

On February 28, at R&D THEATER we hosts a SIL event on MILLETS MANIA A NUTRITIONAL POWERHOUSE from 3–5PM.

Our event's guest is Padma Shri Dr.Khader Vali, , He discusses millets and their purposes briefly. like Millets frenzy is the growing popularity and awareness of millets as a nutritious powerhouse. Millets are small-seeded grains that have been grown for generations, but their health benefits have reignited their popularity. Fiber, vitamins, and minerals are abundant in these tiny grains. Millets are gluten-free, making them ideal for celiacs. Their low glycemic index makes them good for blood sugar management.





