

## **INTERNATIONAL MILLETS WEEK (1<sup>st</sup> to 14<sup>th</sup> July, 2023)**

International Millet week was observed at ESI-PGIMSR & ESIC Medical College & ESIC Hospital, Joka from 1<sup>st</sup> to 14<sup>th</sup> July, 2023 in the hospital premises. Poster presentation depicting the importance of millets was organized. Various departmental staffs participated in competition for preparation of delicacies using millets in the diet. Diet with millets was distributed in the OPD and wards.

### **An insight into the program during International Millet week**

03.07.2023	Inauguration by Prof. Dr. Sanjay Keshkar, Dean, ESI PGIMSR, Joka and Prof. Dr. Sonali Mukherjee, Medical Superintendent, ESIC Medical College & Hospital, Joka
04.07.2023	Pamphlet distribution in OPD
05.07.2023	Cooked Millet distribution in OPD (Khichri and Khir)
06.07.2023	Awareness Programme on Millets by Dr. Ranjan Kr. Pattonder, HOD, Ayurveda
07.07.2023	Awareness Programme on Millets by Dr. Kaushik Bhattacharyya, HOD, Homeopathy
10.07.2023	Awareness Programme on Millets by Sri Mrinal Malik, Yoga Instructor
11.07.2023	Indoor food distribution (millet - Upma)
12.07.2023	Quiz competition and pamphlet distribution to indoor patients
13.07.2023	Poster competition by staffs
14.07.2023	Closing Ceremony and Prize Distribution in the presence of Chief Guest, Sri Prasanta Nandi Chowdhury, Hon'ble Member, ESI Corporation.









नातकोत्तर चिकित्सा विज्ञान एवं अनुसंधान संस्थान,  
बीमा निगम आयुर्विज्ञान महाविद्यालय तथा  
राम अस्पताल एवं ज्वरसापिक रोग केंद्र (पू.श्रे.), बंका  
शालय, भारत सरकार के अधीन एक सार्वजनिक निकाय  
हार्बर रोड, जोबा, कोलकाता - 700104.

**ब्राजरा**  
**ट्रीय वर्ष -2023**

International Millet  
Year 2023

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ESIC-PGINSR & ESIC MEDICAL COLLEGE  
& HOSPITAL, ODC (EZ), JOKA  
Diamond Harbour Road, P.O.-Joka, Kolkata-700104  
INTERNATIONAL YEAR OF MILLETS 2023  
Millets Fortnight : 1.7.23 to 14.7.23

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INTERNATIONAL YEAR OF MILLETS 2023  
Millets Fortnight :  
1.7.23 to 14.7.23

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ENT. GENERAL SURGERY & SKIN OPD

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**INTERNATIONAL YEAR OF MILLETS 2023**

Millet Fortnight :  
1.7.23 to 14.7.23

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 ENT, GENERAL SURGERY & SKIN OPD

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**Millet Fortnight : 1.7.23 to 14.7.23**


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**INTERNATIONAL YEAR OF MILLETS 2023**  
Millets Fortnight 1.7.23 to 14.7.23

**MILLETS AND THEIR EASY NUTRITIOUS RECIPES**

**INTERNATIONAL YEAR OF MILLETS 2023**

ENT. GENERAL SURGERY & SKIN OPD

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**INTERNATIONAL YEAR OF MILLETS 2023**  
**Millet's Fortnight 1.7.23 to 14.7.23**

एस्.आइ.सी. पी.जी.एम.एस. & एस्.आइ.सी. मेडिकल कॉलेज & हॉस्पिटल, ओ.डी.सी. (ई.जे), जोका  
ENT, GENERAL SURGERY & SKIN OPD

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**INTERNATIONAL YEAR OF MILLETS**

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**INTERNATIONAL YEAR OF MILLETS 2023**  
Millet Fortnight : 1.7.2023 to 31.10.2023

INDIA LEADING  
INTERNATIONAL YEAR OF  
MILLETS  
2023

ইএনটি, সাধারণ সার্জারি & ইক ওপিডি  
ইংরেজি, জলদেহ, মর্মেটোলজি ও স্কিন ওপিডি  
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**INTERNATIONAL YEAR OF MILLETS 2023**  
Millet Fortnight : 1.7.2023 to 31.10.2023

EXIT









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E.S.I.C.

