



IHM JAIPUR

# MERAKI

APRIL, 2022 - VOL.3



## Millet Meals

Rediscovering our Nutritional Heritage



# आजादी का 'अमृत महोत्सव'

मन मोहिनी प्रकृति, की गोद में जा बसा है।

सुख स्वर्ग सा जहाँ है, वह देश कौन सा है !!

जिसका चरण निरंतर, रत्नेश धो रहा है।

जिसका मुकुट हिमालय, वह देश कौन सा है !!

नदियाँ जहाँ सुधा की, धारा बहा रही है।

सींचा हुआ सलोना, वह देश कौन सा है !!

जिसके बड़े रसीले, फल कुंद नाज मेवे।

सब अंग में सजे हैं, वह देश कौन सा है !!

जिसमें सुगंध वाले, सुंदर प्रसून प्यारे।

दिन रात हँस रहे हैं, वह देश कौन सा है !!

मैदान गिरी वनों में, हरियालियाँ लहकती।

आनंदमय जहाँ है, वह देश कौन सा है !!

जिसके अनन्त धन से, धरती भरी पड़ी है।

संसार का शिरोमणि, वह देश कौन सा है !!



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# From The Principal's Desk



Mr. Priyadarshan Lakhawat, Principal

Dear Readers,

This edition of MERAKI is for Millets. The super grain. An ancient food. Gluten free, high protein, fiber and antioxidant rich. United Nations Organisation has declared 2023 as International Year of Millet. It is a welcome step considering the world wide increase in life style and food habit related diseases and the ability of Millet family grains to effectively counter them. Pandemic in particular has created great deal of sensitization about importance of a healthy body and strong immune system. In our traditional wisdom food is treated as a medicine, both for precaution as well as for cure. In this context going back to our food roots is the solution for good health. Millets are consumed in different parts of our country has a rich cuisine heritage with scores of dishes prepared from it. IYM 2023 has again put the spot light on these recipes and IHM, Jaipur too is contributing at its own level through research and other activities to make this endeavor a success.

My best wishes to the team of MERAKI for taking up this theme and putting up a splendid show in bringing out this edition.



# EDITOR'S NOTE

HARDIK VATS

Student Editor

3rd Year, B.Sc H&HA



Dear Readers,

As the Managing Editor, my pleasures know no bounds while presenting you the third and final issue of our quarterly magazine Meraki for the current year 2021-22. College magazine is a creative portrayal of its people (Students and Faculty), its challenges its resources, and its mission. It provides a panoramic view of the cultural, academic, sports, and literary activities along with the achievement of the college during their academic year.

The theme of this year's third issue of the magazine is Millets. The COVID-19 pandemic has taught everyone the importance of eating healthy and nutritious food. The millets like Kodo millets, little millets, brown top millets ragi, etc are rich in fibers and other nutrients which are generally ignored. This magazine is an attempt to bring forth unknown facts about millets. I sincerely hope as the Managing Editor that this magazine will enlighten you on the importance of including millets in your main diets in order to stay healthy and disease-free.

The overwhelming response and the appreciation for the previous issues of the magazine from the readers motivated us to come out with this. I would like to express my considerable appreciation to all the authors of the articles included in this magazine, the designers for shaping it creatively and beautifully, and our mentors who gave us free hand to turn ideas into reality.

HAPPY READING!!!!!!!



# WINGS 2022

## Adios 3rd Year

We wish them the best of luck and hope that they will spread their wings and soar to the skies as high as possible.

-From Second and First-year students





# HUNAR SE ROZGAR TAK

The Ministry of Tourism, Government of India launched Hunar Se Rozgar in 2009 offering Short Term Quality Courses of 8 weeks & 6 weeks duration under the Capacity Building for Service Providers Scheme in the following disciplines:

1. Multi Cuisine Cook
2. Room Attendant
3. Craft Baker
4. Food and Beverage Service -Steward
5. Front Office Associate

All the above courses are fully funded by the Ministry to benefit people to take up the hospitality industry as their profession and to ensure that the hospitality industry gets a sufficient supply of trained manpower which is now in short supply.





# MILLETS

*A single-point solution for multiple issues.*

दीपो भक्षयते ध्वान्तं कज्जलं च प्रसूयते |  
यदन्नं भक्षयेन्नित्यं जायते तादृशी प्रजा ||

To simplify, it means “We are what we eat”. We eat what runs down in our family as a legacy. Food as a legacy is multidimensional. Apart from fulfilling the organoleptic and physical needs, it sets the overall tempo of a culture. Thus, when a territory of food is lost, a part of culture is lost too. When a culture is lost, the sense of cohesiveness in the society and its vibration evaporates. The loss of magical millet is one such example. In the times when the world is fascinated with refined and FMCG products, it is facing the challenge of fibreless food. To the scientists’ delight, the resurfacing of Millet's philosophy shows a very promising future in terms of the health care system and cultural corrections.

Owing to its rich history of medicinal benefits and yesteryear absence from the Indian dietary pattern, the International Millet Year, 2023 is a remarkable endeavor by U.N to bridge the gap created by fibreless foods.



**-MRS. SHRABONI PURI,**  
Senior Lecturer, F & B Service



The absconding millets are the result of the western model of development followed by the state policies favoring rice and wheat. However, various efforts are made to revamp the glory of millet in our food culture owing to its versatile personality.

Millet, a climate-smart cereal is like Aladdin’s lamp that has been long hidden by the most civilized world. Originated in China, famous across many other countries, very sacredly finds its place in our Vedas as a treasured crop.

Millet is a collective name given to a variety of coarse grains that are grown in dry conditions. Millets are Jowar (Sorghum), Sama (Little millet), Ragi (Finger millet), Korra (Foxtail millet), Pearl millet, Variga (Proso millet) are a few examples.



Bajra and Sama are high in fat while Ragi has the lowest fat.

Millets are particularly high in minerals like iron, magnesium, phosphorous, potassium, and gluten-free. They also contain Nutraceuticals that are health-enhancing physiologically active food components also called phytochemicals. As these phytochemicals are the body protective agents they are responsible for securing the total health care system. And while the scientists are swearing on millet, it is emerging as magical food.



The following points clearly state that besides being health system friendly, millets are extremely eco-friendly.

