



**Punjab Association's  
Anna Adarsh College for Women  
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# **PG Department of Home Science- NFSM&D HEALTH HERALD**

**Volume 1 | Issue 2 |**





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## **Message from the Editorial Team**

Millets are to this day under utilized and condemned as 'cattle-food' or 'bird-food'. But in reality, their nutritional profile make millets the most nutritious, sustainable and promising foods of the future for mankind. Since 2022-23 has been announced as the International Year of Millets, the Editorial Team thought it befitting to focus on millets in this issue of Health-Herald to create awareness about their benefits.

This newsletter updates readers about the events of the PG Department of Home Science- NFSMD and allocates spaces for useful health tips and activity corner to make it more engaging for them.

Hope this fulfills the readers expectations. Happy reading.



# MILLETS - THE SUPER FOODS

- MILLETS- Nutritious, Sustainable and Promising Dietary Foods for the Future
- Government of India had proposed to United Nations for declaring 2023 as International Year of Millets (IYOM).
- The proposal of India was supported by 72 countries and United Nation's General Assembly (UNGA) declared 2023 as International Year of Millets in March 2021.
- Now, Government of India has decided to celebrate IYOM, 2023 to make it people's movement so that the Indian millets, recipes, value added products are accepted globally.
- The Tamil Nadu Government implemented five-year millet mission on Pearl millet .

"Millets, a food choice for the future  
-Prime Minister of India"



India's Finance Minister Nirmala Sitharaman referred to millets as "Shri Anna" or the best of all grains

A global movement related to millets is an important step, since they are easy to grow, climate resilient and drought resistant.  
-Prime Minister of India

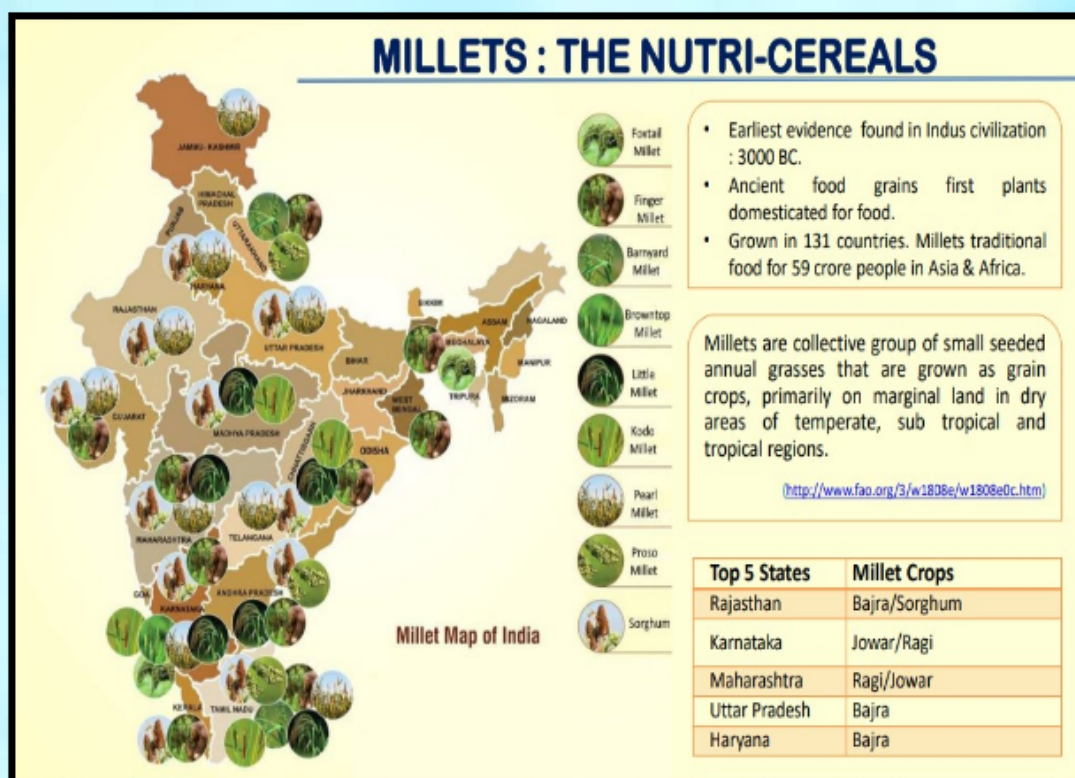
## Celebrating the International Year of Millets 2023

