



GHS HALLOMAJRA POSHAN PAKHWARA 2023 PROMITING MILLETS



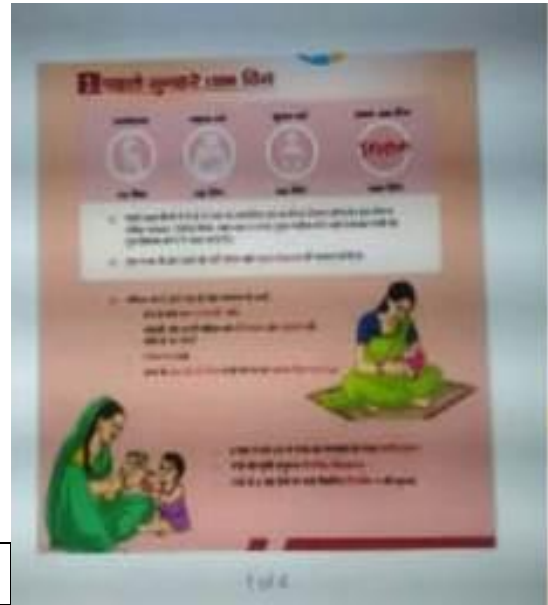
Rally on Awareness of millets



Yoga for Health:-



Millets Sutras being explained to Primary Children:-





Drawing /Poster Competition:-

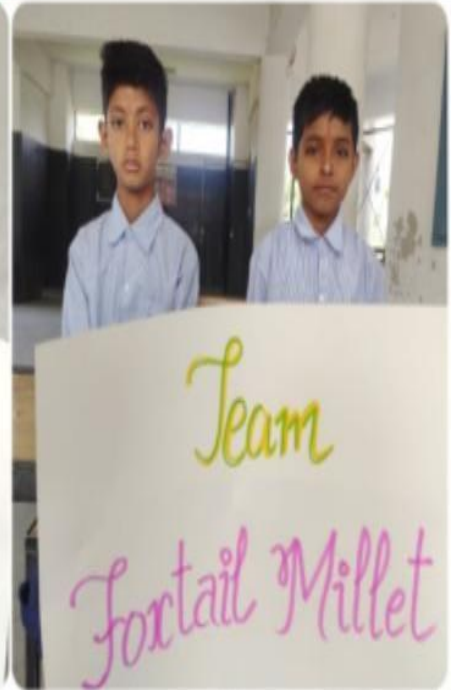


Essay Writing Competition

Focusing role of Millets in malnutrition



QUIZ COMPETITION ON MILLETS:-



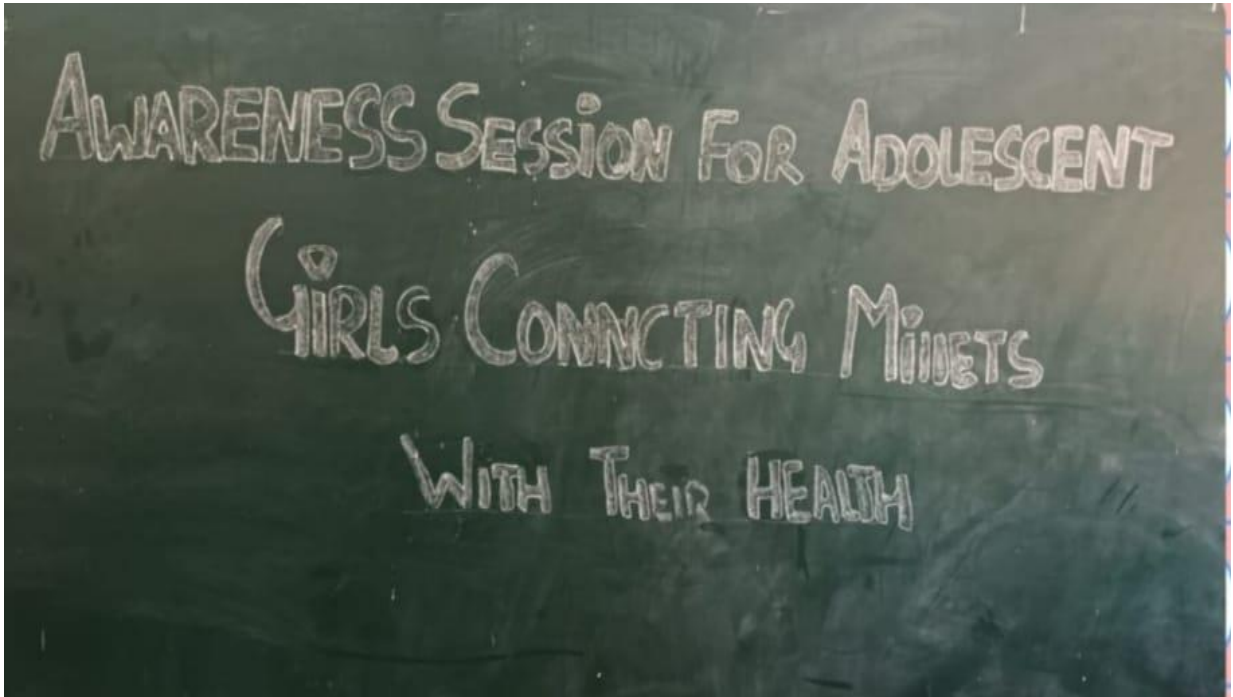
Tricolor /Rainbow Thali :-



Nukad Natak to promote millets:-



AWARENESS SESSION FOR ADOLESCENT GIRLS



Swasth Balik/Balika Spardha



Essay Writing Competition

Focusing role of Millets in malnutrition

AWARENESS ON MILLETS

Millets are cereal crops and small seed grasses which are widely used in African and Asian countries. Millets were commonly used to feed birds and animals until health benefits of these crops were known to the world. Numerous varieties of millets were used in a variety of dishes. Especially, for their incredible nutrient rich composition India is known as the second largest diabetes capital of the world and this has led to surge in the demand of millets. Moreover, these gluten free millets can play a crucial role in preventing and curing several health issues. Especially with the goodness of nature, millets are a rich source of fibre, minerals like magnesium, phosphorus, iron, calcium, zinc and potassium. Millets are extremely nutritious and good for health and they also need less water and can stored for years, as they have a long shelf life. Millets make a perfect healthy meal. In fact, it is often advised to prepare millets in the diet of ageing adults. Millets are loaded with high amount of starch and proteins, which are beneficial.

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foxtail Millet, Broomcorn (or Proso) Millet, and Buckwheat.

