



Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office

Millets for Mental and Physical Wellness: A Report



About

The Wellness Team, Dean Student Welfare Office at MNIT Jaipur organized a session on Millets for Mental and Physical Wellness. This event was organized to spread awareness about millets as superfoods and their benefits for improving mental and physical health, including curing increasingly prevalent lifestyle disorders. The session covered various myths and misconceptions related to food labels. The session was guided by Tanu Shree Singh on April 13, 2023, from 5:00 pm to 6:00 pm at Neeti Sabhagar.



Purpose

The purpose of this session was to:

- understand the significance of millets for mental and physical wellness,
- clear doubts regarding terms like gluten-free, natural, green, organic food,
- gain insights into millets as the ultimate super-food.

Resource person

Tanu Shree Singh, Founder and CEO of **Bazic Food Studio**.

She is a Doctorate in Nutrition Science and a Gold Medallist. Her brand Bazic was founded in 2019 and funded by the Ministry of Agriculture & Farmer Welfare, Government of India. Bazic comes under the Top 5 brands in the Millet Movement of India. They were selected as the Best Startup at the Rajasthan Millet Conclave 2023.



Students' Feedback

- 1) "Awareness and knowledge generation"
- 2) "Quiz and information about millets"
- 3) "Knowledge about millets which I was not aware of"
- 4) "Understanding nutritional facts in greater detail."
- 5) "The knowledge that we gained about the health benefits of millets were great"
- 6) "Learned about various topics and new insights about millets and healthy eating"
- 7) "The direct approach and concise presentation."
- 8) "Information about ingredient profile."
- 9) "Informative session about grains"
- 10) "Quiz made session more interactive"
- 11) "Learned new terms"
- 12) "Q&A round made things clearer"

