

### CRITERIA 3

#### Workshop on social awareness about millets

12<sup>th</sup> september 2022

Seminar on social awareness about millets was held in the college premises. It executed by collaborating with "Kheti Virasat Mission and Bhoomi ka" They emphasised on social awareness about millets.

Students of "Home science" and "Sociology" took part quite enthusiastically. Association members made us conteraplate about our day to day "food contamination. In addition to this, they gave information about gluten free millets. People tend to suffer from fatigue, bloating, diarrhea, diabetes and alternating Constipation. Such minor problems causes Chronic diseases. They told us, due to such niggles Our India is getting weak. Their motive is to make Punjab and "India" as one of the strongest nation.