- Millets thrive on non-chemical agronomic practices.
- Millets are pest-free crops.
- Millet farming helps agro-biodiversity.
- Grows on the poorest of soils.
- No need for irrigation for their cultivation.
- For traditional farmers, millet farming needs zero energy inputs.
- Not only food but also fodder, health, nutrition, livelihood, and ecological security.
- Thus, while other food crops can offer us food security, millets can offer multiple securities.



As it is said, "The comeback is always stronger than the setback", the idea was repositioning millets will soon be a boon to Indian health.



# BARNYARD MILLET

- Tithi Bidawat  
B.Sc. 1st Year



Barnyard Millet (*Echinochloa* species) has become one of the most important minor millet crops in Asia. They are mainly grown in the hilly areas of Uttaranchal, India.

It is one of the fastest-growing crops. The other names of barnyard millet are Jhangora in Jharkhand, Shyama in Bengali, Maraiyo in Gujarati, Sanwa in Hindi, Oodalu in Kannada, Kuthiraivolly in Tamil, and Udal in Telugu. This grain is a good source of Protein, Carbohydrate, Fiber, and Micronutrients like (iron and zinc) than other major cereals. For the last 3 years, India is the biggest producer of barnyard millet in terms of area and production. Barnyard millet is primarily cultivated for human consumption, though it is also used as livestock feed. Among many cultivated and wild species of barnyard millet, two of the most popular species are the Indian barnyard Millet and the Japanese barnyard Millet. It is a short-duration crop that can grow in adverse environmental conditions with almost no input and can withstand various biotic and abiotic stresses. In addition to these agronomic advantages, the grains are valued for their high nutritional value and lower expense as compared to major cereals like rice, wheat, and maize.

In India, cereal and grains are not consumed during fasts which makes barnyard millet a popular ingredient during the fasting days. It holds benefits rendered by millet grains, is easily available across India, is highly economical, and makes a tasteful food for all age groups. It is one of the best natural gifts to the modern diet and activities that can lead to lifestyle disorders.

If we talk about the health benefits of barnyard millet, it is recommended for a patient who suffers from Cardiovascular Diseases and Diabetes. They are also most effective to reduce blood glucose and lipid levels. The barnyard millet is the ideal millet for those patients who have gluten intolerance which causes celiac disease. There are many more examples like – Low in Calories – it is a good source of highly digestible protein and at the same time, it is least caloric dense compared to all other cereals. Of course, it is rich in Fiber – an excellent source of fiber with a good amount of both soluble and insoluble fractions.

Low Glycemic Index – the carbohydrate content of barnyard millet is low and slowly digestible, making the barnyard millet a low Glycemic index food. Gluten-Free Food – an appropriate food for patients who follows a gluten-free lifestyle.

Keeping in mind its nutritive value and popularity in the subcontinent, it is a most important part of our food which is served to all with great affection. People in various areas of the world eat barnyard millets traditionally. But, it's still not a very common feed. To stay healthy, we need to add it to our everyday eating regime. It is used in a variety of ways in our dish a very important is in the form of sweet.

## Barnyard Millet Rabri

### Ingredients:

- Milk – 250 ml
- Almond – 5g
- Pistachio – 5g
- Sugar – 20g
- Barnyard Flour – 100g
- Cardamom Powder – 1g
- Food Color – as per requirement

### Method:

- Boil milk till it has a very thick consistency and separates the cream.
- Add barnyard millet flour, finely chopped almonds, and pistachio.
- Add Cardamom powder and sugar along with the cream separated earlier.
- Keep it in refrigerator and serve cold .



# SORGHUM MILLET

## (JOWAR)

- Aditi Singh Chauhan  
B.Sc. 1st Year

Jowar or Sorghum is the most commonly used millet since ancient times, a native of Africa, and this cereal is widely grown in India. Jowar is a gluten-free and protein-rich millet that is now touted as a healthy alternative for Maida. Jowar is considered the perfect grain that should be added to a diabetic's meal plan, as it is moderate in the glycemic index.

The bran of Jowar is rich in tannin secretes enzymes that have the ability to reduce the absorption of sugar and starch in the body. Jowar thus regulates the glucose levels and insulin sensitivity in the body assisting in better diabetes control. Besides, these are high in fiber, thiamine, niacin, riboflavin, and folate jowar delays gastric emptying, shows the release and absorption of glucose in the bloodstream, and averts blood sugar spikes. Consuming jowar roti on a regular basis can reduce hepatic gluconeogenesis.

**Gluten Intolerance:** The aftermath of consuming wheat-based products takes a toll on an individual's health and the allergy can result in celiac disease. Jowar comes has a healthy and nutritious alternative to wheat for all people who are sensitive to gluten. Jowar is the diet that lessens inflammation, indigestion, nausea, and other gastrointestinal woes caused due to gluten.

**Energy Booster:** Jowar is overpowered with niacin or vitamin B3, niacin is an essential nutrient that is a vital component in the metabolism of energy in the body. The addition of jowar in the diet regimen lifts up the metabolism and boosts energy levels throughout the day. Moreover, jowar offers you 28% of the dietary allowance of niacin from a single serving.

**Strengthening Bones:** Ample amount of magnesium in jowar assists in enhancing calcium absorption which stimulates to keep up the calcium levels and augments bones health. Regular addition of jowar millets in the elderly people's diet plans can avert the risk of osteoporosis and arthritis.

**Improves Hemoglobin Level:** Jowar is imbued with essential minerals like iron and copper which work together to improve the blood flow and circulation in the body. Iron is an essential mineral needed for the development of red blood cells, copper aids the absorption of iron in the body, thus promoting cell growth and repair and augmenting the overall circulation of the blood, and treating anemia.

**Jowar for Weight Loss:** If you are trying really hard to lose that extra fat, then start adding jowar to your diet, as the whopping amount of fiber and about 22 grams of protein promotes building muscle mass, delays digestion, curb hunger, reduces the calorie intake and helps in losing weight.

### Jowar Halwa

#### INGREDIENTS:

½ Cup Jowar flour  
2 tbsp. Ghee  
6-8 Cashew nut  
5 Raisins  
150 ml Milk  
½ cup jaggery  
2 tbsp. sugar  
½ tsp. Cardamom

#### For Garnishing:

2 tsp. finely chopped almond

#### METHOD

Heat ghee in a pan and fry cashews and raisins and keep it aside. In the same pan add jowar flour and stir well until the flour gets cooked in the ghee and gets a nice aroma. Cook the flour and add milk little by little, stirring constantly into a smooth paste without any lumps. Place the pan on the stove add grated jaggery, and sugar, and stir continuously till the jaggery melts. Keep cooking, add ghee (if needed) and stir continuously until the mixture becomes a thick mass and the ghee is released from the sides. Add cardamom powder and mix well, switch off the stove. Garnish with fried nuts and chopped almonds and serve the halwa.