Millets are:

- Widely grown around the world as cereal crops or grains for human food and as fodder.
- Grown in 131 countries.
- Grown as grain crops, primarily on marginal land in dry areas of temperate, sub-tropical and tropical regions.
- Traditional foods for 59 crore people in Asia & Africa.
- Rich sources of protein, fibre, minerals, iron, calcium and have a low glycaemic index.
- Millets are a good way to increase agricultural and dietary diversity.


Objectives IYOM:

1. Awareness of the contribution of millet to Food Security and nutrition.
2. Inspire stakeholders to improve sustainable production and quality of millets.
3. Focus on enhanced investment in research and development and extension services to achieve the other two aims





## *Steps taken by Government of India* *towards promoting millets:*

- Promise of government funding for the Hyderabad-based Indian Institute of Millet Research (IIMR) so that it becomes a centre of excellence and a global hub for millet research and development.
  - The Department of Food and Public Distribution (DFPD) has ordered all its offices to introduce and promote millets in their canteens and in meetings.
  - Millet Startup Innovation Challenge: Department of Agriculture and Farmers Welfare on the MyGov platform has launched various competitions to raise awareness of the benefits of millets. This initiative encourages young minds to offer technological/ business solutions to the existing problems in the millets ecosystem.
  - POSHAN Mission Abhiyan: The government also notified millets as nutri-cereals and included them under the POSHAN Mission Abhiyan.
  - Mann ki Baat: PM had also highlighted the benefits of Millets to both farmers and consumers in one of the editions of his monthly radio programme ‘Mann ki Baat’.
  - National Nutri Cereals Convention 4.0: The objective of the convention is to bring together all the stakeholders from Nutri Cereals Industry, from producers to processors to consumers, as well as academicians, researchers, and policymakers.
- 

# NUTRITIONAL IMPORTANCE OF MILLETS

- 🥄 Protect cardiovascular health
- 🥄 Control diabetes
- 🥄 Good source of antioxidants
- 🥄 Reduce risk of colon cancer
- 🥄 Help in weight loss
- 🥄 Remove constipation problems
- 🥄 Lower bad cholesterol levels

Nutritional content in 100 gms of dry Grain	Protein (in gms)		Carbohydrates (in gms)		Fat (in gms)		Minerals (in gms)		Fiber (in gms)		Calcium (in mgs)		Phosphorous (in mgs)		Iron (in mgs)		Energy (in mgs)		Thaimin (in mgs)		Niacin (in mgs)	
Foxtail	12.3	60.2	4.3	4	6.7	31	290	2.8	351	0.59	3.2											
Little	7.7	67	4.7	1.7	7.6	17	220	9.3	329	0.3	3.2											
Kodo	8.3	65.9	1.4	2.6	5.2	35	188	1.7	353	0.15	2											
Proso	12.5	70.4	1.1	1.9	5.2	8	206	2.9	354	0.41	4.5											
Barnyard	6.2	65.5	4.8	3.7	13.6	22	280	18.6	300	0.33	4.2											
Sorghum	10.4	70.7	3.1	1.2	2	25	222	5.4	329	0.38	4.3											
Pearl	11.8	67	4.8	2.2	2.3	42	240	11	363	0.38	2.8											
Finger	7.3	72	1.3	2.7	3.6	344	283	3.9	336	0.42	1.1											
Paddy Rice	6.8	78.2	0.5	0.6	1	33	160	1.8	362	0.41	4.3											
Wheat	11.8	71.2	1.5	1.5	2	30	306	3.5	348	0.41	5.1											
Quinoa	14	64	6	*	7	36	457	4.6	368	0.36	*											

Compiled from a study published by the National Institute for Nutrition, Hyderabad and other sources for Quinoa.

