



Report on  
One-Day National Seminar  
on  
**“Millet O Millet: Cultivating Culinary Excellence for Socio-  
Economic Change & Inclusivity”**  
*(Shree Anna, Swastha Tann, Prafullit Mann)*

**(Monday, October 09- 2023)**

Organized by  
Institute of Hotel & Tourism  
Management (IHTM)  
&  
Centre for Disability Studies

Under the aegis of

Chaudhry Ranbir Singh Institute  
of Social & Economic Change

**Maharshi Dayanand University (MDU) – Rohtak**

(A State University established under Haryana Act No. XXV of 1975)

'A+' Grade University Accredited by NAAC

### **Maharshi Dayanand University (MDU):**

Maharshi Dayanand University, Rohtak, established in 1976 as a residential University with the objective of promoting inter-disciplinary higher education and research with special emphasis on studies of environmental, ecological and life sciences, is making rapid progress to emerge as a leading educational institution of the nation. Now it is a teaching-cum-affiliating university with a formidable track record in academics, research, literacy and cultural activities, and sports. Currently, there are various Post-Graduate Departments and 10 Faculties in the University. Territorial jurisdiction of the University extends to districts of Southern Haryana. The overall progress made by the University in all fields resulted in the University receiving the 'A+' grade from NAAC in March 2019. Our NIRF Ranking is 96 in University Category (2023), with its 622 Acres spread campus, offering 236+ programmes, MDU provides excellent infrastructural facilities and necessary student support services and benefits two lakh plus students. Beautiful landscaping is a hallmark of the varsity.

The University has entered into national and international level strategic tie-ups with academic and research organizations for joint academic and research programmes. Recently, University has signed MoU with National Skill Development Corporation to facilitate skill development of university students. We are all set to emerge as a pioneer University with overall excellence and global outlook and deep commitment towards social and community causes in times to come. To know more about the university please visit:[www.mdu.ac.in](http://www.mdu.ac.in)

### **Chaudhary Ranbir Singh Institute of Social & Economic Change**

Chaudhry Ranbir Singh Institute of Social and Economic Change is a constituent establishment of the Maharshi Dayanand University, Rohtak. It is an independent advanced research centre to carry out basic, grass-root level research on the socio economic issues specific to the State of Haryana and also those confronting the country as a whole. In the process of undertaking its defined research activities aims at providing useful inputs for policy formulations and their execution, besides acting as a nucleus of training programmes for Government, Non- Government, NGO officials and other manpower. The Institute carry out quality research and evaluation studies, including field based research studies, on priority themes such as education, health, gender, adolescents, child labour, declining in sex ratio, aging and old age problems, women's empowerment, poverty issues, problems of dalits, social exclusion, environment and rural development, life, work and philosophy of social thinkers, reformers, and educationists, including those in whose names research chairs have been

instituted by the University. Institute also evaluates the working and performance of centrally-sponsored schemes, particularly in respect of the benefits of these schemes percolating to targeted groups/sections of the society.

### **Centre for Disability Studies**

The Centre for Disability Studies, Maharshi Dayanand University, Rohtak is being the First State University of the Country which started two RCI (Rehabilitation Council of India) approved Diploma courses i.e. Diploma in Teaching of Indian Sign Language (DTISL-Only for deaf candidates) and Diploma in Indian Sign Language Interpretation (DISLI- Only for Hearing candidates) with an intake of 30 each in year 2022.

Sign Language Interpreting is a professional field with an excellent career and growth opportunities. On 29th July 2022, Hon'ble Prime Minister, Shri Narendra Modi announce the introduction of Indian Sign Language (ISL) as a language subject, which has also given an additional boost to the careers in sign languages in India.

The centre intends to become a landmark institution for inclusive education in general and for deaf community in particular by imparting excellent education.

### **Institute of Hotel & Tourism Management (IHTM):**

Institute of Hotel & Tourism Management, M.D University Rohtak is an AICTE Approved Institution. IHTM proudly stands in the listing of schools of World Directory of Tourism Education (World Tourism Directory). The Institute formally came into existence on 20th February 2007 in Faculty of Management Sciences, M. D. University, Rohtak. The young & multi-disciplinary faculty of the Institute is dedicated to transform it into learning centre par excellence at the national as well as at international level. The Institute has quality infrastructure and latest learning resources supplemented by electronic equipment and a rich library. This all provides a fertile ground for teaching- learning environment and the students at the national level strives to seek admission in this institute as their first choice. The Institute has been rated as no. 1 institute of Hotel Management in Haryana (GHRDC- 2010, 11, 13 & Knowledge Review- 2018) and amongst top 10 potential institutes of excellence in India. The Institute is recipient of a prestigious grant of Rs.2 crores under Central Financial Assistance Scheme from Ministry of Tourism, Govt.of India. IHTM is a perfect place to learn, work, play, relax to live and grow to the full potential to herald the future today.

