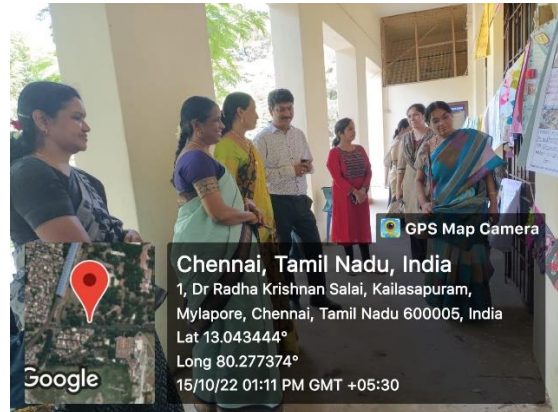
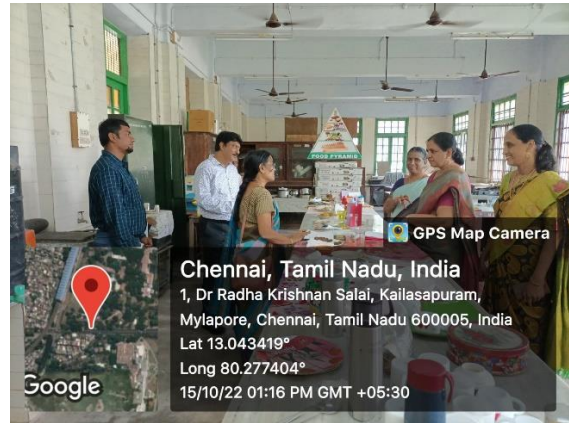


**QUEEN MARY'S COLLEGE (AUTONOMOUS)**

**DEPARTMENT OF HOME SCIENCE**

**MILLET CONTESTS – NOVEMBER 2022 – REPORT- DEPARTMENT OF HOME SCIENCE**





In connection with the International Year of Millets 2023, the Department of Home Science, Queen Mary's College (A) organized a series of competitions to propagate the goodness of millets for health. The theme of the event titled "Millets Consumption for Good health" included a recipe, poster, slogan and health card contests among students in the Department of Home Science on 10<sup>th</sup> November 2022. The Health benefits of Millets were propagated through the Poster and Slogan contests while the recipe contest was centred on the preparation of breakfast using millet as a main ingredient. Students created their own health greeting cards on messages for good health and wellness.

The posters by the students were creative and unique which presented extensive information on all aspects of millets, their specific nutrients and health benefits. Slogans with rhyme and rhythm sent powerful messages on the advantages of including millets in the diet. The breakfast recipes prepared from millets were innovative and delicious, which ranged from millet smoothies, dhoklas, idiappams, aapams to dosas and several others. The health cards by the students were a spectacular display of colour and innovation.

The competitions were judged by senior faculty of the college, who unanimously appreciated the creativity of the students. The prize winning recipes were finger millet banana smoothie, thinia beetroot idiappam, multimillet and vegetable upma and thinai ragi puttu.

The audience who visited the show included UG and PG students from the Department of Home Science as well as several other departments. Cash prizes were sponsored by Bank of Baroda, Mylapore Branch to the winners of the contest. Certificates were distributed to the winners of the contest in the college assembly held on 24<sup>th</sup> November 2022, by Principal, Queen Mary's College. This occasion was also utilized to spread awareness to all the students and staff of the college on the importance of including millets in the diet as the significance of the event and the International Year of Millet 2023 was emphatically narrated by Dr. K. Kasturi, Associate Professor of Home Science.