# FINGER MILLET



- Netra Jaiswal  
B.Sc. 1st Year

Finger Millet, also known as Ragi is an important millet grown extensively in various regions of India and Africa. Its scientific name is Eleusine Coracana. It ranks sixth in production after wheat, rice, maize, sorghum, and bajra in India. In India, ragi (finger millet) is mostly grown and consumed in Karnataka, and to a limited extent in Andhra Pradesh, Tamil Nadu, Odisha, Maharashtra, Uttarakhand, and Goa. It has different names in local languages. In India's finger millet is commonly called by various names like Ragi (in Kannada, Telugu, and Hindi), also Mandua/Mangal in Hindi, Kodra (Himachal Pradesh), Mandia (Oriya), Taidalu (in Telangana region), Kezhvaragu in Tamil, etc.

Finger millet is considered as one of the most nutritious cereals. Finger millet contains about 5–8% protein, 1–2% ether extractives, 65–75% carbohydrates, 15–20% dietary fiber, and 2.5–3.5% minerals.

Of all the cereals and millets, finger millet has the highest amount of calcium (344mg%) and potassium (408mg%).

The cereal has low-fat content (1.3%) and contains mainly unsaturated fats. 100 grams of finger millet has roughly an average of 336 Kcal of energy in them.

Being non-glutinous, finger millet is safe for people suffering from gluten allergy and celiac disease. It is non-acid forming, and hence easy to digest. Finger millet is rich in amino acids (Tryptophan, Threonine, Isoleucine, and Methionine).

## HEALTH BENEFITS OF FINGER MILLET

- Finger millet is an excellent source of natural calcium which helps in strengthening bones of a growing child and aging people. Regular consumption of finger millet is good for bone health and keeps diseases such as osteoporosis at bay and could reduce the risk of fracture.
- It is now established that phytates, polyphenols, and tannins can contribute to the antioxidant activity of millet foods, which is an important factor in health, aging, and metabolic diseases.
- Finger millet's phytochemicals help in slowing the digestion process. This helps in controlling the blood sugar levels in the condition of diabetes. It has been found that a finger millet-based diet helps diabetics as it contains higher fiber than rice and wheat. Also, the study found that a diet based on whole finger millet has a lower glycemic response i.e. lower ability to increase blood sugar level. This is due to the presence of factors in finger millet flour that lowers the digestibility and absorption of starch.
- Because of its high nutritional content ragi flour is recommended as a weaning food, especially in the southern parts of India.
- Finger millet is a very good source of natural Iron and its consumption helps in the recovery of Anemia. The Ragi-based foods are highly suited for expectant mothers and the elderly due to their high calcium and iron content.
- Finger millet consumption helps in relaxing the body naturally. It is beneficial in conditions of anxiety, depression, and insomnia. It is also useful for migraine.
- Green ragi (finger millet) is recommended for conditions of blood pressure, liver disorders, asthma, and heart weakness. Green ragi is also recommended to lactating mothers in the condition of lack of milk production.

Thus, finger millet is an extremely nutritious cereal and is very beneficial for maintaining good health. Therefore have received attention for their potential role as functional foods. However, its high intake could increase the quantity of oxalic acid in the body. Therefore, it is not advised to patients having kidney stones (Urinary Calculi). Finger millet could be enjoyed in different forms and preparations. Ragi roti, ragi dosa, ragi porridge, ragi upma, ragi cakes, ragi biscuits are a few popular dishes of finger millet (ragi).



# FOXTAIL MILLET

- Purnima Singhal  
B.Sc. 1st Year

Millets are annually tufted grass that was domesticated in India 3000 years back. Millets are slowly staging a comeback since we started to appreciate the health benefits offered by it!

One of Them is FOXTAIL MILLET. Foxtail millet, scientific name **Setaria Italica** is an annual grass grown for human food. It is the second-most widely planted species of millet, and the most grown millet species in Asia. The oldest evidence of foxtail millet cultivation was found along the ancient course of the Yellow River in China, carbon dated to be from around 8,000 years before present.

Foxtail millet has also been grown in India since antiquity.

## Cultivation

In India, foxtail millet is still an important crop in its arid and semi-arid regions. In South India, it has been a staple diet among people for a long time (from the Sangam period). It is referred to often in old Tamil texts and is commonly associated with Lord Muruga and his consort Valli.

In China, foxtail millet is the most common millet and one of the main food crops, especially among the poor in the dry northern part of that country. In Southeast Asia, foxtail millet is commonly cultivated in its dry, upland regions. In Europe and North America it is planted at a moderate scale for hay and silage, and to a more limited extent for birdseed.

In the northern Philippines, foxtail millet was once an important staple crop, until its later replacement by wet-rice and sweet potato cultivation.

It is a warm season crop, typically planted in late spring. Harvest for hay or silage can be made in 65–70 days

Its early maturity and efficient use of available water make it suitable for raising in dry areas.

## Thinai Dosa

### Ingredients :

- 1 cup Thinai
- 1/2 cup each of Moong chilka, channa, Urad dhuli Dal
- 1/2 cup rice
- 1 tsp Fenugreek seeds
- Oil as needed
- Salt and green chillies to taste.

### Method:

1. Soak foxtail millet rice and all the dal given in the ingredients list for 4 to 6 hours.
2. Also add fenugreek seeds while soaking.
3. Grind all the items separately and pour the batter in a bowl, add salt and leave for sometime for the batter to get fermented.
4. Now, add oil to the tower pan and spread it like a dosa. Cook until it gets brown.
5. Serve it with coconut chutney or tomato sauce.
6. Your easy delicious thinai dosa is ready.