# *A DREAM COME TRUE EVENT*

The inauguration of Post Graduate Course in the academic year 2022-23 was a dream come true for the department. The Master of Science in Food Service Management and Dietetics (MSc. FSM&D) was commenced with the approval of Madras University with the batch of 15 students. The laboratories were upgraded with latest equipment and the library was stocked with recent journals and reference books to cater to the requirements of the PG course.





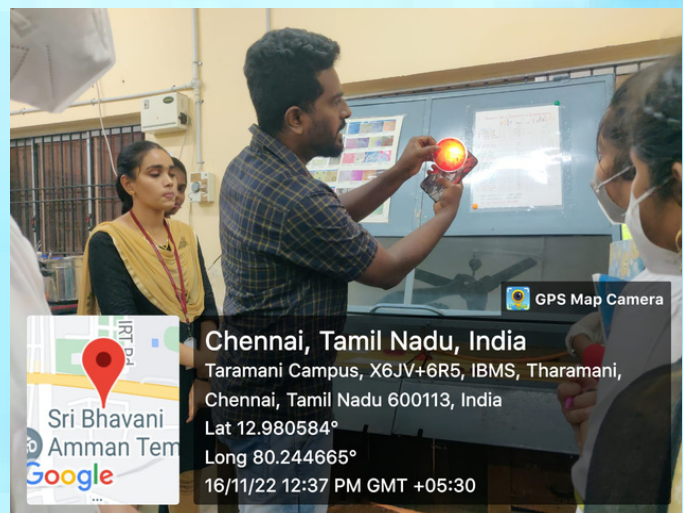
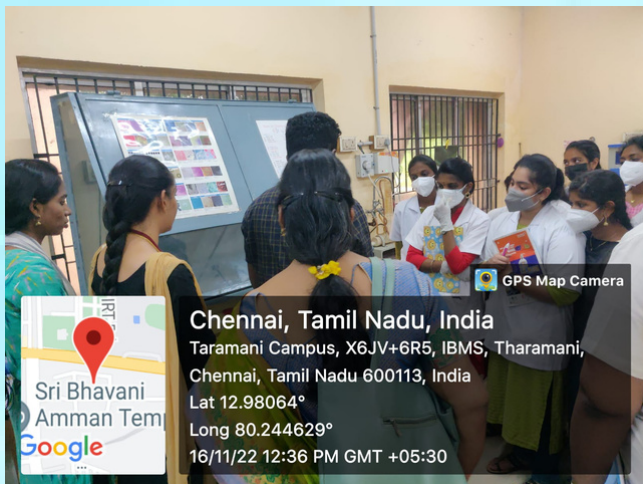
# Department Events

Date	Event name	Guest name	Event Topic
26-09-2022	Rashtriya Poshan Maah	Dr. Dharini Krishnan Registered Dietitian & Genetic Counsellor	Adolescent Nutrition Problems - An Insight
26-09-2022	Rashtriya Poshan Maah	Mrs. Emershia Sharmin Senior Technical specialist Child Health and Nutrition	Tackling Malnutrition at the Grassroot level (among pregnant women, adolescents and lactating women)
26-09-2022	Rashtriya Poshan Maah	M.Prabhu, Joint Registrar- H and S (phaseII) and Dean, Faculty of Hotel Management Mrs Emershia Sharmin Prof Lakshmiarasimhan Mr.Seshadri , IFTR	Inter Collegiate competition, Baccha aur Shiksha, traditional foods for pregnancy and lactation
01-02-2023	Close the care gap	Mrs. B. Sri Lakshmi	Cancer awareness program
12-08-2022	E-books	Dr.V.Suganthi Head & Associate Professor, Department of Home Science - NFSM&D Dr.V.Suganthi and Dr.Shahana Mubeen Assistant Professor- PG Dept. of Home Science- NFSM&D,	Tone Up Dietary guidelines for Athletes
02-02-2023	Milletania '23	Dr. M. Govindaraj Senior Scientist ( Crop Improvement) HarvestPlus Dr. T. Geetha Founder, Uyiriyal Biotech Vellore	Unleashing millet potential for nutrition security Millet foods: an approach for sustainable agriculture and healthy world

