



St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi – 628001

Celebration of International Year of Millets 2023
IYOM Calendar of events for 2022-2023

S. No	Name of the events planned/scheduled	Date	Venue	Activities to be conducted	No. of expected attendees/participants/delegates
1	Lecture Series-Talk-1: Creating awareness about millets (Types, importance, climate resilient and economic security) Lecture Series-Talk-2: Potential of millets (Nutritional value, as nutraceutical and functional food) as well as awareness through Social Media. Recipe formulation competition on "Traditional recipes from millets (Introduction, recipe, product preparation, nutritional & Calorific values and costing)	September 2023	St. Mary's College (Autonomous)	Traditional recipes from millets (Introduction, recipe, product preparation, nutritional & Calorific values and costing Traditional recipes from millets Traditional recipes from millets)	1300
2	Quiz Competition on Millets	January 2023	St. Mary's College (Autonomous)	Quiz Competition on Millets	350
3	Industrial visit to understand processing of millets & millet based value added products	February 2023	St. Mary's College (Autonomous)		95
4	Training program on demonstration of millet based tiffin recipes for students, faculty & staff	March 2023	St. Mary's College (Autonomous)		90
5	Introduction of millets to your in-house canteen/mess/cafeteria	April 2023	St. Mary's College (Autonomous)	Introduction of millets to your in-house	750

				canteen/mess/ca feteria	
6	Training program on millet based novel processed food products	May 2023	St. Mary's College (Autonomous)		350
7	Development and display of millet-based recipes for people belonging to special need groups (hypo and hyperglycaemia, celiac, cardiac & gastrointestinal disorders)/ pregnant and lactating women/geriatrics	June 2023	St. Mary's College (Autonomous)		95
8	Rangoli and slogan writing competition for students to create awareness about millets	July 2023	St. Mary's College (Autonomous)		25
9	Poster making competition and organizing marathon/cycle rallies to create awareness on millets and millet products	August 2023	St. Mary's College (Autonomous)		200
10	Micro Projects for students and staff: Survey on different aspects of millets (awareness, consumption, economics) Carbon Footprint of millet in comparison to other cereals. Pitching millet based ideas and Start Up challenge on improvement of value chain of millets	September 2023	St. Mary's College (Autonomous)		25
11	Interaction with millet entrepreneurs/ technical poster/ Paper presentation and exploring collaboration opportunities with Food Processing Industries	October 2023	St. Mary's College (Autonomous)		120

12	Millet Bazar - display and sale of millet and millet based products	November 2023	St. Mary's College (Autonomous)		1500
13	Knowledge sharing between technical institutes and institutions not having food technology as area of specialization	December 2023	St. Mary's College (Autonomous)		1500

IYOM related event conducted in the Past

S. No	Name of the events/activity	Date	Venue	Activities to be conducted	No. of expected attendees/participants/delegates
1	Traditional recipes from millets (Introduction, recipe, product preparation, nutritional & Calorific values and costing)	17.10.2022	Star Hall & Fatima Hall, St. Mary's College (Autonomous)	Traditional recipes from millets	1300 students from 17 departments + 153 faculty
2	Quiz Competition on Millets	11.01.2023	St. Mary's College (Autonomous)	Quiz Competition on Millets	303 students
3	Introduction of millets to your in-house canteen/mess/cafeteria	16.02.2023	Star Hall, St. Mary's College (Autonomous)	Introduction of millets to your in-house canteen/mess /cafeteria	600 students
4	Rangoli and slogan writing competition for students to create awareness about millets	11.07.2023	Fatima Hall, St. Mary's College (Autonomous)	Interdepartmental Rangoli & Slogan Competition	17 students
5	Entrepreneurial Training Programme on Demonstration of Millet Based Tiffin Recipes	28.07.2023	Botany Lab, St. Mary's College (Autonomous)	Millet Entrepreneurial Recipe Training Programme	72 students + 10 faculty
6	Millet Based Processed Food Products	31.07.2023	Auditorium, St. Mary's College (Autonomous)	Millet Based Processed Food Products	221 students + 16 faculty
7	Training program on millet based novel processed food products	31.07.2023	Fatima Hall, St. Mary's College (Autonomous)	Hands-on Training Programme on "Healthy	33 students + 5 Faculty