### **Report of the Seminar:**

The year 2023, designated as the International Year of Millets (IYoM) by the United Nations at the initiative of the Government of India, has seen a concerted effort to raise awareness about the myriad benefits of millets. These ancient grains, such as millets, ragi, bajra (pearl millet), proso millet, kodo, foxtail millets, little millets, barnyard, jowar, and barley, have been an integral part of our diet for centuries, offering both health benefits and environmental sustainability. In line with this global initiative, Maharshi Dayanand University (MDU), Rohtak, organized a One-Day National Seminar titled "Millet O Millet: Cultivating Culinary Excellence for Socio-Economic Change & Inclusivity" on Monday, October 9, 2023.

### **Organizers and Inaugural Session**

The seminar was jointly organized by the Institute of Hotel & Tourism Management (IHTM), Centre for Disability Studies, and Chaudhry Ranbir Singh Institute of Social & Economic Change, all under the auspices of MDU. The inaugural session, graced by Dr. Sharanjeet Kaur, Chairperson of the Rehabilitation Council of India, highlighted the cultural richness embedded in our food habits. Dr. Kaur emphasized the crucial role of coarse grains like millets in promoting a healthy lifestyle, urging their integration into daily diets for enhanced well-being.

Vice-Chancellor Prof. Rajbir Singh, who presided over the seminar, underscored the socio-economic implications and health benefits associated with the consumption of coarse grains. He recognized the pivotal role of chefs in popularizing millet-based products and encouraged individuals to view culinary skills as essential life skills. Prof. Singh commended the organizers for their efforts in orchestrating a seminar that addressed such a significant and timely subject.

### **Guest Speakers and Keynote Address**

Internationally acclaimed Chef Manjit Singh Gill, serving as the guest of honor, delved into the intrinsic connection between food and identity. He advocated for increased nutritional awareness, stressing the importance of understanding the role of food in culture and promoting the proper preparation and seasonal adaptation of dishes based on coarse grains.

Keynote speaker Chef K.K. Pant, a renowned Chef and Principal of IHM, Pusa, further emphasized the nutritional significance of coarse grains, likening them to nectar in a balanced diet. Recognizing food security as a future challenge, Chef Pant advocated for advancements in the coarse grains sector through value addition to enhance their quality.

### **Welcoming Addresses and Panel Discussion**

Prof. Sonia Malik, Director of Ch. Ranbir Singh Institute of Social & Economic Change delivered welcoming addresses and Prof. Ashish Dahiya, Director of IHTM highlighted the historical journey and socio-economic significance of coarse grains along with Govt of India initiatives for IYoM. Prof. Sandeep Malik, Director of the Faculty Development Centre, shed light on the importance of International Chef's Day. Prof. Radhey Shyam Director Centre for Disability Studies delivered Vote of thanks.

A panel discussion followed, featuring esteemed chefs such as Gunjan Goyla, Umesh Mattu, Jatindra Uppal, Ajay Sood, Sanjay Thakur, and Ritika Gill. This insightful discussion covered various aspects of millet-based culinary practices, exploring their potential impact on health, culture, and the culinary industry.

### **Live Sessions and Practical Training**

The seminar offered live sessions conducted by Chef Shahajan and Chef Anand Singh, providing practical training in preparing millet-based dishes, including Bajra Laddus and Ragi Custard. These sessions aimed to empower participants with the skills needed to incorporate millets into diverse culinary creations.

### **Active Participation**

The seminar witnessed enthusiastic participation from teachers and students representing various institutions, including IHTM, Center for Disability Studies, Haryana Central University, Bhagat Phool Singh Mahila University, Girls College Kharkhoda, Pathania School, and MDU. This diverse engagement underscored the broad interest and commitment to fostering a greater understanding of the role of millets in culinary practices and their potential socio-economic impact.

### **Conclusion**

The National Seminar on Millets at Maharshi Dayanand University provided a platform for thought leaders, experts, and culinary enthusiasts to converge and deliberate on the immense potential of coarse grains. With an emphasis on socio-economic change, inclusivity, and the cultivation of culinary excellence, the event contributed significantly to the ongoing global efforts to elevate the status of millets in our diets. As we navigate the International Year of Millets, the seminar serves as a beacon, guiding us towards a future where these ancient grains play a central role in promoting health, sustainability, and cultural richness.



**Prof. Rajbir Singh (VC, MDU Rohtak)**





*Thank  
you!*