets achieved under the project as well as the process of data collection and analysis. The specific objectives of the workshops are:

1. To deliberate upon the objectives and targets achieved under the project
2. To share the process of data collection, organization, and analysis.
3. To deliberate upon the emerging findings and compilation of the same.
4. Demonstration of hands-on- skills of millets cooking and other youth centric activities learnt through the project.

Target Audience

1. Youth studying in Higher Education Institutions (HEI)
2. Teachers, Principals, Administrator from Higher Education Institutions.
3. Government Officials engaged in the implementation of the year of millet scheme and media personnels
4. Research Scholars and Scientists working in the fields of millets promotion.
5. Millets cooking experts, Chefs, Canteen/Mess Managers.
6. Farmers, Entrepreneurs engaged in production and distribution of millets.

Workshop Activities

The workshop will begin up with inaugural session followed by project presentation and discussion over findings. The workshop will have a technical session with millets centric research paper presentation by invited speakers. The workshop also houses a series of student centric activities (research participants) to demonstrate the hands-on skills acquired through the project participation.

The following sessions and/or activities will be conducted as part of the project:

Experts' session	Student centric activities
1. Inaugural session	1. Millets Cooking Competition (A team of 2) from project participating HEI.
2. Project Presentation	2. Millets Rangoli Competition (A team of 2) from project participating HEI.

3. Technical Session	3. Poster Making (Solo) from project participating HEI.
4. Valedictory session	4. Poetry (Solo) from project participating HEI.

The student centric events will be judged by a dully constituted committee and winners will be awarded with prizes. The workshop will conclude with report presentation, award, certificate distribution and valedictory function.

Workshop Expected Outcome

The workshop will bring a number of research scholars, scientist, youth, teachers and administrators of HEI, Government official and members of the general public at a common forum to evaluate the impact of Year of Millets Scheme. The workshop will also help inform the various stakeholders from the larger society about the emerging findings of the research project. The vast experience of various stakeholders will add on to the final analysis and supplement the project findings. The workshop will also help young students to demonstrate their novice skills in millets cooking and encourage them and larger section of youth to integrate millets cooking and consumption in routine diet.

Timing and Venue

Date: 19th February 2024

Time: 9:30 AM – 5:30 PM

Venue: T8 College Auditorium

For any clarification and assistance feel free to contact at

Email: icssr@bramb.du.ac.in

Contact No. 9711474047 (Prof. Tushti Bhardwaj), 8638568049 (Ms. Bidisha Borgohain)

Organizing Committee

1. Organizing Team

- Prof. R.N. Dubey, Principal, Dr. Bhim Rao Ambedkar College (Patron in Chief)
- Prof. Tushti Bhardwaj, Project Coordinator & Director (Convener, Workshop)
- Prof. Raj Kishore Sharma, Project Director (Co- convener, Workshop)
- Prof. Archana Kaushik, Project Director (Co- convener, Workshop)
- Prof. Beena Antony Reji, Project Director (Co- convener, Workshop)
- Prof. Atul Pratap Singh (Convener, Guest Hospitality Committee) & Dr. Rajbala Gautam (Co- Convener)
- Prof. Sangeeta Sharma Dhaor (Convener, Food Committee) & Dr. Anjali Suman (Co- convener) & Dr. Anuradha Tyagi (Co- convener)
- Prof. Avtar Singh (Convener, Registration Committee) & Prof Sarla Devi Bhardwaj (Co-convener) & Dr. Sakshi Vasudev (Co- Convener)
- Prof. Richa Chowdhary (Convener, Student centric activities Committee) & Dr. Deepshikha Chaudhary (Co-Convener) & Dr. Sanjay Sharma (Co- Convener)
- Dr. Ravindra Singh (Convener, Finance Committee), Dr. Vinayak (Co-convener)
- Dr. Arvind Yadav (Convener, Discipline Committee) & Dr. Rajbeer Vats (Co- convener), Dr. Kislay Kumar (Co-convener)
- Prof. Bishnu Mohan Dash (Convener, Awards and certificate Committee) & Mr. Kumar Satyam (Co- convener)
- Prof. Bijender Kumar (Convener, Media Committee)
- Ms. Bidisha Borgohain, Ms. Shalu (Student/Volunteer coordinator)
- Dr. Deepak Chaudhary, Mrs. Shobha Sharma, Shri Birendra, Shri Uttam Singh (Logistic and Support)

