



राष्ट्रीय तकनीकी शिक्षक प्रशिक्षण एवं अनुसंधान संस्थान

(शिक्षा मंत्रालय, भारत सरकार)

सेक्टर 26, चंडीगढ़ 160019

NATIONAL INSTITUTE OF
TECHNICAL TEACHERS TRAINING & RESEARCH

(Ministry of Education, Govt. of India)

SECTOR 26, CHANDIGARH 160019

An ISO-9001:2015 Certified Institute

NITTTR/RD/MoE/13067

Dated: 26-10-2022

Smt Rajbala Sharma
Section Officer (TS-IV)
Department of Higher Education,
Ministry of Education, Government of India
New Delhi

Subject: Month-wise calendar of activities of Ministry of Education for International Year of Millets (IYoM) -2023 – regarding.

Respected Madam,

This is with reference to your letter No F.No. 4-1/2022-TS-IV (Vol 1) dated 22nd September, 2022 regarding subject mentioned above. The events proposed and events conducted till date and their report for International Year of Millets - 2023 by NITTTR Chandigarh is attached for your kind information.

Thanking You
Yours Sincerely,

Prof & Head
Rural Development Department

Enclosures attached

1. Month-wise calendar of proposed events for International Year of Millets by NITTTR Chandigarh
2. Month-wise events conducted for International Year of Millets by NITTTR Chandigarh
3. Report of the events conducted in the Past.

Proposed IYOM calendar of events for 2022-23, Rural Development Department, NITTTR Chandigarh

S. No.	Name of the events planned / Scheduled	Proposed Date	Venue	Activities to be conducted	No of expected attendees / participants/delegates
1	Quiz Competition on Millets	10 th November 2022	NITTTR Chd	Quiz Competition	15-20
2	Industrial visit to understand processing of millets & millet based value added products	14 th December 2022	Baddi	Industrial visit	15-20
3	Training program on demonstration of millet based tiffin recipes for student, faculty & staff	11 th January 2022	NITTTR Chd	Training program	25-30
4	Introduction of millets to your in house canteen / mess / Cafeteria	1 st February 2023 onwards	NITTTR Chd	In house canteen / mess food item	-
5	Training program on millet based novel processed food products	2 nd March 2023	NITTTR Chd	Training program	25-30
6	Development and display of millets based recipes for people belonging to special need groups (hypo and hyperglycaemia, celiac, cardiac & gastrointestinal disorders) pregnant and lactating women . geriatrics	12 th April 2023	NITTTR Chd	Development and display	10-20
7	Rangoli and slogan writing competition for students to create awareness	1 st July 2023	NITTTR Chd	Rangoli and slogan writing	20-25
8	Poster Making competition and organizing Marathon / Cycle	10 th August 2023	NITTTR Chd	Poster Making competition	20-30
9	Microprojects for students and Staff : Survey on different aspect of millets (awareness, consumption, economics) Carbon footprint of millet in comparison to other cereals. Pitching millet based ideas and Start Up challenge on improvement of value chain of millets	1 st - 13 th September 2022	NITTTR Chd	Microprojects for students and Staff	10-20
10	Interaction with millet entrepreneur / technical poster / paper presentation and exploring collaboration opportunities with food processing industries	11 th October 2023	NITTTR Chd	Workshop	15-20
11	Millet Bazaar display and sale of millet based products	15-30 November 2023	NITTTR Chd	Display and sale	200
12	Knowledge sharing between technical institutes and institutions not having food technology as area of specialization	15 December 2023	NITTTR Chd	Workshop	15-20

IYOM related events conducted in the past, Rural Development Department, NITTTR Chandigarh

S. No.	Activity	Date	Venue	Details of activities	No of attendees / participants/ delegates
1	Lecture Series – Talk – 1 Creating awareness about millets	12 th August 2022	NITTTR Chd	Lecture by Sh Umendra Dutt Founder and Executive Director, Kheti Virasat Mission, Jaito, Faridkot, Punjab delivered the talk on Types, importance, climate resilient and economic security	35
2	Lecture Series – Talk – 2 Potential of millets	13 th August 2022	NITTTR Chd	Lecture by Smt Rekha Raheja, Culinary Medicine consultant and millet specialist delivered the talk on Nutritional value, as nutraceutical and function food as well as awareness through social Media	36
3	Recipe formulation competition on Traditional recipes from millets	6 th September 2022	NITTTR Chd	Competition conducted for sweet and salty millet dishes and prizes with certificate were given to winners. 30 dishes (sweet and salty millet dishes) were prepared by participants and they presented these dishes including Introduction, recipe, product preparation, nutritional and calorie, costing	14

