

Desi Superfood Utsav- Millet ke Rang, Swasthya ke Sang(17th February 2026)

The Department of Home Science also organized “Desi Superfood Utsav” under the theme “Millet ke Rang, Swasthya ke Sang.” The program aimed to promote awareness about traditional Indian superfoods, particularly millets, which are widely recognized for their high nutritional value and health benefits. During the event, students set up creative food stalls and educational displays featuring a variety of millet-based dishes and traditional nutritious foods. The initiative encouraged students to explore the role of indigenous grains in building healthy and sustainable diets.

The objectives of the program included:

- Promoting awareness about the nutritional benefits of millets and traditional superfoods.
- Encouraging the adoption of healthy and sustainable dietary practices.
- Supporting national initiatives that advocate for the revival of traditional and nutrient-rich grains.

Such programs play an important role in educating students about healthier food choices while **promoting sustainable food culture** within the university community.



Participants promoting sustainable food culture and promoting awareness about nutritional benefits of millets and traditional superfoods



Participants encouraging adoption of healthy and sustainable dietary practices