



Himachal Government's Vision on Millets

With United Nations declaring 2023 as International Year of Millets, the Himachal Pradesh government constituted a Working Group in the Agriculture department for promotion of millets in the state. The Working Group comprises technical experts and some farmers engaged in millet cultivation.

Nutrition Value of Millets

(Per 100 gm)

Millet	Protein (g)	Fiber (g)	Minerals (g)	Iron (mg)	Calcium (mg)
Pearl	10.6	1.3	2.3	16.9	38
Finger	7.3	3.6	2.7	3.9	344
Foxtail	12.3	8	3.3	2.8	31
Proso	12.5	2.2	1.9	0.8	14
Kodo	8.3	9	2.6	0.5	27
Little	7.7	7.6	1.5	9.3	17
Barnyard	11.2	10.1	4.4	15.2	11

Source : Indian Institute of Millets Research

THE ACTION PLAN:

- * Identification of millets in different districts with their scientific names
- * Database of millet production and their nutritional value
- * To seek technical help from CSK HP Agriculture University, Palampur and NBGR for value addition of millets
- * To prepare seed bank of millets and quality control and certification
- * To create awareness among farmers and farmer groups through mass media about significance of cultivation of millets

*"When we are not eating right, the medicine can't do anything.
When we are eating right, we don't need medicine at all."*

-Dr Khadar Vali
(The Millet Man of India)



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INTERNATIONAL
YEAR OF MILLETS-2023

*Millets in food basket-
Good for you, good for the planet*

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MILLETS

Millets are coarse grains, traditionally grown and consumed in the Indian subcontinent for over 5000 years.

They are a collective group of small seeded annual grasses grown as grain crops, primarily on marginal land in dry areas of temperate, subtropical and tropical regions in the world.

Millets are climate resilient, require very less inputs and water and are sustainable food source. They are resistant to pests and diseases and protect soil and environment. Millets can be the last crop seen standing in drought.

They are rich in nutrition, support regular digestion, satiate hunger, improve immunity and have numerous other health benefits.

Keeping in view the role of millets in sustainable agriculture and preventive health, the UN General Assembly has declared 2023 as International Year of Millets to create public awareness on benefits of millets for farmer and consumers.

Millets for HEALTH

1. Finger Millet (Ragi): Contains multiple macronutrients and micronutrients such as Vitamin B3, folate and calcium.
2. Pearl Millet (Bajra): It helps keep a check on cholesterol and is also recommended for diabetics.
3. Buckwheat Millet (Kuttu): A popular grain during Navratri, Kuttu is known to help manage blood pressure and aid weight loss.
4. Barnyard Millet (Sanwa): A gluten-free source of both insoluble and soluble fibres.
5. Foxtail Millet (Kangni): A grain well-known for promoting good cardiac health and maintaining good hair and skin.
6. Kodo Millet: Rich in fibre and iron, helps prevent constipation and control blood sugar level.
7. Sorghum Millet (Jowar): Rich source of iron, protein and fibre and can help lower cholesterol levels.

