



Prachi Pandey
Joint Secretary (EE.I)
Ministry of Education
Tel: 011-23389247

D.O. No. 4-5/2022 PM POSHAN 1-1 (EE.5)

Dated the 27th September, 2022

Dear Sir/Madam,

Millets (Mota Anaj in hindi) are group of small grains abode of vitamins, minerals, essential fatty acids, and antioxidants that can help to eradicate the plethora of nutritional deficiency diseases. Millets, are bestowed with a wealth of nutrients and fibre that supports boost metabolism, augment heart health, control blood pressure and diabetes and promote weight loss.

2. The U.N. General Assembly recently adopted a resolution and declared 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. Main objectives of the International Year of Millets celebration are:

- a. Elevate awareness of the contribution of millets to food security and nutrition
- b. Inspire stakeholders on improving sustainable production and quality of millets
- c. Draw focus on enhanced investment in research and development and extension services to achieve the other two aims.

3. In this connection, please refer to Department of Agriculture & Farmer Welfare’s D.O. letter no. 4-4/2022 NFSM dated 5th September, 2022 (copy enclosed) wherein it is mentioned that in consonance with the Government of India’s initiative for the IYoM, schools across the country can take an active role in generating awareness and mobilizing students, teachers, other school officials and communities about beneficiary effects of millets for farmers, consumers and environment and promote a culture of consuming millets. Therefore, it is suggested that all the schools across the country may conduct 3-4 of the suggested activities listed at Annexure-1.

4. You are also requested to refer to this Ministry’s DO letters no. 4-6/2018 MDM 1-1 (EE.5) dated 6th September 2019 and 17th February, 2020 and a Joint DO letter from Secretaries of D/o School Education & Literacy and Ministry of Agriculture and Farmers Welfare on 28th October 2021 (copies enclosed) wherein States/UTs are requested for the introduction of millets under PM POSHAN Scheme and to explore the possibilities of use of millets/millets based recipe under the scheme.

5. It has been further decided that the following activities may also be carried out to celebrate International Year of Millets involving school children along with other activities in the above para:

- i. An E-Quiz competition (1st to 30th Oct, 2022) shall be organized on MyGov portal exclusively on Millets. (link of E-quiz shall be shared separately)
- ii. States and UTs may prepare small videos/banner on importance of millets and disseminate up-to school level.
- iii. Special meetings of School Management Committee may be held to discuss the importance of millets in diet with parents of the children.
- iv. Every student may prepare a meal made of millet at home and take a selfie and share with teacher and post it on social media.
- v. A student in each class may be designated as a "Millet Mantri", so that they can discuss about millets in class.
- vi. Training and capacity building programmes may be carried out in for awareness of the school children and all other stakeholders regarding the goodness of millets.

6. You are requested to share the action taken of the activities mentioned above as per the Annexure-2 on monthly basis. You are also requested to give instructions at appropriate levels to carry out the suggested activities for making the IYOM -2023 a great success.

With warm regards,

Encl: as above

Yours sincerely,

Prachi Pandey
27.9/XXII
(Prachi Pandey)

To,

The Principal Secretaries/Secretaries of Education for PM POSHAN Scheme in all the States/UTs.

Copy to:

Director, NCERT

CEO, MyGov.

Classroom Activities

S No.	Activities	How to do it/ Action steps
1	Millet on skillet	Students can showcase the foods/recipes made out of millets, which are unique to their homes/ community.
2	Millets- From Seed to Supper	A millet map may be hung on the classroom wall build together by teacher and students, depicting various stages like preparing soil, sowing, manuring, irrigating, protecting from diseases/weeds, harvesting, milling, storing, branding, marketing and making popular recipes.
3	Millets Marvels	In their art and craft class Students can come up with different articles of artistic value or showpieces or toys using parts of millet plants
4	Millets Memes	In their visual art class, children can develop meme about beneficial effects of Millets
5	We owe you One	In their language class, students may write messages to millet farmers for expressing their gratitude.
6	Snippets on Millets	In their Science/Home science/Social Science/language class, students may develop very short video/podcast to sensitising people about consuming millets
7	Mustering Millecipes	In Home Science class students can develop this cook book by compiling /collating recipes of millets

School Level Activities

1	Millets connecting Millions	Schools can use ongoing <i>Ek Bharat Shreshth Bharat Programme</i> and students may be assigned projects to study millets endemic in their respective partner state.
2	Millet of the Month	Each month one millet can be the focus in the school and the notice boards can be utilised as a space where students can display charts with paintings, some write-ups, etc. related to that particular millet and its significance.
3	Millet Monday	In the morning assemblies, there can be a day in the week which can be fixed to talk more about millets and students can also perform poems, share stories, etc. during the assemblies related to millets, healthy food choices and sustainable future.
4	Pillets of Millets	Millet recipes can be displayed on notice boards and can also be made accessible to those who would like to take them back home, cook them and share their experience with the whole class.