2. Students Executives:

Ms. Nandini	M.A. Psychology
Mr. Saksham Pandey	HJMC I Year
Mr. Alok Sandilya	HJMC I Year
Ms. Nashrah Ali Siddiqui	Social Work Department III Year
Mr. Sashikant Kumar	Social Work Department III Year
Ms. Fatima Najwa	Social Work Department III Year
Ms. Ankita Singh	Social Work Department III Year
Mr. Harshit Vinayak	Social Work Department III Year
Ms. Niharika	Social Work Department III Year
Ms. Varsha Jha	Social Work Department III Year
Mr. Akash Singh	Social Work Department III Year
Mohd. Shad Qureshi	Social Work Department III Year
Mr. Prem Goswami	Social Work Department II Year
Mr. Abhay	Social Work Department I Year

Mr. Saddam
Mr. Joel
Mr. Shlok

Social Work Department I Year
BBE III Year
BBE III Year

TECHNICAL SESSION & STUDENT CENTRIC ACTIVITY INSTRUCTIONS

Paper Presentation for Technical Session

1. The paper presentation will be centered around following themes
 - Health and Environmental Benefits of Millets
 - Millets Availability and Consumption
 - Millets Consumers Awareness & Satisfaction
 - Millets Harvesting, Production, Technologies and Farmers challenges
 - Millets Start-Ups and Entrepreneurs
 - Millets Innovative Cooking and Nutritional Value
 - Any other related theme centered on Millets only.
2. Technical session will have presentation from invited speakers.
3. Title and the Abstract is required to be submitted by 9th February 2024 Friday by 5 pm at icsr@bramb.du.ac.in
4. Presenter will be given 7-8 minutes for presentation
5. Presenter is required to send their presentation (PPT) latest by 15th February 2024 Thursday at the email icsr@bramb.du.ac.in by 5 PM. Presentation must have 15 slides at the max.
6. Though the Abstract will be required in English language only, however, the presentation maybe made either in Hindi or English.

Millets Cooking Competition

1. Participants must bring their raw material and utensils for cooking and serving.
2. A team of only two participants per college are allowed, prior registration is mandatory.
3. Participants are required to cook any one dish from millets, Dish may be either from single millet or a combination of more than one millet.
4. Participants are encouraged to bring their cooking stove or induction. Cylinder or electric connection will be provided.
5. Participants are required to take all hygienic precautions like wearing aprons, head cover etc.
6. Maximum cooking time will be one hour.
7. Judgement criteria will include taste, use of natural ingredients, presentation, nutritional value, cleanliness and expressions.

Millets Rangoli Competition

1. A team of only 2 participants per college is allowed, prior registration is mandatory.
2. Participants need to bring their rangoli materials. Rangoli has to be made using mainly millets.
3. Maximum Rangoli making time will be one hour only.
4. Judgement criteria will include creativity, originality, cleanliness and expressions.

Millets Poster Making

1. Only one participant per institution is allowed, prior registration is mandatory.
2. Participants are required to bring their own color and other stationary, only chart sheets will be provided, prior registration is mandatory.
3. Participants must carry their own base board.
4. Poster theme will be announced on the spot.
5. Maximum one hour will be given for poster making.
6. Judgement criteria will include creativity, originality, color schemes, message content, presentation and expressions.

Millet Poetry Recitation

1. Only one participant per institution is allowed, prior registration is mandatory.
2. Poetry has to be the original piece of work by the participants.
3. Three (3) minutes per participants for poetry will be given.
4. Poetry may be recited either in English or Hindi.
5. Poetry has to be strictly based on millets.
6. Judgement criteria will include creativity, expressions, content and connect to the audience.