Date	Event name	Guest name	Event topic
07-11-2022	National Cancer Awareness program	-	
14-11-2022		Mrs. Premakumari. C Assistant Professor- PG Dept. of Home Science- NFSM&D, Anna Adarsh	Session on Problem Solving and Ideation
01-02-2023	Women and Cancer- 360 Degree view	Dr.V.Lavanya Obstetrician, Gynecologist & Fertility Consultant	Cancer Awareness
01-02-2023	“Super Foods and Cancer”	Ms.Bala Prasanna Deputy Head,N&D Department Mehta Multispeciality Hospital India Pvt Ltd.	
23-03-2023	Karutharangam	Dr. Sathish kumar BSMS , Siddha doctor	Traditional foods and Tamil

# EDUCATIONAL TRIPS

The Post Graduate students visited microbiology laboratory at Institute Of Biomedical Science (IBMS), University of Madras, Taramani campus on 16th November 2022. The aim of the visit was to study about various staining techniques and Denaturing Gradient Gel Electrophoresis (DGGE) test. The students acquired knowledge about identifying the microorganisms and use of various equipment in the microbiology laboratory. They also gained practical knowledge about performing PCR test and cultural characteristics of various media used in the lab. The department is grateful to Dr.Suganthi Asst. Professor IBMS, who arranged this trip. Our thanks are due to Dr. Prabhu, PhD scholar and Mr. Dhamodharan who demonstrated various experiments to the students. The trip was very useful and informative.



# EDUCATIONAL TRIPS

The Post Graduate students of the department went on a 3-day educational trip to National Institute of Nutrition(NIN), Hyderabad on 21st December 2022. During this trip the students attended the 54th Annual Conference of Nutrition Society of India at ICMR, NIN, Hyderabad. The theme of the conference was " Sustainable Healthy Diets- Health for All ". The debates, lectures and poster sessions of the scientists and research scholars widely enriched the knowledge of the students and also motivated them to a great extent. The educational trip endowed the students with sources of information which were valuable take-aways.



# EXTENSION ACTIVITIES

The Postgraduate Department of Home Science- NFSM&D in collaboration with World Vision had organised an extension activity program. The III year B.Sc students (78 nos.) along with 4 staff members visited Kunnavakam village in Chengalpattu district on 21st February, 2023 as part of their Community Nutrition practicals. The students imparted nutrition education to the community in the Primary Health Centre in Kunnavakkam and also Anganwadi Centre in Veerapuram through exhibits, skit and folk methods like puppet show and villupaatu. The students also carried out a survey on breastfeeding practices and weaning practices among lactating mothers who visited the Primary Health Centre. The beneficiaries of this extension education program were pregnant women, lactating mothers and children in the age group of 3 to 8 years children.

Through this program the students gained knowledge about the various government schemes provided at the Primary Health Centre and also the ICDS centre. The doctor and nurse highlighted about the complications of anaemia and the strategies used by them to prevent and treat anaemia. They also stressed upon the importance of calcium, folic acid and iron tablets tablets and deworming. Students were exposed to the Government Siddha Centre located within the same campus where they came to know that curry leaf powder was distributed to pregnant and lactating mothers for alleviating anaemia.



# EXTENSION ACTIVITIES

In the anganwadi centre the students were addressed by the anganwadi teacher Mrs. Kalaiarasi who clearly explained to the students about the ICDS program, nutritious noon meal provided and nutritional assessment carried out in Veerapuram anganwadi centre. Students came to know about the POSHAN app which was used to upload data pertaining to growth monitoring as well as medications and supplements received by the beneficiaries. Students carried out nutritional assessment of children. Their height, weight, mid arm circumference, chest and head circumferences were assessed. Folk methods of communication like puppet show, skit and folk songs were performed.

