



International Year of Millets-2023

HOME SCIENCE DEPARTMENTS

of

Government First Grade College Ankola

and

K L E Society's Arts and Commerce College Gadag

Jointly organise



National Level Online Special Lecture Series-7 **Importance of Millets in our diet**

Ms.Sylvia Borgis

Assistant Professor

Department of Food Science and Nutrition

College of Community Science, UAS Dharwad

24th May 2023

3pm



Prof.M.B.Kolavi

Principal

KLEACC Gadag

CO-ORDINATOR

IQAC

K.L.E.'S Arts & Commerce College

GADAG

Veena Tirlapur

HOD Home Science

KLEACC Gadag

Vijaya U.Patil

HOD Home Science

GFGC Ankola

Dr.Sharada S.Bhat

Principal

GFGC Ankola

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GADAG-BETGERI-582101

All are cordially invited



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GADAG, KARNATAKA. INDIA -582101

Collaborative Activities: In Association with GFGC, Ankola.

National Webinar on "Importance of Millets in our Diet" 24-05-2023
Resource Person: Ms. Sylvia Borgis, Asst. Professor, Dept of Food Science and Nutrition,
UAS Dharwad

REPORT

National Level Special Lecture Series was organized in Collaboration with GFGC, Ankola on 24th May 2023 on the eve of International Year of Millets. **Ms. Sylvia Borgis, Asst. Professor, Dept of Food Science and Nutrition, UAS Dharwad** was the resource person for the Webinar. Around 755 Teachers, academicians, students and Home Scientists registered for the Webinar. Which was in Hybrid Mode and the link of the webinar shared in registered emails as well as in whatsapp groups. Prof Vijaya U Patil of GFGC introduced **Ms. Sylvia Borgis**.

Ms. Sylvia Borgis started her talk presenting the ppt. She expressed that Millet is a low maintenance and drought-resistant grain. People often use it to feed livestock, but consumer interest is growing. This grain provides various health benefits and has multiple uses in cooking. People have benefited from the nutritional properties of millet for thousands of years. Millet grows extremely quickly and matures in almost half the time required for rice and wheat. This makes it the ideal crop, contributing to its rapid spread across Asia and into Europe. Millet is now the sixth most important cereal grain in the world.

Madam has also explained the importance of Millets as below

Health Benefits of Millets

1. Millets help manage blood sugar

Due to its low glycaemic index, millets are an ideal food to consume to prevent diabetes from ever occurring in non-diabetic people. It especially aids in keeping type-2 diabetes under control.

Worried dosas are fattening? Try these millet dosas by Prolicious.

2. Millets help balance cholesterol


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Millets contain essential fats, **just the right amount** to give our body adequate fat. This helps prevent excess fat storage over muscles. **It averts** high cholesterol, heart strokes, and other heart related diseases. Millets are the best **alternative** to peer grains.

3. Millets are easy to digest

Millets are gluten-free. Gluten is a protein found in wheat which many individuals cannot digest well. Millets have balanced carbohydrates, proteins, and fats which makes them a commendable switch.

Check out these high protein oats chilla by Prolicious.

PS- they have double the protein than regular oats.

4. Millets are a powerhouse of nutrients

Millets are a good source of nutrients such as copper, magnesium, phosphorus, and manganese. These are excellent for maintaining a healthy life. A balanced diet full of nutritional properties will also help eradicate the risk of heart problems and other such life endangering diseases like PCOS, obesity, Type 2 diabetes, among others.

Looking for a high protein breakfast? Prolicious Millet Vermicelli is the answer.

5. Millets help regulate appetite

Many carbohydrates such as rice and wheat are easy to breakdown once consumed, leaving a person hungry within few hours of their meal. This makes people resort to unhealthy snacks to satiate their hunger. Millets have harder structures and do not breakdown easily in the digestive system. They keep you fuller for longer with lesser cravings.

