



WOMEN'S COLLEGE, CALCUTTA



INTERNATIONAL YEAR OF
MILLETS
2023

पोषण पखवाड़ा २०२३



Starts on 31st
March'2023

Eligibility:

- UG Semester VI students (both honours and general)
- All Interested PG students of the Dept of Food and Nutrition

Resource Persons:

Mr. Arnab Chatterjee
(Assistant Professor, Dept of Food and Nutrition, Asansol Girls' College, Kazi Nazrul University)

Dr Sanghita Bhattacharjee
(Associate Professor, Dept of Economics, WCC)

Dr Sukla Ghosh
(Associate Professor, Dept of Chemistry, WCC)

Dr Sohini Roy
(Assistant Professor, Dept of Food and Nutrition, WCC)

Smt Arpita Srimani
(Faculty, Dept of Food and Nutrition, WCC)

Dr Debarati Datta
(Faculty, Dept of Food and Nutrition, WCC)

COURSE COORDINATORS:

DR. SOHINI ROY

DR. DEBARATI DATTA

(Faculty of Dept of Food and Nutrition)

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ADD-ON COURSE (30 HOURS) MILLET: NUTRITIONAL SIGNIFICANCE AND NEW FOOD DEVELOPMENT

COURSE OBJECTIVES

The Add-on course on Millet: Nutritional Significance and New Food Development aligns with the International Year of Millet 2023, aiming to promote awareness and utilization of millets. This course seeks to educate participants on the nutritional value of millets, fostering an understanding of their health benefits. With a focus on health benefits, the course aims to deepen understanding about millets as a sustainable and versatile food source. Additionally, it aims to explore innovative ways to incorporate millets into contemporary diets, encouraging the development of cost-effective new millet-based food products that contribute to both nutrition and sustainable agriculture and economy of our country.

Through this course, participants will be equipped to promote millets as a vital component in addressing global food security and promoting healthier, environmentally conscious eating habits.

Add-on Course (30 Hours)

Millet: Nutritional Significance and New Food Development

Organized by

Department of Food and Nutrition

Women's College, Calcutta

Course Module:

Module	Topics	Objectives	Duration
1	Introduction to Millets and their Significance	Overview of various millet varieties, nutritional benefits, and their importance in sustainable agriculture.	2 hours
2	Nutritional Composition of Millets	In-depth analysis of millet's nutritional profile, micronutrients, and health benefits.	4 hours
3	Millets in Global Diets	Explore historical and contemporary uses of millets in different cuisines worldwide.	3 hours
4	Millet Processing and Cooking Techniques	Hands-on experience in processing millets, exploring cooking methods, and recipe development.	4 hours
5	Chemical Analysis of Millets	Understand laboratory techniques for millet analysis, including proximate analysis and micronutrient profiling.	4 hours
6	Economic Considerations in Millet Production	Analyze the economic aspects of millet cultivation, processing, and market trends. Discuss the potential for income generation.	3 hours
7	Millet-Based Product Development	Explore innovative food product development ideas using millets, considering taste, texture, and market appeal.	2 hours
8	Preparation of Some New Dishes based on different millets (Practical)	Hands-on training on the preparation of some dishes and experience its practical challenges during processing	4 hours
9	Sensory Evaluation and Quality	Learn methods for sensory evaluation of millet-based products and ensure quality standards in new food development.	2 hours
10	Project Presentation and Wrap-Up	Participants present their millet-based product ideas, receive feedback, and discuss the broader implications of millet utilization.	3 hours

Suggested Reading

- "Millets: Nutritional Composition, Processing, and Utilization" by B. Dayakar Rao and V. Prasanna (2018):
- "Millet: The Ultimate Recipe Guide" by Danielle Caples (2014):
- "Millets, Nutraceutical Properties and Their Potential Health Benefits" by N. Sreenivasulu and R. S. S. P. Yadav (2017):
- "Millets and Sorghum: Biology and Genetic Improvement" edited by David R. Upadhyaya et al. (2017)
- "Lost Crops of Africa: Volume I: Grains" by National Research Council (1996)