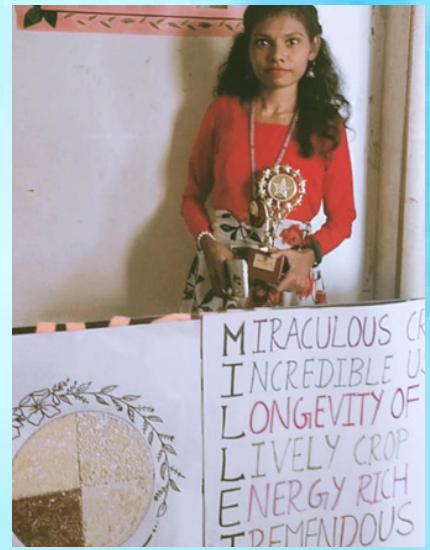
Thus, this extension activity was very useful and the students had a good exposure to community nutrition activities. Students also rendered their service by assessing the nutritional status and educating the community.



# THE VICTORS

## Intercollegiate Competition

S. No	Name of the student	Year	Event participated	Name of the college	Prize
1	Monica . B	PG - I	Recipe making	Queen's Mary's College	2nd
2	Sumithra.R	UG - III	Slogan writing Poster Making Slogan writing	Women's Christian College & IDA Shrimathi Devkunvar Nanalal Bhatt Vaishnav	1st
3	Sushmitha.V	UG - III	Drawing	Thiravalur Sangam	1st
4	Sri Jananyai .R	UG - III	Slogan writing	Srimathi Devkunvar Nanalal Bhat vaishnav college	2nd
5	Ishwarya .E	UG - III	Drawing	Kaviarasar Kalai Tamil Sangam	5th Oviyakalainil a 2022
6	J.U. Sugirthana	UG - III	Singing JAM	MOP Vaishnav College. Justice Basheer Ahmed Sayeed	2nd 2nd
7	Sonia. K & J. Nivetha	UG - III	Face painting Face painting	Justice Basheer Ahmed Sayeed Madras Christian College	2nd 3rd
8	V.M Fariha	UG - III	Book cover design	Justice Basheer Ahmed Sayeed	3rd
9	S.Dharshana & G.Pooja	UG - III	Collage Making	Madras Christian College	3rd





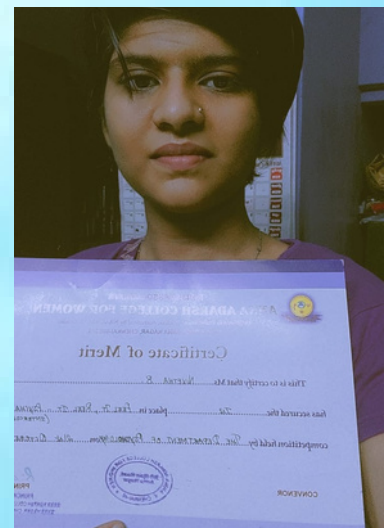
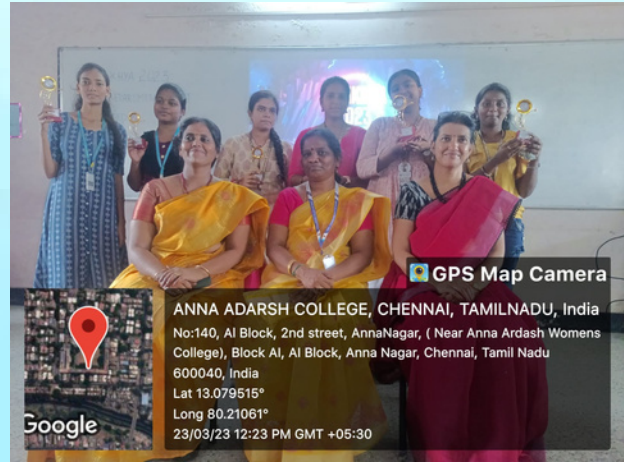
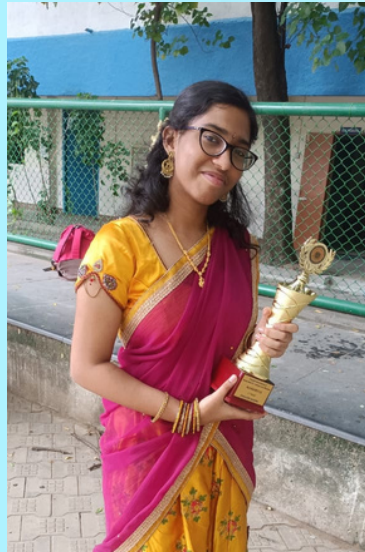
## Intracollegiate Competition

