

S.R.R. & C.V.R. GOVT. DEGREE COLLEGE (A)

Department of Food Technology

EAT GOOD FEEL GOOD

Date: 13/02/2023

Students Participated: I & II FMB

As the year 2023 has been declared by the United Nations as the *International Year of Millets*, the department of Food Technology organized a programme to create awareness of the importance of millets for a nutritious diet to the staff and students of SRR & CVR Govt. Degree College.

Millets are nutritionally superior to wheat and rice and are rich sources of nutrients like carbohydrates, protein, dietary fibre, and good-quality fat; minerals like calcium, potassium, magnesium, iron, manganese, zinc and B complex vitamins. Millets also contain various phytochemicals which exert therapeutic properties owing to their anti-inflammatory and anti-oxidative properties.



Further, besides being climate resilient, millet grains are not dependent on the use of chemical fertilizers. Millets were traditionally consumed, but due to the push given to food security through Green Revolution in the 1960s, millets were less consumed and almost forgotten. To bring back the demand for millets this year is given priority.



Distributing pamphlets to staff and students

HEALTH BENEFITS OF MILLETS

Treats Coronary Artery Disorder	Helps in Weight Loss
Reduces Risk of Colon Cancer	Helps to decrease high blood pressure
Helps in preventing Celiac disease	Controls Diabetes
Good Source of Antioxidants	Helps in slowing down muscle degradation
Aids in Sleep	Helps in relieving menstrual cramps

SRR & CVR Govt. Degree College(A), Vijayawada.

MILLET RECIPES



Korra upma



Jonna idli



Arika Pongal

Dept. of Food Technology

Pamphlet Front and Back View



Millets Display