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Registration Link:
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Payment Details

Indian Overseas Bank
M/S DIRECTOR LIFE
Account No : 171201000009998
IFSC : IOBA0001712
Branch : Loyola College Campus

Registration fee per candidate: Rs. 500 /-

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International Year of Millets 2023

Mass Awareness Program on Biodiversity of Millets and Their Nutritional Importance and Role in Creating Disease-free Society

30th and 31st March, 2023

★ *Organized by* ★

Loyola Institute of Frontier Energy (LIFE)
Loyola College - Chennai

Venue
Lawrence Sundaram Hall
Loyola College
Nungambakkam
Chennai - 600 034

Convener
Dr. M. Selvanayagam

Organizing Secretaries
Dr. V. Pushpa Rani and Dr. S. John Mary

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About the program

Spearheaded by the Prime Minister, the Government of India sponsored the proposal for International Year of Millets (IYM) 2023 which was accepted by the United Nations General Assembly (UNGA) in March, 2021. Unleashing the potential of millets for the well-being of people and the environment, the UN has dedicated 2023 to greater efforts in producing millets given their nutritional properties and resilience in adapting to climate change. Shri. Sushri Shobha Karandlaje, in her speech, said nations need to collaborate to develop a sustainable future, and millets will play a pivotal role in the process. There is an opportunity to contribute to the future well-being of mankind by bringing back ancient food grains through IYM. India will steer the IYM2023 celebrations worldwide and organize campaigns to promote the cultivation and consumption of millets, both in India and abroad. In IYM2023 India will move towards Food and Nutritional Security. Millets are considered as 'Smart Food' as they are easy to cultivate, mostly organic, and contains high nutritional value. With Prime Minister Modi's vision of "Vasudhaiva Kutumbakam" (The World is One Family), the IYM2023 is an opportunity for India to promote Nutri-cereal Millets globally and place them in the world's 'food map'.

Director General, FAO Mr. QU Dongyu, said that the IYM2023 will provide us with a unique opportunity to give visibility to crops that have great potential to strengthen global nutrition, food security, decent jobs and economies, while accelerating Climate Action. Millets are basically Asian crops, climate resilient, lead to sustainable development and help ensure Food Security and Nutrition for all.

The Prime Minister Shri Narendra Modi has also shared his vision to make IYM2023 a 'People's Movement' alongside positioning India as the 'Global Hub for Millets'. Recognizing the enormous potential of Millets, which also align with several UN Sustainable Development Goals (SDGs), the Government of India has prioritized millets. As sub-mission on National Food Security Mission, Nutri Cereals are promoted considering the high-nutritive value, potential for economic empowerment of small and marginal farmers and contribution in maintaining the earth's biodiversity.

In April 2018, millets were rebranded as "Nutri Cereals", and the year 2018 was declared as the National Year of Millets, aiming at larger promotion and demand generation. 'Millets' were among the first crops to be domesticated in India with several evidence of its 'consumption during the Indus valley civilization. Being grown in more than 130 countries at present, Millets are considered traditional food for more than half a billion people across Asia and Africa. In India, millets are primarily a Kharif crop, requiring less water and agricultural inputs than other similar staples. Millets are important by the virtue of its mammoth potential to generate livelihood, increase farmers' income and ensure food and nutritional security all over the world.

International Year of Millets will raise awareness about the contribution of millets for Food Security and Nutrition; motivate stakeholders for continuous production and quality improvement of millets; and attract attention to increase investment in research and development services. Millets are dual-purpose crops. It is cultivated both as food and fodder, thus providing food/livelihood security to millions of households and contributing to the economic efficiency of farming. Millets contribute to mitigating climate change as it helps reduce the atmospheric carbon pressure CO_2. Millets are a whole grain that's packed with protein, antioxidants and nutrients. They may have numerous health benefits, such as helping lower your blood sugar and cholesterol levels. Plus, they're gluten-free, making them an excellent choice for people who have celiac disease or follow a gluten-free diet. Millets are highly nutritious and rich in dietary fiber. They are rich in micronutrients, including calcium, iron, phosphorus, etc.

The Biodiversity and nutraceutical quality of some Indian millets. These crops are cold, drought and salinity tolerant and can be cultivated on marginal land also. Seeds were analyzed for dry matter, total N, protein N, protein and seed protein concentrate extractability. In addition, millets were categorized on the basis of poverty eradication/source of income, health management, food security and natural resource management. Studies indicate that millets can potentially be developed as an active nutraceutical and industrial bioresources for the care of environment and sustainable health of the society and nature. According to Yang (2021), many types of nutritional and medicinal properties are available in millet which help in curing many types of diseases.

Millet contains many types of antioxidant elements, like phenolic flavonoids which play an important role in controlling lifestyle diseases like heart disease, diabetes gastrointestinal disease, cancer, inflammation. Antioxidants contribute to keeping the body healthy, which improves the immune system, reduces metabolic syndrome, which leads to a healthy human body. The biodiversity of our millets are very phenomenal. Nearly 11 millets are available in the market with more than 154 varieties indicating the rich biodiversity.

With this background, Loyola Institute of Frontier Energy (LIFE), Loyola College, Chennai is organizing a conference in the International Year of Millets 2023 with focal theme – Mass awareness on the biodiversity of millets nutritional status and its role in creating disease free society on 30th and 31st March 2023 with following objectives:

Objectives

- To popularize the millets among people as an alternative to traditional food namely rice, wheat and maize and to provide nutritional security and act as a shield against nutritional deficiency, especially among children and women.
- To highlight the importance of millets as less expensive and nutritionally superior owing to their high protein, fiber, vitamins and minerals like iron content.
- To educate people on the role of millets in creating disease free society by its innate constituents antioxidant potential.
- To promote the use of millets in school midday meals scheme to pave way to create hunger and disease free children and to eliminate malnutrition.
- To promote and prepare different possible variety of snacks from millets so that it will increase the consumption of millets and it will in turn increase the livelihood of small, marginal and poor farmers who are the cultivators of millets.
- To create an awareness on the contribution of millets to guarantee the Food Security.
- To educate people that millets can help tackle lifestyle problems and health challenges such as obesity and diabetes as they are gluten-free and have a low glycemic index.
- To show that the millets are Super Crop at Growing-Photo-insensitive and resilient to climate change. Millets are less water consuming and are capable of growing under drought conditions, under non-irrigated conditions even in very low rainfall regimes and above all Millets have low carbon and water footprint (rice plants need at least 3 times more water to grow in comparison to millets).
- To organize a common platform for the millet farmers to exhibit value added millet products (snacks) and other products for easy marketing towards sustainable livelihood and economic development.

Convener

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Director
Loyola Institute of Frontier Energy (LIFE)
Loyola College

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