S.No.	Name of the student	Year	Event participated	Department name	Prize
1	Poornima J	UG-III	Face painting	Department of Home Science	1st
2	Nivetha .B	UG-III	Reel making	Department of Psychology	1st
3	Lakshmi Narasimhan .G	UG-III	Reel making	Department of Psychology	1st
4	Janani .G.S	UG-III	Elocution	Department of Psychology	1st
5	Kiran.K	UG-III	Recipe contest	Department of Home science	1st
6	Shree Dharshana.M & Varsa.B	UG-II	Cook without fire	Department of Business Economics	1st
7	V.M Fariha	UG-II	Mobile case designing	Meghmalhar'23	1st
8	Sonia. K & Janani.M	UG-II	Face painting	DEPARTMENT OF BCA	1st
9	Shreeja.K, S.jyothilakshmi	UG-I	Jewellery making	Manjari '22- Home science department	1st
10	Omsri varshini. K, Nivetha shree. PS, Vinolin.RD , Heera.L Geethali jain	UG-I	Fashion show	Department of Home science	2nd



S no.	Name of the participants	Year	Event participated	Department Name	Prize
11	Poornima .J	UG-III	Face painting	Department of B. Com	2nd
12	ES Swetha	UG-III	Mindfulness	Department of Psychology	3rd
13	Siva Santhiya P	UG-III	Mindfulness	Department of Psychology	3rd
14	Oviya .T	UG-III	Fashion show	Department of Home science	3rd
15	Priyadharshini.K	UG-III	Fashion show	Department of Home science	3rd
16	Gayathri .G	UG-III	Fashion show	Department of Home science	3rd
17	Hirithika .H	UG-III	Fashion show	Department of Home science	3rd
18	Divya .M	UG-III	Fashion show	Department of Home science	3rd
19	V.M Fariha	UG-II	Poster making .	Department of Commerce	2nd
20	J.U Sugirthana	UG-II	Elocution .	Department of Chemistry	3rd
21	Shree Dharshana & S. Dharshana.	UG-I	Collage, Ozone & Climate	Department of Chemistry	2nd





# Match the Millets Name

Match the English names of millets with their correct Tamil equivalents

English Names	Tamil Names
Barnyard millet	Saamai
Browntop millet	Panivaragu
Finger millet	Kambu
Foxtail millet	Kuthiravali
Kodo millet	Cholam
Little millet	Thinai
Pearl millet	Varagu
Proso millet	Kezhvaragu
Sorghum	Kula samai



Match the following

Sorghum	Kula samai
Proso millet	Kezhvaragu
Pearl millet	Varagu
Little millet	Thinai
Kodo millet	Cholam
Foxtail millet	Kuthiravali
Finger millet	Kambu
Browntop millet	Panivaragu
Barnyard millet	Saamai
English Names	Tamil Names

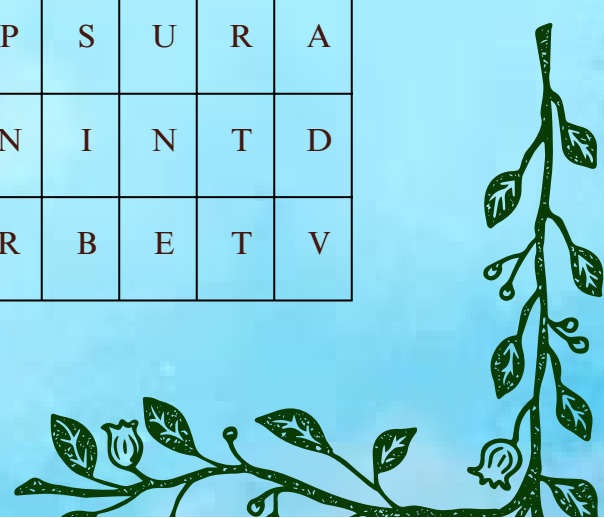
Answers



# SPOT THE SUMMER THIRST QUENCHERS

Stop and stare at the grids in all directions – upwards, downwards, backwards, across and diagonal. The challenge is to spot the summer thirst quenchers hidden amidst the grids. There are about a dozen out there. Get, set and go.