Lecture on Creating Awareness about Millets (Types, Importance, Climate Resilient, and Economic Security) was Organised on 12th August 2022 from 11:30 AM to 1:00 PM Through Online Mode

The programme started by the introduction of the Celebration of International Year of Millets-2023 and about importance of millets by Dr.Poonam Syal, Professor and Head, Rural Development Department. She detailed about the various activities that would be carried out in the next one and a half year related to the Celebration of International Year of Millets-2023. Professor B.S.Pabla, welcomed all the participants in this programme. Dr. Hemant Kumar Vinayak introduced expert, Sh. Umendra Dutt, Founder and Executive Director, Kheti Virasat Mission, Faridkot, Punjab.



About International Year of Millets 2023 by Prof. Poonam Syal



Welcome Address by Prof.B.S.Pabla

Discover the magic of Millets with Dr. Khadar Valli and Dr. Amar Singh Azad

Join us for a series of special lectures and exclusive one-on-one interact with our experts

Dr. Khadar Valli, PhD in Biotechnology
Dr. Amar Singh Azad, PhD in IAS

- Importance of Millets for the environment
- Millet cultivation, a saviour for Punjab's agriculture & farmers
- What is a Millet Diet Protocol?
- Managing lifestyle Diseases with Millets
- How to start your Millet journey

STARTS 19 JUNE, 2022

AAHAAR SE AROGYA

KNOW MORE

WELCOME THE INTERNATIONAL YEAR OF THE MILLETS 2023 WITH KHETI VIRASAT MISSION

SAVE THE PLANET Promote healthy food produced by organic farming and contribute to the ecological balance	BECOME A VOLUNTEER Join the ecological movement by associating with KVM as Intern, Supporter, Campaigner and Donor	GET INVOLVED Learn more about organic farming from our publications and attend Kudrati Kisan Haats in your city	DONATE NOW Donate and contribute to a movement for ecological rejuvenation of Punjab and its agricultural heritage
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Dr.Hemant Kumar Vinayak introducing the Expert

Sh. Umendra Dutt, initiated his talk by describing about the 9 types of millets that are available for consumption, out of which 5 types of millets are being promoted in context of consumption for better health. With respect to the climate change, which effects the production of widely produced

rice and wheat, the millets are more climate resilient. Sh. Umendra Dutt, emphasised on this aspect that since millets are good for soil, requires less water, less fertilizer etc., hence it proves to be highly sustainable source of income for the farmers. The only issue is that the system needs to be generated for the processing of these millets.



Awareness about Millets by Sh.Umendra Dutt

Almost 35 participants attended this lecture. The participants were faculty and staff members from NITTR Chandigarh and faculty from PIs of Punjab under UBA. The programme concluded by question answer session. Thereafter, vote of thanks was proposed by Dr Amit Goyal.

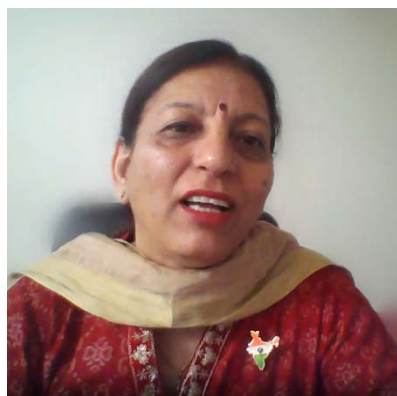


Dr. Amit Goyal proposing Vote of Thanks

INTERNATIONAL YEAR OF MILLETS - 2023

Lecture on Potential of Millets (Nutritional Value, as Nutraceutical and Functional Food) as well as Awareness through social media was organised at NITTR Chandigarh on 13th August 2022 from 11:30 AM to 1:00 PM through Online Mode

The programme started by the introduction of the importance of nutritional and potential of Millets by Dr. Poonam Syal, Professor and Head, Rural Development Department. She detailed about the Millets as staple food source which provides major and minor nutrients for good human health. Professor B. S. Pabla, welcomed all the participants in this programme and discussed about the increase in farmer income by adoption of millet production. Dr. Hemant Kumar Vinayak introduced the expert, Mrs. Rekha Raheja, Food Culinary Medicine Consultant Aka Food Choreographer.



