

Report on activities carried out on millets  
from 1.7.2023 to 14.7.2023 as a part of  
the International year of Millets - 2023

**ESIC HOSPITAL, PEENYA,  
BENGALURU-560022**

## Activity 1

**Activity:** Illustration / Display of different millets and explaining their health benefits to IPs in the OPD

**Date:** 3.7.2023 to 14.7.2023

**Description:** Different types of raw millets and illustrations of their health benefits were provided to all the IP's in the OPD.





## Activity 2

**Activity:** Providing Millet based diet to the inpatients and explaining its importance

**Date:** 10.7.2023 to 13.7.2023

**Description:** *Pongal* and *Bisibelebath* were provided in the inpatient diet to the IP's in the wards and the importance of millets were explained to them.





## Activity 3

**Activity:** E-Poster & Slogan writing competition for the hospital staff

**Date:** 7.7.2023 to 10.7.2023

**Description:** E-poster contest on the theme 'Millets – Their health & nutritional benefits and easy nutritious recipes & slogan competition on the theme - Millets in relation to health & nutritional benefits was organized for the hospital staff. 11 e-posters and 14 slogans were received from 28 participants.

Best e-poster and slogan was selected by the jury and prizes were distributed on 13.7.2023





## Activity 3

### Posters and Slogans

#### "SMALLER MILLETS..... BIGGER MAGIC"

Environmentally, Ecologically, Economically Friendly Sources Of Food & Nutrition

##### ECO FRIENDLY



##### HEALTH FRIENDLY



❖ Rich in diet fibre-Probiotic

##### DISH FRIENDLY FOR ALL AGES



Milletts are the smart choice for a balanced diet

The ancient grain for modern health

Get back to nature with wholesome millets

**cheap**  
**rich in calcium and magnesium**  
**gluten free**  
**nutritionally superior**  
**improves cardiac health**



#### TYPES OF MILLETS

Foxtail Millet or Navane



Finger Millet or Ragi



Pearl millet or bajra



Little Millet



Barnyard millet



dhya CMO Dept of General Medi  
oked in Iron skillet, nutritionally brillian  
lent.”

ya ke anek swadisht vyanjan,  
nathe hain swasth-manoranjn.”



MILLETS: NUTRITIONAL BULLETS  
WHICH KILL ILLNESS



THINK ONCE, THINK TWICE,  
THINK MILLETS.

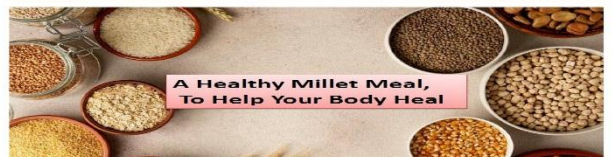


#### Slogans

- Millets: Smallest grain with greatest benefits
- Millets: Smallest in size , Mightiest in power
- Easy to get, tasty to eat, Millets are the best
- East or west, Millets are the best
- Pocket friendly millets for pocket friendly health
- Start your day with the smallest grain for a healthier tomorrow
- Larger the portion of millets in your plate,

#### A BOWL OF MILLETS DAY KEEPS CHOLESTROL AND DIABETES AT BAY!

BY:  
DARSHAN H RAJU SENIOR PHARMACIST(NPC)



सिरी-धान्य रखेगा बीमारियों से दूर !



2. सिरी-धान्य है सबसे छोटा अनाज

MILLETS IN REACTION TO HEALTH'S  
NUTRITIONAL BENEFITS

SLOGANS

Dr. ROOPA B.N, CMO(PAED)

1. "ಉಪ್ಪುಂ ತಂದವ ಬೆಟ್ಟದ ಕಿತ್ತಿಟ್ಟುಂ"
2. "ರಾಗಿ ಉಂಡವ ನಿರೋಗಿ, ಜೋಳ ಉಂಡವ ಮೋಳ"
3. "Millets: A sustainable, nutritious & delicious choice"
4. "India's wealth, Millets for Health"

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oked in Iron skillet, nutritionally brillian  
lent.”

