



# Use of Millets for Healthy Life and Environmental Protection

## National Workshop on Use of Millets for Healthy Life and Environmental Protection

Date : 5,6 & 7 November, 2023

### Programme Schedule

Time		Sessions
<b>DAY 1 : 05th November, 2023</b>		
08:00-09:00 Hrs.		Breakfast of millet dishes
09:00-10:00 Hrs.		<b>Registration</b>
10:00-11:00 Hrs:	<b>Inaugural Session</b>	
	10:00-10:05 Hrs.	Lighting of lamp by all Dignitaries
	10:05-10:15 Hrs.	Welcome address by Dr. R K Sinha, Ex MP (Rajya Sabha) & Chairman Awasar Trust
	10:15-10:25 Hrs.	Introduction of the three days Workshop by Dr. Khader Vali
	10:25-10:30 Hrs.	Speech of Shri Vijay Goyal, Vice Chairman, Gandhi Darshan, Ex Minister GOI
	10:30-10:35 Hrs.	Speech of Dr. Sachidanand Joshi, Member Secretary, IGNC A
	10:35-10:45 Hrs.	Inaugural Address by Shri Surya Prasad Sahi, Minister of Agriculture, Uttar Pradesh
	10:45-10:55 Hrs.	Presidential Address by Shri Ram Bahadur Rai, Chairman, IGNC A
	10:55-11:00 Hrs.	Vote of Thanks by Prof. (Dr.) Sudhir Lall, Prof. & Head, Kalakosa Division, IGNC A
11:00-12:15 Hrs.		<b>Session I:</b> Food - Industrial food
12:15 -13:00 Hrs.		<b>Session II:</b> Glucose Imbalance
13:00-14:00 Hrs.		<b>Lunch</b>
14:00-15:15 Hrs.		<b>Session III:</b> Why millets, why not paddy and wheat.
15:15-16:00 Hrs.		<b>Session IV:</b> Things to know while Cooking with Millets
16:00-17:15 Hrs.		<b>Question - Answer Session</b>
18:00 Hrs.		<b>High Tea</b>

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DAY 2 : 6th November, 2023		
08:00-09:00 Hrs.		Breakfast
09:00-10:15 Hrs.		<b>Session V:</b> Revival of traditional practices beneficial to health. KAASHYAM & KASHAZAM
10:15-11:00 Hrs.		<b>Session VI:</b> Refined Oils - Cause of Cancer.
11:00-12:15 Hrs:		<b>Session VII:</b> AMBALI (Microbial balance)
12:15-13:00 Hrs.		<b>Session VIII:</b> Milk (Hormonal Balance)
13:00-14:00 Hrs.		<b>Lunch</b>
14:00-15:15 Hrs.		<b>Session IX:</b> Cooking delicious dishes with millets
15:15-16:00 Hrs.		<b>Session X:</b> Structured water Jaggery (Sweet)
16:00-17:00 Hrs.		<b>Question - Answer Session</b>
17:00 Hrs.		<b>High Tea</b>
DAY 3 : 7th November, 2023		
08:00-09:00 Hrs.		Breakfast
09:00-10:15 Hrs.		<b>Session XI:</b> Millets - What are they ?
10:15-11:00 Hrs.		<b>Session XII:</b> Environmental aspects : Soil, Rivers, Air protection
11:00-12:00 Hrs:		<b>Session XIII:</b> Biodiversity, Global warming
12:00-13:00 Hrs.		<b>Question - Answer Session</b>
13:00-14:00 Hrs.		Lunch
14:00-15:00 Hrs.		<b>Session XIV:</b> Food Sovereignty
		Food Security
		Food Sustainability
15:00-16:00 Hrs.		<b>Session XV:</b> Village Swaraj through millets
16:00-18:00 Hrs.		<b>Valedictory Session</b>
		Certificate Distribution etc.,
		Address by Invited Speakers:
		Shri Shiv Pratap Shukla, HE Governor of Himachal Pradesh
		Shri Purushpttam Rupala, Minister of Animal Husbandry, Govt. of India
18:00 Hrs.		<b>High Tea</b>