Z	T	W	U	O	H	C	A	P	Z	A	G	Y	M	R
X	A	E	B	U	T	T	E	R	M	I	L	K	P	E
W	D	P	N	I	C	E	A	P	P	L	E	O	S	T
A	P	U	T	D	E	D	A	N	O	M	E	L	I	A
T	I	L	R	P	E	D	A	X	P	J	U	R	T	W
E	Y	S	E	T	S	R	T	N	N	E	W	E	R	Y
R	M	B	B	R	Z	D	C	E	N	T	H	U	D	E
M	K	Z	M	V	Q	U	E	O	C	A	Y	E	P	L
E	R	I	U	K	V	R	W	L	C	H	P	I	C	R
L	W	P	C	L	A	M	E	D	E	O	J	M	E	A
O	Z	R	U	S	E	W	L	T	I	M	N	Q	A	B
N	W	H	C	Y	A	H	T	R	U	P	S	U	R	A
B	E	I	C	E	B	I	R	Y	A	N	I	N	T	D
N	A	N	N	A	R	I	S	H	E	R	B	E	T	V



# Answers

Z	T	W	U	O	H	C	A	P	Z	A	G	Y	M	R
X	A	E	B	U	T	T	E	R	M	I	L	K	P	E
W	D	P	N	I	C	E	A	P	P	L	E	O	S	T
A	P	U	T	D	E	D	A	N	O	M	E	L	I	A
T	I	L	R	P	E	D	A	X	P	J	U	R	T	W
E	Y	S	E	T	S	R	T	N	N	E	W	E	R	Y
R	M	B	B	R	Z	D	C	E	N	T	H	U	D	E
M	K	Z	M	V	Q	U	E	O	C	A	Y	E	P	L
E	R	I	U	K	V	R	W	L	C	H	P	I	C	R
L	W	P	C	L	A	M	E	D	E	O	J	M	E	A
O	Z	R	U	S	E	W	L	T	I	M	N	Q	A	B
N	W	H	C	Y	A	H	T	R	U	P	S	U	R	A
B	E	I	C	E	B	I	R	Y	A	N	I	N	T	D
N	A	N	N	A	R	I	S	H	E	R	B	E	T	V

# "COUNT THE CALORIES IN UNHEALTHY FOOD COMBOS"

The amount they contribute is alarming

No fiber



Cheese burger \_\_\_\_\_  
 Fries \_\_\_\_\_  
 Soda \_\_\_\_\_

Food	Amount	Calories
Cheeseburger	1	310
Cheese pizza	1 slices	330
Chicken Nuggets	6 pieces	208
Fries	1.1 oz	101
Fudge Brownie	1	470
Grape juice	8 oz.	170
Hot Dog	1 regular	315
Ice cream	1 bowl	140
Onion rings	1 small	320
Orange soda	1 cup	110
Macaroni and cheese	1 entree	340
Soda	1 cup	320

I'm better than soda and helps to grow bones



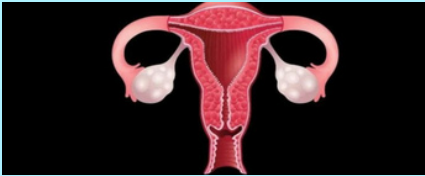
Cheese Pizza \_\_\_\_\_  
 Fudge brownie \_\_\_\_\_  
 Orange Soda \_\_\_\_\_ +  
 = \_\_\_\_\_

This is not My Plate meal



Macaroni & cheese \_\_\_\_\_  
 Hot dog \_\_\_\_\_  
 Icecream. \_\_\_\_\_ +  
 Grape juice \_\_\_\_\_  
 = \_\_\_\_\_

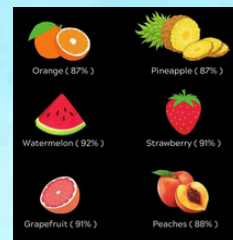
# POCKET DIET TIPS



**Avoid sitting for longer period of time. Apply castor oil packs to stimulate your uterus. Say No to packed foods. Nourish your tissues with healthy fats. Get your nutrition right with whole grain.**