				Cooking with Millets”	
8	Poster making competition to create awareness on millets and millet products	08.08.2023	Physics Lab, St. Mary’s College (Autonomous)	Poster Making Competition on Importance of Millets and Millet based Products	25 students
9	Organizing Marathon/cycle rallies to create awareness on millets and millet products	09.08.2023	College Premises	Human Chain on Awareness on Millets and Millet based Products	250 students



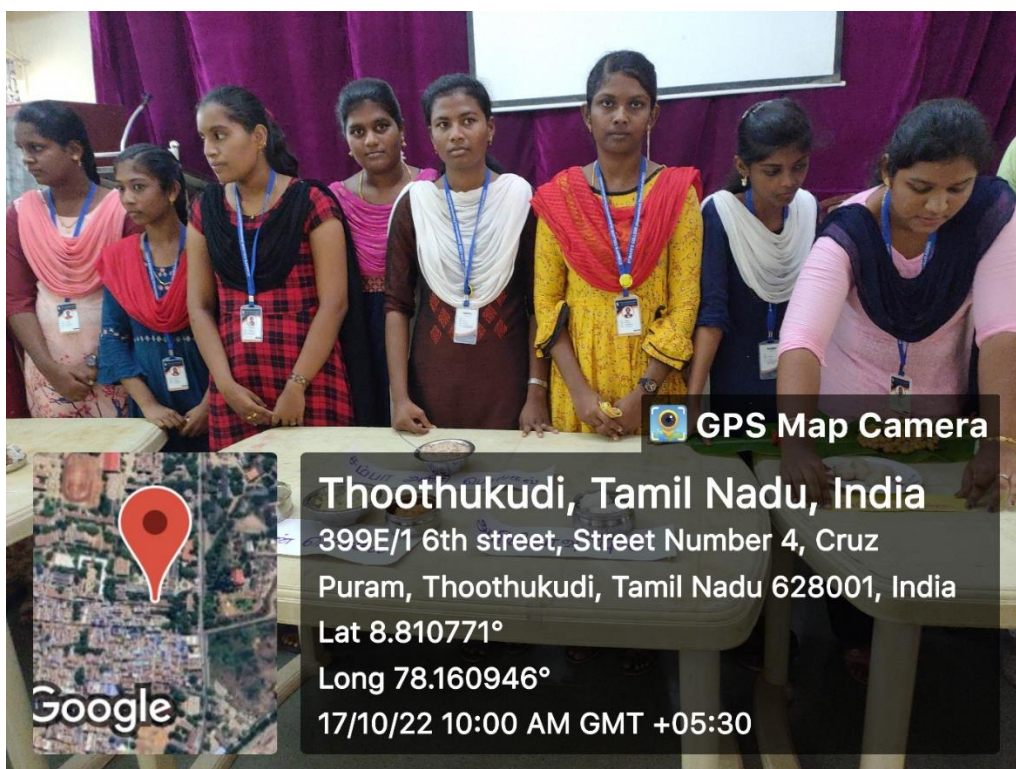
St. Mary's College (Autonomous)

Re-accredited with A+ Grade by NAAC (4th Cycle)

Thoothukudi - 628001

Attachment:

Photos:



Report:

Department of Tamil St. Mary's College (Autonomous) Thoothukudi organized Millet Day on 17.10.2022 in commemoration of International year of Millets. Both I and II UG students showcased natural and cooked food of millets on the basis of Sangam landscape of Kuringi, Mullai, Marutham, Neithal and Palai. Rev. Sr. Dr. A.S.J. Lucia Rose the Principal Inaugurated the function. All the students, staff and Faculty enjoyed the food and the event.

