



JSS MAHAVIDYAPEETHA
JSS COLLEGE OF ARTS, COMMERCE & SCIENCE
(An Autonomous College of University of Mysore)
B.N. ROAD, MYSORE-570 025 KARNATAKA

Re-accredited by NAAC with 'A' grade
Recognized by UGC as "College with Potential for Excellence"

Ph: 0821-2548236 & 2548380. FAX: 0821-2548238 E-mail: jssautonomous@gmail.com Website: JSSCACS.edu.in

No. JSSCM/INTERNSHIP/UGC/ 1686 /2019-20

Date:24.12.2019


To

Dear Dr N J Malleshi,
Rtd. Scientist & HOD of Grain Science Technology
#240, CFTRI Layout
Bogadhi II stage
Mysore 26

We are extremely thankful for having accepted to spare time to deliver a talk to our Bachelor of Vocation students.

You are requested to deliver a talk on 'Use of grains as Breakfast Cereals for good health with focus on Millet Products' on 27th December 2019 at JSS College of Arts, Commerce and Science, Ooty Road, Mysuru at 11am.

With thanks and regards,


HEAD OF THE DEPARTMENT
Head
Dept. of Food Processing & Engineering
JSS College, B.N. Road, Mysuru-25

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Peush kumar
Head - Fruit Processing & Engineering dept.



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Date: 28.12.2019

Report on Special Lecture: Dr. N G Malleshi's Talk on 'Use of Grains as Breakfast Cereals for Good Health with Focus on Millet Products'

Date: 27th December 2019

Time: 11:00 AM

Venue: JSS College of Arts, Commerce and Science, Ooty Road, Mysuru

Organized by:
Fruit Processing & Engineering Department

Introduction

On 27th December 2019, Dr. N G Malleshi delivered an insightful lecture on 'Use of Grains as Breakfast Cereals for Good Health with Focus on Millet Products'. The event, held at JSS College of Arts, Commerce and Science, was attended by Bachelor of Vocation students, faculty, and industry professionals, highlighting the significance of millets and cereals in modern diets.

About the Speaker

Dr. N G Malleshi is a renowned expert in the field of food science and technology, particularly known for his research and contributions to the processing of cereals and millets. His work has been instrumental in promoting the use of these traditional grains in contemporary food products.

Key Points of the Lecture

1. Historical Context and Nutritional Benefits:

Dr. Malleshi began his talk with an overview of the historical significance of cereals and millets in traditional diets.

He emphasized the nutritional benefits of these grains, including their high fiber content, essential vitamins, and minerals.

2. Traditional Processing Techniques:

Detailed description of traditional methods used in the processing of cereals and millets.

Advantages of these methods in retaining the nutritional value and enhancing the shelf life of the grains.

3. Contemporary Processing Methods:

Introduction to modern processing technologies that have been developed to improve the efficiency and scale of cereal and millet processing.

Innovations in milling, extrusion, and fermentation processes that add value to the final food products.

4. Value-added Foods and Snacks:

Examples of value-added foods and snacks that can be prepared using processed cereals and millets. Discussion on the commercial viability and market potential of these products.

5. Health and Environmental Benefits:

Dr. Malleshi highlighted the health benefits of including cereals and millets in the diet, such as improved digestion and reduced risk of chronic diseases.

He also discussed the environmental advantages of cultivating millets, which require less water and are more resilient to climate change compared to other crops.

Audience Interaction

The lecture concluded with an interactive session where Dr. Malleshi answered questions from the audience.

