

International Millet Year Observation

International Millet Year 2023 was observed as 'Millet Day' at MES Asmabi College, P. Vemballur on November 24th Friday, at the College Auditorium. The Observance included many programmes such as Seminar, Exhibition, Food Fest and various competitions for college students. The programmes were organised jointly by Departments of Aquaculture, Botany, Chemistry and Biochemistry of the college along with the clubs of IEDC, YIP, Bhoomithrasena and Green initiatives in association with Millet mission, Kerala.

The programme was formally inaugurated by Prof. Dr. A. Biju, Principal, MES Asmabi College. The inaugural session was followed by Seminar session with the Keynote address on 'Nutritional values of Millets' by Mr. V. Murshid, Nutritionist, NRC, Agali, Palakkad. Mr. V.K Shreedharan, Environmentalist, presented an awareness session on 'Role of millets in our lifestyle'. Both the speakers emphasized on the relevance of Millets and their cultivation in the wake of excessive malnutrition and climate change.

The Millet Day was further highlighted by the enthusiastic participation of students in the Food Fest and exhibition. Students exhibited various informative posters and videos on Millets in the stall. Varieties of delicacies made out of millets were also exhibited and sold in the fest. Students actively involved in the preparation of around 75 delicious recipes using millets such as foxtail millet, barnyard millet, kodo millet, pearl millet, proso millet etc. A cooking competition was also conducted for the students along with Millet quiz and digital poster making competition. Another highlight of the day was the 'Millet lunch' in which students and all the faculty members of the college had special millet pulav as their lunch.

Dr. K. Kesavan, Head, Dept. of Aquaculture welcomed the gathering and Dr. Girija T.P, Head, Dept. of Botany delivered the vote of thanks. Dr. Reena Mohamed, Vice Principal of the college and Faculty members of the college Dr. Sheena P.A (Head, Dept. of Physics), Dr. Ansar E.B (Head, Dept. of Chemistry), Mr. Mohamed Areej E.M (Head, Dept. of Biochemistry) and Mrs. Chithra P. (IEDC Co-ordinator) felicitated. The exhibition was coordinated by Dr. Dhanya P.R (YIP Coordinator), Dr. Jisha K.C (Bhoomothrasena club) and Mrs. Shemi C.B (Green Initiatives Co-ordinator).

Green initiatives foster community involvement and education. The celebration included seminars, exhibitions, and food festivals that engaged students and the local community, raising awareness about the environmental and health benefits of millets. This educational aspect is essential for driving long-term behavioral change towards more sustainable living. By promoting the cultivation and consumption of millets, which require fewer resources like water and fertilizers compared to conventional crops, these initiatives help reduce the environmental impact of agriculture and promote biodiversity. Millets have a lower carbon footprint compared to more resource-intensive crops like rice and wheat. Promoting their cultivation and consumption aligns with green initiatives aimed at reducing greenhouse gas emissions from agriculture, contributing to broader climate change mitigation efforts. In summary, integrating green initiatives into the International Millets Year celebration at MES Asmabi College not only highlighted the environmental, nutritional, and economic benefits of millets but also fostered a deeper understanding and commitment to sustainable practices among participants.