Videos:



Tamil.mp4



St. Mary's College (Autonomous)

(Re-accredited with A+ Grade by NAAC)

Thoothukudi – 628001

Academic year : 2022-2023

Number of Student participants : 303

Mode of session delivery : Online

Objective:

Title : Online Quiz on the theme "Millets"

Date : 11.01.2023

Resource person : -

Benefits: Participants are benefitted by acquiring knowledge about the importance of millets.

Attachments:

Invitation:

St. Mary's College (Autonomous)
Re-accredited with 'A+' Grade by NAAC
Thoothukudi-628001

In commemoration of
International Year of Millets -2023

Quiz Club & Library Committee
In Collaboration with
IQAC
Organizes
Online Quiz Program On
"MILLETS"

Co-ordinators
Dr. K. Vinitha
Librarian
Dr. S. Beaulah Jerlin
Assistant Prof. of Botany

Organizers
Quiz Club Members
Library Committee Members
IQAC Members

Best Wishes from
Rev. Dr. Sr. A. S. J. Lucia Rose
Principal
Rev. Dr. Sr. C. Shibana
Secretary
Rev. Dr. Sr. Nulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

Click here to participate

Topic: In commemoration of International Year of Millets -23

Date: 11th January 2023

Time:06.00 - 07.00 p.m.

Google forms

<https://forms.gle/vecadp3SU1pogRkY6>

Report:

In commemoration of International Year of Millets -23 St. Mary's College (Autonomous) -Thoothukudi organised an Online Quiz on the theme "Millets" on 11th January 2023 at 06.00 - 07.00 p.m. Participants attended the online quiz through Google forms. Around 303 participants benefitted through this online quiz. Student participants of both UG and PG courses from our college actively participated and benefitted through the online quiz. About 50 questions are asked in the Google forms, through answering the questions the students gathered a wide information about the importance of millets.



St. Mary's College (Autonomous)

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Thoothukudi - 628001

Attachment:

Invitation:

ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI
PG & RESEARCH DEPARTMENT OF MATHEMATICS
 in collaboration with
INTERNAL QUALITY ASSURANCE CELL
 celebrates
INTERNATIONAL YEAR OF MILLETS 2023

Dishes with Millets

Venue : Ratima Hall
 Date : 11.20 a.m to 1.30 p.m

Best Wishes from
 Rev. Dr. Sr. C. Shilpa
 Secretary
 Rev. Dr. Sr. A. S. J. Lucia Rose
 Principal
 Rev. Dr. Sr. Kulandai Therese
 Deputy Principal
 Rev. Sr. Josephine Jeyarami
 Director, SSC

Drink
 Kambu Shake – Rs.15
 Kambu Payasam – Rs.15
 Kammankool – Rs.20
 Sweet Ragi Drink – Rs.15