About Nutritional Value of Millets
by Prof. Poonam Syal



Welcome Address by Prof. B. S. Pabla

Dr. Hemant Kumar Vinayak introducing the Expert

Mrs. Rekha Raheja, initiated her talk with significance of eating the right food for our fitness and maintaining health. She emphasised about low carbohydrate to fibre ratio of various types of Millets

in comparison to rice and wheat. She detailed about the various health benefits of different types of millets and how these different millets maintain the various organs healthy. The millets are proving to be the food source that have been able to cure many diseases. Mrs. Raheja emphasised upon the protocol to be followed while having millets, such as no two millets should be mixed and eaten, millets should be taken in different forms such as kheer, khichdi, etc. Mrs. Rekha Raheja emphasised about the aspect of having millets in a fermented form. The talk ended with question-and-answer session by participants such as millets which can cure cancer, reduce obesity, etc.



Potential of Millets by Mrs. Rekha Raheja

About 36 participants attended this lecture. The participants were faculty and staff members from NITTTR Chandigarh and faculty from PIs of Punjab under UBA. The programme was concluded by vote of thanks proposed by Dr. Amit Goyal.



Dr. Amit Goyal proposing Vote of Thanks

Department of Rural Development
 Recipe Formulation Competition on Traditional recipes from Millets and
 Expert talk on Millets and its Recipes on 6th September, 2022

Dr Namrata Sethi passionate nutritionist, Gold medallist from Delhi University, interned in prestigious institutes, an entrepreneur and presently Assistant Professor in the Department of Foods and Nutrition, Government Home Science College, Chandigarh delivered a talk on significance of millets for human health and different millets recipes. Dr Sethi highlighted processing methods of millets. She emphasized that various millets ingredients adds high quality nutrients and antioxidants to our food. She also elaborated recipes from millets as well as their nutritional content.

Little Millet Payasam

Ingredients:

- Dehulled little millet – 1 cup,
- Dry fruits,
- ghee, water, sugar, milk,
- Cardamom powder- as required

Preparation Method:

- Cook the dehulled little millet in boiling water for 5 min.
- Roast dry fruits in ghee
- Boil the milk and then add the cooked millet, add sugar and stir slowly for 10-15 minutes until it is cooked.
- Garnish with cashew nuts and other dry fruits.

Nutritive value	per 1 serving
Energy	300 kcal
Protein	8.5 g
Fat	3.5 g
Iron	9.3 mg
Calcium	117 mg





Dr Namrata Sethi Talk on Millets and Traditional millets recipes

The recipe formulation competition on traditional recipes from Millet was conducted after the expert lecture. The millet dishes prepared by the participants were judged under the competition on Traditional recipes from millets under two categories - Salty Millet dish and Sweet Millet dish for which there were total six prizes. More than thirty millet dishes were prepared by the competitors with the preparation of different Millet based items such as Jowar veggie drops, Payasam Poodhar, Barnyard Millet fried rice, Bajra cinnamon rolls, millet garlic bread, Ragi cake, Ragi modak, Millet Pizza, Millet bhel, Bajra cutlet, Millet ladoos, Ragi barfi, Bajra chat papri, Barnyard khichdi etc.



Participants of millet competition with judges

The items were judged by Panel consisting of Dr. (Mrs.) Sudha Katyal Principal, Govt. Home Science College, Chandigarh, Dr Namrata Sethi, Assistant Professor, Department of Foods and Nutrition,

Government Home Science College Chandigarh, Dr. Poonam Syal, Prof. and Head, Rural Development Department NITTTTR Chandigarh, Ms Shushmita Prusty, Assistant General Manager, Punjab Regional Office, NABARD, Chandigarh.



Three prizes for salt millet dish and three prizes for sweet millet dish were distributed prizes alongwith the certificates to the winners.

साथ ही कलाकारों के विभिन्न रंगों को डिसप्ले किया जाएगा। इस कार्यक्रम को पंजाब ललित कला एकेडमी की ओर से करवाया जाएगा। इस दौरान फिल्ममेकर गुरविंदर सिंह मुख्य अतिथि होंगे। इसके अलावा सोभा सिंह आर्ट गैलरी में एनुअल आर्ट एग्जिबीशन की शुरुआत होगी, जिसमें 56 आर्टिस्ट हिस्सा बनेंगे।

साल 2019 से अजमत की शुरुआत की। इन सभी फेस्टिवल का शेड्यूल पेंडेमिक की वजह से बिगड़ गया। अब फिर से कोशिश की है कि पहले की तरह सब हो। दो से तीन महीने के बाद थिएटर फेस्टिवल होते रहने चाहिए। तभी हमने चार फेस्टिवल आयोजित करने के बारे में सोचा।

