

## Sardar Bhagwan Singh University Celebrates Garh Bhoj Diwas, Promoting Traditional Delicacies and Nutritional Awareness



Sardar Bhagwan Singh University (SBSU) hosted a vibrant celebration of Garh Bhoj Diwas 2024 on its campus, reaffirming its commitment to preserving and promoting cultural heritage. The event brought together students, faculty, and distinguished guests for a day filled with educational activities.

The celebration featured a captivating guest lecture by Dr. R. K. Bhatt, who provided profound insights into the historical context and cultural significance of Garh Bhoj Diwas. His engaging presentation enriched the audience's understanding of this auspicious day, emphasizing the importance of traditional delicacies in local culture. Adding to the discussions, Mr. Anil Panwar shared his views on the importance of Garh Bhoj Diwas within the rich tapestry of Indian culture. His remarks underscored the need to celebrate and preserve traditional culinary practices that have been passed down through generations.

In his address, Prof. (Dr.) J. Kumar, Vice Chancellor of SBSU, highlighted the nutritional, nutraceutical, and culinary values of millets. He emphasized how incorporating millets into diets is crucial for curbing growing lifestyle diseases such as diabetes, hypertension, and cardiovascular diseases. Prof. Kumar's insights underscored the role of millets as "nutri-cereals," which are rich in essential nutrients and can significantly contribute to improving public health. He also highlighted the significance of traditional foods in fostering community bonds and cultural identity.

The event was graced by several dignitaries, including Prof. (Dr.) Deepak Sahni, Registrar; Prof. (Dr.) Veerma Ram, Director; and various faculty members who contributed to the day's success. As the celebration concluded, Dr. Anamita Sen, the organizer of Garh Bhoj Diwas, extended heartfelt thanks to all attendees for their participation and support.

This celebration not only highlighted the university's dedication to cultural preservation but also served as a platform for fostering unity and collaboration among students and faculty in appreciating the rich culinary heritage of the region while promoting the health benefits of millets.

