



BLDE

(DEEMED TO BE UNIVERSITY)

Declared as Deemed to be University u/s 3 of UGC Act, 1956

Accredited with 'A' Grade by NAAC (Cycle-2)

The Constituent College



SHRI B. M. PATIL MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, VIJAYAPURA

Report on one day workshop on “Millets: Fuel for the Future.”

The Government has declared 2023 as the “International Year of Millets” to celebrate the Millets and create awareness among society to bring back the ancient grains that were the source of food and fodder. One-day workshop “**Millets: Fuel for the Future**” was organized by the Department of Food, Nutrition & Dietetics of Allied Health Sciences in collaboration with the Department of Community Medicine of Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU) Vijayapura on 10th of April 2023 at 10 am in Anatomy Gallery Hall.

The workshop was organized with four Guest Lectures in the First Half Session and was followed by the hands-on Snacks competition arranged for Allied Health Science students on “**Millets Magic in Snackibles**” in the second half session. The workshop was inaugurated at 10.30 am by our guests and Dean Faculty, Allied Health Sciences, and UG Co-ordinator Dr. B. S. Patil by watering the plant. Our beloved Dean, Dr. S. V. Patil, addressed the gathering. He welcomed our chief guest and speakers on behalf of the Allied Health Sciences, BLDE (DU). He also spoke about the role of millets in old age and the importance of creating awareness among today’s generation regarding millets. The guests for the workshop were Smt. Anita Dolli, Dr. Tanuja Pattankar, Dr. Rashmi Hullalli and Dt. Shree Deshpande. All guest speakers shared their valuable knowledge on Millets and their history, their health benefits, the role of millets in preventing diseases and disorders, the role of millets in cooking and how they can be included in daily diet. High tea was also arranged in between sessions. The gathering had about 180 students, and other faculty members also attended the

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workshop and actively participated in it. At the end of the session, all the guest speakers were felicitated by BLDE (DU) faculties with appreciation certificates and momentum. Participation certificates are also given to the faculty members who attended the workshop.

The list of Resource persons and their lecture topics are as follows:

1. Dt. Shree Deshpande, Nutritionist.

Allied Health Sciences, Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU), Vijayapura.

Topic: Introduction and History of Millets

Millets introduction, different types of millets, names of millets in other languages, the origin of different millets worldwide and their history, an overview of health benefits, and different ways to incorporate millets into daily diet were explained in this lecture.

2. Dr. Rashmi Hullalli, Senior Resident, Department of Community Medicine.

Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU), Vijayapura.

Topic: Health Benefits of Millets

Millet's overview and beneficial effects of millets in improving community health by properties of millets were understood in this lecture.

3. Dr. Tanuja Pattankar, Assistant Professor, Department of Community

Medicine, Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU), Vijayapura.

Topic: Role of Millets in Non-communicable Diseases

Millet's global scenario, reasons for declaring millets as Nutri-cereals, the



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importance of millets in diet, the nutritional value of millets, non-communicable diseases and the importance of millets in the prevention and control of particularly non-communicable diseases were explained in the following lecture.

4. Smt. Anita Dolli, HOD Home Science,

BLDEA's Smt. Bangaramma Sajjan Arts Commerce & Science College for Women, Vijayapura

Topic: "Millets: Fuel for the Future"

Millet's growth and global scenario, properties of millets, millets as wise food, Major initiatives taken by the Government to promote millets, and various products prepared using millets were presented in the following lecture.

In the second half session, the hands-on snacks competition "**Millets Magic in Snackibles**" was arranged for the Allied Health Sciences students in the First Floor of the Cafeteria. A total of 7 groups actively participated in the competition and presented the snacks they prepared to the Judges. Other faculty members from different departments also visited the competition and tasted the snacks prepared by all the groups.

The list of Judges for the competition is as follows:

1. Smt. Anita Dolli, HOD Home Science, BLDEA's Smt. Bangaramma Sajjan Arts Commerce & Science College for Women, Vijayapura.
2. Dr. Rekha Udgiri, Professor, Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU), Vijayapura.

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The judges selected the best three snacks. The cash prize is being sponsored by the Department of Community Medicine, Shri B. M. Patil Medical College, Hospital & Research Center, BLDE (DU), Vijayapura. Judges also declared a special encouraging prize for a male participant to encourage male participation in the cooking competition.

Millets Magic in Snackibles Winners List

Prize	Names
I Prize	Miss. Pallavi Bandi & Miss. Manisha Math.
II Prize	Miss. Sneha & Miss. Spandana.
III Prize	Miss. Alfiya Khan.
	Miss. Shushmita Hirandagi.
Encouraging prize	Mr. Hanamant Narali.

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