



SHRI BEERESHWAR SHIKSHAN SANSTHE  
**KRISHNA AYURVEDIC MEDICAL COLLEGE AND  
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**OVERALL REPORT OF ACTIVITY – MILLETS RECIPE COMPETITION REPORT**

**Title of the event:** On the eve of “WORLD FOOD DAY” the Department of Swasthavritta and Yoga organized Millets Recipes Competition and Exhibition for the students of Krishna Ayurvedic Medical College and Hospital.

**Objective of the event:** To raise the awareness about the millets nutritional benefits and their ability to adapt to various climates, and their potential to address global food security challenges.

**Date:** 16<sup>th</sup> Oct, 2023

**Time:** 10.00am-2.00pm

**Participants Details:** Teaching faculty = 25

Students participated=56

Students attended = 161

**Brief description of the activity:**

“World Food Day” programme was organised as a part of Institutions Innovation Council (IIC) Celebration activity in collaboration with Department of Swastavritta and Yoga of SBSS Krishna Ayurvedic Medical College and Hospital. Millet is a versatile and nutritious food that is consumed in various forms around the world. It can be prepared and enjoyed in several ways so the space was provided for young innovators to present their ideas through exhibition of different



types of millets. Promoting it among college students and faculty members so that they can witness and get inspiration.

Dr Manjunath S Gavimath IIC President/ Principal, Dr Priyadarshini Magadam IIC Convener and Dr Manjunath Dundi NISP Coordinator, all the IIC members of faculty and students, teaching staff and students were also present.




**Key Outcome:**

- Students got exposed to the nutritional benefits of Millets and its process involved.
- Got the information about substituting different types of Millets in place of day-to-day food

**List of Millet Recipes**

SR. NO.	NAME OF RECIPE	INGREDIENTS	PHOTO
1.	DAL BATI	Bati:- Bajra (pearl millet):- 3kg Sooji - ½ kg Nachni- ½ kg Salt-Q.S. Jira- Q.S. Baking soda- Q.S. Ghee- Q.S. Dal:- Tur dal-¾ kg Mung dal-½ kg Ingredients req for tadka	
2.	Flakes Milkshake	Oats powder – 1 tsp Ragimillet powder – ½ tsp Cornflakes powder - ½ tsp Dates – 2 to 3 Dry fruits Milk – 1 cup	

3.	Multi Millet Laddoo	<p>Sorghum(jowar) 250gm          Eleusine(Ragi) 250gm          Oryza sativa(Vari) 250g          Amaranthus(Rajgira)250gm          Ghee -250gm          Jaggery -250gm          Dryfruits- as per requirement          Cardamom QS</p>	
4.	Shyamak Millet Payasam	<p>Shyamak-1.5kg          Milk-3 litres          Ghee-200ml          Guda-1.5kg          Dry Fruits-250gm</p>	
5.	Proso Millet Barfi	<p>1) Proso millet (Varai) 400gm          2) Grated coconut. 150gm          3)Jaggery 300gm          4) Cardamom powder 2-3 table spoon          5) Ghee 2-3 tablespoon          6) Salt As per taste</p>	

6.	Sorgham Bhakarwadi	<p>Sugar-40g          Seasome-50g          Almond-10g          Aniseed-8g          Cumin-25g          Coriander-50g          Salt-15g          Chilli powder-30g          Poppy seed powder-10g          Chat masala-8g          Black gram dal-50g          Sorghum flour -50g          Bengal gram flour-50g          Wheat flour-60g</p> <p><b>Oil for frying and water QS</b></p>	
7.	Finger millet muruku	<p>Finger millet flour-1 cup          Rice Flour-1 cup          Sesame Seeds-2tsp          Turmeric Powder-1/2tsp          Salt-1tsp          Chilli Powder-2 tsp          Ajwain-1/2 tsp</p> <p><b>Water As Required</b>  <b>Oil For Frying</b></p>	
8.	Barnyard Millet Cutlet	<p>Dehulled barnyard millet grains-100g Potatoes-20g</p> <p>Carrots-20g</p> <p>Salt-5g</p> <p>Pepper-5g</p> <p>Chat masala-5g Semolina-10g</p> <p>Green chilies-5g</p> <p><b>Water as required oil for shallow frying</b></p>	

9.	Multi millet mirchi bhajji	Millet Flour-100g Besan Flour-80g Rice Flour-50g Baking Soda-2g Turmeric Powder-1tsp Red Chilli Powder-1tsp	 A photograph showing a silver metal plate with four golden-brown, elongated fried mirchi bhajji. A small stainless steel bowl containing a vibrant red chili sauce with a green garnish sits on the plate. A pink flower is also present on the plate. The plate is set on a light-colored wooden surface.
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