

QUEEN MARY'S COLLEGE (AUTONOMOUS)

DEPARTMENT OF HOME SCIENCE

I'M MILLETIAN CAMPAIGN

E POSTER COMPETITION

In Connection with International year of millet celebration 2023 - I'm Milletian Campaign, E-Poster Competition was planned for the month February 2023. The theme was "Mighty Millets in Holistic Health". About 61 students participated from various colleges – Women's Christian College, Shrimathi Devkunvar Nanalal Bhatt *Vaishnav* College for Women, Kanniya Parmeswari College, Mother Teresa Women's University Chennai Centre, CSI Ewarts College, Shri Shankarlal Sundarbai *Shasun* Jain College, MALAR, Madras Medical Mission, Ethiraj College for Women, Quaid-E-Millath College for Women and Meenakshi Academy of Higher Education and Research participated in the contest.

The Jury consisting of two experts namely Dr. Mrs. Prabavathy Devi, Vice Principal and Head of the Department, Department of Foods and Nutrition, MAHER University and Mrs. N. Shyamala Devi, Specialist, Head Tutor, Fevicryl Pidilite Industries evaluated the E- Posters designed by the students. After evaluating the E- Posters, Jury announced the first, second and third prize winners based on the ranking parameters such as creativity, presentation, and coverage of the area, adherence to the theme, clarity and neatness. The prize winners are Ms. Emi Grace Mary Gowshika R (1st prize) Women's Christian College, Ms. Rahmath K (2nd prize) and Ms. Sheetal (3rd prize) Mother Teresa Women's University.

The students expressed that the event gave them a platform to display their presentation skills using apt words and colour combination in the development of E- poster.

Invite of the E Poster competition



Prize winning E Posters

MIGHTY MILLETS IN HOLISTIC HEALTH				
<p>PEARL MILLET</p> <p>Pearl millet (<i>P. glaucum</i> (L.) R. Br.) belongs to section Panicaceae of family Poaceae.</p> <p>ANEMIA: MAY HELP IN TREATING ANEMIA. HIGH IRON CONTENT IMPROVES BLOOD.</p> <p>ZINC: CONTENT IS ABUNDANT.</p> <p>CONSTIPATION: MAY HELP IN DEALING WITH CONSTIPATION. HIGH FIBER. ALCOHOL.</p> <p>CANCER: ANTI-CANCER PROPERTIES. PROMOTES TUMOR DEVELOPMENT.</p> <p>DIARRHEA: PROBIOTIC TREATMENT. LACTIC ACID BACTERIA.</p> <p>DIABETES: HELPS IN CONTROLLING DIABETES. HIGH LOW GLYCEMIC INDEX.</p> <p>CELLING: ANTI-ALLERGIC. GLETER FACE.</p> <p>HELPS IN HAIR GROWTH DEVELOPMENT AND REPAIR.</p> <p>PEARL MILLET IS RECOMMENDED FOR COOKING STOMACH PILES.</p> <p>THE ENZYMES AND PHYTONUTRIENTS IN MILLET ACT AS STRONG ANTIOXIDANTS TO PREVENT HEART RELATED DISEASES.</p>		<p>MILLETS</p> <p>"Eat right and the pants won't be tight"</p> <p>MILLETS ARE TRADITIONAL GRAINS, GROWN AND EATEN IN IN THE INDIAN SUBCONTINENT FOR AT LEAST THE PAST 5000 YEARS. THEY ARE RAIN-FED, HARDY GRAINS WHICH HAVE LOW REQUIREMENTS OF WATER AND FERTILITY WHEN COMPARED TO OTHER POPULAR CEREALS. MILLETS CAN BE SPLIT INTO TWO BROAD CATEGORIES: NAKED GRAINS AND HUSKED GRAINS.</p>		<p>FINGER MILLET</p> <p>Finger millet (<i>Eleusine coracana</i> L.) is important millet grown extensively in various regions of India and Africa, constitutes as a staple food for a large segment of the population in these countries.</p> <p>CONTROLS IN STRONG BONE TEETH WEIGHT LOSS CONTROLS DIABETES BENEFITS IN PREGNANCY AND LACTATION GOOD SKIN GOOD DIGESTION GLUTEN FREE</p>
<p>JOWAR</p> <p>Jowar is commonly called by various names across India- jwaarie, jowar, jola, or jondhalaa and is used to make bhakri, jowar roti, or jolada roti. Its English name Sorghum, comes from the family it belongs to, Sorghum Vulgare.</p> <p>GLUTEN FREE+ EXCELLENT FIBER CONTENT + ANTIOXIDANT RICH + DIABETES CONTROL</p> <p>OTHER THAN THESE, THIS GRAIN IS A RICH SOURCE OF B VITAMINS AND FOLATE WHICH ARE ESSENTIAL NUTRIENTS FOR A HEALTHY BODY.</p>				
			<p>FOXTAIL MILLET</p> <p>foxtail millet, scientific name setaria italica (synonym panicum italicum l.), is an annual grass grown for human food. it is the second-most widely planted species of millet</p> <p>RICH IN B12 GOOD FOR HEART HEALTH + FUNCTIONING OF NERVOUS SYSTEM + GOOD SKIN + HAIR GROWTH + CONTROLS DIABETES</p>	