# ESIC-PGIMSR & ESIC MEDICAL COLLEGE & HOSPITAL, ODC (EZ), JOKA

Diamond Harbour Road, P.O.- Joka, Kolkata-700104



## INTERNATIONAL YEAR OF **MILLETS** 2023

### Millet Fortnight : 1.7.23 to 14.7.23























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INDIA LEAD DOING  
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**INTERNATIONAL  
YEAR OF  
MILLETS 2023**

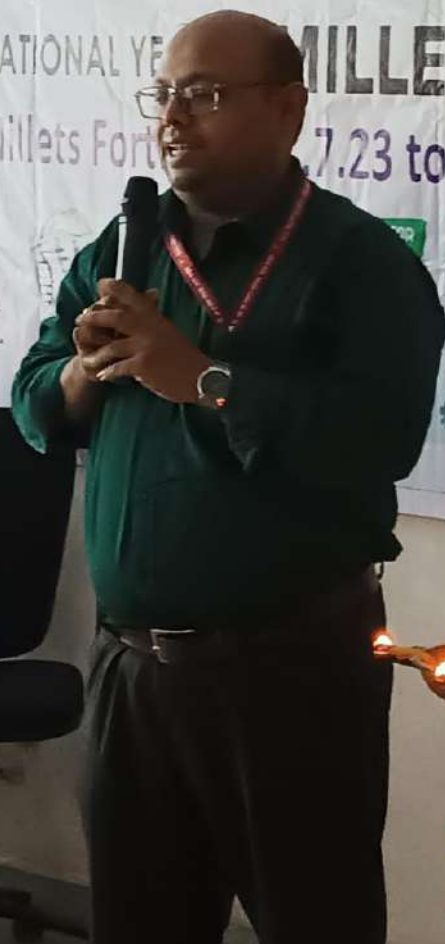
2023  
अन्तर्राष्ट्रिय  
मिलेट्स  
वर्ष

International Mill  
Year 2023

**Millet Fortnight  
1.7.23 to 14.7.23**

JOIN OUR GREAT MILLETS  
Small millets in our diets

What does it help you with? It helps you with your health. It helps you with your diet. It helps you with your life.













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ইসিএমসি, শ্রীযুক্ত পি.সি.এম.সি. & হসপিটাল  
ইন্টারন্যাশনাল সার্জারী জেনারেল ও স্কিন ওপিডি  
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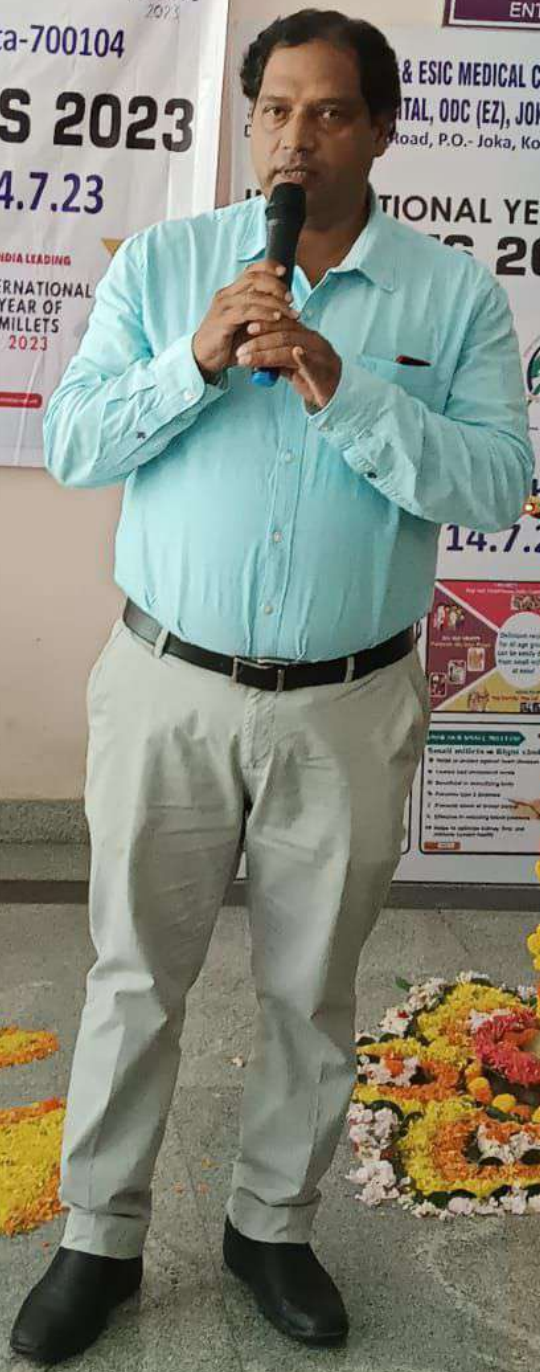
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**INTERNATIONAL YEAR OF MILLETS 2023**