Both the Principals of the College Dr. Sharada Bhat of GFGC Ankola and Prof M. B. Kolavi of KLE Society's Arts and Commerce College, Gadag attended the webinar. This webinar attended by the the participants from, Tamilnadu, Andrapradesh, Bihar, Telangana, Rajasthan, Delhi, West Bengal, Maharashtra, Assam Bihar... etc. Total we received 419 Feedback from the participants. All of them received the certificates of Participation. Prof Veena Tirlapur, Organizing Secretary of the webinar proposed vote of thanks.

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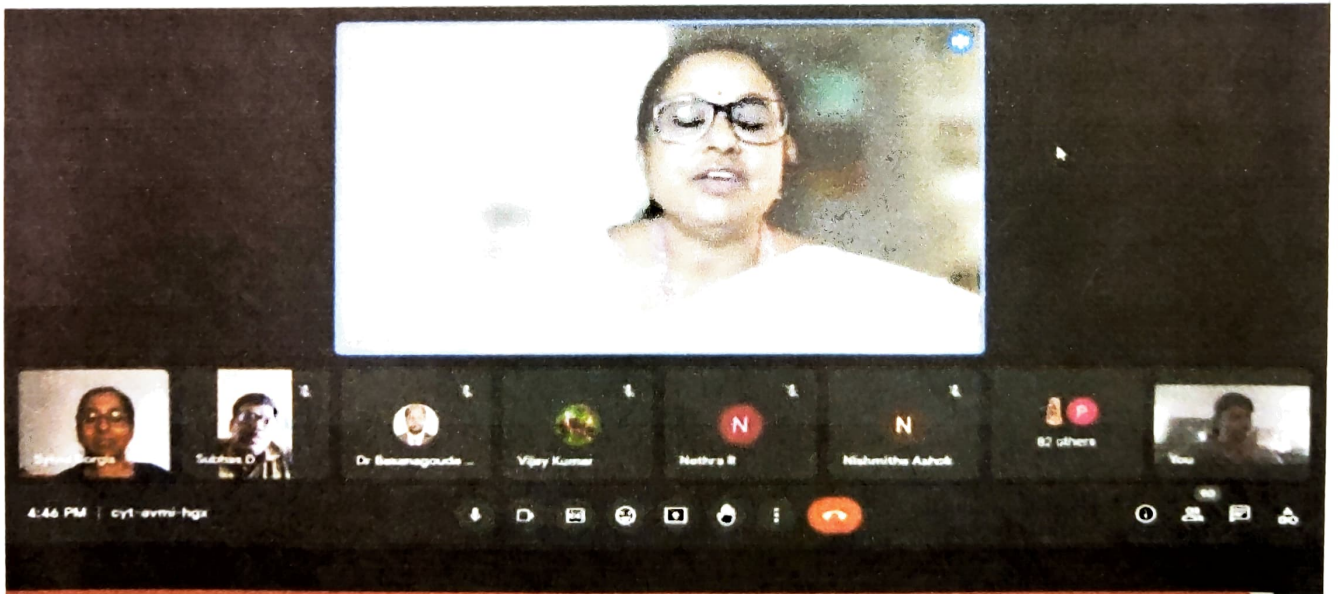
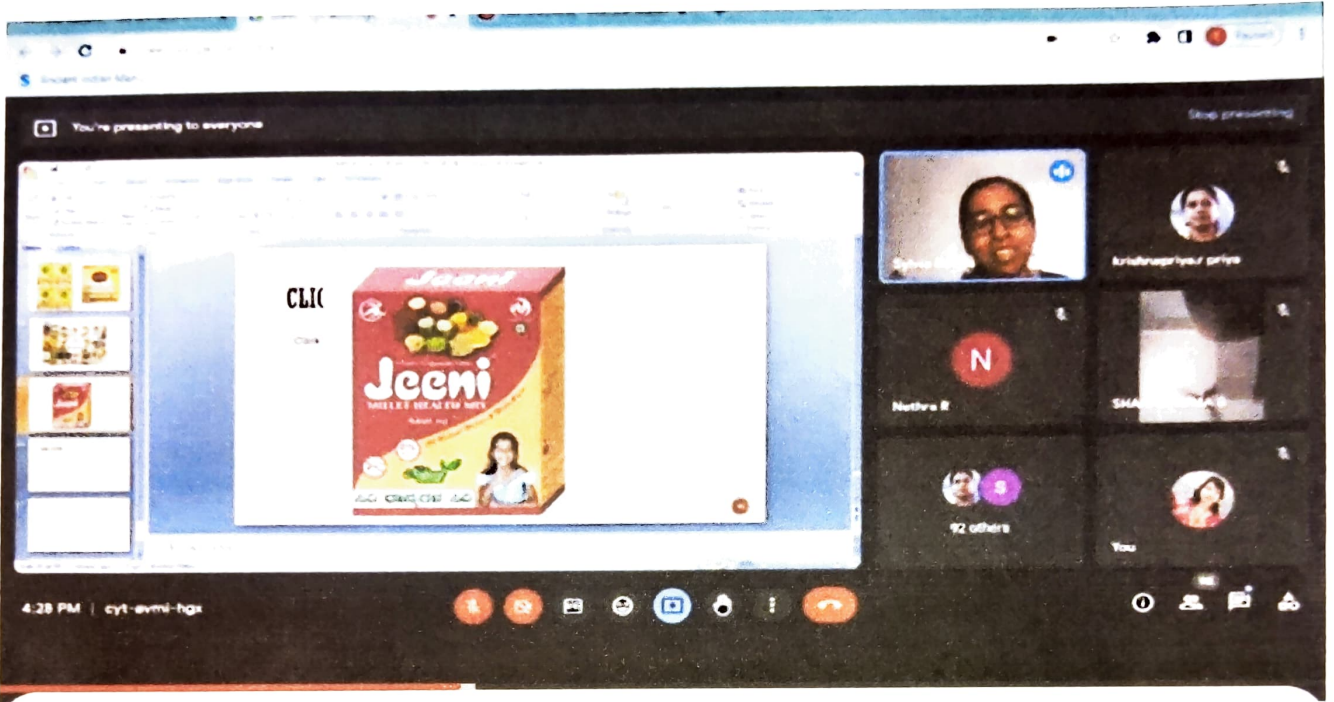
