

ESIC HOSPITAL, UDYOGMANDAL, ERNAKULAM, KERALA

REPORT ON ACTIVITIES CONDUCTED FROM 01.07.2023 TO 14.07.2023 AS PART OF INTERNATIONAL YEAR OF MILLETS-2023

1. The pamphlets on Millets were distributed by the Dietary Department to the OPD patients on 01.07.2023.
2. On 03.07.2023, A talk on 'The importance of millets in diet' was conducted by Dietician, Mrs. Josly Jose of this hospital at 11.00 AM, in the Female inpatient area.
3. Conducted an Illustration of different millets and talk on its health benefits in the OPD waiting on 04.07.2023.
4. Pamphlets on millets were distributed and explained the health benefits of millets to the inpatients in the wards on 05.07.2023.
5. On 06.07.2023, a health talk for staff for creating mass awareness on nutrition and health benefits of millets.
6. On 07.07.2023, an awareness class on 'Millets, its importance and uses' was conducted for IPs in the registration area by Dr. Ranjith V Raj, Ayurveda Physician
7. Distributed millet bread as breakfast to inpatients on 10/07/2023.
8. On 11/07/2023 this Office Conducted a Poster Designing competition for regular employees. The theme was Millet and easy nutritious recipes. Staff actively participated in this event.
9. On 12/07/23, an exhibition of Millet dishes was conducted. Variety of millet dishes were prepared and exhibited.
10. On 13/07/2023, Shri. V Radhakrishnan, ESIC Corporation Member officially inaugurated the function related to International year of Millets -2023. Dr. Prasanta Kumar Maity, Medical Superintendent welcomed all the dignitaries, IPs and staff

to the function. The Lighting Panchadeep was then done by Shri. V Radhakrishnan, Shri. Ramakrishnan, Insured Person, Dr. Prasanta Kumar Maity, Medical Superintendent, Dr. Premlal K I, Assistant Medical Superintedent and Shri. Salil T, Dy. Director(Fin.). Shri V Radhakrishnan, Member delivered Inaugural address in which he explained the importance of millets for healthy life.

A power point presentation on the 'uses, nutritional values, and recipes of millets' was presented by the Mrs. Josly Dietician followed by a quiz competition on millets for the beneficiaries. Prizes of the competition were then distributed by Shri Radhakrishnan and other dignitaries. The prizes of poster competition on Millets, conducted on 12/07/2023 for the staff, was also distributed by Shri. Radhakrishnan. Different types of millets and millet products were given as prizes for the competition. The Meeting concluded by the Vote of thanks of Shri. Salil T Dep Director (Fin).

After the official functions, payasam made of Foxtail millet prepared by the hospital dietary department was distributed to the beneficiaries and staff.

An Exhibition of various types of Millets and Millet dishes and posters of millets was also organized in the patient waiting area.

11. On 14.07.2023, displayed variety of Millet & Millet dishes displayed in the waiting area and we also distributed pamphlets to the beneficiaries.

Udyogmandal

15.07.2023

Medical Superintendent



Distribution of Pamphlets to OPD Patients on 01.07.2023



Talk on importance of Millets for patients in female ward by Josly Jose, Dietician on 03.07.2023



Talk on importance of Millets for patients in waiting area by Josly Jose, Dietician on 04.07.2023



Pamphlets distribution to in patients in the ward on 05.07.2023



Health talk for staff regarding nutritious and health benefit of millets on 06.07.2023



An awareness class on millet in the IP registration area conducted by Dr. Ranjith Raj, Ayurveda Physician on 07.07.2023



An awareness class on millet in the IP registration area conducted by Dr. Ranjith Raj, Ayurveda Physician on 07.07.2023



Distribution of millet bread as breakfast to inpatients on 10.07.2023



Poster designing competition on 11.07.2023



Exhibition of Millets on 12.07.2023



Exhibition of millet dishes on 12.07.2023

Inaugural function of International Millet Year 2023









Display of various millets and millet dishes in the waiting area on 14.07.2023