



RAIDIGHI COLLEGE

(A NAAC Accredited College)

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Date: 2/1/2023

NOTICE

This is to inform all the concerned that the following event will take place in the premises of Raidighi College. You are requested to comply and oblige. The details of the event are given below:

Title: International Millet Day

Date: 9.1.23

Time: 10:00 AM

Venue: Department of Food and Nutrition

Type of Event: Extensional and Outreach Activity




Dr. Sasabindu Jana
Principal
PRINCIPAL
RAIDIGHI COLLEGE

International Year of Millets (IYM 2023) [09.01.23]

Theme: Unleashing the potential of millets for the well-being of people and the environment.

Organised by: Department of Food & Nutrition, Raidighi College

Participants: Department of Food and Nutrition, semester 1 (honours) students have prepared the Wall Magazine on Millets



International Year of Millets (IYM-2023)

Health Benefits of Millets

- Prevents coronary artery disorders
- Reduces risk of colon cancer
- Helps in preventing celiac disease
- Good source of antioxidants
- Aids in sleep
- Helps in height loss
- Helps to decrease high blood pressure
- Controls diabetes
- Helps in slowing down muscle degeneration
- Helps in relieving menstrual cramps

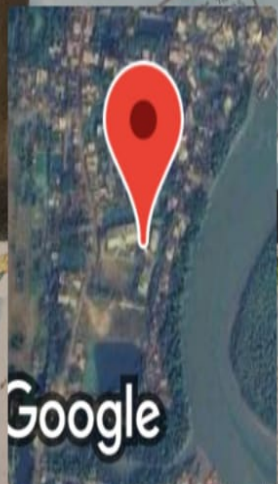


Healthy Recipes



Nutritional Profile

Serving size 100g		DV		Serving size 100g		DV	
Calories	378 kcal	15%	Riboflavin	0.8 mg	8%		
Total Carbohydrate	72.5g	24%	Iron	3 mg	17%		
Dietary Fiber	8.5g	34%	Magnesium	114 mg	29%		
Sugars	0g	0%	Phosphorus	258 mg	28%		
Total Fat	4.2g	8%	Potassium	152 mg	67%		
Cholesterol	0 mg	0%	Manganese	3.6 mg	85%		
Folate	85 µg	21%					



Google

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XCRR+M7Q, Raidighi, West Bengal 743383, India
Lat 21.991578°
Long 88.441108°
09/01/23 02:59 PM GMT +05:30

GPS Map Camera

With Angush Reddy Remembers Bravehearts in Delhi