

"Millet for Sustainability, Health, and Wellness"

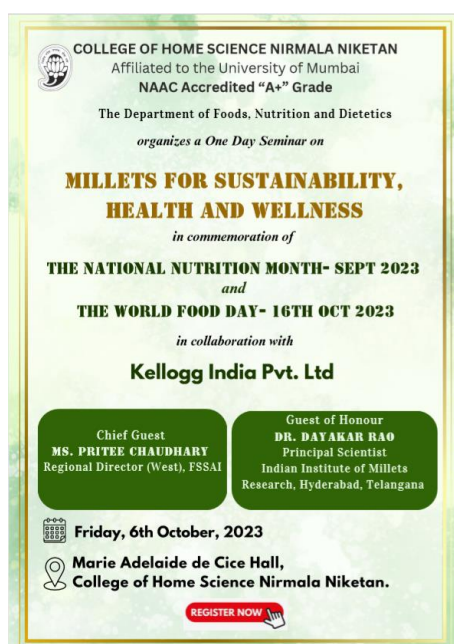
Date- 06/10/2023

Organised by – Department of Foods, Nutrition and Dietetics.

Place- College of Home Science Nirmala Niketan, Mumbai.

No. of Participants – 200 – In house students and delegates from other institutes

College of Home Science Nirmala Niketan, affiliated to University of Mumbai, NAAC Accredited “A+” hosted a prestigious national seminar on "**Millet for Sustainability, Health, and Wellness**", to commemorate the completion of the Golden Jubilee of the Department of Foods, Nutrition and Dietetics from 1972 to 2023, marking five decades of excellence in education and research and to also celebrate National Nutrition Month and World Food Day along with the International year of Millets. The vision focused on deliberations that would advance health in a sustainable manner.



"In every seed lies the potential for a bountiful harvest. Millets, the gems of the earth, are a testament to the abundance nature provides when we nurture it with care."

The seminar celebrated various aspects of Millet Nutrition- Food Processing, Clinical and Community Nutrition, Sustainable Wellness Creation, Sports Nutrition; and Entrepreneurship and Innovation in Nutrition.

The National seminar was supported by the **Food Safety and Standard Authority of India (FSSAI)**. The collaborators were **Kellogg India private limited**, **Network of Professionals of Food and Nutrition(NetProFAN)**, **Protein Foods and Nutrition Development Association of India (PFNDAI)**, **Nutrition Society of India (NSI), Mumbai Chapter**,

Association of Food Scientists and Technologists (India) (AFSTi), Mumbai Chapter, Indian Dietetic Association (IDA), Mumbai Chapter, Association of Sports Nutritionist and Fitness Sciences (ASNFS), Mumbai Chapter, Health Foods and Dietary Supplements Association (HADSA), Chamber of Advancement of Small and Medium Businesses.

The seminar commenced with the Technical session 1st, followed by the Inaugural session, Inauguration of Millet Mela, The First Sheila Isaac memorial Oration and subsequent segments.

PROGRAMME DETAILS

Registration, Breakfast & Stall Visits
8:30 am-9:30 am

Inaugural Session
9:30 am-10:00 am

Lighting of the Lamp

Welcome address
Dr. Anuradha J. Bakshi
Organizing Chairperson
I/C Principal,
College of Home Science Nirmaa Nikatan.

Elaboration of the Theme
Ms. Vibha Hasija
Head of Department, Foods, Nutrition and Dietics

A Glimpse into Nirmaa Prayas
Dr. Yasmina Dordi Awari
Director of Self-Financed Courses

Sustainability- The Way Forward
Ms. Priyee Chaudhary
Chief Guest
Regional Director (West), FSSAI

Launch of Nirmaa Prayas
Quality Transformation of Small Food Businesses
Collaborator - Food Safety and Standards Authority of India (FSSAI)

We acknowledge our collaborator representatives: Ms. Vaideshi Kadambari - Deputy Director, FSSAI Mumbai, Dr. Shashank Bhalkar - Executive Director, PFNDAI, Dr. Vaibhav Kulkarni, Hon. Secretary, HADSA, Director & Senior Leadership Team Member - Regulatory Affairs, Abbott Nutrition, Dr. Anuradha Srinakar - Convener, NII Mumbai Chapter, Ms. Zameerud Patel - Convener, IDA Mumbai Chapter, Ms. Subha Nishitlal - Convener, AFST Mumbai Chapter, Dr. Geetanjali Bhide - Secretary, ASNFS, Ms. Pema Saldanha - Convener, HADSA.