5	Millets Expo	Schools can organise exhibition showing different millets with their nutritional value and possible recipes and provide an opportunity to students to taste them
6	Expression series	The schools can organise collage-making, poem-writing, and slogan-writing competitions on the themes of a balanced diet, nutrition, and healthy food habits for different age groups.
7	Master Millet Chef	Schools can organise Cookery competitions exclusively based on millets for parents and teachers with students assisting them.
8	Kaun Banega Milletpati	Quiz competitions for different age groups can be organised around <ul style="list-style-type: none"> - healthy food choices in general - millets in particular - sustainable practices
9	Millet -Featurette	Students can be shown documentaries on the life-cycle of millets and discussions can be organised post-screening to discuss the developing understanding in students about millets and healthy eating.
10	Visiting Millets Fields	Field visits to a local farm or an agriculture institute/ botanical garden can be organised and then students can submit a report on a first-hand experience of understanding the processes involved in millet production.
11	Experts Speak on Millets	Experts/farmers can be invited to share their knowledge and experience with millet as a crop. This can also include inviting different stakeholders including parents to attend the same.
12	Eating millets regularly Turns one peppy n burly	School can organise Slogan Writing Competition on benefits of millets in different regional languages
13	Music n Millets	School can organise songs(poems) including trending styles like rap songs writing, composing and singing competitions
14	Millets on Menu	Schools can introduce innovative tasty and healthy millet-based dishes (preferably minor millets based) in school canteen/mess

Shubha Thakur
Joint Secretary

(17)



सत्यमेव जयते

भारत सरकार
कृषि एवं किसान कल्याण मंत्रालय
कृषि, सहकारिता एवं किसान कल्याण विभाग
Government of India
Ministry of Agriculture & Farmers Welfare
Department of Agriculture
& Farmers Welfare

D.O. No. 4-4/2022-NFSM



Respected Madam,

I would like to bring to your kind notice that a meeting was held between Secretary, DA&FW and Dr. Abhey Jere, Chief Innovation Officer, Ministry of Education on 29th August 2022, during the course of which a detailed discussion was held regarding the need for promotion of millets across educational institutes, conducting outreach activities in the form of competitions [Cooking, Painting, Song (Audio/visuals), Tiktok videos, Memes], food festivals, hackathons, etc., for popularising millets.

In this connection, a detailed concept note (copy enclosed) has been drafted by the Ministry of Agriculture & Farmer's Welfare, delineating the major objectives of celebrating the International Year of Millets (IYOM), and suggestive activities to be undertaken by the Department of School Education and Literacy across educational institutes in terms of classroom activities, curriculum linkages, school level activities, and the like.

The Department of Agriculture & Farmers Welfare solicits your cooperation for smooth implementation of the suggested activities, for making the IYOM-2023 a great success.

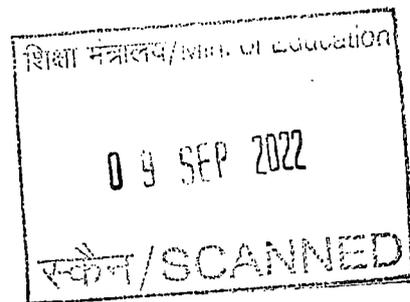
With kind regards,

Yours sincerely

Shubha Thakur
(Shubha Thakur)

Encl.: as above.

04/09/2022
Smt. Anita Karwal,
Secretary,
Department of School Education & Literacy
Ministry of Education
Shastri Bhawan, New Delhi.



Celebrating International Year of Millets in Schools Across the Country (2023)

Concept Note

I. Background

The government of India had proposed to the United Nations for declaring 2023 as the International Year of Millets (IYoM). The proposal of India was supported by 72 countries and the United Nations General Assembly (UNGA) declared 2023 as the International Year of Millets on 5th March 2021.

II. Significance of Millet in Healthy living

Millets are among the first plants to be domesticated and are considered "nutri-cereals" due to their high nutritional content (protein, fibre, micronutrients, and phytochemicals) and compared to other cereals. Even though they have a low carbon and water footprint and can grow on relatively poor soils, under adverse and arid conditions. Despite this, their cultivation is declining in many countries. Their potential to address climate change, food security, and promote healthy and sustainable living is not being fully realised. Hence, there is an urgent need to promote the nutritional and ecological benefits of millet to the whole world. The IYoM is intended to address this gap by increasing awareness about the benefits of millets for both individuals and the environment.