# KODO MILLET

- Payal Kolariya  
B.Sc. Ist Year



## Kodo Millet pulao

### Ingredients

- ¾ kodo millet
- ¼ cup split and skinned moong dal
- 2tbsp ghee
- 1/2tsp cumin seeds
- 1 finely chopped onion
- 8 finely chopped garlic cloves
- 2 finely chopped green chillies
- 1tbsp chopped ginger
- 1cup mix vegetable, chopped
- 8-10 curry leaves
- Salt as per taste

### Method

- Wash and soak kodo millet and dal together for 20-25 minutes. Chop all the vegetables and keep ready.
- Heat ghee in thick bottom pan, add cumin seeds, once they splutter, add onion, garlic, green chillies and curry leaves. Saute till onion becomes translucent.
- Further add vegetables and saute for couple of minutes.
- Then add soaked millet and dal and 3 cups of water. Add salt, ginger and mix well. Once it starts boiling, slowdown the flame, cover it and let it cook
- Once they cooked, turn off the heat.
- Served hot with curd, papad etc.

Kodo millet is a highly drought resistance crop. It is the coarsest of all food grains. The kodo millet, also known as cow grass, rice grass, ditch millet, Native Paspalum, or Indian Crown Grass originates in tropical Africa, and it is estimated to have been domesticated in India 3000 years ago. The grain is covered with a horny seed coat which should be removed before cooking.

Kodo is an annual tufted grass that was domesticated in India almost 3000 years ago. The grains vary in colour from light red to dark grey, and like most millets the fiber content is very high.

Known as Varagu in Tamil, Haraka in Kannada, Kodra in Hindi, Arikelu in Telugu, k.kodo millet are store house of nutrients

- Low glycemic index – Which means that Kodo millets release glucose/energy slowly, over a longer period of time and thus helps in sugar control. This makes it a great substitute for polished white rice. .
- Gluten-free – Great for people with gluten intolerance or celiac disease.
- Easy to digest
- Rich in antioxidants like polyphenols
- Rich in dietary fiber.
- Good source of vitamins – Vitamin B6, Niacin, folic acid and minerals such as calcium, iron, magnesium and zinc

# PEARL MILLET (BAJRA).



Pearl millet has its origins in West Africa, where the oldest finds in Mauritania date to 1000 BC. With a cultivation area of 26 million hectares, it is the most economically significant small-seeded millet species. It is primarily cultivated in sub-Saharan Africa. Pearl Millet is one of the oldest cultivated crops since pre-historic times and ranks as the sixth most important grain in the world. It is a cereal crop grown at a very large scale in India, It is commonly used as a major cereal in the states of Rajasthan, Maharashtra, Gujarat, Haryana, and Uttar Pradesh. The seeds or the grains are small, round, and golden yellow. It is well adapted to growing areas characterized by drought, low soil fertility, and high temperature. It performs well in soils with high salinity or low pH.

- Priya Kumari  
B.Sc. Ist Year

## Bajra khichdi

Ingredients –

- ½ cup Bajra
- ½ cup moong dal
- 4 cups water
- ½ teaspoon turmeric
- Salt as needed.

To temper –

- 2 tablespoon Ghee
- ¼ teaspoon Asafoetida
- 1 teaspoon cumin seeds.

Instructions

- Wash and soak Bajra overnight. Next day, drain water and add moong dal to it.
- Give it a wash and place in a pressure cooker with required salt. Cook for 4 whistles in medium flame.
- Let pressure release naturally. Open the cooker once done. Mash well to make the moong dal smooth and creamy.
- You can boil in open pot for 5 minutes to let the excess water evaporate.
- Keep stirring as it will get stuck to the bottom once dal is mashed.
- It will look watery but as it cools down, it will eventually thicken and come to khichdi consistency.
- Heat a pan with ghee and temper with cumin seeds and asafoetida. Switch off the flame and add turmeric to it. Give it a quick stir and mix to the khichdi. Warm up to serve.

### Nutritional Importance Of Pearl Millet:–

- Gluten-free (used as a substitute for people with gluten allergy).
- Enriched with vital vitamins (it is known to have the highest levels of potassium, calcium, and iron)
- Best plant-based protein source (Contains approximately 14% of protein).
- Rich in antioxidants (protect from radical-mediated diseases like cancer, diabetes, Alzheimer's, etc.)
- Perfect food for babies (it is easily digestible and also has a lot of nutrients)

### Health Benefits Of Pearl Millet:–

- Treats iron deficiency anemia.
- Reduces blood sugar levels.
- Aids in weight loss.
- Reduces cholesterol.
- Relieves constipation.
- Prevent insomnia.





# LITTLE MILLET

- Sakshi Kumar  
B.Sc. Ist Year

Little Millet (*Panicum sumatrense*), one of the small millets, is called kutki in Hindi, sava (Marathi), gajro (Gujrati), same (Kannada), samai (Tamil), and samalu (Telugu).

Little millet is suitable for people of all age groups. Little millet is grown throughout India and is a traditional crop. It is a relative of proso millet but the seeds of little millet are much smaller than proso millet. It is mostly consumed as rice. Any recipe that demands staple rice can be prepared using little millet. It has the smallest grains, so it cooks faster than other millets.

Little millet is commonly available across the country as a whole grain. Millet flour can be procured from certain sources or more commonly could be made at home. Practically devoid of grain storage pests, the little millets have indefinite storage life. Minor millets, with their low carbohydrate content, slow digestibility, and low water-soluble gum content have been attributed to improving glucose metabolism. The grains release sugar slowly into the blood and slow down glucose absorption. The dietary fiber and resistant starch in minor millets exhibit hypoglycemic and hypolipidemic effects.

Little millet has a significant role in providing nutraceutical components such as phenols, tannins, and phytates along with other nutrients. Samaidosa, porridge, paddu, and payasam from little millet are a few traditional recipes in different millet-growing states in India.

- Little millet is fibrous millet, next to barnyard millet. According to research, some varieties of kodo millet and little millet have been reported to have 37% to 38% of dietary fiber, which is the highest among the cereals. Fiber helps maintain sound digestion and satiates hunger quickly.
- Like foxtail millet and barnyard millet, little millet is also high in Iron.
- Little millet is high in fat, comprising majorly of the healthy polyunsaturated fatty acids (PUFA).
- The flavonoids present in the little millet act as antioxidants and play many roles in the body's immune defense system.

## HEALTH BENEFITS OF LITTLE MILLET

- Good Source of Potent Antioxidants
- Acts as a Nutraceutical
- Helps Combat Diabetes

Little millet contains magnesium which can help improve heart health. Vitamin B3 (niacin) in little millet helps lower cholesterol. Little millet is also a good source of phosphorus which, helps with fat metabolism, body tissue repair, and energy production.