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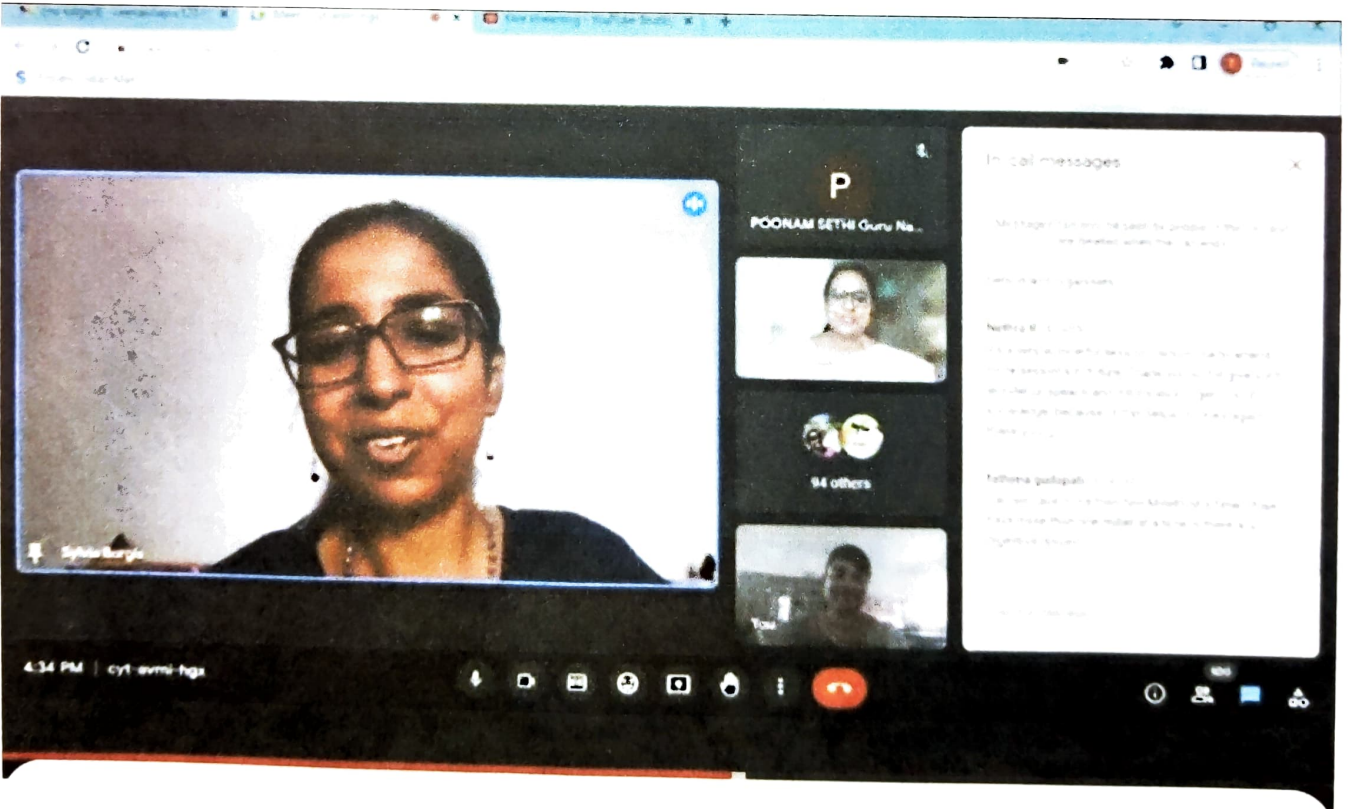
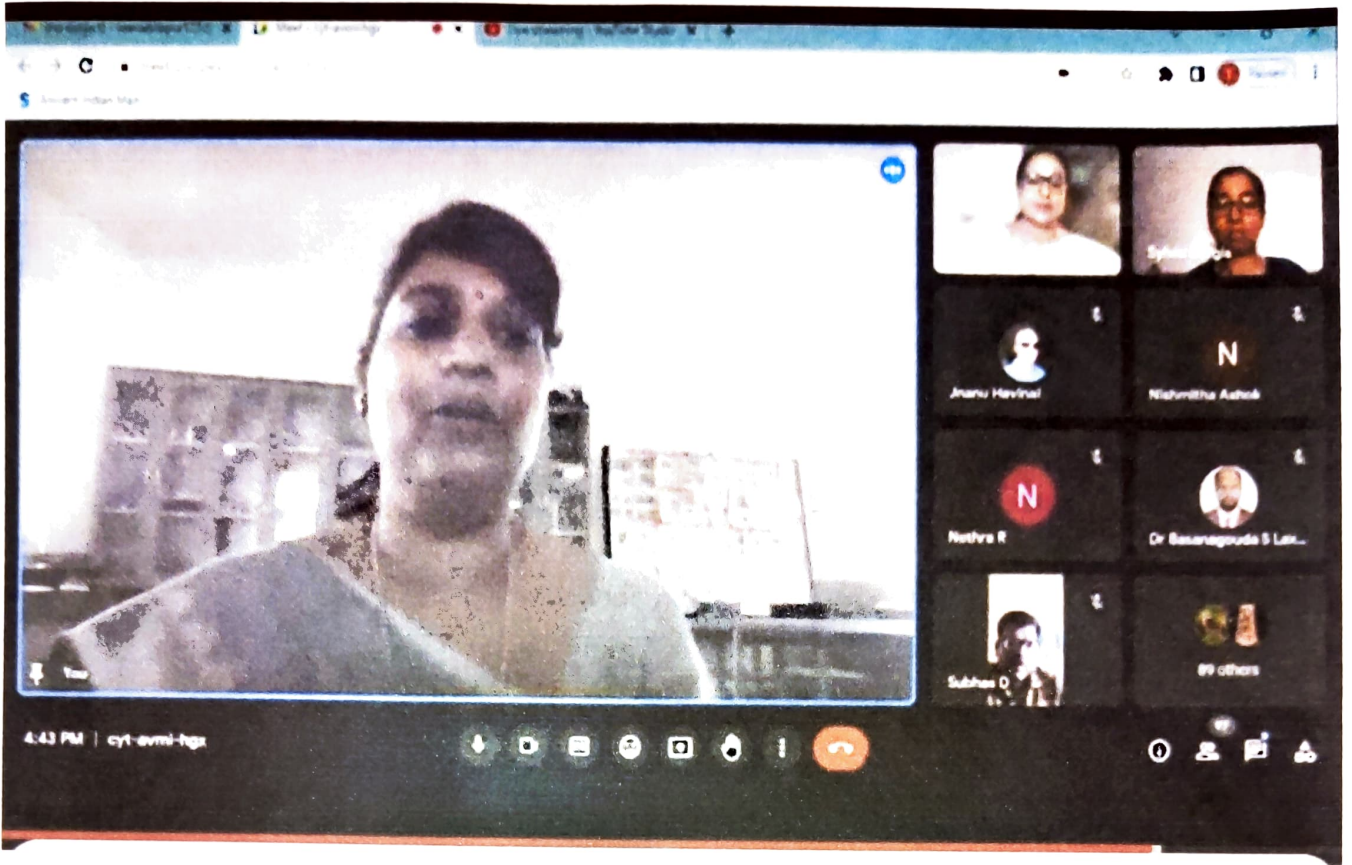
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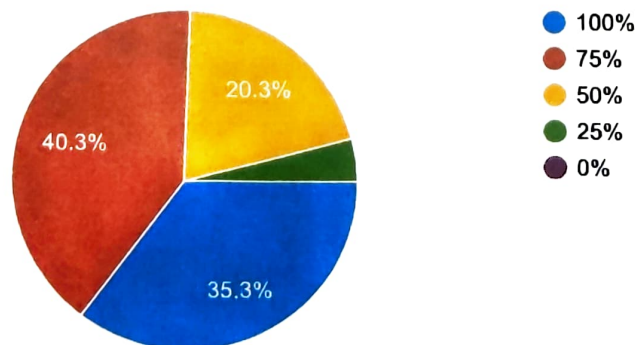
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280 more responses are hidden

