

## **REPORT**

### **“NATIONAL SEMINAR ON NUTRITION AND NUTRACEUTICAL PROPERTIES OF MILLETS “**

**ORGANIZED BY THE POSTGRADUATE DEPARTMENT OF HOME SCIENCE, QUEEN MARY’S COLLEGE, IN ASSOCIATION WITH NSI CHENNAI CHAPTER**

**DATE: 15<sup>TH</sup> SEPTEMBER 2023**

The National Seminar on "Nutritional and Nutraceutical Properties of Millets" commenced with a sense of auspiciousness as the event began with a prayer and the traditional lighting of the lamp. This sacred ritual symbolized the enlightenment and knowledge that the seminar aimed to bring forth. It set the tone for an enlightening and informative day ahead.

The welcome address was delivered by Dr.C.Kalaivani Ashok, Associate Professor and Head, Department of Home science, who extended a warm welcome to all the dignitaries, participants, and attendees. Dr. S. Prema, Associate Professor in Home Science, spelt out the objectives of the seminar, wherein she emphasized the significance of millets in our diet and their potential in addressing food security and nutritional challenges. She highlighted the importance of this seminar in promoting one’s understanding of the nutritional and nutraceutical properties of millets.

The Principal Dr. B. Uma Maheswari, delivered the presidential address, underlining the institution's commitment to fostering knowledge and research in the field of nutrition. She stressed the need for sustainable and healthy dietary practices in the face of evolving food habits and global challenges.

In celebration of the 80<sup>th</sup> year of the Department of Home Science, retired staff who served the Department of Home Science, Queen Mary’s College were felicitated as a mark of respect and appreciation. Their dedication and hard work were acknowledged, and their role in shaping the institution's legacy was celebrated.

The seminar featured several enlightening sessions, each exploring different aspects of millets.

1. In the first session on “Millet Processing with Minimum Nutrient Loss and Its Health Benefits” - by Dr. Dayakar Rao, Director, Nutrihub, ICAR, Hyderabad, focussed on the techniques and methods to minimize nutrient loss during millet processing. The emphasis was on preserving the nutritional value of millets and their health benefits.

2. In the next session “Millets for Food, Nutrition, Health and Income Security” by Dr. S. K. Malhotra, Director, Directorate of Knowledge Management, ICAR, New Delhi, the multifaceted role of millets in ensuring food security, improving nutrition, and generating income for farmers was highlighted. He shed light on the holistic impact of millets in agriculture and nutrition.
3. Next “Millet - Treasure Trove Of Nutrient And Health Benefits- A Special Focus on Food Product Development" by Dr. Jagan Mohan Professor and Head, Dept of Food Technology, NIFTEM, Thanjavur, brought to light the potential of millets in developing new food products which showcased the innumerable innovative and nutritious millet-based food products that could be developed and contribute to better health.
4. The final session on “Nutraceutical Value of Millets and the Variations in Its Composition and Content” – by Dr. Sudha Rani R, Asst Professor, Department of Biotechnology, Anna University, Chennai, provided a comprehensive view of the nutraceutical properties of millets in great detail, highlighting the myriad bioactive compounds present in a variety of millets and the potential health benefits that they could offer.

In the post lunch session, scientific papers were presented by students and academicians and the session was chaired by subject experts Dr.Prabhavathi Devi, Vice Principal, Professor and Head, Department of Nutrition and Dietetics, Meenakshi Academy of Higher Education and Research, Deemed to be University and Dr.Tharini Devi, Senior Assistant Professor, Food Science and Nutrition, Amrita Vishwa Vidyapeedam, Coimbatore. The presentation session featured original research work under the themes Nutrition and Health, Nutritional and Nutraceutical value of millets, Value added millet products, Awareness and consumption of millets.

A significant contribution of the seminar was the publication of 35 double blind peer-reviewed scientific papers which were checked for plagiarism and compiled into a ISBN Conference Book titled “Nutrition and Health – A special focus on millets” which was released at the inaugural session of the seminar.

The seminar was attended by 400 participants, of which 250 belonged to Queen Mary’s College, while 136 participants were from other colleges and institutions. These included

participants from AM Jain College, Anna Adarsh college, Bishop Cotton College (Bangalore), Women's Christian College, Dr. Ambedkar Government Arts College, Ethiraj College for Women, JBAS College for Women, LRG Government Arts College for Women, Tirupur, Mother Teresa Women's University, Professor Dhanabalan College of Arts and Science, SDNB Vaishnav College, Sri Ramachandra Institute of Higher Education and Research, Tagore institute of Allied Sciences, Amirtha Vishwa Vidyapeedam, Manakula Vinayagar College, PSGR Krishnammal College, Dr.Metha Hospitals Global Campus, Madras Medical Mission, Gleneagles global Health city and Praba's V Care Health Clinic PVT LTD.

In conclusion, the National Seminar on "Nutritional and Nutraceutical Properties of Millets" was a resounding success, bringing together experts, researchers, and enthusiasts to explore the immense potential of millets in improving nutrition, health, and income security. It was a platform for sharing knowledge, networking, and inspiring further research in this important field. The seminar served as a reminder to the critical role that millets could play in addressing the challenges pertaining to health and nutrition in our times.

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