

**Celebration of International year of millets -2023**  
**(01.07.2023 to 14.07.2023)**

International year of millets-2023 was celebrated by ESIC Hospital, Bareilly from 01.07.2023 to 14.07.2023.

Following activities were organized by this hospital/dispensaries on Millets involving AYUSH Physicians from 1.07.2023 to 14.04.2023:

1. IP's/beneficiaries were exhibited of healthy diet with special reference to Millets via means of display of Millets & it's dishes, distribution of Pamphlets and display of Posters.
2. Illustration of different millets and explaining their health benefits were done to IPs/beneficiaries in the OPD waiting area.
3. Indoor patients were provided millet dish in their diet and importance of nutri-cereals were explained.
4. Poster making competition activities for staff displaying "Millets and their easy nutritious recipes" were organized.
5. Health talks for IPs for creating mass awareness about nutrition and health benefits of millet followed by nutrition quiz to evaluate impact of these mass awareness programmes were organized in the hospital premises.
6. Health talks on how to include millets recipes in daily diet providing millet dish in diet to the patient were given by Dr Goutam Chakraborty(M.S.),Dr Harish Chandra (CMO), Dr A.K.Jain(ENT), Dr Vivek Kr Pandey(IMO), Dr Shobha (Ayush Phy), Mr Saurabh(Nurs Officer).
7. Staffs/IPs/beneficiaries were sensitized about nutritional slogan for providing millet dish in diet to the patients.

ESIC HOSPITAL BAREILLY

