

Content of the course

Crafting Healthy Diets : The Science and Art of Millet Utilization

1st wk

Day 1 :

Introduction and orientation

Day 2 :

Introduction to millets - The wonder grains.

Day 3 :

Millet production and consumption.

Day 4 :

Why consume millets- The superior nutritional quality.

Day 5 :

Various techniques of millets processing.

Day 6 :

Practical- Identification of millets.

2nd wk

Day 1 :

Finger Millet: A natural solution for calcium deficiency.

Day 2 :

Learn preparation of millet based baby food.

Day 3 :

Expert lecture - Millet potential in boosting immunity.

Day 4 :

Antidiabetic potential of millets (part 1)

Day 5 :

Antidiabetic potential of millets - low GI foods (part 2)

Day 6 :

Doubt clearing session.

3rd wk

Day 1 :

Practical: Processing of millets.

Day 2 :

Expert lecture- Pearl millet, processing & product development.

Day 3 :

Millets as a safe and nutritious option for celiac disease.

Day 4 :

Cardioprotective effects of millets.

Day 5 :

Millets: Nature's weapon against cancer.

Day 6 :

Doubt clearing session.

4th wk

Day 1 :

Application of baking to millets, learn preparation of cookies and muffins.

Day 2 :

Expert Lecture : Fermentation technique for value addition of millets.

Day 3 :

Millets: A nutrient rich solution for obesity.

Day 4 :

Planning diets for obesity and diabetes using millet foods.

Day 5 :

Expert Lecture- Millet based food products in the market.

Day 6 :

Doubt clearing session.

Day 7 :

Test paper and feedback session.