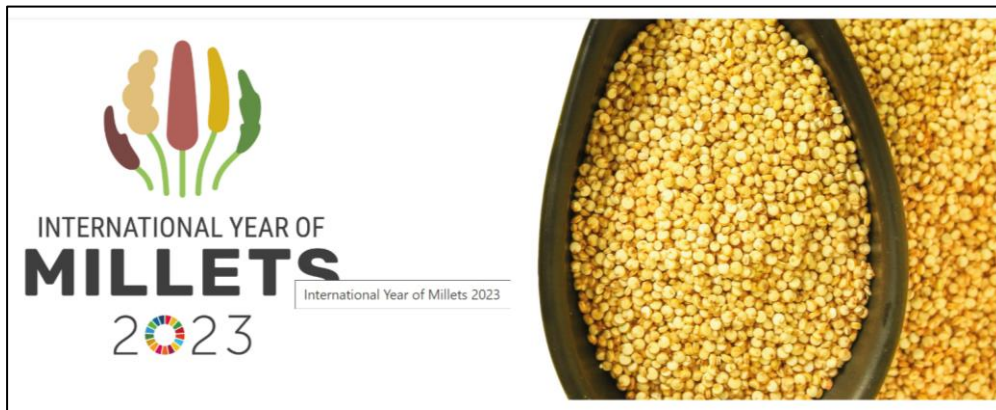


# Report: International Millets Year Cooking Competition for B.Ed First-Year Students

## Organization of International year of Millets



The United Nations General Assembly at its 75th session in March 2021 declared 2023 the **International Year of Millets (IYM 2023)**. Tilak College has organized cooking competition on the occasion of Annual Gathering to celebrate IYM 2023.

<p>TILAK COLLEGE OF EDUCATION Pune PRESENTS <b>Mill-eat-O</b></p>	<p>Tilak College of Education, Pune invites all students to participate in a theme based cooking competition on the - <b>29th of March 2023</b></p> <p><b>Contact Us</b></p> <ul style="list-style-type: none"> <li>Prayag Jamale ☎ +91 7798 382014</li> <li>Pallavi V Karnik ☎ +91 9175 673779</li> </ul> <p><b>Professor Incharge</b> Dr. Madhuri S isave</p> <p>Tilak College of Education, Library</p>	<p><b>Star Ingredients</b></p> <p>You can use one or more of the below mentioned millets as your main ingredient</p> <ul style="list-style-type: none"> <li>• Pearl Millet or Bajara</li> <li>• Finger Millet or Ragl</li> <li>• Foxtail Millet or Navane</li> <li>• Little Millet or Kutki</li> <li>• Sorghum or Jowar</li> </ul> <p>...or any other ingredient from millets family.</p>
<p><b>Benefits of Millets</b></p> <ul style="list-style-type: none"> <li>• Due to its high resistance against harsh conditions, millets are sustainable to the environment, to the farmer growing it.</li> <li>• Millets do not get destroyed easily, and are good for consumption even after 10-15 years of growing, thus providing food security.</li> <li>• Millet is fibrous in content, has magnesium, Niacin (Vitamin B3), is gluten-free and has a high protein content.</li> </ul>	<p><b>Cuidelines</b></p> <ul style="list-style-type: none"> <li>• Dishes to be prepared at home</li> <li>• Dish needs to be presented in the college in the stipulated time</li> <li>• The Dishes will be judged on the basis of -             <ul style="list-style-type: none"> <li>• Taste</li> <li>• Texture</li> <li>• Presentation</li> <li>• Hygiene</li> <li>• Innovation &amp; Creativity</li> </ul> </li> <li>• Glass, Styrofoam, Paper cups should be used while serving the dishes.</li> </ul>	<p><b>History of Millets</b> The super crop of our ancestors</p> <ul style="list-style-type: none"> <li>• Millets have been mentioned in some of the oldest Yajurveda texts indicating that millet consumption was very common, pre-dating the Indian Bronze Age (1500BC).</li> <li>• Even until 50 years ago millets was the major grain grown in India. From a staple food and integral part of local food cultures.</li> <li>• Before Green Revolution, millets made up around 40 percent of all cultivated grains (contributing more than wheat and rice)</li> </ul>



**B.Ed FY/S.Y students have participated.**

## **Event Organized by: Dr.Madhuri Isave**

### **At- Tilak college of Education in Library hall**

**Introduction:** Our institution, Tilak College of Education, has planned a special and entertaining cooking competition for the first-year B.Ed students in honor of the International Year of Millets. The occasion, which took place at our yearly social gathering, was organized to encourage the use of millets in culinary creations and highlight the value of this nourishing grain. The G-20's sustainable development goals and millets, a staple food for many people worldwide, match, making this event particularly pertinent.

**Participants:** All first-year/Second year B.Ed students ,M.Ed students eagerly participated in this cooking competition, showcasing their culinary skills and creativity. The competition aimed to encourage students to explore innovative ways to incorporate millets into their dishes, demonstrating their adaptability and versatility.

#### **Competition Details:**

**Theme:** The central theme of the competition was to create delectable dishes using millets as the primary ingredient.

**Preparation:** Students were provided with various types of millets, along with a variety of other ingredients and a selection of recipes to choose from. They were free to use their creativity in combining millets with other ingredients to prepare their dishes.

**Judging Panel:** An esteemed panel of culinary experts, including renowned chefs and food critics, was invited to judge the competition. Their expertise ensured a fair and knowledgeable evaluation of the dishes.

**Execution:** All participants enthusiastically prepared their meals on the day of the event, according to their chosen recipes while incorporating their individual twists. As students demonstrated their culinary prowess, the competition area was alive with anticipation and aroma.

The judging process was comprehensive, with judges taking into account elements including flavor, presentation, innovation, and the meals' successful usage of millets. A thorough evaluation of the contestants' culinary efforts was produced after sampling and rating each dish.

**Results and Certification** After a thorough evaluation, winners were announced in various categories, including Best Taste, Most Creative Use of Millets, and Best Presentation. Certificates were awarded to the deserving participants, motivating them to continue exploring millets in their future culinary pursuits.

**Success and Impact** The International Millets Year Cooking Competition was a resounding success. It not only provided a platform for our students to showcase their cooking talents but also promoted the use of millets as a nutritious and sustainable food source. This initiative aligns with the goals of the G-20 by promoting sustainable agriculture and healthy eating habits.

The event also fostered a sense of community and collaboration among our faculty and students, contributing to the overall academic and social growth of the institutional

Principal

Organizer