Mighty Millets in Holistic Health

Introduction

- Millets are a group of cereal grains that belong to the Poaceae family, commonly known as the grass family.
- It's widely consumed in developing countries throughout Africa & Asia.
- They are rich in dietary fiber, both soluble & insoluble.
- It is very rich in many micronutrients.
- Millets are also called as 'coarse cereals' or 'cereals of the poor'.

India is the World's 5th Largest Exporter in Millets 2020

41% of total global production in 2020

Produces 12 million MT of millets annually

Exported millets worth \$8.87 million USD in 2020-2021

One Cup Serving of Millet Fills how much DV*

Reasons For, and not consuming Millets 2021

- 40% It was not prepared or eaten at home
- 30% Consumers consumed for health problems related to diabetes, heart conditions, bone health & general health
- 22% For Weightloss
- 14% Did not like the Taste
- 16% For Its Taste

Health Benefits of consuming Millets

- 6% Fe
- 31.1% Cu
- 19.1% Mg
- 23.5% Mn

RECOMMENDED

- Delicious products can be developed to satisfy the taste of consumers.
- Providing knowledge on the nutritional and health facts on millets.
- Improve accessibility of millets in urban markets.

Health Benefits of consuming Millets

- Boosts Immune system
- Lowers bad cholesterol (LDL)
- Aids breast milk production
- Treats Coronary Artery Diseases & reduces BP
- Helps to reduce stress & promotes restful sleep
- Relieves Menstrual cramps
- Helps to prevent Colon disease & reduces the risk of colon cancer
- Helps with Weight loss

1. Survey on millets by International Crops Research Institute for Semi-Arid Tropics (ICRISAT), Telangana, 2021
2. Global Trends Analysis by Government of India, 2020

MIGHTY MILLETS IN HOLISTIC HEALTH

HEALTHY FOOD

- GLUTEN-FREE
- HIGH DIETARY FIBER

- HELPS TO PROTECT AGAINST HEART DISEASES
- LOWERS BAD CHOLESTEROL LEVELS
- BENEFICIAL IN DETOXIFYING BODY
- PREVENTS TYPE 2 DIABETES

- PREVENTS ONSET OF BREAST CANCER
- EFFECTIVE IN REDUCING BLOOD PRESSURE
- HELPS TO OPTIMIZE KIDNEY, LIVER & IMMUNE SYSTEM HEALTH

"PHYTOCHEMICALS"

"AIDS IN SLEEP"

"GOOD SOURCE OF ANTIOXIDANTS"

"RELIEVING MENSTRUAL CRAMPS"

"THERE'S PROPERTY MAKES HOLISTIC HEALTH"

"STOPS THE WEB CAUTION OF DISEASE"

NUTRIENTS PER 100G:

- ENERGY(KCAL) 320.75
- IRON 4.62MG
- PROTEIN 7.16G
- FOLATE 34.66MG
- CALCIUM 364MG
- VIT B3 1.34MG
- FIBRE 11.18G
- CARBOHYDRATE 66.82G

"NUTRI-CEREALS"

"FIGHT CANCER!"