# PROSO MILLETS

- Soumya Singh  
B.Sc. Ist Year

Proso millet is a warm-season grass with a growing season of 60–100 days. It is a highly nutritious cereal grain used for human consumption, birdseed, and/or ethanol production. Unique characteristics, such as drought and heat tolerance, make proso millet a promising alternative cash crop for the Pacific Northwest (PNW) region of the United States.

Development of proso millet varieties adapted to dryland farming regions of the PNW could give growers a much-needed option for diversifying their predominantly wheat-based cropping systems. In this review, the agronomic characteristics of proso millet are discussed, with emphasis on growth habits and environmental requirements, place in prevailing crop rotations in the PNW, and nutritional and health benefits.

Proso millet was likely domesticated in China sometime around 10,000 bp. Current archeological theorists believe that proso millet domestication took place around the beginning of the wild ancestor for proso millet has yet to be identified; however, weedy forms of millet, which may include a wild progenitor, are found across Eurasia. Chromosomal in situ hybridization with genomic DNA and phylogenetic data provide evidence of the allotetraploid origin of proso millet, with *Panicum capillare* or a close relative, and *Panicum repens* as ancestors.

Millet is a major source of energy and protein and has high nutritive value, comparable to major cereals. Millets are unique among the cereals because of their high calcium, iron, potassium, magnesium, phosphorus, zinc, dietary fiber, polyphenols, and protein content.

Millets are gluten-free, ideal for gluten-intolerant people, though millet flour cannot be used for raised bread. Millets are easy to digest. They contain a high amount of lecithin, which provides excellent support for nervous system health by helping to restore nerve cell function, regenerate myelin fiber, and intensify brain cell metabolism. Millets are also rich in micronutrients such as niacin, B-complex vitamins, Vitamin B6, and folic acid. Millets generally contain significant amounts of essential amino acids, particularly those containing sulfur (methionine and cysteine). It is reported that millets are good sources of essential amino acids, except lysine and threonine, but are relatively high in methionine. Millets also have higher fat content than maize, rice, and sorghum.

Proso millet possesses many unique characteristics that make it a promising rotational crop for the PNW region of the U.S. Proso millet can utilize moisture more efficiently than wheat and long-season crops such as corn, grain sorghum, or sunflower because it has one of the lowest water requirements of any grain crop. Proso millet could help improve wheat productivity through its capacity to control winter annual grassy weeds, reduce insect and disease pressure, and preserve deep soil moisture for the subsequent wheat crop. In addition, proso millet can provide a rotational benefit to the dryland farming of the Palouse region of Washington, Oregon, and Idaho, where wheat is the keystone crop. Proso millet cultivation could promote diversification of wheat-based cropping systems and provide a regionally available source of highly nutritious cereal grain.



# MIGHTY MILLETS

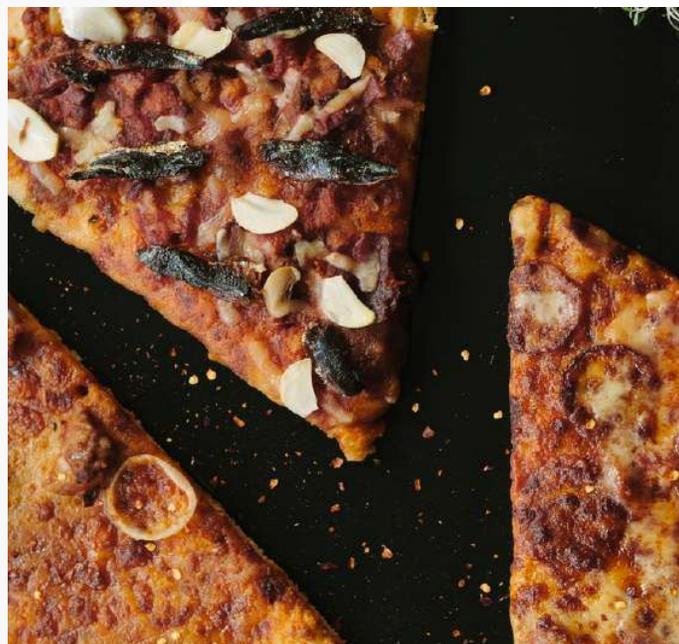
भारत, नाइजीरिया समेत एशियाई और अफ्रीकी देशों में उपजाए जाने वाले छोटे, गोल औरपूर्ण अनाज लेट कहलाते हैं. ये प्राचीन अनाज हैं. दूसरी फसलों के मुकाबले ये बहुत कम पानी में पैदा हो सकती हैं और कीटाणुरोधी होती हैं. अलग-अलग शोधों से पता चलता है कि मिलेट खाने से ब्लड में शुगर की मात्रा कम होती

Wheat and rice may be amongst the most popular grains, but millets such as SORGHUM (JOWAR), PEARL MILLET (BAJRA), FOXTAIL MILLET (KANGNI), FINGER MILLET (RAGI), BARNYARD MILLET, KODO MILLE, LITTLE MILLET, PROSO Millet are amongst the healthiest millet grains available

Millets were the food of human beings for centuries or maybe millennia till they were replaced by easily digestible cereals which have high carbohydrate and calorie content. We made food even worse for the human body during the last few decades by fine processing, overcooking, and excessive frying. Millets are considered superfoods now due to their suitability for humans in the present conditions. Millets have high fiber content. Their carbohydrates percentage is less when compared with that of cereals and the protein levels and amino acid profile are better. Minerals, vitamins, and enzymes are good too. The ideal way of cooking millets is to boil or steam cook after soaking in water for a few hours. The food goes well with Indian dishes such as Daal, SAMBAR AND RASAM, AND CURD.

The human digestive system evolved over millennia to absorb necessary nutrients from very low calorie, high fiber, unprocessed, and minimally cooked food. What we feed the body today is exactly the opposite; high calorie, low or no-fiber, excessively processed, and overcooked food. The net result is a flood of calories to the body that the body doesn't know what to do with. These excessive calories lead to diabetes, obesity, and several other related problems.

The Glycemic Index of millet is low. The high fiber content and complexity of carbohydrates make the release of sugar into the bloodstream slow and steady. You have just enough sugar available in the body till your next meal. You will not feel like either snacking in between meals or overeating during your meals as you will not be excessively hungry. Thus millets help in body weight management.



