



**Swami Keshvanand Institute of  
Technology Management & Gramothan,  
Jaipur**



***A Report  
on  
“International Year of Millets- 2023”***



***Extra-Curricular Activities Cell,  
Swami Keshvanand Institute of Technology, Management &  
Gramothan, Jaipur, Rajasthan***

**Submitted by:**

***Dr. Komal Sharma***

Chief Coordinator of ECA,

Associate Professor, Department of Physics

## **INTERNATIONAL YEAR OF MILLETS 2023**

For centuries, millets were the staples in India but gradually were relegated to the background and got marginalized post green revolution [GR] as the emphasis shifted to increased food grain production & productivity using high yielding varieties of wheat & rice in the identified GR geographies.

Millets are small-grained, annual, warm-weather cereals belonging to the grass family. Jowar (Sorghum), Bajra (Pearl Millet) and Ragi (Finger millet) are the important millets cultivated in India. Small Millets such as Proso (Cheena), Kodo (Kodra, Arikelu), Fox tail (Kangni/Korra), Barnyard (Varai, Sawa), Little millet (Kutki) are also grown in our country.

Millets are the staple crops of the semiarid tropics, as other food crops cannot be cultivated in that terrain due to low rainfall and poor soil fertility. They also have higher nutrient content compared to major cereal crops and ensure food and nutrition security. Further, millets are tolerant to drought and other extreme weather conditions and hence are endemic to such geographies.

With growing concerns of life style diseases coupled with 'refined' diet culture, the modern consumers are slowly, but increasingly looking at the nutrient rich millets as a suitable alternative to wheat and rice. With the COVID -19, momentum picked up and both the urban and rural consumers are choosing millets for improving their nutrition & strengthening their immunity.

In order to encourage production and consumption of millets, Government of India notified millets as Nutri-Cereals in April, 2018, which includes Sorghum (Jowar), Pearl Millet (Bajra), Finger Millet (Ragi/Mandua) & Minor Millets namely; Foxtail Millet (Kangani/Kakun), Proso Millet (Cheena), Kodo Millet (Kodo), Barnyard Millet (Sawa/Sanwa/ Jhangora), Little Millet (Kutki) and two Pseudo -millets viz Buckwheat (Kuttu) and Amaranthus (Chaulai).

To create domestic and global demand and to provide nutritional food to the people, Government of India had proposed to the United Nations for declaring 2023 as International Year of Millets (IYoM-2023).

The proposal of India was supported by 72 countries and United Nation's General Assembly (UNGA) declared 2023 as International Year of Millets on 5th March, 2021. This led to the Hon'ble Union Finance Minister making a Budget announcement on 1st February 2022: "2023 has been announced as the International Year of Millets. Support will be provided for post-harvest value addition, enhancing domestic consumption and branding of millet products nationally and internationally".

The objectives of the International Year of Millets included:

1. Promoting millets as a nutritious and sustainable food source: Millets are highly nutritious, rich in fiber, protein, vitamins, and minerals. They have a low glycemic index and are gluten-free, making them suitable for individuals with specific dietary requirements.

2. Supporting smallholder farmers: Millet cultivation is often practiced by smallholder farmers, and promoting their production and consumption can contribute to rural development and poverty reduction.
3. Raising awareness about the climate-resilient nature of millets: Millets require less water and have a lower carbon footprint compared to other staple crops, making them a climate-smart choice in agriculture.
4. Encouraging research and development: The International Year of Millets aimed to encourage scientific research, innovation, and knowledge-sharing to enhance millet production, processing, and utilization.
5. Promoting policy dialogue and partnerships: The year aimed to foster dialogue among governments, organizations, and stakeholders to develop policies and programs that support millet cultivation, marketing, and consumption.

**List of Events Conducted in our Institute:**

| <b>S. No.</b> | <b>Name of Event</b>                                   | <b>Date of the event</b>  |
|---------------|--|---------------------------|
| 1.            | International Year of Millets-2023                     | 18.01.2023                |
| 2.            | Posters Posted on Social Media<br>Handles of Institute | 11.02.2023 &<br>2.06.2023 |

# International Year of Millets-2023

**Date, Time and Venue of the event:** -18/01/2023 , SKIT, Jaipur

**Level of the event:** - College level

**Notice of Event:-**



**Swami Keshvanand Institute of Technology  
Management & Gramothan**



SKIT/ECA/2022-23/EFC04

Date: 18/01/2023

## NOTICE (ECO FRIENDS CLUB)

Millets are good for health and in Rajasthan, people have been using millets in their diets since many years. **Food and Agricultural Organization (FAO) of United Nations** has decided to celebrate the year 2023 as **International Year of Millets** with the aim to create awareness and increase production & consumption of millets.

To celebrate **International Year of Millets-2023**, Ecofriends club has planned an event based on generating awareness about use of millets in our diet.

**All the students are required to take any of the dish made up of millets (Jowar, Bajra, Maize etc.) and send their selfies (geotagged) with the dish on the link provided below before 31<sup>st</sup> January, 2023:**



<https://forms.gle/meWkXr9f67B6RmM47>

Participation certificate will be provided to all the students.

For more information, please contact

Deepak Kumar  
(Student Coordinator)

Shreya Bhargava (9460737966)  
(Event Coordinator)

   
Dr. Swati Joshi, Dr. Poonam Ojha  
(Faculty Coordinators)

Dr. Komal Sharma  
(ECA Coordinator)

**Objective of the event:-** Millets are good for health and in Rajasthan people have been using millets in their diets since many times. Food and Agricultural Organization (FAO) of United Nations has decided to celebrate the year 2023 as “International Year of Millets” with the aim to create awareness and increase production & consumption of millets.