# Health Benefits Of Millets And Its Recipes

ESIC Medical College and Hospital Joka, Kolkata - 700104

## Sorghum

### Names in other language:

Jowar (Bengali), Jowar (Hindi)

### Health benefits:

❖ The polyphenol & tannins present in sorghum have anti-mutagenic and anti-carcinogenic properties

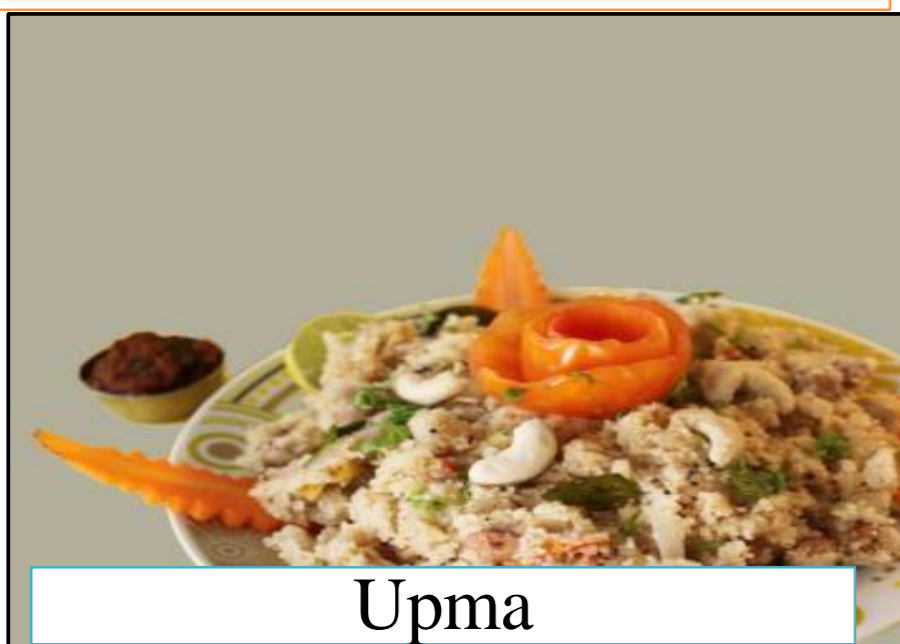
❖ Studies shows that regular consumption of sorghum lower risk of esophageal cancer

❖ The free radicals present in sorghum are responsible for oxidative stress related pathogenesis of various diseases such as Alzheimer's disease, myocardial infarction, atherosclerosis, parkinson disease & auto-immune disorders etc

### Recipes from Sorghum



Jowar dosa



Upma



Jowar roti



Jowar(Sorghum)

## Finger millet (Ragi)

### Names in other language:

Ragi (Bengali), Manduva, Nachani (Hindi)

### Health benefits:

❖ Finger millet is a store house of nutrients. It is rich proteins, amino acids, minerals & vitamins

❖ It is also rich fibre helps to prevent constipation

❖ Finger millet is good for infants, elderly and pregnant women due to its high calcium content

❖ It is also very good for lactating women as its helps in producing sufficient breast milk.

### Recipes from Ragi



Ragi Sharbat



Ragi dosa



Ragi Idli



Ragi(Finger Millet)

## Foxtail millet(Kangni)

### Names in other language:

Kaon (Bengali), kangni, kakum(Hindi)

### Health benefits:

❖ Foxtail millet rejuvenates nerves; it helps to cure epilepsy(seizures).

❖ It steadily releases glucose without affecting the metabolism of the body, hence the prevalence of diabetes is reduced

❖ It is also known as healthy heart food due to its good source of magnesium



Kangni kichadi and upma



Kangni laddu



Kangni dhokla



Kangani(Foxtail)