



खाद्य विज्ञान एवं पाषण विभाग, सामुदायिक विज्ञान महाविद्यालय  
गोविन्द बल्लभ पन्त कृषि एवं प्रौद्योगिक विश्वविद्यालय

पन्तनगर-263145, उत्तराखण्ड

DEPARTMENT OF FOOD SCIENCE AND NUTRITION

College of Community Science, G.B. Pant University of Agriculture and Technology  
PANTNAGAR-263 145, UTTARAKHAND

**Dr. Archana Kushwaha**  
**Course Director**

No. CHS/FSN/  
Dated: 31 / 01 / 2024

**Subject:** Nominations for the ICAR sponsored 10-days Short Course on “Multidisciplinary Approaches to Utilize "Sri Anna" for the Management of Non-communicable Diseases” from February 27<sup>th</sup> – March 7<sup>th</sup>, 2024.

Dear Sir/Madam,

I am pleased to inform that the Department of Food Science & Nutrition at College of Community Science, G.B. Pant University of Agriculture and Technology, Pantnagar is organizing the ICAR sponsored 10-days short course on the topic “Multidisciplinary Approaches to Utilize "Sri Anna" for the Management of Non-communicable Diseases” w.e.f. February 27<sup>th</sup> – March 7<sup>th</sup>, 2024. The short course is especially designed to update knowledge and acquainting the participants with understanding of the burden of Non-communicable Diseases (NCDs) and exploring the potential of “Sri Anna” in their management through multidisciplinary approaches. Teachers, researchers and extension specialists in Home Science/ Community Science and allied disciplines are encouraged to participate in the short course. This information may kindly be widely circulated.

It is further requested to please nominate two interested faculty members (Assistant Professor, Associate Professor or equivalent rank) for the said short course from your organization/university/institute. Sponsored candidates should apply online using CBP portal at [www.iasri.res.in/cbp](http://www.iasri.res.in/cbp) or under the link capacity building programme at [www.icar.org.in](http://www.icar.org.in) **latest by 10-02-2024.**

Thanks and regards,

**Encl.:** Information brochure

Yours sincerely

(Archana Kushwaha)



# Multidisciplinary Approaches to Utilize "Sri Anna" for the Management of Non-communicable Diseases



ICAR sponsored 10-days Short Course  
February 27<sup>th</sup> – March 7<sup>th</sup>, 2024



*Sponsored by*  
**Agricultural Education Division**  
**Indian Council of Agricultural Research**  
KAB-II, New Delhi

*Organized by*  
**Department of Food Science and Nutrition**  
College of Community Science  
G.B. Pant University of Agriculture & Technology, Pantnagar-263145  
Distt. U.S. Nagar, Uttarakhand, India

## **Background**

Non-communicable diseases including diabetes, cancer, cardiovascular and respiratory diseases account for about 71% of deaths globally. The Global Burden of Disease Study in 2019 noted that Non-communicable Diseases (NCDs) are responsible for 63% of deaths in India and this has emerged as the biggest challenge to health. Inappropriate dietary habits, encompassing diets high in sugar, salt, saturated and trans fats, and lacking in ample amounts of fruits, vegetables, whole grains and lean sources of protein, pose a notable risk for NCDs. In this context, it becomes imperative to understand the traditional and modern farming practices as a key to improve food and nutrition security.

The World Health Organization recommends a diet abundant in fruits, vegetables, whole grains, nuts and seeds high in fibre content, while avoiding processed foods, sugar and excessive amounts of saturated and trans fats. Millets also known as “Sri Anna”, “coarse cereals” or “cereals of the poor” are small seeded grains widely consumed across the globe, particularly in Asia and Africa. In India, millets are referred to as "Sri Anna" because of their cultural and historical significance which translates to "the honoured grain" or "the mother of all grains".

Millets, recognized as superfoods, are important nutricereals that are climate-resilient and powerhouse of nutrients that hold a prominent place in diet to help reduce the risk of NCDs. Millet-incorporated foods are those that primarily feature millet as their main ingredient. The commonly known millets include sorghum, pearl millet, finger millet, barnyard millet, proso millet, foxtail millet, kodo millet, little millet and brown top millet. These millets due to their inherent constituents such as proteins, peptides, polyphenols, polysaccharides, fibre, oil, and isoflavones, make them perfect option for a healthy life and well-being. Millet-based diets being rich in antioxidants have potential of providing protection against chronic ailments such as heart disease and cancer. The spectrum of benefits from millet-derived foods include their antihypertensive, anti-inflammatory, antimicrobial, hypocholesterolemic, hypoglycemic, and anti-oncogenic properties, coupled with their capacity to positively impact gut health through immunomodulation.

The International Year of Millets 2023 was celebrated to raise awareness and importance of millets and their health benefits and organization of this short course is also in that context.

## **Objective**

To explore the multidisciplinary approaches for utilization of “Sri Anna” in the management of NCDs.

## **Course Content**

- Understanding the burden of Non-communicable Diseases (NCDs)
- Exploring the potential of “Sri Anna” in management of NCDs
- Production, processing and post-harvest management of millets
- Biochemical characterization and value addition of millets
- Marketing opportunities and entrepreneurship development for promotion of millets

## **Eligibility**

- Master’s degree in Home Science/ Community Science and allied disciplines with working knowledge of computers.
- Working not below the rank of Assistant Professor/ Scientist and equivalent in the concerned subject under agriculture university/ ICAR institutes

## **Boarding and Lodging**

The boarding, lodging and travel expenses of selected participants will be borne by the budget allotted to the host institution as per ICAR guidelines. The selected candidates will be entitled to the III AC/ II AC railway fare to and fro by the shortest route from the respective place of work. Boarding and lodging facilities will be provided within the university guest houses. The participants should abide by the rules and regulations of the guest house.