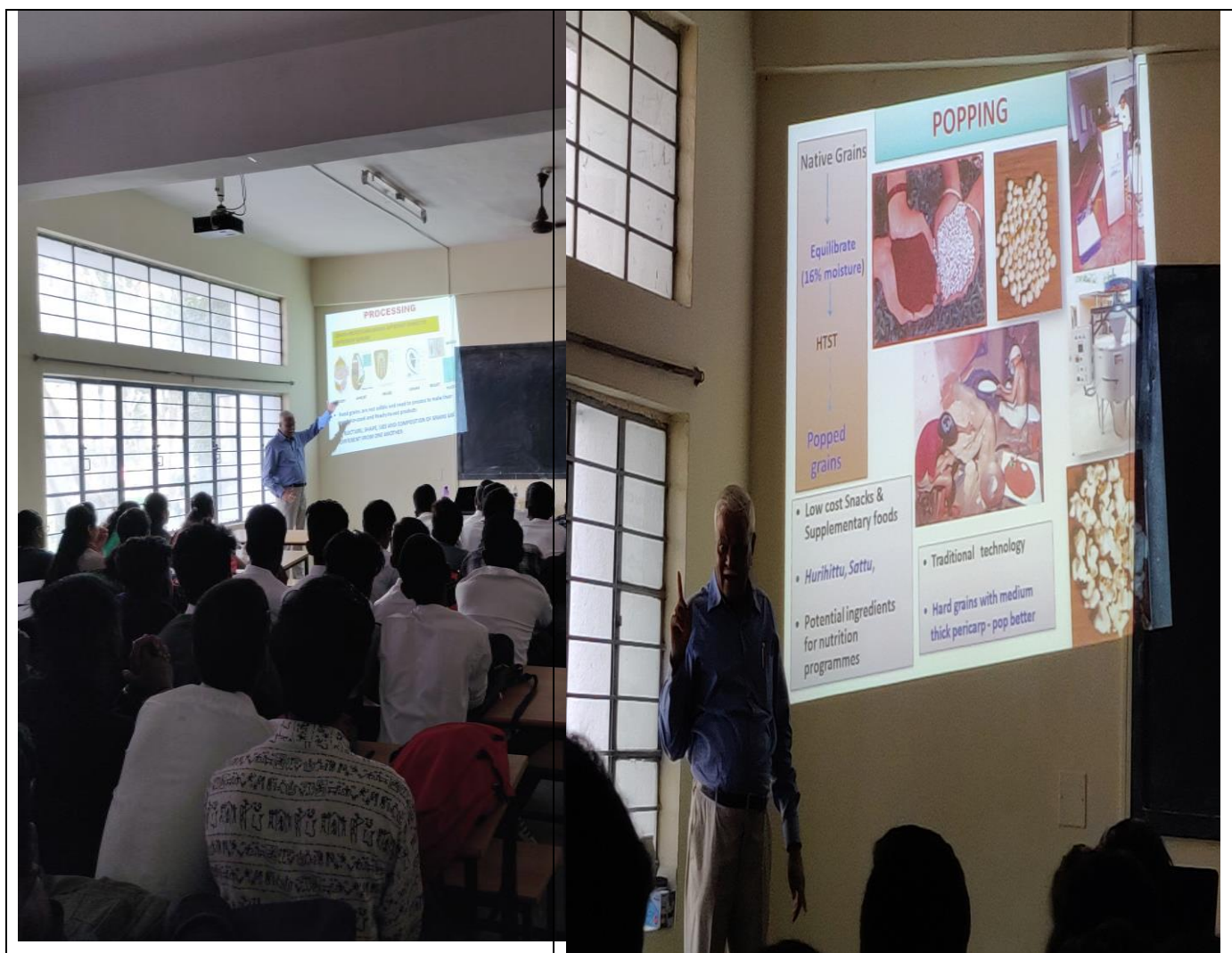
Topics of interest included practical tips for incorporating millets into daily meals, challenges in the commercial production of millet-based foods, and future trends in the food industry.

Conclusion

Dr. N G Malleshi's lecture was both informative and inspiring, shedding light on the importance of cereals and millets in our diet. The event underscored the need to revive traditional grains and integrate them into modern food systems for better health and sustainability.

Photographs

Dr N G Malleshi's talk on ' Traditional & Contemporary Cereal and Millet Processing for Value added foods and snacks' on 27th Dec 2019



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