

Nanjil Catholic College of Arts and Science

Kaliyakkavilai

ECO Club

Cardially invite you to the celebration of

International year of Millet 2023

Inauguration by

Dr. Rev. Fr. M.Eckermens Michael

Secretary, NACCAS

Felicitation and Prize distribution

Dr.Meenakshi Sundararajan

Principal,NACCAS

Date:16-03-2023

Venue: Seminar Hall

Nanjil Catholic College of Arts and Science

Kaliyakkavilai

International Year of Millets 2023

Organized by Eco-Club

16-03-2023

Program of Events

S.No	Name of the Event	Venue	Time
1.	Millet Food Contest	Seminar Hall	9.15-10.15
2.	Essay writing on Millets	Seminar Hall	10.15-11.15
3.	Poem writing on Millets	Seminar Hall	11.15-12.15

Registration Fee: Rs 25/- per head

Themes

- Traditional recipes
- Novel recipes
- Baked foods
- desserts

Instructions

- Recipe should contain millet based ingredients
- Display the name of the dish and method of preparation

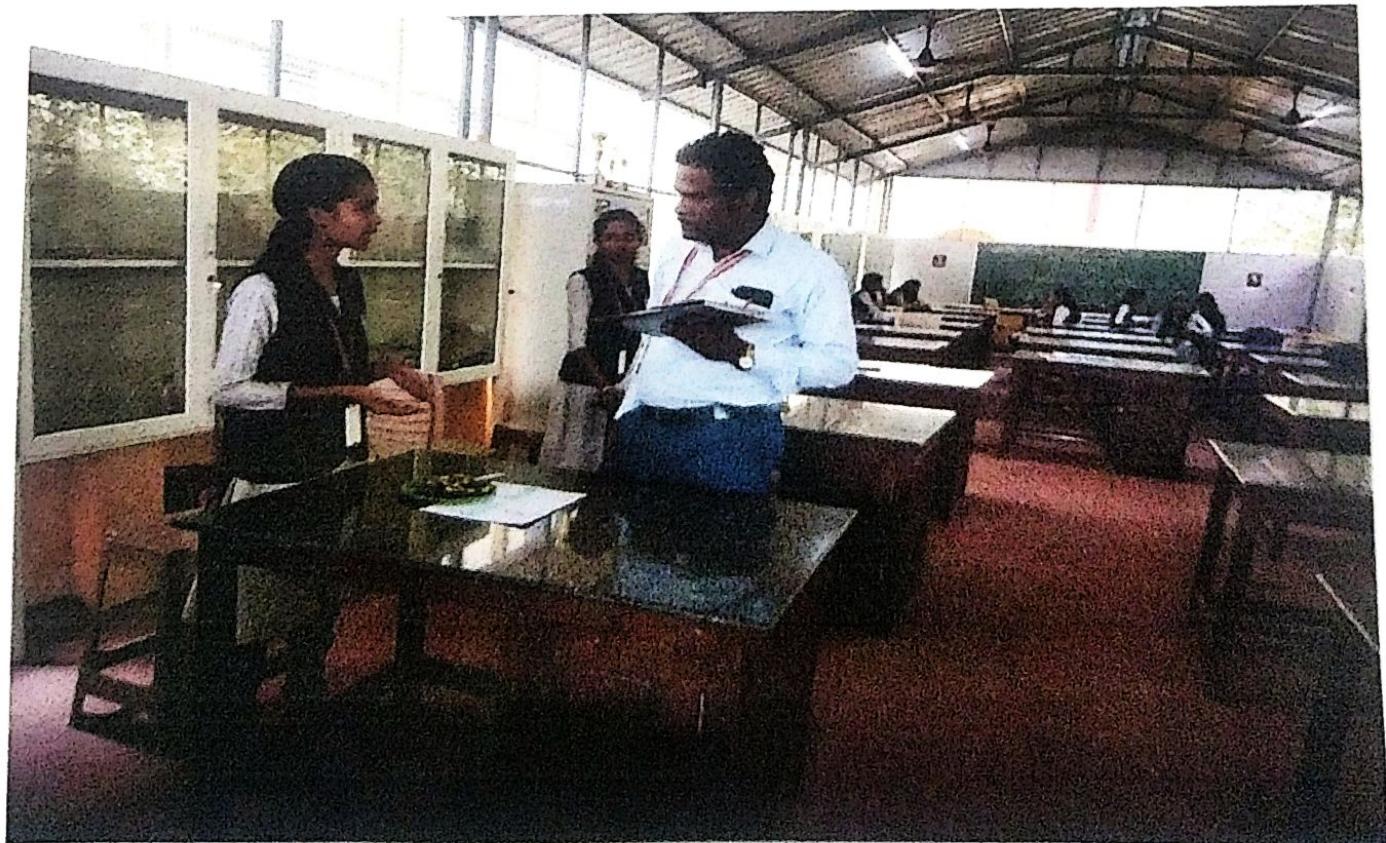
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Eco Club

International year of Millet 2023

Eco Club was organized a programme on International Year of Millet 2023 on 16-03-2023 venued at seminar Hall. The programme was inaugurated by our principal, Dr.Meenakshi Sundararajan. Millets flew under the radar with the presence of more popular cereals, like rice and wheat. It was only recently that health and fitness enthusiasts from across the world understood its potential. The health benefits that the humble food grain offers are truly unique. To create awareness and explain the benefits of Millets to the students to conducted many events like food contest, essay writing, poem writing. From various department the students were participated to this event .The winners were selected by Dr. Amalanadhan and Dr.Thankam. Through this programme the students were understood the healthy benefits, of millets our bodies by strengthening our immunity, keeping diseases in check, and aiding weight loss. Finally the programme was concluded with prize distribution by the principal to the winners.







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PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153.