

## **BEST PRACTICE - RAGI MALT**

**Title of the Programme:** Ragi Malt

**Goal:-** To develop awareness among students and the public about the rich nutritive value of Ragi Malt.

**Context:** - The Department of Botany started this practice in 2014. We chose to choose the popularisation of Ragi Malt drink because it is the most nutritive and less expensive. Ch. Radhika, Head of the Department of Botany, the other faculty members and students initiated this programme successfully. Fresh and best quality grains are collected and soaked in water over night. Then the grains are washed in fresh water. The grains are then tightly tied in a meshed white cotton cloth and hung in open air for one night. The grains sprout. The sprouted grains are allowed to dry for some hours. The dried sprouts are finely powdered. The powder is packed in polythene covers and sealed. These packets are distributed to children in the Annapurna Devi Municipal High School, Vijayawada-1. The rich and nutritive value of Ragi Malt is explained to the students. A demonstration of preparation of Ragi Malt is also given.

**Evidence of success:** - school children showed great enthusiasm in adopting Ragi Malt in their diet. The School Teaching Staff also took an active part in assembling the students and distributing the Ragi Malt packets to the students. They did everything to support and encourage the programme.

**Problems Encountered and resources required:-** Initially it was diffident to collect funds and procure the grains required to prepare the malt and there were less helping hands. Slowly the number of students who involved themselves in the activity increased as they became aware of the usefulness of the drink. Students and faculty inspired each other and made the programme successful.

The school children were slow in understanding the importance of the drink, the energy and the nutrition it provides. Later they expected the drink to be supplied with milk or butter milk thrice a week.

Best Practice  
On  
**“Ragi Powder”**  
By  
Department of Botany  
2015-16





Cleaning Ragi Seeds



Cleaned grains into cotton cloth for sprouting





Sprouted grains on cotton cloth





Sprouted grains in sunlight for drying





Ragi malt powder



Students packing the ragi malt powder



Packed ragi malt powder









CBZ Students creating awareness about Ragi Malt to School Students



**Ragi Malt Packets distribution to School Students**



Best Practice  
On  
“Ragi Powder”  
By  
Department of Botany  
2016-17



Students cleaning the grains



Students cleaning the ragi seeds with water



Students tying cleaned ragi seeds to open air







Ragi Malt powder



Students packing the Ragi Malt powder



Students packing the Ragi Malt powder



Packed the Ragi Malt





CBZ Students creating awareness about Ragi Malt to School Students



Ms. Ch. Radhika, Head, Dept. of Botany creating awareness about Ragi Malt to School Students





**CBZ Students creating awareness about Ragi Malt to School Students**



**Ragi Malt Packets distribution to School Students**

Best Practice  
On  
“Ragi Malt”  
By  
Department of Botany

2017-18



Students cleaning the Ragi seeds



Students cleaning the seeds in water





Soaked seeds on cloth



Ms. Ch. Radhika, Head, Dept. of Botany showing this technique

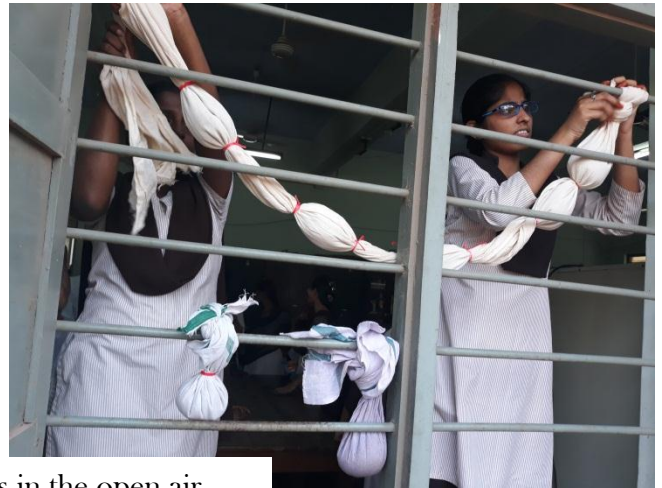


Soaked seeds on cloth



Spreading the grains on paper





Tying the grains in the open air



Packing the seeds



Packing the seeds in the presence of Ms.Ch. Radhika



Packing the seeds





CBZ Students creating awareness about Ragi Malt to School Students





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**Ragi Malt Packets distribution to School Students**