



# **Mittal Institute of Education**

**(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)**

**Opposite Bhopal Memorial Hospital & Research Center Nabi Bagh, Bhopal – 38**

**Ph. 0755-298003**

**E-mail: [miebpl2009@gmail.com](mailto:miebpl2009@gmail.com)**

**Session 2022-2023**



## **MILLET WORKSHOP**

**Dated - 30 July 2022**

**Time – 10:00 AM to 12:00 PM**

**Venue – Sant Hirdaram Girls College**

# **MILLET WORKSHOP AT SANT HIRDARAM GIRLS**

## **COLLEGE, BHOPAL**

As Government of India had proposed to United Nation for declaring 2023 as International year of Millet (IYOM). The Proposal of India was supported by 72 Countries and United Nations General Assembly Declared 2023 as international year of millets.

Sant Hirdaram Girls College, Bhopal food and nutrition department and Nutrition Society of India Bhopal chapter organized a workshop “**Snackyfying Millets**” to celebrate international year of millets, So that the Indian millets, recipes, value added products are accepted globally.

Millet Workshop was organized on 30 July 2022 from 10:00 am to 12:00 pm at nutrition lab of Sant Hirdaram Girls College, Bhopal.

Three students of B.Sc. 2<sup>nd</sup> year clinical nutrition namely Lipsa Benupani, Deeksha Lodhi and Maseera Atique of Mittal Institute of Education attended this workshop along with faculty Ms. Rohini Chourasiya.

There they learned 5 recipes of millet's by Ms. Jenisha Devnani.

Recipes were:-

- 1) Mexican Salad
- 2) Jowar Chila
- 3) Jowar Tikiya
- 4) Ragi Kabab
- 5) Bajra Dosa

Millets are high in nutrition and dietary fiber they serve as a good source of protein, micro nutrients and photochemicals.

- **Nutritive value of some millet per 100gms**

S.No	Name	Calorie s (kcal)	Protein (gm)	Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Calcium (mg)	Iron (mg)
1	Jowar	349	10.4	72.6	1.6	1.9	25	4.1
2	Bajra	361	11.6	67.5	1.2	5	42	8



3	Ragi	328	7.3	72	3.6	1.3	344	3.9
---	------	-----	-----	----	-----	-----	-----	-----

After the demonstration of recipes by Ms. Jenisha Devnani students also tried all the recipes by themselves.

At the end of the workshop Mrs. Vibha khare (H.O.D food and nutrition department Sant Hirdaram Girls College distributed participation certificate to students).