Breakfast
 Saamai Pongal – Rs.30
 Saamai Pongal
 with Sambar & Chutney – Rs.35

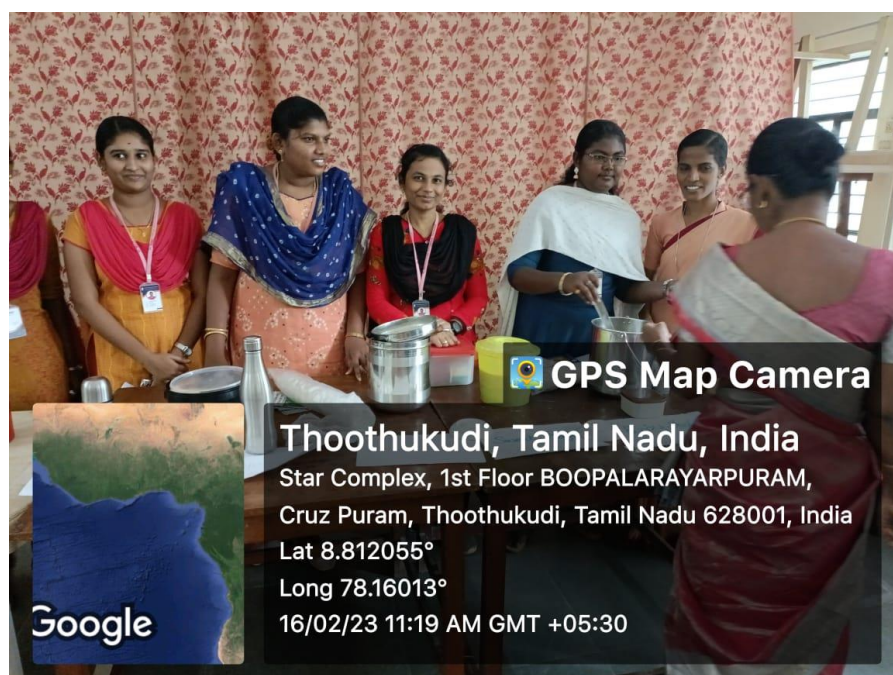
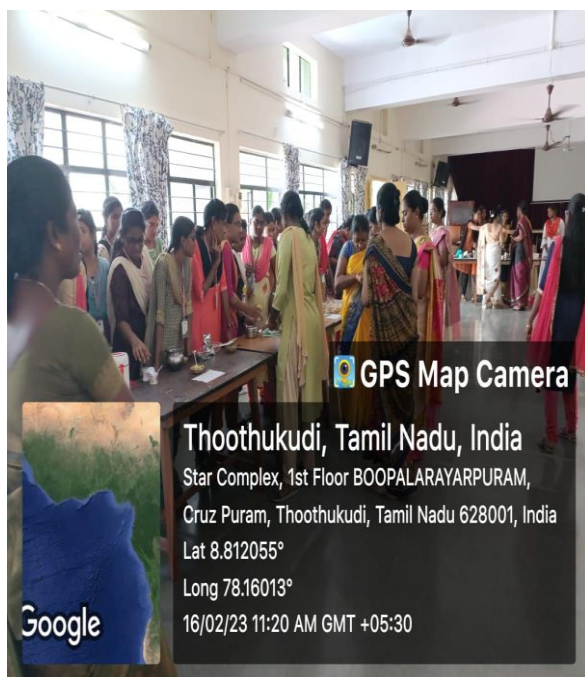
Salad
 Pearl Millet Salad – Rs.15
 Corn Salad – Rs.15

Sweets
 Millets Kochukattai – Rs.10
 Corn Laddu – Rs.10
 Ragi Laddu – Rs.10
 Thinai Laddu – Rs.10

Snack
 Masala Corn – Rs.20
 Steamed Corn – Rs.15
 Sweet Corn – Rs.30
 Popcorn – Rs.10
 Thinai Murukku – Rs.7

Photos:





➤ Report

St. Mary's College (Autonomous), Thoothukudi celebrated the International year of Millets 2023. Healthy Dishes using millets prepared by the students were on sale in Fatima Hall on 16.2.2023.

➤ Video:



mathsFeb.mp4



St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi - 628001

Attachment:

➤ **Invitation:**



St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)
Thoothukudi

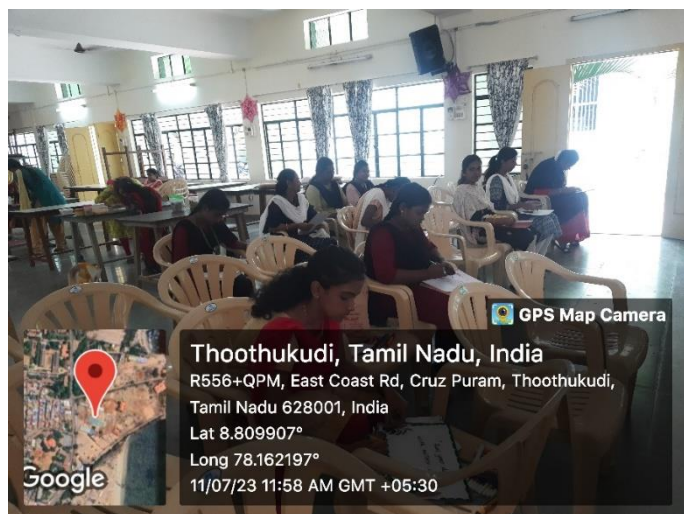
Departments of Computer Science & Psychology
along with
Internal Quality Assurance Cell
Celebrate
INTERNATIONAL YEAR OF MILLETS
2023
Inter-Departmental
Rangoli & Slogan Competition
On 11.07.2023

RANGOLI	SLOGAN WRITING
Venue: Fatima Hall	Venue: Star Hall
Time: 1130am.-1230p.m.	Time: 1130am.-1200noon
Rules: 50 sq cms space	Rules: Use A4 sheet
Use only millets	Maximum of 3 slogans
2 Participants/Dept.	2 Participants/Dept.

