

# MILLETS AS A LIFESTYLE

2023

An Initiative By "AAHAR KRANTI CLUB"

Aahar - Diet, Kranti – Revolution. The Mission Aahar Kranti of the Ministry of Health, Government of India has been adopted as a culture to work on the mindset and habits of the youth in the college. The *Home Science Club* developed an interdisciplinary club as *AAHAR KRANTI CLUB* to promote the healthy lifestyle incorporating millets in life of youth and staff, and also take the message to the community. The strength of any government vision through a dedicated and step wise implementation was accomplished by creating the club of which faculty and students are members.

## Objectives of the practice

- To bring to the community including staff and students the domain knowledge of millets and its benefits.
- To demonstrate and to encourage participation in millet based nutritious foods.
- To engage different stakeholders in promoting, developing and practicing millet-based diets as a lifestyle.
- To fulfil the mission of government in the form of training the pupil teachers as a new mindset by implementing all the above to celebrate International Year of Millets.

## The Practice

The AKC in collaboration with Nivedita Club already engaged in the area worked on expanding on the concept and shares the platform for activities, inhouse as well as the state level bringing in schools and colleges of Chandigarh also. A series of activities were held. On February 7, 2023, an awareness drive was conducted. Dr. Virender Garg, OSD to the Union Health Minister, Govt. of India with team members from Nivedita Club created an orientation for faculty and other staff and student representatives as peer group influencers. Dr Lipika Guliani from UIHM, PU gave domain orientation. Millets Recipe Competition was held in collaboration with MGNCRE on February 20, 2023. Dr Ravneet Chawla as Coordinator of the group coordinated the event.



Faculty members, non-teaching staff and students enthusiastically participated in this competition, Various dishes were prepared by the participants using millets as core ingredients such as foxtail millet, brown top millet, barnyard millet, kodo millet and little millet etc. The judges of the contest were Dr. Vandana Sharma (MCM DAV College), Dr. Sapna Nanda, Dr. Ravneet Chawla and Miss. Bharti Goel, Faculty, UIHTM, Chandigarh. Dr. Balwinder Kaur (sorghum cake and foxtail smoothie) stood first; Dr. Neelam Paul and Ms. Gurmeet Kaur ( Barnyard millet dosa, uttapam, khichdi and kheer) and Dr. Anjali Puri ( shezwan foxtail millet bowl and millet pudding) stood second. Dr. A.K. Srivastava (Bajra Pua) and Ms. Rekha (Kodo millet kheer) stood third. Kamini (Ragi Idli) stood first; second and third prize winners were Raveena Gill and Navjot Kaur, respectively; Consolation prizes were given to Komal and Prakriti. The event promoted the inclusion of millets in diet for healthy living and to promote environment sustainability. The peer group attended the exhibition and tasting were full of new ideas to try.

The MGNCRE Club in its entrepreneurship drive had one of the dedicated groups to take this to an enterprising level and the groups cooked and sold gluten free recipes in the week-long drive to create work and earn model among youth in the dedicated week in February, 2023. The canteen was given new suggestions to try healthy things and include in the menu.

International Women’s Day on March 7, 2023 organized by the NSS Cell of the college kept Aahar Kranti Drive in its priority theme. Mrs. Anita Pal, First Lady of Chandigarh and wife of Adviser to the administrator Sh. Dharampal, IAS was the Chief Guest. Other dignitaries included Dr. Mrs. Palika Arora (PCS), Mrs. Harinder Kaur (NSS Regional Director), Ms. Beenu Rajpoot (Indian Filmmaker), Samaira Sandhu (Indian film actress), Mrs. Richa Aggrawal (Proprietor, Cleopatra Beauty Services) and Sadhvi Dr. Devpriya, HoD, Philosophy Department, Patanjali University Haridwar. The college newsletter ‘Jjivisha’ was released by the chief guest on the occasion. The patron and chief editor of the magazine is Dr. Mrs. Sapna Nanda. The magazine “Wings of Vision” by Ms. Beenu Rajpoot was launched to commemorate Women’s day.

## Millets Recipe Competition held at Govt College of Education, Chandigarh



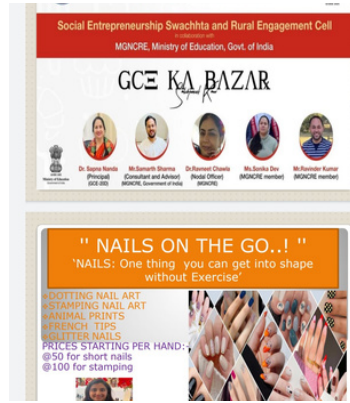
**C**handigarh: A Millet’s Recipe Competition was held today at Government College of Education, Sector 20 in collaboration with MGNCRE. Faculty members, non-teaching staff and students enthusiastically participated in this competition. This event was the second in the series to celebrate the International Year of Millets 2023. The first event which was held earlier included an awareness drive on Aahar Kranti by NGO Nivedita Foundation headed by Dr. Virender Garg, OSD to the Union Health Minister, Govt. of India. Various dishes were prepared by the participants using millets as core ingredients such as foxtail millet, browntop millet, barnyard millet, kodo millet and little millet etc. The judges of the contest were Dr. Vandana Sharma from MCM DAV College, Sector 36; Dr. Sapna Nanda, Principal, Government College of Education, Sector 20; Dr. Ravneet Chawla, Associate Professor, Government College of Education, Sector 20 and Miss. Bharti Goel, Faculty, University Institute of Hotel and Tourism Management, Panjab University, Chandigarh. Judges appreciated the efforts of participants who made delicious recipes using millets. Among the staff members, the first prize was won by Dr. Balwinder Kaur who prepared sorghum cake and foxtail smoothie. The second prize winners were Dr. Neelam Paul and Ms. Gurmeet Kaur who prepared Barnyard millet dosa, uttapam, khichdi and kheer and also Dr. Anjali Puri who prepared shezwan foxtail millet bowl and millet pudding.





