

V.S.M. COLLEGE (Autonomous)

RAMACHANDRAPURAM

NAAC Re-accredited with 'B' Grade at 2.69 CGPA

(Affiliated to ADIKAVI NANNAYYA UNIVERSITY, RAJAMAHENDRAVARAM)



MBA-BBA

2019

CONSUMER AWARENESS

CONDUCTED BY

**DEPARTMENT OF COMMERCE AND
MANAGEMENT STUDIES**

**V.S.M. COLLEGE: RAMACHANDRAPURAM – 533255
EAST GODAVARI DISTRICT**

NOTICE

Date: 09.01.2019

All the B.B.A. & M.B.A. Students are informed to attend the program on "Customer awareness" to be organized by MBA Department on 10.01.2019 at 10:00 a.m. in P.G Seminar Hall and make the program successful.

Venue: P.G Seminar Hall, VSM College



MJ bramkuma
Principal

**PRINCIPAL, V.S.M. COLLEGE (A)
RAMACHANDRAPURAM-533 255, (E.G.Dt.)**



VSM COLLEGE

AUTONOMOUS
(Affiliated to AdiKavi Nannaya University)
RAMACHANDRAPURAM-533255

CONSUMER AWARENESS

- On Healthy Foods



Kodo Millet Porridge



Sweet Potato Recipe



Foxtail Millet Pulao



Miracle With Millets



Masala Oats Meal



Little Millet Curd Rice



Brown Rice Kichidi

Date :
10-01-2019

DEPT. COMMERCE & MANAGEMENT STUDIES

Venue :
VSM College



Shot on Y83 Pro
vivo dual camera

2019.01.10 10:53



REPORT - CONSUMER AWARENESS

Milletts are cereal crops + small seed grasses.

- Human consumption as well as fodder for animals + birds.

Milletts are superfoods.
(These little grains are powerhouse of nutrition)

[India is known as the second largest diabetes capital of the world.]

Benefits

1. Milletts are good for coronary diseases.

- powerhouse of nutrition.
- Improves heart health
- Goodness in Magnesium
- Reduces blood pressure
- Reduces strokes + heart attacks

2. Milletts can manages sugar level

- balance sugar level.
- reduces diabetes type-2

3. Milletts promote digestion.

4. Helps in detoxification.

[enriched with fiber
magnesium
phosphorous
Iron, calcium
zinc + potassium]

Types of Milletts

Jowar

Ragi

Foxtail

Barnyard

Little

kodo

[It is often advised in the form of porridge for growing kids.]