III. Objectives of the International Year of Millets celebration

Along with increasing awareness, the International Year of Millets will contribute to food security, nutrition, ensuring livelihoods and incomes of farmers, and poverty eradication, particularly in regions that are drought prone or threatened by climate change. The IYoM will:

- (i) Elevate awareness of the contribution of millets to food security and nutrition
- (ii) Inspire stakeholders on improving sustainable production and quality of millets
- (iii) Draw focus on enhanced investment in research and development and extension services to achieve the other two aims.

Now, the outreach for implementation of these objectives is supposed to happen internationally as well as on the domestic level. As far as the domestic level is concerned, reaching out to schools and students and involving them in this movement becomes a key factor so that the Indian millets, recipes, and value-added products gain wider acceptance, both within and outside the country.

IV. Curricular Linkages

The school curriculum has a number of references and linkages to Millets. Some of these can be explored during the teaching of the following concepts:

- EVS class III- V- *Theme Food, Travel* - Food from plants and animals, Cooking, Eating in the family ; Plants, travel – deserts, Growing food
- Science classes VI-X- Food- where does it come from; Getting to know plants, Food production, components of food
- Social Science classes VI-X- Natural vegetation, Resource and development, Agriculture, Food security
- Biology classes XI- XII- the living world, plant kingdom, morphology and anatomy of plants, plant physiology, human health and diseases, ecology and environment
- Home Science classes XI- XII- Food, nutrition, health and fitness, management of resources,
- Geography classes XI- XII- Life on earth, human activities- agriculture, resource and development (land, water)

Besides the above-mentioned disciplines, references to millets may be made during students' engagement in practical and experiential work, namely, work education, life skills and project work.

V. Suggestive Activities for schools to celebrate IYoM

In consonance with the Government of India's initiative for the IYoM, schools across the country can take an active role in generating awareness and mobilizing students, teachers, other school personnel, and communities about beneficiary effects of

millets for farmers, consumers and environment and promote a culture of consuming millets.

Therefore, in this backdrop, it is suggested that all the schools across the country may conduct 3-4 of the following suggested activities:

Classroom Activities

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1	Millet on skillet	Students can showcase the foods/recipes made out of millets, which are unique to their homes/ community.
2	Millets- From Seed to Supper	A millet map may be hung on the classroom wall build together by teacher and students, depicting various stages like preparing soil, sowing, manuring, irrigating, protecting from diseases/weeds, harvesting, milling, storing, branding, marketing and making popular recipes.
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		- sustainable practices
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12	Eating millets regularly Turns one peppy n burly	School can organise Slogan Writing Competition on benefits of millets in different regional languages
13	Music n Millets	School can organise songs(poems) including trending styles like rap songs writing, composing and singing competitions
14	Millets on Menu	Schools can introduce innovative tasty and healthy millet-based dishes (preferably minor millets based) in school canteen/mess

CBSE advises its schools to organise activities as per their feasibility of conducting as many activities as they think can be linked with other ongoing programmes. Activities are not mandatory formally but CBSE for important activities approaches schools individually to ensure maximum participation. Schools generally conduct 3-4 activities out of suggestive activities as per their choice and availability of resources with schools. No extra financial burden is passed on to parents. Schools also ensure curricular linkages with myriad activities conducted. CBSE also requests its schools to share the details of various activities conducted

such as the number of participating students, photographs, and major attractions of the events.

Other than sensitisation programmes on consuming millets in schools, students from senior secondary level across the country may participate in events planned by SIH along with other professionals to achieve the other two significant objectives i.e., inspiring stakeholders on improving sustainable production and quality of millets and drawing focus on enhanced investment in research and development and extension services to increase awareness and productivity.

Minutes of Meeting (MoMs) held under the chairmanship of Shri Manoj Ahuja, Secretary, Ministry of Agriculture and Farmers Welfare on 29th August 2022 at 11:00 AM regarding the roadmap of events and activities by Ministry of Education under International Year of Millets (IYOM) 2023.