The Millet recipes were displayed, discussed and amazed the visitors on innovative ideas of cooking or using those in nutritious salads and smoothies also.

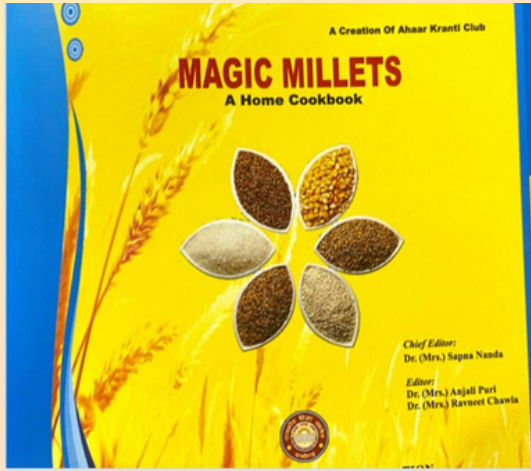
NSS Incharge Dr. Ravneet Chawla, Associate Professor organised some In-house collaborations with small number of students in which programmes like Conventional Art (Mehandi, Embroidery, Heritage Craft), Team building, Entrepreneurship, Skill Development and Aahar Kranti dedicated stalls were installed in which students sold various types of millet's food items. Also, other leisure activities were also organised. This whole programme proved to be a success under the management and guidance of Dr. Ravneet Chawla along with Home Science Club members.



An event ANNUTTAMA was organized on April 29, 2023 in the college in collaboration with Nivedita Trust (follows the mission Dhree, Dharti, Dharohar) for Aahar Kranti under Azadi Ka Amrit Mahotsav and G20. The invitees implied the implementation of the vision to be effective ambassadors of the idea of promoting millets and low cost nutritious Aahar. The Chief Guest of the event was Dr. Mrs. Mallika Nadda, Sh Santosh Kumar Taneja, Hon'ble Mrs. Justice Sabina (former) HP, Dr. Vinod N. Indurkar, and Sh. Banveer Singh. The event was attended by around 400 eminent women including Principals, Co-ordinators and Club Members of Aahar Kranti of various Government and Private colleges and schools Chandigarh. The awardees were Dr. Renu Vig (Vice Chancellor, Panjab University); Dr. Suman Singh( DHS), Dr. Meenu Singh (Director AIIMS, Rishikesh) , Ms.Kanwardeep Kaur (SSP), Mrs. Beenu Rajpoot (Film Maker), Ms. Samaira Sandhu (Film Actress), Ms. Jonita Doda (Actress), Singers Ms. Anjot Kaur and Ms. Nidhi Narang, Various Entrepreneurs Ms. Mridula Jain, Ms. Deebea Arif Akhtar, Ms. Pooja Arora and Ms Himja Rana. The eminent women deliberated on the importance of Women Empowerment as well as traditional Indian practices in the light of NEP 2020. Millet Mom Competition was held.



Around 65 participants for this competition were teachers of various schools and colleges. The judges of the competition were Chef Jaswinder Singh, Chef Sanjeev Verma and Chef Sunil Kumar Arya. Team Nivedita Members and Dr Anjali Puri & Dr Ravneet Chawla designed and executed the event which was the real life visual and palate delight for guests. An inhouse creation was a book launched with 50 recipes of millets – MAGIC MILLETS - a home cookbook (Chief Editor Dr Sapna Nanda, with Dr Anjali Puri and Dr Ravneet Chawla as editors, Dr Bharti Goel and Meghna Duhan as student editors; ISBN: 978-93-90154-07-4).



The drive will be continued through all platforms of the college to fulfil the mission in sincere dedication.

### ***Obstacles faced***

The practice is largely supported for raw material by the participant. This can be supported by special funds for the drive. No obstacle was found as such. We used Hindi names along with English names to make millets more familiar.

### ***Impact of the practice***

Millets are a common talk now. Canteen has millet snacks once in a week.

Students have included diets based on millets in routine. Staff on diet exchange their happy experiences among each other.

Innovations have been documented as a book production.

### ***Resources required***

Millets supply can be promoted at a lesser cost for the mess, canteen and for Home Science/Ahaar Kranti clubs.

***Reported By : Meghna Duhan***  
*(Pupil Teacher)*