**Details (Execution)-** To celebrate International Millets Year Echofriends Club, Swami Keshvanand Institute of Technology Management & Gramothan, Jaipur organized an event supported by ECA to generate awareness on the use and benefits of the crop where students were suggested to include millets in their diets like jowar, bajra, maize etc. and also take selfies with their food and send to us. A lot of students took great initiative and we were able to get a significant response out of people.

**Details/List of teacher participants:-**

| Sr. No. | Name of Teacher | Department |
|---------|-----------------|------------|
| 1       | Dr Poonam Ojha  | Chemistry  |
| 2       | Dr Swati Joshi  | Chemistry  |

**Details of student participants:-**

| Sr. No. | University Roll No. | Name           | Year   | Branch |
|---------|---------------------|----------------|--------|--------|
| 1       | 22ESKIT179          | Varun Parmar   | I YEAR | IT     |
| 2       | 22ESKEE004          | Abhishek Kumar | I YEAR | EE     |

|   |            |                  |          |       |
|---|------------|------------------|----------|-------|
| 3 | 22ESKCY014 | Devanshi Jain    | I YEAR   | IOT   |
| 4 | 22ESKCA001 | Aakrati Dixit    | I YEAR   | CS-AI |
| 5 | 22ESKCX110 | Sourabh Prajapat | I YEAR   | CS-DS |
| 6 | 21ESKCS199 | Sakshi Yadav     | II YEAR  | CS    |
| 7 | 20ESKEC050 | JAGRATI MEENA    | III YEAR | EC    |

### Photos Shared by the students









## **Posters Posted on Social Media Handles of Institute**

**Date of the event:** 11<sup>th</sup> February 2023 and 2<sup>nd</sup> June 2023

**Venue of the event:** Twitter account of SKIT Jaipur

**Objective of the event** - Millet is one of the most hassle-free, low-maintenance and drought resistant crop. It has a lot of health benefits including good digestion, improving the cardiovascular system, reducing risk of obesity and diabetes and improving the mood. To make this crop available worldwide and to raise awareness of the crop's benefits to health year 2023 was declared "International Year of Millets" as proposed by the Indian government and supported by UN.

### **Details of Execution:**

Two posters designed by Kanishk Bhardwaj, Student Coordinator, ECA Cell were also shared on social media handles of SKIT on 11<sup>th</sup> February 2023 and 2<sup>nd</sup> June 2023 to spread awareness about Millet man of India- Dr. Khadar Vali and Types of Millets and their benefits.

**Link of the twitter post related to event is given below -**

[https://twitter.com/SKIT\\_Jaipur/status/1664548791922589698?t=JzdPQnrmEyMhgyYhAQvDuA&s=19](https://twitter.com/SKIT_Jaipur/status/1664548791922589698?t=JzdPQnrmEyMhgyYhAQvDuA&s=19)

[https://twitter.com/SKIT\\_Jaipur/status/1624279553341538304?t=ku46xQZ\\_SmjSvUzw\\_01nPw&s=19](https://twitter.com/SKIT_Jaipur/status/1624279553341538304?t=ku46xQZ_SmjSvUzw_01nPw&s=19)

Poster Shared on 2<sup>nd</sup> June 2023 on Twitter:



**Swami Keshvanand Institute of Technology,  
Management & Gramothan, Jaipur**

*International Year of Millets*





## Millet Man of INDIA

1. Dr. Khadar Vali is on mission to make world disease free. Dr Khadar did his B.Sc. (Ed) and M.Sc. (Ed) from Regional College of Education, Mysuru, and Ph.D. on Steroids at Indian Institute of Science, Bengaluru.
2. He has worked as a post doctoral fellow on Environment Science at Beaverton Oregon, USA and also as a scientist in CFTRI for three years.
3. Dr Khadar grows as many as 38 crop varieties including positive grains at home and uses 'Kaadu Chaitanya dravana, a microbial liquid for farming in his 8 acres of dry land in Bidirenahalli in the Kabini backwaters in HD Kote.
4. He even gives a live demo on the right agricultural practices at his farm every Sunday.
5. His daughter Dr Sarala, a homeopath and wife Usha, have been partnering Dr Khader in his cause.
6. Joining Dupont, he worked for them in India for a year and for 4 and a half years in the US before settling in Mysuru in 1997.



Poster Shared on 11<sup>th</sup> February 2023 on Twitter :



# SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY, MANAGEMENT & GRAMOTHAN

(Accredited with A++ Grade by NAAC)



*International Year of Millets*

## Types of Millets :-

1. Foxtail Millet :- Foxtail millet, or indigenously called Kakum/Kangni. It contains blood sugar balancing healthy carbohydrates.
2. Finger Millet/Ragi :- It is used as a healthier cereal substitute for rice and wheat.
3. Pearl Millet/Bajra :- It contains minerals such as calcium and magnesium, protein, fibre, and iron.
4. Buckwheat :- It makes for a healthy food option for diabetes, helps lower blood pressure, and improves cardiovascular health.
5. Little Millet :- Little millet is also an excellent option for those looking to lose weight. You can eat it as a rice replacement. It is high in fibre and filled with numerous minerals.

