



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. Yashvi Bhardwaj

Sponsored by:



Indian Council of Social
Science Research
Ministry of Education

In Collaboration:

- Prof. Beena Antony Raj, 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

Report on

National Workshop on Health Benefits of Millets

About the Workshop

Dr. Bhim Rao Ambedkar College, University of Delhi organized a workshop on Health Benefits of Millets on 19th February 2024, Monday in the college premises. The workshop titled 'Health Benefits of millets' was 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.

The workshop was organized with practical support and coordination from Department of Social Work, Dr. Bhim Rao Ambedkar College in partnership with other collaborating institutions to the project namely Delhi School of Social Work, Aditi Mahavidyalaya and Department of Chemistry, University of Delhi. The short-term research project covered a sample of approximately 2000 youth studying in various Higher Education Institutions across Delhi NCR. The project covered higher education institutions from Sonapat, 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.

The workshop aimed to disseminate the findings among the stakeholders and general public at large. The workshop aimed to deliberate upon the compilation, organization and analyses of the data collected as part of the project. The workshop also aimed to deliberate upon the objectives and targets achieved under the project as well as the process of data collection and analysis.

Objectives of the workshop

The specific objectives of the workshops were:

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 of the National Workshop

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 had four components to its activities namely inaugural, technical session, valedictory and students' centric activities. The workshop began with the inaugural session. Prof. K.P. Singh Director Gandhi Bhavan was the Chief Guest. Prof. Neera Agnimitra, Professor Delhi School of Social Work, DU and Chairperson of the International Relations committee was the Guest of Honor. In the inaugural session the objectives of the workshop were met by disseminating the findings among the stakeholders and general public at large. During the session, the project

coordinator and director deliberated upon the compilation, organization and analyses of the data collected as part of the project via presentation mode.

The workshop also housed a series of student centric activities (research participants) to demonstrate the hands-on skills acquired through the project participation. In the wing of students' centric activities (research participants), the workshop organized Millets Cooking Competition where students from four different high education institutions from Delhi, Meerut, Hapur participated. The students cooked Millets based dishes like Ragi Chocolate Cake, Ragi Apple Jalebi, Ragi Idli, Jowar Momos etc. Another activity to this component is the Millets Rangoli, where the students from different HEIs created their masterpiece solely from Millet grains. The workshop also organized Millets Poster Making wherein the theme was Millets and Health. Finally, the students' centric activities ended with Poetry Recitation competition and the students recited original poems based on Millets.

The technical session emphasized on paper presentation and this session centered around themes like

- 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.

The session was presided over by five speakers namely Prof. Poonam Lakra Department of Food and nutrition, DU, Prof. Deepshikha Sharma, Raghunath Girls Post Graduate College Meerut, Dr. Rosy, Political Science Department, Ramjas College DU, Ms. Ankita, Ph.D Scholar DU, and Mr, Shyam Ph.D Scholar DU.

A total of 360 participants including guests, delegates, technical speakers, students (research participants) and members of general public attended the workshop from Delhi NCR.

Photos



