



## INTERNAL QUALITY ASSURANCE CELL

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### Template for submitting report of Seminars/ Conferences/ Workshops/ Webinars Conducted by Departments

(The report should be within three pages excluding cover page.)

The report should be submitted to IQAC within one week of completion of event)

1. Name of Event : International Convention on Millets
2. Title of the Event: "Millets – Ancient Grains for Modern Challenges".
3. Date and Duration: 9<sup>th</sup> November 2023 , 2.30PM – 3.30 PM
4. Themes & Objectives of the Event: Millets nutrition and health benefits involvement of NIN, Hospitals and others

Creating a platform for interaction and collaboration with Educational institutions, Health Institutions, Hotel associations, Chef Associations and others for generating massive awareness and leading to acceptance of millets.

4. Funding Agency (if any):
  - a) Funds Received (in Rs.):
5. Details of Technical Sessions:
  - a) Number of Technical session conducted: 7
  - b) Title of Technical Sessions: Linkages between Millets and Health
  - c) Chairperson of technical Sessions:
  - d) Session wise Brief Report:

A two-day International Convention on Millets (ICM 2023) was organized by the Government of Odisha in Bhubaneswar from 9-10 November 2023. Led by the Odisha Millet Mission of the Department of Agriculture and Farmers Empowerment, the Government of Odisha, ICM 2023 was organized in conjunction with the ongoing International Year of Millets (IYM) 2023.

Dr Soumya Swaminathan, Chairperson MSSRF, spoke about the undernutrition and obesity problem, as well as non-communicable diseases like diabetes, hypertension, etc., on the increase among urban and rural populations in India. Laying emphasis on eating balanced diets, she said that a recent survey by National Institute of Nutrition, showed that only around 10% of Indians eat the recommended amount of fruits and vegetables. "The problem of inadequate diets is not only with the poor, but also with the middle and upper classes of society, and therefore massive programmes on food and nutrition awareness is required to bring about behaviour change."

Mr. Basant Kumar Kar suggested strategic initiatives for Sri Anna Production and consumption which targets by 2036, half of all cereal produced must be millet and it has to become atleast one third of total cereal consume.

Dr. Alok Kanungo explained the benefits of eating millets as a Diabetic patient because Millets are known for their high fibre and micronutrient content, which can be beneficial in certain diabetic diets as a replacement for other carbohydrate staples such as rice, wheat, and sooji.

Prof(Dr.) Sanghamitra Mishra shared potential different stakeholders of IMS AND SUM i.e. 1.students, faculties ,staff and patients relatives' visiting the hospital. 2. OPD and IPD patients of Hospital 3. Community patients through urban and rural health care are the possible stakeholders integrating millets in their daily diet habits, and to provide readymade millet products in urban and rural health care centre also to the adolescent girls.

Dr. Monalisa Rout shared Some Useful tips about Consumption of Millet like, It should be consumed in Moderation (4 days for week maximum) and shouldn't be consumed in excess as they have Goitrogens , Phytic acid & Oxalate in relatively higher Quantity. And Before Cooking Millets it should be Soaked in water which will breakdown the Phytic acid in them and make them Digestible .She Also Shared Some of her Recipes like Ragi Ladoo , Ragi Malpua , Cakara Bajra, Manda Cake, Ragi Muduku, Ragi Roti etc.

Dr. Usha Dharmraj, gave some instructions on Processing of different parts from the millet and from which products like Millet Semolina, Powered ready mix from millets , Foxtail millet flakes , Malted Ragi flour are produced.

Dr Ashutosh Biswas, proposed future plan of AIIMS BBSR such as to popularize the health benefits of millet, Implementation of millets in Patients & students daily diet ,to open millet outlet inside AIIMS campus and so forth .

#### 6. Details of Resource Persons (date wise)

Sl. No.	Date	Name	Designation	Institute	Title of Talk
1		DR. SOUMYA SWAMINATHAN	Chairperson	M S Swaminathan Research Foundation	Introduction of climate-smart millets
2		DR. R. ANANTHAN	Scientist 'E', Food chemistry and nutrient analysis	IIMR- NIN	_____
3		MR. BASANTA KUMAR KAR	Chief Advisor and Mentor	Nutrition Board of Sukarya	Strategic Initiatives & enablers to drive agenda& change narrative
4		Dr. ALOK KANUNGO	Chairman and Chief Diabetologist	Dr Kanungo's Diabetes Centre	Why Millet is good for Diabetes
5		Prof(Dr.) SANGHAMITRA MISHRA	Dean	IMS & SUM Hospital	Collaboration ideas of OMM with IMS&SUM Hospital
6		MRS. MONALISA ROUT	Dietician	KIIMS	Inclusion of Millets in Daily diet
7		DR. USHA DHARMRAJ	Sr. Technical Officer	Central Food Technological Research Institute	Processing of Millets
8		DR. ASHUTOSH VISWAS	Excutive Director	AIIMS ,Bhubaneswar	Proposed plan to promote Millet

#### 7. Details of Participants:

- a) No. of Faculty Members: 1
- b) No. of Ph.D. Scholar: 0
- c) No. of UG students: 4
- d) No. of PG students: 6

#### 8. No. of Paper presentations made:

Sl. No.	Date	Name of Paper Presenter	Designation	Department	Title of Talk

9. Outcome of the event:

10. Recommendations:

11. Selected Photographs:





Bhubaneswar, OR, India  
Janta Maidan Road, Gajpati Nagar, Bhubaneswar,  
751017, OR, India  
Lat 20.305685, Long 85.823543  
11/09/2023 02:13 PM GMT+05:30  
Note : Captured by GPS Map Camera



Bhubaneswar, OR, India  
Swosti Hotel Road, Gajpati Nagar, Bhubaneswar,  
751017, OR, India  
Lat 20.306148, Long 85.824717  
11/09/2023 02:34 PM GMT+05:30  
Note : Captured by GPS Map Camera



Bhubaneswar, OR, India  
Gajpati Nagar, Bhubaneswar, 751017, OR, India  
Lat 20.305930, Long 85.824309  
11/09/2023 04:00 PM GMT+05:30  
Note : Captured by GPS Map Camera



12. Attendance sheet of participants:

Signature of Faculty Members

Signature of HoD