FIRST THREE WINNERS WILL BE REWARDED.

With Best Wishes from
Rev. Sr.Dr.C. Shibana
Secretary
Rev. Sr.Dr. Jessie Fernando
Principal
Rev. Sr.Dr.S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

➤ Photos



➤ Report

The Department of Psychology, along with the Department of Computer Science and IQAC, organized an Inter departmental Rangoli and Slogan writing competition on 11.7.2023 at the Fatima Hall from 11.30 a.m. to 12.30 p.m. Participants from 9 departments out of 17 took part in the competition and contributed to creating an awareness not only on the usefulness of millets, but also on what all falls under the category of millets. The Rangoli entries were judged by Dr. Shanthi, Head, Department of Tamil and Ms. Suji, Department of French judged the entries for slogan writing. The best 3 entries for slogan were selected while only one entry was qualified in rangoli competition. All the other entries were rejected for using pulses and cereals. The prize winners were given prizes and appreciated by the Principal in the presence of the IQAC Coordinator and the Heads of the Departments of Computer Science and Psychology.



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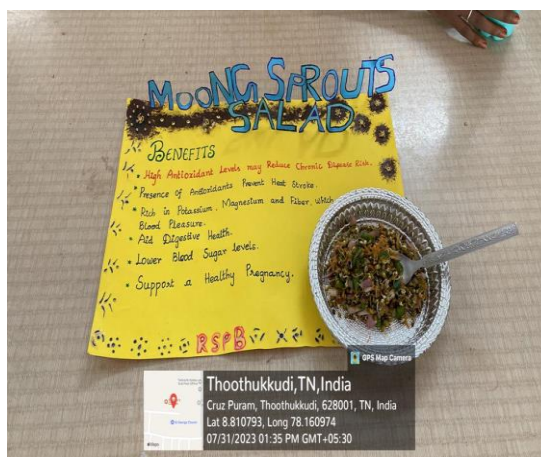
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➤ **Invitation:**



➤ **Photos**





➤ Report:

The Department of English (SSC) in collaboration with the Internal Quality Assurance Cell organised a **Hands-on Training Programme on “Healthy Cooking with Millets”**, to celebrate the **International year of Millets 2023**, on 31.07.2023 at 11.30 a.m. in the Fatima Hall. Ms. B. Rajalinga Malathi, Research Scholar, Department of Microbiology, Kamaraj College, Thoothukudi was the resource person. 33 students from II and III B. A. English (SSC) were the beneficiaries. The meeting started with a prayer song. Ms. Kavya Devi of III B.A. English (SSC) delivered the welcome address. Ms. I. Varshna, President of the association read the Minutes of the association. Dr. B. Serena Margaret, IQAC Coordinator and Associate Professor, Department of English, St. Mary’s College (Autonomous) felicitated the gathering. The resource person addressed the students about the need for a healthy lifestyle and demonstrated the nutritional value of millets. She trained the students in the preparation of nutritious dishes using millets. The students prepared various dishes like Pearl Millet Sandwich, Ragi Milkshake, Foxtail Millet Peda, Moong Sprouts Salad and Little Millet Ladoos. Ms. Bhavani of III B. A. English (SSC) delivered the vote of thanks. The program was arranged by the Head of the Department and the faculty of the department. The Training Programme halted with the college anthem.