The amino acid profile of different millets is proved to be perfect for the human body. Such a profile helps the body to prepare different proteins on its own to aid in disease-fighting. The relatively higher protein content also helps to feel full or satisfied easily or makes you eat less.

Millet is rich in Dietary Fiber, both soluble and insoluble. The insoluble fiber in millet is known as a "PREBIOTIC", which means it supports good bacteria in your digestive system. This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer

Millets are advised in moderate amounts because excessive consumption can lead to adverse effects as the cereals contain substances that interfere with the functioning of the thyroid gland. Millets can cause delayed digestion due to their slow digestibility as they are high in fiber.

Soaking the millets overnight ensures that you break down the phytic acid in them. Phytic acid impairs the absorption of the good guy -- minerals like iron, zinc, and calcium and makes the digesting millets much easier on your tummy. So don't forget to soak millets overnight



-MRS. PRIYANKA SRIVASTAVA  
Lecturer, Accommodation Operation

# CURD RICE

A popular South Indian rice variety is also called Thayir Sadam.

## INGREDIENTS

- Varagu | kodo millet 1/2 cup
- Milk 1 and 1/4 cup
- Thick curd 3/4 cup
- Ginger a small piece
- Green chili 1-2
- Asafoetida 2 pinches
- Mustard seeds 1/2 tsp
- Urad dal 1 tsp
- Red chili 1
- Curry leaves few
- Cashew nuts(optional) 1 tbs (chopped into bits)
- Coriander leaves few



## INSTRUCTIONS

- Wash the millet and pressure cook for 4 whistles with 1 & 1/2 cups of water.
- Let it cool down. Add milk to it and mash well without any lumps. Add salt and curd and again mix well.
- In a small pan, roast broken cashew nuts until golden and keep aside. Temper with the items given under 'to temper table'. You can finish tempering and add cashews to the same and do it together too. Add to the rice.
- Add carrot, ginger, green chilli, torn curry leaves, coriander leaves and asafoetida. Mix gently. Lastly garnish with the fruits and serve.

# MILLET DOSA

Vegan, gluten-free, nutritious South Indian breakfast is usually served with sambar and varieties of chutneys. This crispy dosa without rice makes a healthy and diabetic-friendly breakfast.

## INGREDIENTS

- Foxtail millet: 1 cup
- Little millet: 1 cup
- Kodo millet: 1 cup
- Urad dal: 1 cup
- Flattened rice flakes: 1/2 cup
- Fenugreek seeds: 1/4 tsp
- Water: 1/2 cup
- Salt: as required



## INSTRUCTIONS

- Rinse and wash ingredients a couple of times with cold water and soak them for 8 hours.
- Soak flattened rice flakes for 20 minutes.
- Now grind millets along with urad dal and flattened rice flakes (poha) until smooth adding little water when necessary.
- Once batter ferments well, add salt, and required water and mix until well combined.
- Heat dosa tava on medium heat, pour ladle full batter and spread it in a circular motion just like a pancake with the back of a ladle.
- Drizzle 1 teaspoon of oil all around the dosa.
- Once the base is crispy, loosen the dosa from the edges, fold gently and place it on a plate.
- Enjoy hot and crispy dosa with sambar and chutney.

## NOTES

- If these millets are not available only Foxtail millet can be used.
- Keep the batter for fermentation in a container that has enough room to raise.
- Millets require less water while grinding. So add little water only when required.
- Adjust water depending on required consistency.
- Dosa batter should be of pouring consistency. Make sure it's neither too thick nor too watery.

-Mrs. Priyanka Srivastava  
Lecturer, Accommodation Operation

## EXPERTS' VIEWS

# "YOU ARE WHAT YOU EAT"



-Chef Praveen Johari

Ex Executive Chef, Taj Group of Hotels  
Restaurateur, Eating Time - Vaishali Nagar, Jaipur

“You are what you eat”. A balanced nutritive diet is a mantra to good health. In recent times people are becoming conscious of the consumption of a balanced and nutritional diet. So why not include millets in the daily diet, eat right, and stay healthy!

Finance Minister Nirmala Sitharaman announced that the year 2022-23 would be the 'International Year of Millets'. "Support will be given for post-harvest value addition, enhancing domestic consumption and branding millet products nationally as well as internationally," she said.

Millets are a major source of human food, and their production has been steadily increasing in the last decades to meet the dietary requirements of the increasing world population. Millets are an excellent source of all essential nutrients like protein, carbohydrates, fat, minerals, vitamins, and bioactive compounds. Each 100 gram (g) of cooked millet contains:

- 3.51 g of protein
- 23.7 g of carbohydrate
- 1.3 g of dietary fiber
- 44 milligrams (mg) of magnesium
- 0.161 mg of copper
- 100 mg of phosphorus
- 0.272 mg of manganese

Epidemiological studies have shown that consumption of millets reduces the risk of heart disease, protects from diabetes, improves the digestive system, lowers the risk of cancer, detoxifies the body, increases immunity in respiratory health, increases energy levels, and improves muscular and neural systems and are protective against several degenerative diseases.

In India, we have been eating millets for centuries, in various forms. As rotis, bhakris, mudde (dumplings), upma, dosas, idlis, porridge, dalia, and millet rice. In fact, one of our traditionally recognized foods accepted in fasts includes a millet - barnyard millet, also called 'vrat ke chawal'. However, the nutrients, bioactive compounds, and functions of cereal grains can be influenced by the food preparation techniques such as decortication/dehulling, soaking, germination /malting, milling, fermentation, etc. There are a few tips you need to follow in order to gain the maximum benefits from these super grains, such as:

1. Soak millets for 6 hours at least.
2. Always cook millets in excess water.
3. Preferably, use a single variety at one time.
4. Add finely chopped or julienned vegetables.
5. Always temper millets with oil or A2 ghee

Some easy recipes for Millets include Sorghum Pongal, Cream of Sorghum Soup, Sorghum Dosa, Sorghum Khichdi, Sorghum Chuduwa, Pearl Millet Upma, Pearl Millet Pakoda, Pearl Millet Halwa, Finger Millet Vermicelli Kheer, Finger Millet Rawa Chocolate Pudding, Foxtail Millet Cutlet, Foxtail Millet Vegetable Biryani / Chicken Biryani, Kodo Millet Coriander Rice, Kodo millet Payasam, Barnyard Millet Pizza, Proso Millet Khaja, etc.

