



Estd. 1996

CHAITANYA DEGREE & PG COLLEGE FOR WOMEN

Affiliated to Andhra University, Chaitanya nagar, Old Gajuwaka, Visakhapatnam-530026.



INTERNATIONAL YEAR OF
MILLETS

2023





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INTERNATIONAL YEAR OF MILLETS-2023

WORK SHOP

ON

Nutritional Values in Millets

In Collaboration with



BCT KRISHI VIGYAN KENDRA - VISAKHAPATNAM



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“Healthy food practices promote good health”

Health and hygiene play a pre-dominant role in everyday life. Health refers to ones overall well being and focuses on physical, mental and social state as well. So, we understand that health is the key factor for a happy life and healthy foods help us to overcome the risk of chronic diseases.

Keeping this in point of view, our college conducted a workshop on healthy foods, on March 2023. The main objective of this work shop is to create awareness on organic foods which helps everyone to lead a better healthy life.

As 2023 is regarded as **THE INTERNATIONAL YEAR OF MILLETS**, our college in collaboration with BCT-Krishi vigyanKendra, Visakhapatnam, which is offering immense services in research on Millet grains cultivation, production and consumption.

The workshop was initiated by our beloved Principal madam

DR.S. Chandra Mahalakshmi

Resource Persons

Dr. SAILAJA Kurra Sr.Scientist & Head

Dr. SRIHARI Soil scientist

Dr. PRASAD RAO Sr.Scientist





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“International Year of Millets 2023”

MILLETS: IMPORTANCE AND NUTRITION



Presented by
Dr. Sailaja Kurra
Senior Scientist and Head



History of Millets

- ❧ **Millets are one of the oldest foods known to humans and possibly the first cereal grain used for domestic use. They have been in food use in India since 2500 BC.**
- ❧ **India has been the native home for little millet and kodo millet and were first domesticated in Indian sub- continent.**
- ❧ **Millets also formed important parts of the prehistoric diet in Indian, Chinese and Korean societies.**
- ❧ **Millets have been important food staples in human history, particularly in Asia and Africa. They have**

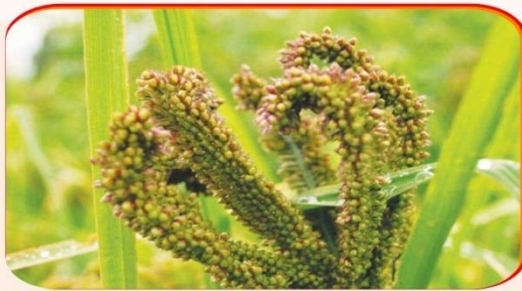


Why Millets

- ❧ **Millets offer nutritional security and need for promoting millets as they are highly nutritious.**
- ❧ **Millets are rich source of fibre, minerals and B-complex vitamins.**
- ❧ **Millets are rich in health promoting phytochemicals like polyphenols, lignans, phytosterols and phytocyanins.**
- ❧ **Being non-glutinous, millets are safe for people suffering from celiac disease.**
- ❧ **Millets are non-acid forming easy to digest and non-allergenic.**
- ❧ **Millets have potential for protection against age onset generative disease such as metabolic syndrome and Parkinson's disease. Being non-glutinous, millets are safe for people suffering from celiac disease.**



Types of Millets



Finger Millet



Foxtail Millet



Little Millet



Kodo Millet



Proso Millet



Barnyard Millet



Brown top Millet



Nutritive composition of Millets

Name of the Millet	Ash (%)	Moisture (%)	Protein (%)	Fat (%)	Crude Fibre (%)	Energy (kcal)	Iron (mg)	Zinc (mg)	Calcium (mg)
Brown top Millet (BTAVT6)	8.62	7.32	11.64	5.28	16.08	362.64	178.54	66.10	3266.27
Banyard Millet (VMVC331)	6.15	7.78	10.29	3.87	14.07	363.63	163.50	47.64	2661.68
Foxtail Millet (SIA-3022)	2.95	7.69	14.00	4.46	10.53	357.44	99.30	53.60	737.50
Proso Millet (CO5)	5.05	8.85	11.06	2.05	14.91	354.65	158.92	44.12	2649.14
Kodo Millet (CO3)	3.03	8.06	8.38	3.42	14.94	372.74	206.5	36.30	2724.76
Little Millet (OLM-203)	4.77	8.56	8.94	3.10	7.40	362.18	109.94	33.02	1894.66
Finger Millet (VR-847)	3.62	7.68	7.3	1.3	3.9	351.92	35.50	24.70	3811.98



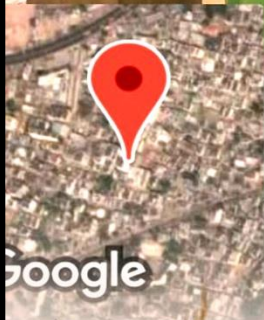


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 GPS Map Camera



Visakhapatnam, Andhra Pradesh, India
M6J2+QR7, Chaitanya Nagar, Gajuwaka, Visakhapatnam,
Andhra Pradesh 530044, India
Lat 17.681847°
Long 83.202003°
10/03/23 02:22 PM GMT +05:30