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1. What percentage of the information was new to you?

419 responses



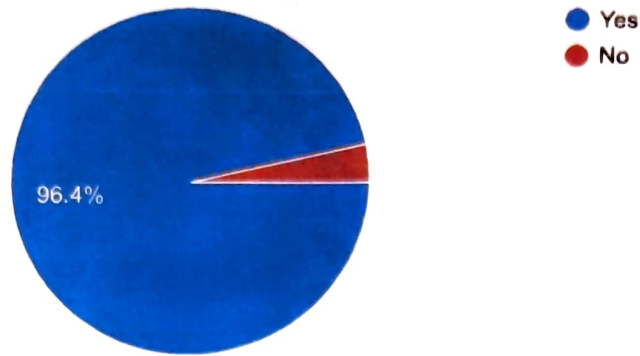

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2. Would you like to learn more about this topic?

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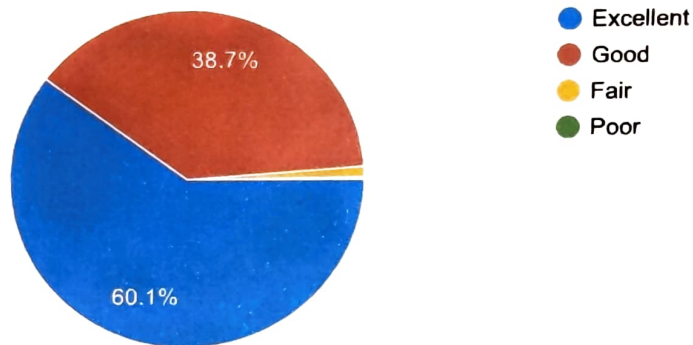
419 responses