One of my favorite dishes with millets is **Barnyard Millet Cutlet**, the recipe of which is as follows:

#### Ingredients:

Dehulled barnyard millet grains - 100 g, potatoes – 20 g, carrots – 20 g, beans – 20 g, salt – 5 g, pepper – 5 g, chat masala – 5 g, bread crumbs – 20 g, channa dal - 30 g, green chillies – 5 g, water – as required and oil - for shallow or deep-frying Barnyard Millet Cutlet.

#### Preparation Method:

- Boil barnyard millet and fluff it with a fork, and keep it aside.
- Mix channa dal flour powder with curd.
- Boil the vegetables and sauté finely chopped onions, green chili, garlic, ginger and sauté until onions turn transparent in oil.
- Add salt, pepper powder, and turmeric powder to the cooked vegetables.
- Add cooked barnyard millet, and finely chopped coriander leaves and mix well. Cook for a further few seconds.
- Leave it to cool. Divide the mixture equally and shape it into cutlets and shallow fry the cutlets.
- Serve with sauce.

# MILLETS - THE NUTRI CEREAL

Millet is one of the very important crops and is widely grown in the Northern part of India. It is being used in many ways in our Indian cuisine. It takes place in many royal recipes as well. It is being used for human daily consumption and fodder as well. Crop required fewer amounts of water and is well grown in droughty areas. This crop is mainly used to make flatbread for daily consumption. Millet is one of the gluten-free crops and has many benefits for the human body.

Pearl millet is one of the varieties which is grown mostly part of the world including India. Millet is being used in Indian various states like Rajasthan - Sogra (Millet bread) Soata (Curry), and Lapsi (Dessert). Gujrat – Vaghareli Khichdi (Millet and lentils Khichdi), Bajra Rotla (Bread), Bajra methi vada (Snacks) Haryana – Bajre ki roti (Bread), Bajre ka mitha dalia (Sweet), Uttar Pradesh – Namkin Khichdi (Supper), Bajre ka Mitha (Sweet)

I am also fond of millet because of its taste and beneficial values. I always include millet in my every menu whether Indian or International. And one of my favorite recipes which I had created a long time back is Pearl millet risotto with basil pesto sauce. This recipe not only amazed me but also international guests. It has been admired profusely.

#### Ingredients for 2 Guests

Pearl Millet	-	90 gms
Chopped onion	-	10 gms
Chopped garlic	-	10 gms
Olive oil	-	5 ml
Sea Salt Flakes	-	To taste
Fresh Black pepper crushed	-	To taste
Basil pesto sauce	-	160 gms
Fresh cream	-	10 ml
Butter	-	5 gms
Parmesan cheese grated	-	20 gms
For Garnish		
Shaved Parmesan	-	4 Nos
Fresh Basil leaves	-	6 Nos
Extra Virgin Olive oil	-	to drizzle

#### Method –

1. Wash and soak the millets in cold water overnight.
2. Boil millet until soft and keep aside.
3. Take a pan add olive oil allow it to heat add chopped onion and garlic sauté it for a minute.
4. Add basil pesto sauce cook it for a minute and add boiled the millet cook it for another minute and add the rest of the ingredients.
5. Garnish with shaved parmesan and fresh basil leaves, drizzle EV olive oil for glaze and serve hot.

Note – If sea salt is not available iodized salt can be used. But for better taste sea salt is recommended.



#### Vishal Gautam

Hotelier with 23 years of experience  
Entrepreneur- taking care of Eight Continental Hotels and Resorts (Having “Treetop” Astroport Sariska, Fort Aranya by Eight continents Jaisalmer, Hanuwant Niwas by Eight Continents Jodhpur, 9 Hotels in UK and 1 in Romania)

# THOUGHT TO PONDER

Many times, most of us (me obviously),  
are haunted by the thought that –  
“We are not rewarded for all the good we  
did,  
We are not paid for all the sincere efforts  
we put in,”



Mr. Manish Pandey  
Lecturer, F & B Service

So, did it all go in vain?

The answer is “No”, and a quote from “Epistle to the Galatians”, often  
shortened as “Galatians” [the ninth book of the New Testament],  
convinced me to believe in this answer which says –

“And let us not grow weary of doing good,  
For in due season we will Reap; if we do not give up.”

- [Galatians 6:9]

I, now firmly believe in this and every time, I am shadowed by such a  
dilemma, I go back to this quote to understand that patience and hard  
work never go unrewarded. So, all of you there reading this thought,  
“Keep up your sincere efforts,”

Thank You.....

# EVENT CORRIDOR



## HEALTH AND MILLETS SESSION

4th February, 2022

An insightful session on health and millets.  
Improving immunity through millets was discussed.  
Moderator- Mr. Pracheer Sharma (IHM, Jaipur faculty)  
The expert Guest Speaker- Dr. Kirti Jain



## RANGOLI MAKING COMPETITION

18th February, 2022

A colorful creative rangoli-making competition 'Colors of Culture' was organized by Ek Bharat Shrestha Bharat.

Coordinator- Ms. Arti (IHM, Jaipur faculty)

Judged by - Mr. Priyadarshan Lakhawat (IHM, Jaipur Principal) &  
Mr. Pracheer Sharma (IHM, Jaipur Faculty)

Winners Keerti, Kanishka and Navya - 1st  
Yugansh, Harshita, and Ayushi & Gazal Tanuj and Priyanshu - 2nd  
Sumujh, Vanshika, and Muskaan - 3rd



## Naya Bharat, Shashkt Bharat, Sankalp Bharat

23rd February, 2022

Naya Bharat, Shashkt Bharat, Sankalp Bharat -A digital event organized by the Regional Outreach Bureau, Ministry of Information and Broadcasting, Government of India at Shri Bhawani Niketan College student visit of IHM, Jaipur visited alongside different schools, colleges, and prize distribution to the winner of rangoli competition was done.



## LOBBY MAKEOVER COMPETITION

7th March, 2022

A lobby makeover competition was organized by IHM, Jaipur where students from the college gave their proposals to the coordinator Mrs. Bashir Vandana Rawat. The event was judged and the winner was **Hardik Vats, Badal Singh Panwar (3rd year). & Avishi Gupta, K Harshita (2nd year) worked.**



## Ek Bharat Shreshth Bharat Week

**7th March- 14th March**

EBSB organized a week under which many activities were held.

