



**BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
THANJAVUR-5
(UGC Recognized 2(f) and 12(B) Institution)
(Affiliated to Bharathidasan University, Trichy-24)**

PG AND RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS

REPORT ON ENTRAPRENEUR DEVELOPMENT CELL PROGRAMME

NAME OF THE PROGRAMME: INNOVATION ENTRAPRENEURSHIP

RESOURCE PERSON : M.Stella Mary
Assistant Professor
Dept of Nutrition & Dietetics
Issac Newton College, Nagapattinam

ACADEMIC YEAR : 2021- 2022
DATE : 22.10.22



“Awareness on Entrepreneur development cell programme” was Conducted by the Department of Nutrition and Dietetics in the academic year 2021- 2022. Totally 100 students were benefited by this Programme. The main objective behind this programme are to bring awareness on Innovative Millets Rece pies and their importance.

Millets is nutritious one and easy to digest to intake in our daily diet. Healthy benefits to human being and rich in protein, micronutrients. Millets are good for farmers as it is suitable for dry land farming and require less Agricultural inputs and good for the planet as it is a climate-resilient crop.



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Introduction:

Millets are a group of cereal grains that belong to the Poaceae family, commonly known as the grass family (1). It's widely consumed in developing countries throughout Africa and Asia. While it may look like a seed, millet's nutritional profile is similar to that of sorghum and other cereals .

Importance of millets:

Millet is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a “prebiotic,” which means it supports good bacteria in your digestive system. This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer. The three major millets cultivated in India are Jowar, Bajra, and Ragi. Unlike rice or wheat, these crops can be grown on less fertile soils and require low rainfall. Most millets have similar health benefits. However, Sorghum (Jowar), pearl millet (Bajra), foxtail millet (Kangni), finger millet (Ragi), Barnyard millet, Kodo millet, Little Millet, and Proso Millet are among the healthiest millet grains available.

Health benefits of Millets:

Sorghum is traditional staple food of the dry land regions of the world, a warm season crop intolerant to low temperatures, resistant to pests and diseases highly nutritious and acclimate-compliant crop. It ranks fifth in cereals produced world-wide and fourth in India. Generally, sorghum grains act as a principal source of protein, vitamins, energy and minerals for millions of people especially in the semi-arid regions playing a crucial role in the world's food economy. It has a nutritional profile better than rice which is the staple food of majority of the human population for its rich protein, fiber thiamine, riboflavin, folic acid, calcium, phosphorous, iron and β -carotene. Sorghum is rich in potassium, phosphorus and calcium with sufficient amounts of iron, zinc and sodium. Due to this, it is being targeted as a means to reduce malnutrition globally. It helps to control heart problems, obesity and arthritis.

Medicinal Value:

IMPROVE DIGESTIVE HEALTH:

Millet is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a “prebiotic,” which means it supports good bacteria in your digestive system. This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer.

PROTECTS HEART

The soluble fiber in millet can help reduce the amount of **“bad” cholesterol** in your blood—a risk factor for **atherosclerosis**. Soluble fiber turns into a gel in your stomach and absorbs cholesterol, allowing it to be safely carried out of your system.

Some studies show that millet can also raise your “good” cholesterol levels and lower triglycerides. Because cholesterol is such a big **risk factor** for heart disease, eating millet regularly may help keep your heart healthier.

ENTREPRENEUR DEVELOPMENT CELL PROGRAMME on **“Innovation Entrepreneurship programme”** conducted by the Department of Nutrition and Dietetics in the academic year 2021-2022. Totally 100 people were benefited by this.

This studies show that millet can also raise your “good” cholesterol levels and lower triglycerides. Because cholesterol is such a big risk factor for heart disease, eating millet regularly may help keep your heart healthier.

They learned about Millets and their importance to intake in our daily diet. They came to know about the knowledge in the various millets.

At the end of the programe we thanked our Secretary, Director, Principal, chief guest, Students and the people who supported for the success of our program.



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A Report on innovation Entrepreneurship on Millet recipe programme conducted for 100 students in our college on 22nd October 2022. we have conducted survey on people and categorized them according to their health status. This will help to improve the growth and development. It helps to control heart problems, obesity and arthritis. With the success of this programme, we have received fund and this fund helps to the people who are suffered from PEM.

ORGANIZING COMMITTEE

Chief Patron

Mrs.G.Punitha Ganesan M.A.,
Secretary, Bharath College of Science &
Management, Thanjavur.

Patron

Dr.T.VeeraSamy M.A.,M.Phil.,PhD.
Director, Bharath College of Science &
Management

Patron
Dr.R.Kumar, MCom, MBA, M.Phil, NET PhD.,
Principal, Bharath College of Science &
Management

Organizing Chair

P.Suba, MSc., MPhil., B.Ed., NET, SET
Head, Department of Nutrition and Dietetics
Bharath College of Science and Management.

Prof.R.Radhika, MSc., MPhil.,
Assistant Professor
Department of Nutrition and Dietetics
Bharath College of Science and Management.

Organizing Coordinators,

Department of Nutrition and Dietetics

Prof.J.Dhivyadharshini, M.Sc., M.Phil.,
Assistant Professor

Prof. M.Menaka, M.Sc., M.Phil., BE.d.,
Assistant Professor

Prof.S.Deepapriya, MSc., MPhil.,
Assistant Professor



“INNOVATION ENTREPRENEURSHIP PROGRAMME”

22nd OCTOBER 2022

Organized By

PG & RESEARCH DEPARTMENT OF NUTRITION AND DIETETICS BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

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Institution)
(Affiliated to Bharathidasan University,
Tiruchirappalli)
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About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by **K. Nadimuthu Memorial Educational Trust** and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

“INNOVATION ENTREPRENEURSHIP PROGRAMME” on Nutrition and Dietetics highlights the solutions for Entrepreneur and their new challenges in various fields. The aim of this programme is to bring students, industrialists, academicians and research scholars to present the state of their learning and research.

AGENDA

ENTREPRENEUR AWARENESS DEVELOPMENT CELL PROGRAMME

ON

“INNOVATION ENTREPRENEURSHIP”

DATE : 22.10.2022

VENUE : SEMINAR HALL

INAUGURATION

- Prayer Song : By Students
- Welcome Address : **Mrs.P.Suba,**
Head, Department of Nutrition and Dietetics
- Felicitation : **Dr. T.Veerasingam,** Director,
Bharath College.
Dr. K.Kumar,Principal ,
Bharath College.
- : Prof.R.Aravazhi,
Vice Principal,Bharath College
- : Prof.N.Rajarajeswari
Vice Principal,Bharath College
- Presidential Address : **Mrs.PunithaGanesan,**
Secretary, Bharath group of Institutions,
Thanjavur
- Keynote Address : **Mrs. M.Stella Mary**
Assistant Professor
ISSAC Newton College
Nagapattinam
- Vote of thanks :**Prof. R.Radhika**
Asst Professor
Department of Nutrition and Dietetics

National Anthem : By All.