3. Please rate the speaker's knowledge of the topic:

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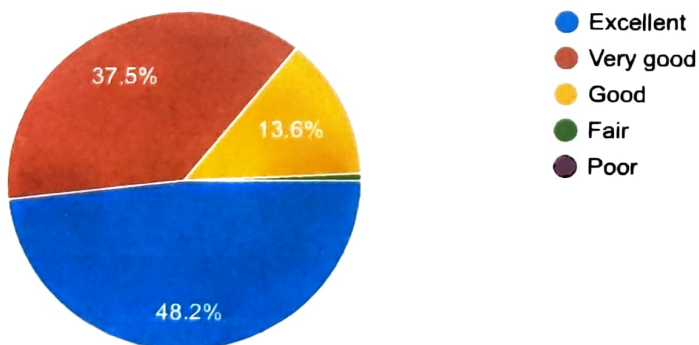
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4. Please rate the speaker's presentation skills

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419 responses




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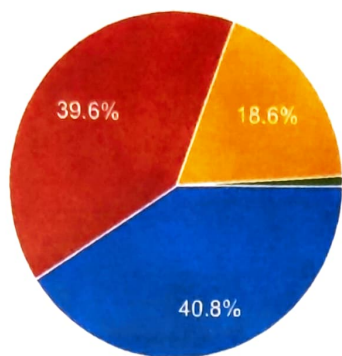

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5. How accurate was the session description?

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419 responses

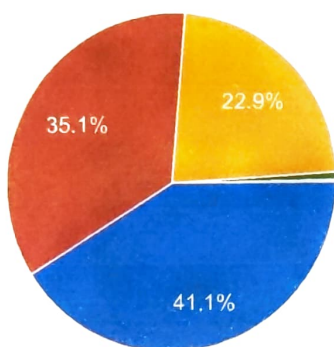


- Excellent
- Very good
- Good
- Fair
- Poor

6. How did the session compare to your expectations?

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419 responses

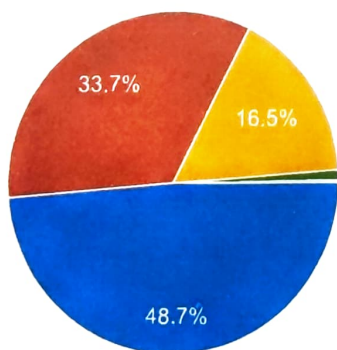


- Excellent
- Very good
- Good
- Fair
- Poor

7. Overall session evaluation:

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419 responses



- Excellent
- Very good
- Good
- Fair
- Poor

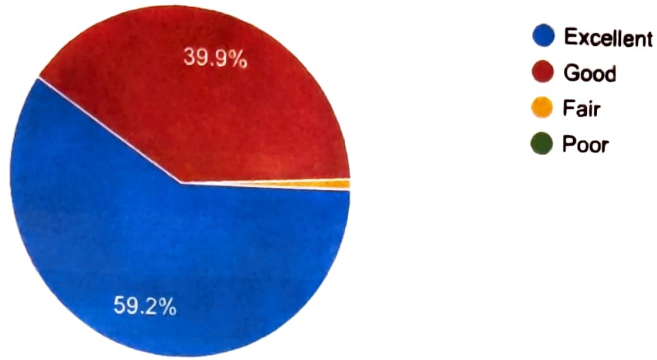

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8. Please rate your overall experience:

419 responses

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Azadi Ka Amrit Mahotsav

Government of Karnataka, Department of Collegiate Education



DEPARTMENT OF HOME SCIENCE OF

K . L . E Society's Arts and Commerce College, Gadag

&

Government First Grade, Ankola

CERTIFICATE OF PARTICIPATION

This is to certify that

Dr Mandeep Kaur

has participated in the National Level Special Lecture Series-7 held on 24th May, 2023 on the topic "Importance of Millet in our Diet" on the eve of International Year of Millet -2023 and has provided valuable feedback.


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