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Thoothukudi - 628001

Attachment:

➤ **Invitation:**



ST. MARY'S COLLEGE (AUTONOMOUS)
(Re-accredited with 'A+' Grade by NAAC)
Thoothukudi, Tamil Nadu

Department of Botany
in collaboration with
Internal Quality Assurance Cell
Celebrates

INTERNATIONAL YEAR OF MILLETS 2023

**ENTREPRENEURIAL TRAINING PROGRAMME ON
DEMONSTRATION OF MILLET BASED TIFFIN RECIPES**

Venue: **Botany Lab**
Date: **28.07.2023**

With best wishes from

Rev. Sr. Dr. C. Shibana <i>Secretary</i>	Convenor Rev. Sr. Dr. Arockia Jenecius Alphonse <i>Head & Assistant Professor of Botany</i>
Rev. Sr. Dr. Jessie Fernando <i>Principal</i>	Co-ordinators Dr. S. Beualh Jerlin, Dr.F. Dayana Lobo
Rev. Sr. Dr. Kulandai Therese <i>Deputy Principal</i>	Organizers Dr. A. Jacintha Tamil Malar, Dr. G. Flora
Rev. Sr. Josephine Jeyarani <i>Director, SSC</i>	Dr. E. Daffodil D Almeida, Dr. B. Maria Sumathi Ms. S. Pauline Jenifer, Dr. P. Hermalin

➤ Photos



➤ Report

The Millet Entrepreneurial Recipe Training Programme was conducted on 28th July 2023 with the aim of promoting the utilization of millets in diverse culinary applications. The event gathered 72 enthusiastic participants who were eager to learn about the preparation of various millet based dishes including laddu, pacoda, murukku, idiyappam and puttu. The objective of

the training was to raise awareness on the nutritional benefits of millets and encourage their integration into daily diet. The training began with an informative presentation on the nutritional advantages of millets. The participants were enlightened about the high fiber content, essential nutrients, and low glycemic index of millets, making them an excellent choice for enhancing overall health. Subsequently, the participants were engaged in a series of hands – on demonstrations for preparing various millet based dishes. Each dish was introduced step by step, focusing on ingredient selection, preparation methods, and cooking techniques. Participants were actively involved in the process which allowed them to learn through direct experience.

Video:



Botany.mp4



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Attachment:

➤ Photos



➤ Report

The PG and Research Department of English in collaboration with Internal Quality Assurance Cell organised a meeting on **31 July 2023** to celebrate the International Year of Millets, Dr. B. Serena Margaret, Associate Professor of English and Co-Ordinator of IQAC gave an introductory note on Millets explicating the reason for celebrating the year of millets. **Dr. S.M.D Mathuravalli, Vice Principal and Associate Professor of Food Science and Nutrition** acted as the resource person and addressed the UG and PG students on **Millet Based Processed Food Products**. She extended an informative presentation detailing the types of millet, its different kinds of benefits illustrated with myriad millet product recipes.



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Attachment:

➤ Invitation:



ST. MARY'S COLLEGE (AUTONOMOUS)
Re-accredited with 'A+' grade by NAAC (4th Cycle)
SCHOOL OF PHYSICAL SCIENCES
in collaboration with
INTERNAL QUALITY ASSURANCE CELL
Organize
POSTER MAKING COMPETITION
to celebrate
INTERNATIONAL YEAR OF MILLETS 2023

TITLE : IMPORTANCE OF MILLETS & MILLET BASED PRODUCTS
DATE : 08.08.2023
TIME : 11.30 A.M. - 1.00 P.M.
VENUE : PHYSICS LAB

With Best Wishes
Dr. Sr. C. Shibana
Secretary
Dr. Sr. Jessie Fernando
Principal
Dr. Sr. S. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director - SSC

Organizers
Department of Physics
Department of Chemistry
(Regular & SSC)

FIRST THREE WINNERS
WILL BE REWARDED



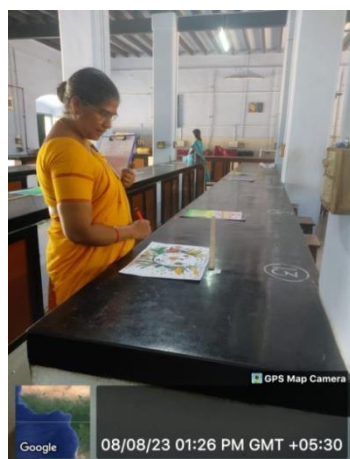
RULES & REGULATIONS
POSTER MAKING COMPETITION
TITLE : IMPORTANCE OF MILLETS & MILLET BASED PRODUCTS

