



SAPTHAGIRI COLLEGE OF ENGINEERING

(Affiliated to VTU, Belagavi, and Recognized by AICTE, New Delhi) (An ISO 9001-2015 and ISO 14001-2015 certified institute)

Accredited by NBA & NAAC with 'A' Grade

14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru-560057.

HEALTH CLUB

EVENT REPORT

Millets awareness
14/07/2023
HEALTH CLUB
Awareness of millets and its health benefits
Sapthagiri College of Engineering

Report: A team of faculty and student volunteers attended "Millet awareness event" at Sapthagiri College of Engineering, Bengaluru. All the students and faculty visited the awareness event.

Different types of millets, its uses and benefits were explained by the doctors and medical students through videos, charts, display. They explained clearly and answered all the queries from the students and faculty members,

All the students and faculties were benefitted by the event. The advantages of using millets in our daily lifestyle was highlighted and how to consume millets and the various dishes which can be prepared were told.

The audience cleared all this doubts about the health benefits of millets.





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