

Millet Recipe Competition 2023

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences in collaboration with Research and Development center, MRIIRS celebrated International Millet Year 2023. On 17th May 2023, the department of Nutrition and Dietetics organized a Millet Recipes competition with the theme of "Wonder Grains: Magical Millets". The students have to prepare healthy recipes by using Millet and created posters and pamphlets to describe the nutritional properties of recipe and their innovation techniques. About 17 recipes were formulated and presented in front of Judges. Dr. Veena Singh, Former Director General, Health Services, Haryana; Mr. Lee, Chef from culinary sciences, MRIIRS and Dr. M. Rizvi, Dean and Professor, Faculty of Allied Health Sciences, MRIIRS judged the participants on taste, texture, concept, nutritional value and acceptability of the product. The competition was exciting for students and faculty members. Dr. Veena Singh and Chef Lee gave their expertise opinion and insight to improve their dishes or for developing a startup company. The winner was Ms. Muskan Gupta, student of MSc. Nutrition and Dietetics, Final Year. She created Momos by using millets in different colors and textures.



Dr. Veen Singh, DG, Health Services evaluating the food