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Welfare
Government of India

D.No. 4-6/2018-MDM-1-1 (EE.5)

Dated 28th October, 2021

Respected Chief Secretary,

As you are aware, millets are traditionally known to be among the first grains consumed by humans. Though the millets are nutritionally rich their consumption has been less than rice and wheat due to awareness and availability issues.

2. Malnutrition and anemia among children are major causes of concern and Government of India is taking a series of initiatives to ameliorate this. As per NFHS-IV survey, 38% of children under five years of age are stunted and 59% of children are anemic, which is critical. Among one of the series of initiatives, to reduce malnutrition and anemia, Government of India is laying emphasis on consumption of millets. Millets (Nutri-cereals) are gluten-free, alkaline and full of nutrients such as magnesium, potassium, calcium, manganese, tryptophan, phosphorus, B vitamins, proteins and antioxidants. The U.N. General Assembly recently has also adopted a resolution, sponsored by India and supported by more than 70 countries, declaring 2023 as the "**International Year of Millets**". The resolution is intended to increase public awareness on the health benefits of millets and their suitability for cultivation under tough conditions marked by climate change.

3. You are requested to explore the possibilities to introduce millets under **Pradhan Mantri Poshan Shakti Nirman** (PM POSHAN) Scheme preferably in the districts where eating millets is a culturally accepted food habit. To begin with you may introduce millets (Nutri-cereals) based menu once a week. Moreover, Millet based recipes may be prepared during **cooking competitions** to be conducted among Cook-cum-helpers to popularize it. Major Millets (Nutri-cereal) grown and consumed in India are, Sorghum (Jowar), Pearl Millet (Bajra), Finger Millet (Ragi/Mandua), Foxtail Millet (Kanngani/kakun), Kodo Millet (Kodo), Barnyard Millet (Sawa/Sanwa/Jhangora), Little Millet (Kutki), Buck-wheat (Kuttu), Amaranth (Chaulai) etc.

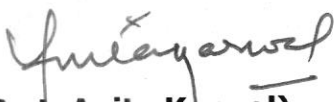
4. You may also prepare small videos for creating awareness about the goodness of millets and show case them in schools. The use/consumption of millets may be discussed during the SMCs and PTM meetings also. Millets and their health benefits may be chosen as a topic of 'Group discussion, Debate competitions' among children to spread awareness.

5. For any further technical assistance Indian Institute of Millet Research (IIMR) <https://www.millets.res.in/> may be contacted. You may encourage schools to adopt and improvise the recipes (https://www.millets.res.in/m_recipes.php) developed by IIMR.

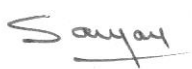
6. We shall appreciate concerted positive action to promote consumption of millets by adopting various measures as elucidated above with suitable State specific improvisations. At the same time please do not hesitate to write to us for any further facilitation.

Let us join hands and work together in this noble cause of popularizing the less known millets (Nutri-cereals) which are power houses of nutrients for the benefit of our children who are the future of this great nation.

Yours sincerely,


(Smt. Anita Karwal)
Secretary
School Education & Literacy

Yours sincerely,


(Sanjay Agarwal)
Secretary
Agriculture and Farmers
Welfare,

1. The Chief Secretaries of all the States and UTs.
2. Principal Secretaries / Secretaries of Education or the Nodal department for implementation of **Pradhan Mantri Poshan Shakti Nirman** (PM POSHAN) Scheme in all States and UTs.