- Individual event.
- Two entry per department.
- The poster must be made on A3 size chart with margins (1 inch).
- The topic of poster and theme should be clearly mentioned at the top margin of the poster.
- Poster can be made using pencil, crayon, watercolour, oil paint, etc.
- Materials required for the competition should be brought by the participant.
- Photographs, wires, other 3D objects, print-outs are not allowed.
- Poster must be original and hand made.
- Poster should not contain the name and designation of the participant. These details must be mentioned only in the registration form.

Registration link:
<https://forms.gle/G3MRN4bdAfW8Yx59>

➤ Photos





➤ Report

The School of Physical Sciences (Regular &SSC) and Internal Quality Assurance Cell jointly organised a Poster Making Competition on the theme “Importance of Millets and Millet based Products” on 08.08.2023 at 11.30 a.m.in Physics Laboratory.25 students (Both regular and SSC) from various departments have participated. G. Monisha Rose of II M.Sc. Mathematics (SSC), M. Ibrahim Mohshina of III B.Sc. Computer Science and V. Sathya of III B.A. English Literature (SSC) has won the First, Second and third prizes respectively

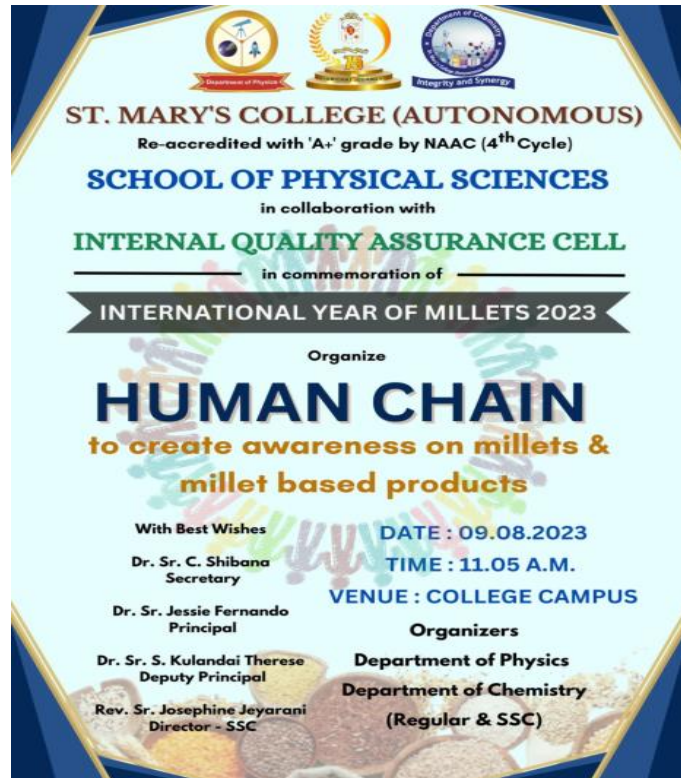


St. Mary's College (Autonomous)

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Attachment:

➤ Invitation:



➤ Photos:





➤ Report

The School of Physical Sciences (Regular &SSC) and Internal Quality Assurance Cell jointly organised a Human Chain to create awareness on the Importance of Millets and Millet based Products on 09.08.2023 at 11.05 a.m.in the college premises. Rev. Dr. Sr. C. Shibana, The Secretary, Rev. Dr. Sr. Jessie Fernando, The Principal, Rev. Sr. Josphine Jeyarani, The Director (SSC), staff members of School of Physical Sciences and about 250 students (Both regular and SSC) from various departments have participated. MS. Aswarnika, III B.Sc., Chemistry delivered a talk on the awareness on various millets.

Video:



Physical sciences.mp4