



Innovative



Millet Food Ideas



Competition



NHEP

4th March 2023



International Year of Millets

The United Nations General Assembly at its 75th session in March 2021 declared 2023 the International Year of Millets (IYM 2023). FAO is the lead agency for celebrating the Year in collaboration with other relevant stakeholders. Millets can grow on arid lands with minimal inputs and are resilient to changes in climate. They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains.

Significance of Millets in Diet

Like most cereals, millets are starchy grains that means that they're rich in carbohydrates. Notably, they also pack several vitamins and minerals. Millets provide more essential amino acids than most other cereals. These compounds are the building blocks of protein. Among all millets, finger millet (*ragi*) boasts the highest calcium content of all cereal grains. Millets are rich in phenolic compounds, especially ferulic acid and catechins. These molecules act as antioxidants to protect your body from harmful oxidative stress. Millets are rich in fiber and non-starchy polysaccharides. They also have a low glycemic index (GI), meaning that it's unlikely to spike your blood sugar levels.

Registration : Free

Please click the below link for registration



https://docs.google.com/forms/d/1ISvnPLAjcEcJgG8BRUCYKjU5MBeiR0_1kbchSdWCZTY/edit

About the Competition

As food is increasingly being celebrated with much aplomb in the form of festivals, experts feel it has become a lucrative forum for everyone to showcase their talents through innovation and creativity. "Innovative millet food ideas competition" envisages to give a platform to budding students to meet the requirements of gourmets and connoisseurs of modern food with the nutritionally-rich millets.



Winner teams will be awarded and all the participants will receive certificates.

Innovative Ideas Categories

1. **Ethnic Millet-based Food Products**
2. **Milk-Millet based Functional Foods**
3. **Millet-based Staple Foods**
4. **Innovative Millet-based Food Ingredients**

Participation is either in single or in a group of 2 people. On the date of competition, the candidate / group have to present their idea through poster and provide the live product for the panel of judges.

Eligibility

Open to any bonafide students of Universities / Colleges

Chief Patron: Dr. Dheer Singh, Director & Vice Chancellor, ICAR-NDRI, Karnal

Patron: Dr. Ashish Kumar Singh, Joint Director (Academics) & Dean, ICAR-NDRI, Karnal

Organizing Secretary: Dr. P. Narender Raju, Senior Scientist & Nodal Officer (IYOM-2023), Email: narender.p@icar.gov.in

Co-Organizing Secretary: Dr. Richa Singh, Scientist (SS), Dairy Chemistry Division, Email: richa.singh@icar.gov.in