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**CHAITANYA DEGREE & PG COLLEGE FOR WOMEN**

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

**INTERNATIONAL YEAR OF MILLETS-2023**

**WORK SHOP**

**ON**

***Nutritional Values in Millets***

**In Collaboration with**



**BCT KRISHI VIGYAN KENDRA - VISAKHAPATNAM**



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2023



## “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**



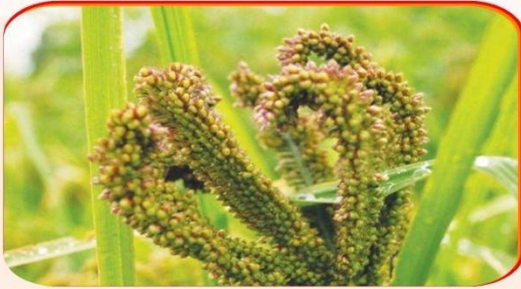
# Why Millets

- ❧ **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      |

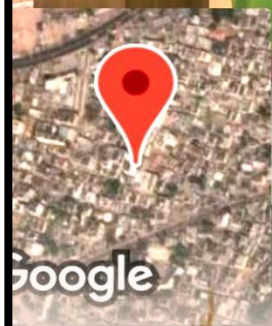






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**MILLETS: IMPORTANCE AND NUTRITION**



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**Soil scientist**

Presented by  
**Dr. PRASAD RAO**

**Sr.Scientist**

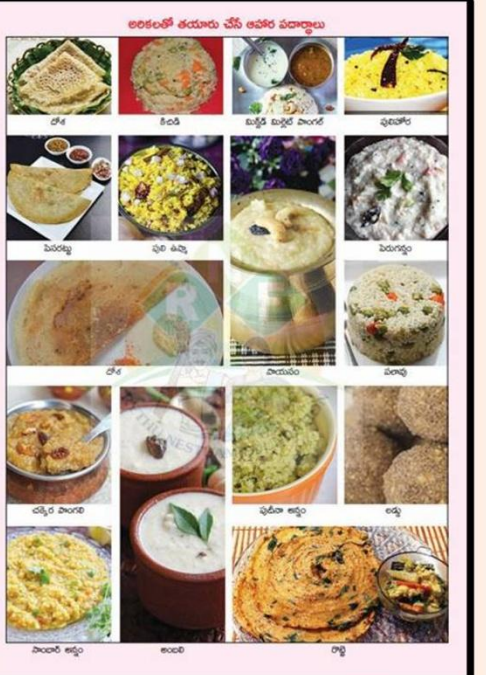
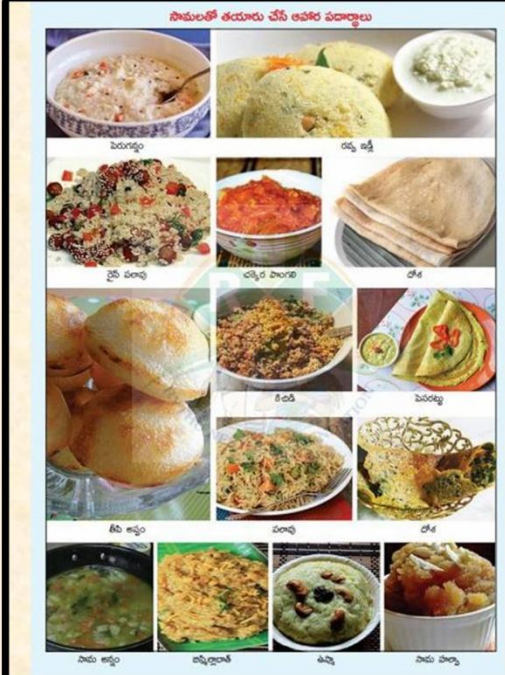
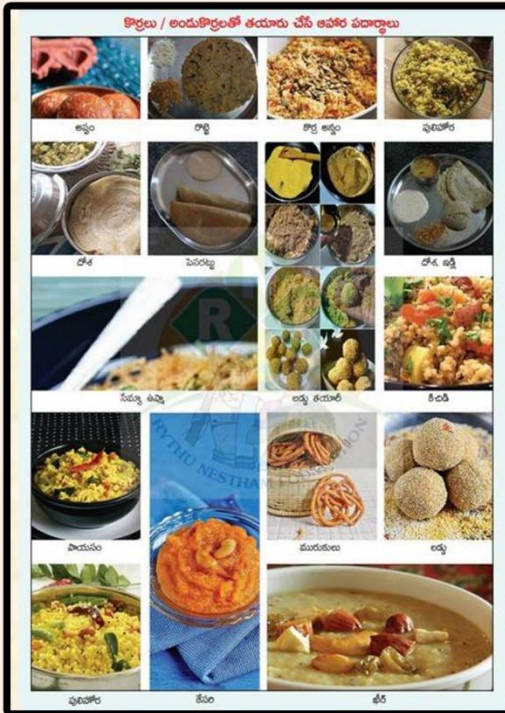


## Millets – Value added products

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









## 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, cardio vascular 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 10<sup>th</sup> 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 viganendra



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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

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