MILLET'S MELA
12:15 pm-1:00 pm

Supported by: Food Safety and Standards Authority of India (FSSAI)

Inauguration and Visit
Ms. Priyee Chaudhary
Chief Guest
Regional Director (West), FSSAI

Lunch
1:00 pm-1:30 pm

Some Millets, Some Magic and the Richness of Flavours

Segment 2- Millets in Health and Disease Management

Association Partners : Indian Dietetic Association (IDA), Mumbai Chapter and Health Foods And Dietary Supplements Association (HADSA).

1:30pm- 2:30pm

A) Panel Discussion on Millets for Health and Disease Management in Clinical and Community Settings

- Chronic Degenerative Diseases - Preventive Properties
- Incorporation of Millets in Hospital Menus
- Improving Patient awareness on Millets for Disease Prevention
- Millets in Pediatric Nutrition Practice

Ms. Niti Desai (Moderator)
Sr Consultant Dietitian

Ms. Anandea Sheth
Head of Dietetics Department,
Wockhardt Hospitals.

Ms. Sheryl Salis
Founder
Nurture Health Solutions

Ms. Ushakiran Sisodia
Chief Dietitian
Nirmaa Mac Super Speciality
Hospital

Dr. Poje Thacker
Breach Candy Hospital Trust

Ms. Shradha Vijan
Senior Dietitian,
Sionbay Hospital.

1:30pm - 2:30pm

B) Millet Based Nutraceutical and Functional Foods for Health Management

Dr. Minelly Rodrigues
Assistant Professor
College of Home Science Nirmaa Nikatan

Dr. Agatha Ravey
Manager, Nutrition
Merico Limited, Mumbai

Segment 3- Millets in Sports Nutrition
3:00pm- 4:00pm

Association Partner :
The Association of Sports, Nutrition and Fitness Sciences (ASNFS),
Mumbai Chapter

A- Millets to better Sports Performance
B- Millets incorporation in snacks, pre and post workout meals for sportspersons

Ms. Fatima Kader
Assistant Professor
College of Home Science Nirmaa Nikatan

Dr. Meena Godha
Former Associate Professor SVT College of Home Science
Vice President ASNFS

Ms. Pallavi Sawant Patwardhan
Corporate and Performance Nutritionist
ASNFS Social media team

Concluding Session
4:00pm- 5:00pm

Prize Distribution, Vote of Thanks, High tea

The first segment was "Advances in Processing and Entrepreneurship in Millets," in collaboration with our valued associate partners, PFNDAI and AFSTi. This segment was led by our moderator, **Dr. Veena Yardi**, Senior Academician and Nutritionist. The segment was initiated by **Dr. Shalini Arya**, Associate Professor at ICT, Mumbai, who emphasised on benefits and challenges related to millets, ways to combat them and incorporation of millet in our conventional food products; followed by **Mr. Swarn Singh Grover**, Director of Research and Development at Kellogg India Pvt Ltd, who explained about millets right from cultivation to its end consumers. He prompted about consumer trends and introduced the concept of healthification. The next speaker **Mr. Anil Chittar** Founder, Chairman and Managing Director at Appropriate Projects India Pvt Ltd, spelled out steps for entrepreneurship in very fun way; lastly **Mr. Devendra Chawla**, Founder, of Samyog Health Foods, explained the details about product development, their target group and concepts like brand pillar.



The session spotlighted recent advances in millet processing, transformative potential of millets in both nutrition and business and intricate processes, innovative technologies, and the nutritional significance of millets.

At the end of the session moderator and esteemed speakers were felicitated for their invaluable contribution.

Then the inaugural session began with a speech given by incharge principal of College of Home Science Nirmala Niketan, **Professor Dr. Anuradha Bakshi**, who spoke about the college and shared an inspiring story. The Head of Department **Ms. Vibha Hasija** took over and elaborated on the theme of the seminar **Dr. Yashmina Avari** Director of Self Finance courses shared a glimpse into Nirmal Prayas initiated by MSc. 2 Food Nutrition and Dietetics and Food Processing and Preservation. The **Chief Guest, Ms. Pritee Chaudhary**, Regional Director (West) FSSAI, illuminated the importance of including millets in day to day life post international year of millets as well.

