

Workshop on “Aahaar Kranti: Uttam Aahar-Uttam Vichar” attended by Unnat Bharat Abhiyan



The Unnat Bharat Abhiyan team of Hans Raj Mahila Maha Vidyalaya, Jalandhar attended a workshop on “AAhaar Kranti: Uttam Aahar-Uttam Vichar” organized by Unnat Bharat Cell of NITTTR, Chandigarh. While giving a brief introduction about the workshop, Prof. U N Roy, Head, Rural Development Department stated that it aims at creating awareness about the use of traditional food and nutritional value of millets as GOI launched the initiative AAHAR KRANTI to meet the UN Sustainable Development Goal 3. Dr. Vishita Khanna from Anand Agriculture University, Gujrat talked about prospects of traditional food business and startups. She discussed about some start-ups such as Swati Snacks, Go Desi, Daddi’s jeera Khakra etc in the traditional food industry. Dr. Pummy Kumari from Chaudhary Charan Singh University, Hissar discussed about Millets: Climate resilient grains cultivation and improvemene. She highlighted the benefits of millets since traditional times and the health benefits associated with the same. Dr. Asha Kwatra from the Department of Food and nutrition, CCS, Hissar explained about millets and their nutritional value for better human health. She also focused on the preservative value of millets. During the workshop, questions regarding millets were also raised by the participants from college. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the team for attending the workshop. It was attended by members of Unnat Bharat Abhiyan Team comprising Dr. Anjana Bhatia, Dr. Urvashi, Dr. Minakshi Duggal Mehta, Mrs. Alka Sharma and 51 students.