

Royal college of education and research for women
Report on Milleticious Temptations- Millet Mela

Name of report: - Milleticious Temptations-Millet mela

Date: - 22 August 2023

Venue: - Sports Room

Time:-1:50pm to 3:30pm

Participants: - 32 students

Objectives

- To make students aware regarding different benefits of millets
- To make students explore and experiment different dishes of millets
- To encourage inclusion of millets in daily diet by increasing their consumption in young generation
- To provide opportunities to students to showcase their culinary skills

Coordinator:-

Assistant professor: - MS MANPREET KAUR

Reflection

The year 2023 is celebrated as International year of Millets with the theme of “ Healthy Millets, Healthy People”. Millets are an important source of nutrition and offer a range of health benefits. They are high in fibre which promote digestion and lowers cholesterol. To mark this year The Royal College of Education and Research for Women organised a food mela specially dedicated to Millets in which students prepared variety of sweet and salty dishes made exclusively of millets. They presented them as per their house groups in a creative manner and also explained its ingredients and recipes during presentation.

The millet mela was an amazing experience as students were given opportunity to explore various types of millet and their dishes which also lead to the awareness among students to incorporate them in their daily diet for health living. These small initiatives will go a long way in increasing the consumption and production of millets and helping the small farmers. Our principal and all the teaching staff and non teaching staff visit in the sports room to see the presentation and also the testing the dishes one by one and they give the review of all the food.

Learning Outcomes Achieved:-

The event helped in raising awareness among student teachers related to different forms of millets. The student teachers prepared different dishes out of millets by showcasing their culinary skills creatively and also learned about health benefits of different millets. The activity encouraged the young teachers to incorporate millets in their daily diet for better health.

Feedback of Students:-

Vedika:

We were not aware that so many dishes can be made out of millets.

Misba:

I am overwhelmed to see so many tasty dishes made out of millets.

Riya:

Millets are healthy source of nutrition.

Prathana:

We have explored variety of millets and also gained their nutritional value

Priya:

We will definitely try to include millets in our daily diet.

Glimpses of the Event



**ROYAL COLLEGE OF
EDUCATION AND
RESEARCH FOR WOMEN**

**ORGANIZING
MILLETIOUS
TEMPTATIONS.**

**FOOD MELA CELEBRATING YEAR
OF MILLET.**

DATE: 22/08/2023
VENUE: MULTIPURPOSE
TIME: 11.00 am.

**CO-ORDINATORS:
PROF. MANPREET KAUR
PROF. JOYA CHAUDHARI**

**PRINCIPAL
DR. JUDY GRACE ANDREWS.**



