



NKR GOVT. ARTS COLLEGE FOR WOMEN –NAMAKKAL

(Re-Accredited with 'A' Grade – 3.18 by NAAC Affiliated by Periyar University, Salem)

In Commemoration of International
Millet year 2023

Department of Nutrition and Dietetics Organizes

Millet Fest - 2023

INTER - COLLEGIATE MEET



Date : 17.03.2023

Time : 10:00 AM – 1:00 PM

Venue : Seminar Hall & Auditorium

About College

Namakkal Kavingar Ramalingam Government Arts College for Women is affiliated to Periyar University, Salem. It is the first women's college established in the year 1969 by the Govt. of Tamil Nadu for the upliftment of women. Presently, the college offers 13 UG courses and 11 PG courses in the first shift and 5 UG courses in the second shift. The college is housed on a spacious land, spread over 20 acres. Nearly 3100 students are studying in this college. The college is located on the national highway towards Tiruchirappalli at about half a kilometre from Namakkal bus stand and 15km from railway station.

About Department

Nutrition and Dietetics course was started during the academic year 2012-13 in this college. Our department has achieved academic excellence all through the years through effective and committed teaching and goal oriented learning process. Research opportunities in the department abound, enabling the final year postgraduate students to design their own unique research study under the expert guidance of the department faculty members.

About Millet year

Millets have been an integral part of our diet for centuries. In addition to a plethora of health benefits, millets are also good for the environment with low water & input requirement. With the aim to create awareness on health benefits and increase production & consumption of millets among public, United Nations, at the behest of the Government of India, declared 2023 the International Year Millets.

Objectives:

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

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 on 5 th March, 2021. So the series of pre-launch events and initiatives have been taken and organizing the various activities by the department of nutrition and dietetics to create awareness and a sense of participation in the country around the ancient and forgotten golden grains.

Events and guidelines

1. Grain Carpet : Topic “ Goodness of millet”
 - Minimum 5 millets should be used.
 - Time duration: 1 hour
 - 5 participants from each college.
2. Logo and Slogan Contest : Topic “International year of Millets 2023”
 - Tamil or English can be used
 - 5 participants from each college
 - Time duration: 30 minutes
3. Poster Presentation : Topic “Importance of Millets for Nutritious Diet”
 - Tamil or English can be used
 - 3 participant from each college
 - Time duration: 30 minutes
4. Millets Magic- Recipe contest : Topic “Crunchy Snacks”
 - Innovative recipes are preferred
 - 5 participants from each college
 - Only display
5. AD –Act : Topic “ Millet based product”
 - Duration of the play should not exceed 5 minutes
 - The stage set has to be carried by each team as per their requirement
 - No vulgar or unparliamentarily words will be used by the participating teams during their performance
 - Dress and make up based on the theme of the play is compulsory
 - 4 participants per team
 - 2 team from each college

General Instructions

- Registration fee Rs 100 (Spot registration only).
- Participants should bring their own requirement for their event.
- Refreshments will be provided.
- Participants should make their own arrangements for travel.
- One student can participate in only one event.
- Prize winners will be awarded and certificates will be provided for all participants.
- The decision made by jury will be final for all events.

Convenor

– Dr.R.Sujatha

Head, Department of Nutrition and Dietetics

Organising Secretary

- Mrs.L.Santha Dani

Assistant Professor, Department of Nutrition and Dietetics

For further Communication

Co- Organising Secretaries

- Dr.R.Gowri Manohari

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