## **\*EAT YOUR WATER\***

**Orange (87%) , Pineapple (87%), Watermelon (92%), Strawberry (91%) Grapefruit (91%), Peaches (88%)**



## **\*JUST BY EATING 1 BANANA IN A DAY HELPS YOU TO\***

**Tighten the skin and make it glowing . Reduce stress, Improves eye health, Instant energy , Enhance brain health, Moisturize skin , Enhance immune system,**

**Provide nutrients**

**Soak 9-10 almonds in water every night. Be sure to consume after peeling in the morning. This will make the eyesight very sharp.**

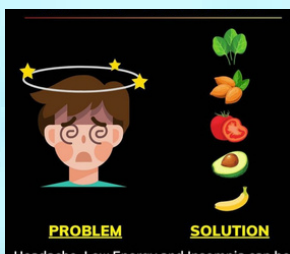


Blending cucumber and pineapple

**Blending cucumber and pineapple creates a juice that will detoxify the colon and remove excess waste from the intestines..**



**Coconut water and Watermelon are great at hydrating the body. They are rich in electrolytes that can reduce stress, lower muscle tension, improve heart health, and lower high blood pressure.**



**Headache, Low Energy and Insomnia can be caused by low level of Magnesium and Vitamin K. Start consuming Spinach, Nuts, Tomatoes, Avocado and Bananas.**



## **POCKET DIET TIPS**

Every 35 days, your skin replaces itself and your body makes new cells what you eat literally becomes you.



One baked sweet potato can give your body 40% of the vitamin A it needs to keep your eyes and skin healthy.

"Mung beans are good for pregnant women. Eating mung beans during pregnancy is linked to increased birthweight, because it has high folate (Vitamin B9) content"



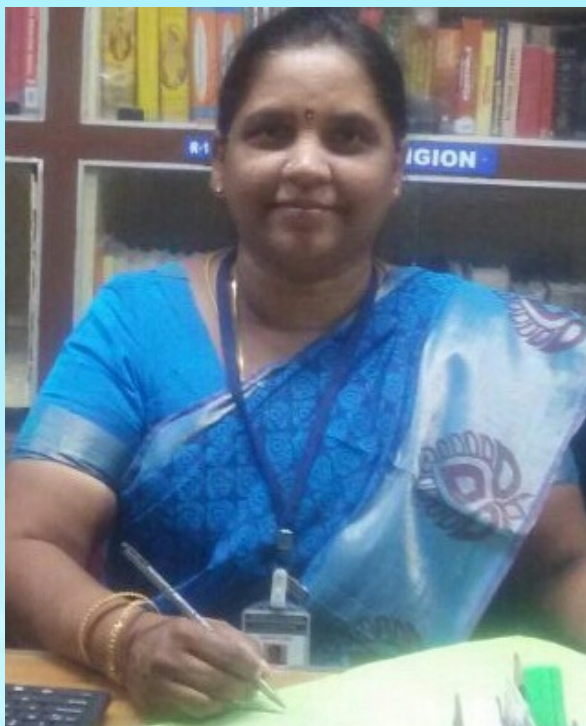
Drinking Beetroot juice regularly helps cleanse toxins from your body, helps to prevent acne and pimples, leaving you with glowing skin. It also purifies your blood.

Pomegranate is a great source of fiber and contains vitamin C, Potassium, Iron and antioxidants. It has excellent anti aging skin benefits, helps in healing scars, improves skin texture and natural glow to your skin.



Drinking coconut water helps to clear acne, reduce bad cholesterol, weightloss and strengthen bones.

# **STAFF CO-ORDINATORS**



**Dr.V.Suganthi**  
**Head, Department of Home Science**



**Mrs.S.Sangamithra**  
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**Home Science**

# EDITORIAL TEAM



**Monica. B**  
**PG- I year**



**Samyuktha**  
**PG-I year**



**Swati Suman**  
**UG-III year**



**Siva Santhiya.P**  
**UG-III year**



**Dhanalakshmi**  
**PG- I year**



**Keerthana**  
**PG-I yea**