It is good for high blood pressure, high cholesterol, postmenopausal problem and also supports good bacteria in the digestive system.

It is rich in protein and fibre which is much more healthier than rice.

Although, Millet is high in fibre, it is poor digestion of nutrients.

The world's leading producer of millet is India and Rajasthan state is the largest producer of millet in India.

5 On millets

Problems

- Submerged grains in Asia, South America, and Europe.
- Grains of millets are small.
- Grains are extremely sticky in millets, unlike oat called small seeded grains. millets can tolerate extreme conditions.

Benefits of Millets

- Rice/wheat
- Similar Calories, carbs and fats.
- Millets have more protein.
- Millets rich in minerals like Calcium, iron, zinc, etc.

Millets

Millet is an ancient grain that people have used for thousands of years. Millet is also used for livestock and birds. It is becoming increasingly popular as it is fast growing.

Millet is good source of protein, fibre, vitamins and minerals. The potential health benefits of millet include preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and

ESSAY ON MILLETS

Millets are a group of small-seeded grasses that have been cultivated for thousands of years across many parts of the world, including Africa, Asia and parts of Europe. These grains are known for their exceptional nutritional value and hardness, making them an important crop for small farmers in regions where water is scarce and climate is unpredictable. Millets are also known to have a low glycemic index, which makes them an ideal food for those with diabetes or those seeking to manage their blood sugar.

Awareness on Millets

Millets are major food sources in arid and semiarid regions of the world.

Millet grains are a small-seeded grasses, annual, warm-weather cereals, widely grown around the world.

The plants are grasses tall

☐ MILLETS FAIR



