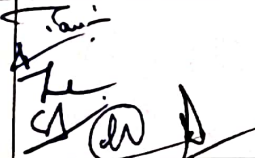
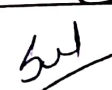


PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY

DEPARTMENT OF FRESHMAN ENGINEERING

SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2024-2025	
Date of Event organized & Time	09-08-2024
Name of the course	STUDENT INDUCTION PROGRAM
Title of the Program	MILIUM IBENTO – Millets Food Fest.
Brief Report on the Event	Freshman Engineering Department at PVPSIT, in collaboration with the Institution's Innovation Council (IIC), organized an event titled Milium Ibento – Millets Food Fest. on the 9th of August, 2024. This event was conducted as a part of the Student Induction Program (SIP). The main aim of this fest. is to improve eating practices and general well-being. Key goals include providing nutrition education to inform students about healthy eating and the nutritional value of foods, alongside culinary demonstrations that showcase healthy cooking techniques and recipes. The festival aims to highlight local produce, encouraging the use of seasonal and locally sourced ingredients. Additionally, it promotes plant-based options to support vegetarian and vegan diets, while fostering mindful eating practices that enhance the enjoyment and awareness of food.
Year/Semester	I YEAR / I SEM
No. of the participants	All I B. Tech. students present during the Induction program
Consolidated Feedback	Good
Name of the Co-ordinators	Dr. P. Pavani, Ast. Prof., FED Dr. S. Lakshmi Tulasi, Asst. Prof., FED Dr. T. Preeti Rangamani, Asst. Prof., FED Mrs. P. Lakshmi Lavanya, Asst. Prof., FED Dr. G. Sree Devi, Asst. Prof., FED Mrs. T. Krishna Sree, Asst. Prof., FED
Signature of the Co-ordinators	
Signature of the HOD	



PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(Autonomous) Kanuru, Vijayawada
Freshman Engineering Department

Name of the Activity / Program: MILIUM IBENTO – Millets Food Fest.

Objectives:

To create awareness and enlighten students in the following areas:

1. Nutrition Education: Inform attendees about healthy eating and nutritional values.
2. Culinary Demonstrations: Showcase healthy cooking techniques and recipes.
3. Highlighting Local Produce: Promote the use of seasonal and locally grown foods.
4. Encouraging Plant-Based Options: Offer a variety of vegetarian and vegan dishes.
5. Mindful Eating Practices: Foster awareness of flavors and textures in food.
6. Promoting Portion Control: Educate on appropriate portion sizes.
7. Health Screenings: Provide free or low-cost health assessments.
8. Community Engagement: Build a supportive community around healthy eating.
9. Food Accessibility: Highlight initiatives for making healthy foods available to all
10. Sustainability Awareness: Educate about the health benefits of sustainable eating practices.

WHY MILIUM

Millets have immense cultural significance in different parts of India, representing an integral part of the country's culinary heritage. These small-seeded grains have been cultivated for centuries and play a crucial role in local cuisine and traditional festivals.

In various regions, millets have been staple food crops. Millets are known for their nutritional value, being rich in fiber, protein, minerals, and antioxidants. Millets are also utilized in traditional snacks, sweets, and fermented beverages.

Millets are closely associated with traditional festivals and rituals. Preserving the cultural heritage associated with millets is of paramount importance. As modern dietary patterns shift towards processed foods, traditional millet-based diets are being neglected. However, the revival of millets is gaining momentum due to their nutritional benefits and sustainable farming practices. Efforts are being made to promote millet-based dishes, create awareness about their importance, and support local farmers.

BHARATH EFFORTS:

Millets are declared as nutria-cereals with the consistent efforts of Bharat in the UNO. Bharat has launched the millet global movement entitles *Shree Anna* to benefit the large section of

society. *Sri Anna* diet will work for good health and sustainable development for our future generation.