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Presented by
Dr. SRIHARI

Soil scientist

Presented by
Dr. PRASAD RAO

Sr.Scientist



Millets – Value added products

S.No.	Value Added Product	Image
1.	Multigrain Biscuits	
2.	Ragi Chocolates	
3.	Ragi Mixture	
4.	Pearl Millet Jilebi	
5.	Ragi ribbon pakodi	
6.	Korra Murukulu	
7.	Ragi Laddu	
8.	Ragi Malt	
9.	Finger Millet Dosa Mix	
10.	Foxtail Millet Dosa Mix	
11.	Little Mittle Dosa Mix	

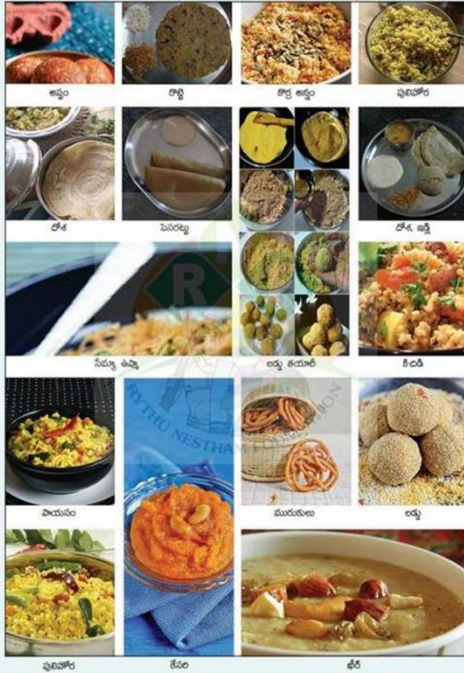




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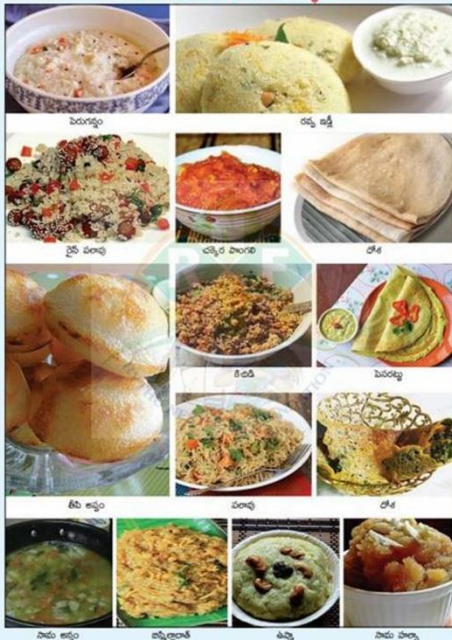
కొర్రలు / అందుకొర్రలతో తయారు చేసే అపార పదార్థాలు



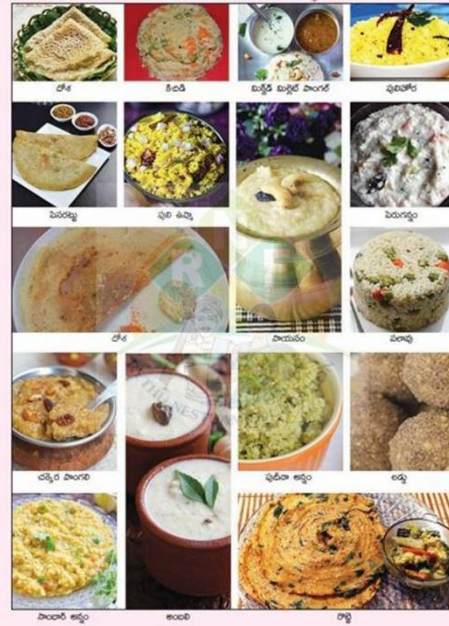
తీరలతో తయారు చేసే అపార పదార్థాలు



సామలతో తయారు చేసే అపార పదార్థాలు



అలకలతో తయారు చేసే అపార పదార్థాలు



Value Addition & Marketing

- Designing and implementing effective strategies for value-added marketing depends on significant effort.
- A number of initiatives are also being undertaken toward enhancing millet cultivation and consumption to reduce health risks caused due to diabetes, obesity, cardiovascular diseases.
- Value added refers to a service or 'product whose value has been increased especially by special manufacturing, marketing, or processing.

CONCLUSION

- Millets are highly nutritious crops.
- They have many health benefits and help in preventing life style diseases like diabetes mellitus, cardiovascular diseases and obesity.
- Millets are gluten free and rich in dietary fibre and help in easy assimilation of food.
- Biofortification of millets help in correcting micronutrient deficiencies.
- Since millets are rich in vitamins and minerals they are key boosters to fight against Covid-19 pandemic virus.





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PARTICIPATION CERTIFICATE

This is to certify that B. Krishna Priya
Student of M.Sc Organic chemistry has participated One-Day workshop on
“Nutritional Value in millets” organized by Chaitanya Degree & PG College
for women in collaboration with **BCT KRISHI VIGYAN KENDRA** on
March 10th in view of **INTERNATIONAL YEAR OF MILLETS - 2023**.


Correspondent
Chaitanya Degree & Pg College for women


Principal
Chaitanya Degree & Pg College for women


Head
BCT Krishi vigan kendra



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PARTICIPATION CERTIFICATE

This is to certify that D.Manu
Lecturer in COMPUTER SCIENCE has participated One-Day workshop on
“Nutritional Value in millets” organized by Chaitanya Degree & PG College
for women in collaboration with **BCT KRISHI VIGYAN KENDRA** on
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