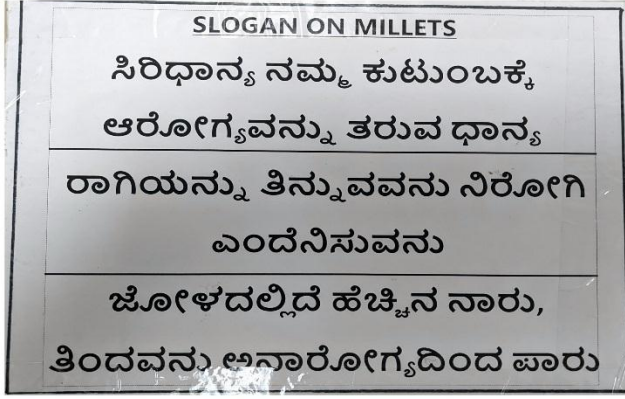
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## Activity 4

**Activity:** Nutritional slogan for IP's and providing millet dish to the IP's  
**Date:** 10.7.2023

**Description:** A total of 3 nutritional slogans with reference to millets were displayed and all the inpatients receiving diet read the slogans.





## Activity 5

**Activity:** Health talk Millets, their benefits and using them in daily diet

**Date:** 7.7.2023

**Description:** A talk on the role of millets as a nutrient rich food and its nutritional and health benefits was provided to the IP's in the OPD by Dietician, ESIC Hospital, Peenya.





## Activity 6

**Activity:** Health talk Millets, their benefits and quiz

**Date:** 13.7.2023

**Description:** A talk on the health benefits of millets, types of millets was provided to the IP's in the OPD and a quiz was conducted on the same by the consultant Ayurveda Physician and Homeopathy Physician, ESIC Hospital, Peenya.



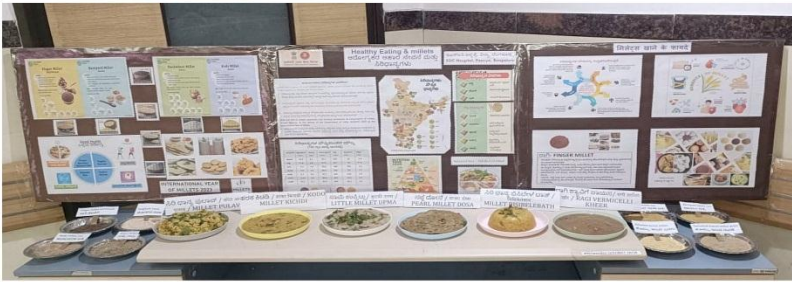


## Activity 7

**Activity:** Exhibition of millet based dishes, distribution of pamphlets and display of posters

**Date:** 8.7.2023 & 13.7.2023

**Description:** A talk on the health benefits of millets, types of millets was provided to the IP's in the OPD and a quiz was conducted on the same by the consultant Ayurveda Physician and Homeopathy Physician, ESIC Hospital, Peenya.





## Activity 8

**Activity:** Visit by the ESI Corporation Member and HDC Member to the hospital for the Health talk and Exhibition

**Date:** 13.7.2023

**Description:** The health talk, quiz and exhibition was organized on 13.7.2023 in the hospital and was presided by the following dignitaries:

**Dr.Veena Kumari K**, Medical Superintendent

**Dr.Kuppusami Sakthi Vadivelu**, Deputy Medical Superintendent

**Dr.Ramesha.R**, Chief Medical Officer (Stores)

**Shri.Subhash Chandra Lal** , Deputy Director

### **Chief guests**

**Shri. K.V.Sekharraju**, ESI Corporation member

**Shri.A.Ramnath**, HDC Member

### **Highlights:**

- The event was initiated with an invocation song followed by lighting of the panchdeep lamp.
- The dignitaries inaugurated the event, addressed the gathering and spoke on millets, their importance and personal experience on using them.
- Millet kichdi and Ragi semiya Kheer was provided to all the dignitaries, participants and IP's.
- Health talk on millets was given to the IP's followed by quiz.
- This was followed by the distribution of the prizes to the participants, winners of contests and the organizing committee members.
- The dignitaries also applauded the exhibition of the millets and its dishes presented in the exhibition.
- Participants included IP's in the OPD and their caretakers, organizing committee and staff of the hospital.



## Activity 8