समय- रोजाना शाम 6:30 बजे
एंट्री- फ्री

चाहते हैं। क्योंकि यहां वे बेरोजगारी के चलते अपने सपनों को पूरा नहीं कर पाते। यह न्यू प्रोडक्शन है। इसे पंजाबी भाषा में मंच पर उतारा जाएगा। अखिर दिन आधी रात के बाद नाटक का मंचन होगा। यह न्यू प्रोडक्शन है। दो महीने से इसे तैयार कर रहे हैं। यह नाटक आधारित है जज और चोर की बीच हुई मुलाकात पर। हमारे लिए चैलेंज यह रहा कि हम ज्यादातर पंजाबी में ही नाटक करते हैं लेकिन दायरा बढ़ाने के लिए हिंदी में भी कर रहे हैं।

• 11 सितंबर
इस्क रिमिक्स नाटक का मंचन होगा, जो बंदिंदर गिल द्वारा लिखित है। • डायरेक्टर- इक्कतर सिंह
• ग्रुप- चंडीगढ़ स्कूल ऑफ़ ड्रामा के कलाकार प्रस्तुत करेंगे।

• 12 सितंबर
डॉ. शंकर शेष द्वारा लिखा नाटक आधी रात के बाद का मंचन होगा। • डायरेक्टर- बंदिंदर जीत सिंह बख्शी।
• ग्रुप- इसमें इम्पैक्ट आर्ट्स मोहाली के कलाकार परफॉर्म करेंगे।

हेल्दी स्नैक में रागी बर्फी, मिलेट्स पिज्जा और चाट

Competition

मिलेट्स की अहमियत बताने के लिए 'नेशनल लेवल कुकरी कंपीटीशन' का आयोजन हुआ।

सिटी रिपोर्टर | चंडीगढ़

पोषण माह के तहत सेक्टर-26 के निटर (एनआईटीटीटीईआर) में 'नेशनल लेवल कुकरी कंपीटीशन' का आयोजन हुआ। इसमें न्यूट्रिशन के स्टूडेंट्स हिस्सा बने, जिन्होंने मिलेट्स से हेल्दी स्नैकिंग के ऑप्शंस सुझाए। साथ ही सेशन में डॉ. नम्रिता सेठी ने मिलेट्स की अहमियत बताई। बर्फी- मिलेट्स रूटीन में खाया जाने वाला अनाज है। मोटे दाने वाले अनाज (मेजर मिलेट्स) में रागी,



युवाओं ने की हेल्दी स्नैक की बात

स्वीट कैटेगरी

- बीएससी डाइटिक्स की सुरभि ने रागी मोदक बनाए। पहला स्थान मिला।
- फूड्स व न्यूट्रिशन की स्तुति ने रागी बर्फी बनाई और तीसरे स्थान पर रही।

सेवरी कैटेगरी

- एमएससी फूड्स-न्यूट्रिशन की स्टूडेंट आंचल ने बाजरा पापड़ी चाट बनाने में पहला ईनाम जीता।
- सुरभि को मिलेट्स पिज्जा बनाने के लिए एक और अवॉर्ड से नवाजा गया।

ज्वार, बाजरा, चना, मूंग, मक्का व छोटे दाने वाले अनाज (माइनर मिलेट) में कंगनी, हरी कंगनी, कुटकी, कोदो, झंगोरा चावल आते

हैं। यह मैटाबोलिज्म, स्किन को हेल्दी रखने में, शुगर कंट्रोल करने में, नींद न आने की परेशानी को कम करने में मदद करता है। गांव में ज्यादातर

लोग बाजरे का अलग-अलग तरीके से इस्तेमाल करते हैं। उसी तरह आप भी बाजरे से खिचड़ी, रोटी, चीला या हलवा बना सकते हैं।

Upcoming Event

कवि दरबार होगा

कब- 10 सितंबर
कहां- पंजाब कला भवन
समय- सुबह 10:30 बजे
क्या है खास- पंजाबी लेखक सभा चंडीगढ़ की ओर से रूबरू कार्यक्रम होगा, जिसमें जंग बहदुर गोयल के साथ बातचीत होगी। उनके जीवन व साहित्यिक सफर के बारे में जाना जाएगा। विश्व के कालजयी उपन्यास नाम की किताब के कई भाग आए। रूबरू के बाद कवि दरबार भी होगा। इनमें उन कवियों को शामिल किया जाएगा, जो कार्यक्रम का हिस्सा बनेंगे। इसे पंजाब साहित्य अकादमी के सहयोग से करवाया जाएगा। एंट्री फ्री है।

सब कुछ भल सकता हूं लेकिन गरीबी नहीं

सबसे पहले अंग्रेजी सीखी