## **How to apply**

The participants should submit their application online on CBP portal of ICAR (<https://cbp.icar.gov.in/>). All kinds of instructions related to application are available on this link. The brochure, nomination form and information of short course can also be downloaded from the website [www.gbpuat.ac.in](http://www.gbpuat.ac.in). After filling out the online application, the copy of printed application approved by the competent authority of the organization should be uploaded on CBP portal and should also be sent to the Course Director via email (Email: **hodfn2019@gmail.com**). Also send a copy of the same to Dr. Neetu Dobhal, Assistant Professor and Course Coordinator (Email: **nishudhnew@gmail.com**), on or before last date of application i.e. February 10<sup>th</sup>, 2024.

## **Registration Fee**

A registration fee of Rs. 50.00 should be submitted through RTGS/NEFT or any other online payment platform in the account of Comptroller, Scheme Account, G. B. Pant University of Agriculture and Technology, Pantnagar (A/C No. 4446001100000206 IFSC Code PUNB0444600, Name of the bank Punjab National Bank, Pantnagar), the details of which should accompany the application form.



## **Important Dates**

**Last date to apply : February 10<sup>th</sup> , 2024.**

**Confirmation of participation to the selected candidates: February 14<sup>th</sup>, 2024**

## **Selection of Participants**

As per the eligibility criteria, participants selection would be based on First come- First basis. Selection of candidate is a matter of discretion of the competent authority of GBPUAT, Pantnagar. Participant's nomination from the respective heads of organizations does not entail confirmed participation in the programme. A formal confirmation letter indicating the selection of candidates will be sent after the last date for the receipt of nominations.

## **Location**

Pantnagar is well connected by rail and road to Delhi, Dehradun, Lucknow and Bareilly. Trains are available from Delhi to Lal Kuan, Lucknow to Lal Kuan/Pantnagar, Dehradun to Lal Kuan and Bareilly to Pantnagar/Lal Kuan. Buses are available from Anand Vihar ISBT (Delhi), Moradabad and Rampur to Rudrapur (nearest city/district HQ about 14 km from Pantnagar) as well as from Bareilly to Pantnagar. Few flights are also available between New Delhi and Pantnagar.

## **Certificate**

A certificate will be awarded to the participants on the successful completion of the course.

## **The University**

Govind Ballabh Pant University of Agriculture & Technology, Pantnagar is the first Agricultural University of India established in 1960. It is situated in the foot hills of Himalayas in Uttarakhand state. It lies at an altitude of 243.8 m above the mean sea level and 29° N latitude and 79° E longitude. This university is called as the “Harbinger of the Green Revolution” in India. It has always been at the forefront in agricultural development and has emerged as the model university in the country. The University has been bestowed upon with “Best Institution Award” thrice in the years 1998, 2006 & 2020 by Indian Council of Agricultural Research, New Delhi. During 2016, 2017 and 2018 the university was consecutively declared as best university of Uttarakhand. Moreover, in 2017 the university was declared to be most neat and clean (Swachh) Government Institution of India under “Swachh Bharat Abhiyan”. Recently University has also acquired prestigious space in QS World ranking by subject. University has bagged “Academic Leadership 2023 Award in 14<sup>th</sup> Agriculture Leadership Conclave of Agriculture Today Group.

## ***Chief Patron***

**Dr. Manmohan Singh Chauhan**  
Vice-Chancellor

## ***Patrons***

**Dr. Alka Goel**  
Dean, College of Community Science

**Dr. A.S. Nain**  
Director, Research

## ***Course Director***

**Dr. Archana Kushwaha**  
Professor & Head  
Department of Food Science and Nutrition

## ***Course Coordinator***

**Dr. Neetu Dobhal**  
Assistant Professor  
Department of Food Science and Nutrition

## ***Course Co-Coordinator***

**Dr. Anupama Pandey**  
Assistant Professor & Officer I/C  
Department of Extension Education and Communication Management

## ***Contact for further details***

**Dr. Archana Kushwaha**  
**Professor & Head**  
**Department of Food Science and Nutrition**  
**College of Community Science**  
**G.B. Pant University of Agriculture & Technology, Pantnagar-263145**  
**Distt. U.S. Nagar, Uttarakhand**  
**Mobile 8630892997; 9411146409; 8476966405**  
**Email: hodfn2019@gmail.com; nishudhnew@gmail.com**

**NOMINATION FORM FOR PARTICIPATION IN SHORT COURSE**  
**Multidisciplinary Approaches to Utilize "Sri Anna" for the Management of**  
**Non-communicable Diseases**  
**February 27<sup>th</sup> – March 7<sup>th</sup> , 2024**

1. Full Name : .....

2. Department and Designation : .....

3. Present Employer: .....

4. Address: .....

Phone No. ....

Email: .....

5. Date of Birth: .....

6. Sex: Female/ Male

7. Teaching/Research/Professional experience (in years) : .....

8. Marital status: .....

9. Mention if you have participated in any research seminar, summer school/winter school/short course during the previous years under ICAR/other organizations:

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10. Registration fee transaction details (P.S. Brochure): .....

11. Academic record:

Degree	Discipline	Year	Class	University
Ph.D.				
M.Sc.				
B.Sc.				

Date:

Place:

Signature of applicant

12. Recommendation of Forwarding Institute

It is certified that information furnished by the candidate has been verified and found correct.

Signature of Sponsoring Authority with seal

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