MS. Arti Hernotia coordinated the activities.

A talk show Abhigayan was organized on the topic of the Culture and Heritage of Rajasthan and Assam. Also, activities like Language Connect, extempore competition, and Taste of Rajassam took place where students participated and learned about Assamese and Rajasthani food and languages.



## INTERCOLLEGE COMPETITION

**11th & 12th March, 2022**

Intercollege competition organized by JNU where there were a number of competitions held. Students from IHM, Jaipur participated and won different prizes.

1st in décor de desire was given to:  
 Yugansh Jain (3rd year)  
 Rishabh Narang (3rd year)  
 Avishi Gupta (2nd year)  
 Akansha Tanwar (2nd year)

3rd in Quizzer was given to  
 Rishabh Narang (3rd year)  
 Avishi Gupta (2nd year)

3rd in jiger v/s pony was given to  
 Ashika Khare (3rd year)  
 Jasmeet Mehta (2nd year)





# WOMEN'S DAY CELEBRATION

8th March, 2022

A talk show was organized in the college campus where IHM, Jaipur faculty Mrs. Priyanka Srivastava (Lecturer Accommodation) operation coordinated for the event. Ms. Kavita Jain (Consultant, Architectural Conservationist) and Ms. Tanvi Sharma (Sales Manager at Hilton Jaipur) was the guest speaker.

The Intercollege competition was organized by IHM, Ahemdabad on women's day.

Avishi Gupta (2nd year) and Payal Kolaria (1st year) took part in the quiz compenion and stood 1st.





## HOLI CELEBRATIONS

17 March, 2022

Holi is the bright playful festival of colors where students of IHM, Jaipur celebrated it with the respected faculty and fellow bathmates, juniors and seniors.



## EDUCATIONAL TOUR

28 - 31 March, 2022

An 'Educational tour' was organized by the Ministry of Tourism taking 25 students to Guwahati where 10 students from IHM, Jaipur proudly represented their college in this 3 days 2 night trip from 28th - 30th March.

Students explored the beauty of the Brahmaputra River at Alfresco Grand River Cruise. They also experienced mesmerizing greenery of Mawphlang Sacred Grove and the scenic beauty of Elephanta Falls. Students had a wholesome interaction with fellow IIHM Delhi and IHM, Guwahati students. Faculty members were honoured with souvenirs at IHM, Guwahati.



# Words from Wings



I don't even know where to start, in the beginning, It was way too scary for me I used to think if I would ever be able to survive college, but with the help of my friends, seniors, and my lovely juniors I could say I had the best time of my life. I wish the best for my friends and my juniors, never missed home because of this family.

Love  
Ashika Khare

The journey from induction to the day will be cherished by me forever, every day has been a different one be it in case of learning or working.

I will miss these days always and forever.

Manisha Agarwal



IHM, Jaipur had been one of the best moments of my life. From the Induction day to the Farewell, every day had been a learning experience. Had some moments where learning was just not about academics but learning for life.

Finally, I thank all my Faculties and Mentors who've guided me to be what I am today. A visible change can be seen in my inner self from what I was yesterday to what I am today.

Rikraj Pramanik



My experience in IHM, Jaipur is something that cannot be described in words easily.

This place has an emotional connection with my heart. The learned faculty made me capable to stand strong enough in any situation, the things I have learned from their experience are something that one cannot learn from books.

I would say just one thing which I learned from my experience - we cannot judge a college by its Infrastructure or its features because college is awesome when the students are awesome.

- Yugansh Jain





# Words from Wings



Hello readers,

If we are talking about the life of IHM students, yup it is good, sometimes full of adventure, sometimes stressful, sometimes full of excitement, etc. But overall it's awesome. As a part of IHM, I just wanted to convey one thing related to my life earlier, I was a shy and introverted person, but adapting to campus life enabled me to embrace a well-groomed and pleasing nature.

The routine on campus is a mix of theory and practical classes. These classes ensure to teach me about teamwork and its importance. Maintaining a pace with high standards of grooming was a difficult part of the campus routine to cope up with.

-Harshita Puglia

I remember I was very nervous on the first day of college because I did not know anyone nor I was familiar with the surrounding. Here, I have met many different kinds of people. And these people are the reason I have many memories, some bitter, some sweet that I will never forget. It's been a really great journey. IHM, Jaipur has helped me make myself a better person. I have immense gratitude for my teachers, colleagues, and juniors. When we walk out of the gate for the final time we will be out as adults. The experience I had and the memories that are created will always be there for the rest of my life.

-Poorva



My message for juniors would be, to enjoy your college life, make friends, try to enjoy little moments, and create memories. And even if you feel that this is hard for you, just smile and try to get past it, because you are too young to worry about life right now and you will figure it out. Have an amazing college life and take a step towards your future with your hearts full of joy. I wish you guys all the happiness and success in life

-Rhidya Gupta



IHM, Jaipur is a college with a difference, an institution that has given a new meaning to my life, it is indeed the most happening place have ever visited. The college has ushered in a new individual in me.

I really am thankful to all faculty members for mentoring me. Time Spent here will be remembered forever.

-Muskan Arora



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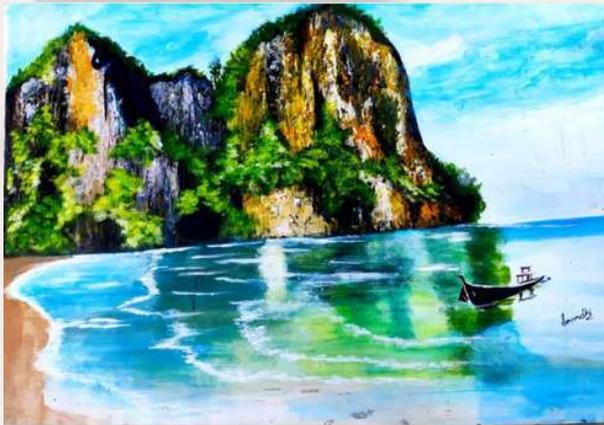
HMS  
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# Art Gallery



Hardik Vats (3rd Year)

Samridhi Sharma (1st Year)



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# MERAKI

होटल प्रबन्ध संस्थान  
INSTITUTE OF HOTEL MANAGEMENT



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