Then the inauguration of “**The Millets Mela**” was commenced by **Chief Guest, Ms. Pritee Chaudhary**. “**The Millets Mela**” was an event promoting millets, a nutritious and culturally significant crop. Supported by FSSAI, it aimed to promote small businesses, empower knowledge and raise awareness about millet's nutritional benefits. The event promoted small businesses specialising in millet-based products, and connected with like-minded individuals and organisations promoting sustainable and healthy food choices. After the inauguration every one visited stalls put up by HADSA, KELLOGG India Pvt. Ltd. and Appropriate projects India Pvt. Ltd, and Post graduate Diploma in Dietetics and Applied Nutrition students.



Following the Millet Mela The first ever **Sheila Isaac Memorial Oration** was delivered by **Dr. Dayakar Rao** who is the Principal Scientist, Indian Institute of Millets Research, Hyderabad, Telangana. Ms. Sheila Isaac was our first Head of the department of Foods, Nutrition and Dietetics. She was a nationally known dynamic lady & a pioneer in the field of those times. **Dr. Dayakar Rao** was felicitated with the **Sheila Isaac Memorial Oration** award and presentation of the citation. **Dr. Dayakar Rao** presented an enlightening and inspiring oration lecture. He explained the entire process of bringing the international year of millet into

existence, work that IIMR does in terms of agricultural aspects of millet, technologies that had been put out for millet processing and aspects of Nutrihub that he had created with over 400 products.



After the delicious millet based lunch, **Segment 2 - Millets in Health and Disease Management began.** The valued association partners for this were **IDA, Mumbai chapter and HADSA.** There was a riveting panel discussion on "**Millets in Health and Disease Management**", expertly moderated by **Ms. Niti Desai**, Senior Consultant Dietitian, Attached to Cumballa Hospital. **Ms. Ushakiran Sisodia**, Chief Dietitian Nanavati Max Super Speciality Hospital, **Ms. Amreen Sheikh**, Head of Dietetics Department, Wockhardt Hospitals, **Dr. Pooja Thacker**, Chief Dietitian, Breach Candy Hospital Trust, **Ms. Shradha Vijan**, Senior Dietitian, Bombay Hospital, them being the panelists.

Panel Discussion on Millets for Health and Disease Management
Incorporation of Millets in Hospital Menus
Improving Patient awareness on Millets for Disease Prevention
Millets in Pediatric Nutrition Practice in Clinical and Community Settings



The seminar proceeded further with the next session on '**Millets in Sports Nutrition**'. The association partner was **Association of Sports Nutritionist and Fitness Sciences (ASNFS).** The moderator was, **Ms. Fatima Kader**, Assistant Professor, College of Home Science

Nirmala Niketan. **Dr. Meena Godhia**, Former Associate Professor SVT College of Home Science, Vice President ASNFS. **Ms. Pallavi Sawant Patwardhan** Corporate and Performance Nutritionist, ASNFS were the esteemed speakers. The speakers highlighted how millets have gained popularity in sports nutrition due to their high protein, fibre and mineral content; the game changing effects of millets in sports nutrition and the incredible benefits of millets for athletes. The speakers also shared a few amazing pre and post workout recipes.

The seminar was concluded with the prize distribution to the winners of the intercollegiate competition namely **MILLETS MASTERCHEF- An Innovative Recipe Competition**, **THE MILLETS INNOVATOR'S CHALLENGE- Cultivating Ideas for a Sustainable Future** **MILLETS MUNCHIES-A Packed Lunch Recipe Competition**, organised by College of Home Science Nirmala Niketan. Lastly vote thanks was given by Ms. Arti Kokane, Visiting Faculty.

Intercollegiate Competitions

MILLETS MASTERCHEF
An Innovative Recipe Competition

CONTEST THEME
Innovative, Easy and Healthy Ready-to-Eat Breakfast/ Snack
Recipe with Millets.
DATE- 8th Oct 2023

Register Here <https://forms.gle/k7XP97RhnsEWrlJg6>

THE MILLETS INNOVATOR'S CHALLENGE
Cultivating Ideas for a Sustainable Future

CONTEST THEME
An Inter-Collegiate Competition on Start-up Ideas with
Millets
Late Date To Register- 1st October 2023, 9:00pm
Last date to Submit E-Poster- 3rd October 2023, 9:00pm

Register here <https://forms.gle/UUoak9la29JwvGA9>

MILLETS MUNCHIES
A Packed Lunch Recipe Competition
for Teenagers

CONTEST THEME
Innovative, Easy & Healthy Packed Lunch Recipe With
Millets.
DATE- 8th Oct 2023

Register here <https://forms.gle/a5BrCXGxL56zuDLe9>

'Let millets be our legacy to the future generations - a legacy of health, sustainability, and wisdom'



Arti Kokane

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