WHY IBENTO






Millet food festivals in colleges can help raise awareness of the nutritional and health benefits of millets, and encourage their consumption. They can also help to educate students about the nutritional importance of millets, and showcase India's rich culinary heritage.

IBENTO OBJECTIVES


Revitalizing the cultural significance of millets helps preserve traditional knowledge, biodiversity, and sustainable farming practices. It also strengthens local economies and promotes food security. Governments, non-profit organizations, and individuals should collaborate to encourage the cultivation, consumption, and celebration of millets as an integral part of India's cultural heritage. By doing so, we can ensure the continuity of age-old traditions and pass on the richness of millets to future generations.

Number of teams Participated: 47			
Number of Items:			
Millet Stuffed Panipuri	Millet Mixture	Millet Masala Chat	Millet Masala Vada
Millet Crispy Corn Balls	Millet Cutlet	Millet Pakoda	Millet Noodles
Millet Ribbon Pakoda	Millet Sandwich	Millet Soup	Millet Pulihora
Millet Halwa	Millet Java	Millet Payasam	Millet Paramannam
Millet Pongal	Millet Smoothe	Millet biscuits	Millet chocolates
Millet Dosa	Millet Idli	Millet Vada	Millet Poori
Millet cake	Millet biryani	Millet Pulav	Millet rice

JUDGING CRITERIA

Table Decoration	Décor/ Garnish	Texture / Quantity	Nutrient levels	Flavour	Aroma																																																
			<table border="1"> <thead> <tr> <th>Millet</th> <th>Iron (mg)</th> <th>Calcium (mg)</th> <th>Minerals (mg)</th> <th>Fibre (mg)</th> <th>Protein (mg)</th> </tr> </thead> <tbody> <tr> <td>Pearl millet</td> <td>36.9</td> <td>38</td> <td>2.3</td> <td>1.3</td> <td>10.6</td> </tr> <tr> <td>Finger millet</td> <td>39</td> <td>344</td> <td>2.7</td> <td>3.6</td> <td>7.3</td> </tr> <tr> <td>Foxtail millet</td> <td>2.8</td> <td>31</td> <td>3.3</td> <td>8.0</td> <td>12.3</td> </tr> <tr> <td>Proso millet</td> <td>0.6</td> <td>14</td> <td>1.9</td> <td>2.2</td> <td>12.5</td> </tr> <tr> <td>Kodo millet</td> <td>0.5</td> <td>27</td> <td>2.6</td> <td>9</td> <td>8.3</td> </tr> <tr> <td>Little millet</td> <td>9.3</td> <td>17</td> <td>1.5</td> <td>7.6</td> <td>7.7</td> </tr> <tr> <td>Barnyard millet</td> <td>15.2</td> <td>11</td> <td>4.4</td> <td>10.1</td> <td>11.2</td> </tr> </tbody> </table>	Millet	Iron (mg)	Calcium (mg)	Minerals (mg)	Fibre (mg)	Protein (mg)	Pearl millet	36.9	38	2.3	1.3	10.6	Finger millet	39	344	2.7	3.6	7.3	Foxtail millet	2.8	31	3.3	8.0	12.3	Proso millet	0.6	14	1.9	2.2	12.5	Kodo millet	0.5	27	2.6	9	8.3	Little millet	9.3	17	1.5	7.6	7.7	Barnyard millet	15.2	11	4.4	10.1	11.2		
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 **GPS Map Camera**

Vijayawada, Andhra Pradesh, India

Prasad V Potluri Siddharth Institute of technology, Chalasani Nagar, Kanuru,

Vijayawada, Andhra Pradesh 520007, India

Lat 16.488606°

Long 80.69407°

09/08/24 11:20 AM GMT +05:30

 Google







Vijayawada, Andhra Pradesh, India
FMQV+6MH, Chalasani Nagar, Kanuru, Vijayawada, Andhra Pradesh 520007, India
Lat 16.487688°
Long 80.693865°
09/08/24 11:35 AM GMT +05:30