Participants:

1. Dr. Abhay Jere, Smart India Hackathon 2022
2. Mr. Al Hilal Ahmed, Joint Secretary (Academics)
3. Mrs. Shubha Thakur, Joint Secretary (Crops)
4. Mrs. Manjula R Natarajan, PMU IYOM
5. Madhur Gandhi, PMU IYOM

Key discussion points:

- AICTE will be a key stakeholder in promoting millets across higher education institutes such as hotel management, home science institutes etc.
- AICTE can help in conducting competitions such as recipe making and branding of millets
- It is recommended to conduct a Millet Challenge (e.g., Millet on my plate challenge) instead of Hackathon with the higher education institutes.
- Mr. Abhay to assist with the designing of challenges for higher education institutes.
- A grand challenge for higher education institutes to be launched in October 22
- Millet Master Chef to be launched next year in February. The challenge will run for 6-7 months
- School to conduct competitions based on 4 themes.
 - Painting,
 - Song (Audio/visuals)
 - Tiktok videos
 - Memes.
- The school events to be launched on 02nd October 2022.
- State boards should also be included along with the CBSE board
- Formulate an organizing committee with 4-5 people comprising of Chef Gill, Startups, Dayakar Rao etc.
- The competitions to be advertised across AICTE platform, Smart India Hackathon, Diksha, other Ministry of Education platforms and MyGov.

Action Points:

- PMU to coordinate with Dr Abhay on the Challenges for Higher education
- Mr. Hilal to share the note on school activities
- PMU to coordinate with Dr Abhay on the modalities for the Millet Master Chef

688069/2002/MDM-1 Section



स्वच्छ भारत
एक कदम स्वच्छता की ओर
R.C. MEENA
Joint Secretary (EE.I)
Tel: 011-23389247



सूचना का
अधिकार

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

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

Dated the 6th September, 2019

Dear *sir/ madam,*

As you are aware Millets are known as "Mota Anaj". Jowar (Great Millet), Bajra (Pearl Millet), Ragi (Finger Millet), Arke (Kodo Millet) are the most prominent millets. Millets are rich source of calcium, iron, protein, fibre and other minerals which are essential for the growth and development of bones of the children.

2. You would agree that millets are nutrient dense complete food article and inclusion of millet and millet based recipe under Mid Day Meal Scheme (MDMS) will go a long way to address nutritional requirements of millions of children who face malnutrition. You are, therefore, advised to take suitable steps to identify the millets as per food habits in your States/ UTs and include in the Mid Day Meals in preferred frequency

3. It will be highly appreciated, if you could kindly provide information on current position as well as the action taken to promote use of millet under MDMS.

With regards,

(R) 12/9/19 (72)

Yours sincerely,

R.C. Meena
(R.C. MEENA)

To,

The Education Secretaries/Nodal Officer for Mid Day Meal in all the States/UTs





सत्यमेव जयते



एक कदम स्वच्छता की ओर

R. C. MEENA

Joint Secretary (EE.I)

Tel: 011-23389247

सूचना का
अधिकार

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
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GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

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

Dated the 17th February, 2020

Dear Sir / Madam,

As you are aware, that Millets have multiple benefits and it is called nutri-grains since they are rich in micronutrients like minerals and B-complex vitamins. Jowar (Great Millet), Bajra (Pearl Millet), Ragi (Finger Millet), Arke (Kodo Millet) are the most prominent millets. These are easily available in the form of cracked grain and also flour forms.

2. It was requested earlier vide DO letter of even number dated 6th September, 2019 that millet and millet based recipe should be included under Mid Day Meal Scheme(MDMS) as millets are nutrient dense food and was advised to take suitable steps to identify the millets as-per the food habits in your States/UTs and include in the Mid Day Meals in preferred frequency.

3. In this connection, the meeting was held on 07.01.2020 under the Chairmanship of Shri Amitabh Kant, CEO, NITI Aayog, emphasising the importance of millets from health and nutrition perspective. A write-up to promote the benefits of millet in safety net schemes has been prepared and enclosed herewith to take necessary action for inclusion of millets in Mid Day Meal Scheme.

4. I would, therefore, request you to share the write-up on millets with concerned authorities in your States/UTs and instruct them to include millet/millet based recipe in Mid Day Meal.

With regards

Yours sincerely,

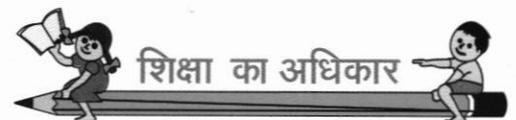
Encl: As above

(R.C. MEENA)

The Education Secretaries/ Nodal Officer for Mid Day Meal in all the States/UTs.



15
YEARS OF
CELEBRATING
THE MAHATMA



शिक्षा का अधिकार

सर्व शिक्षा अभियान

सब पढ़ें सब बढ़ें

958998/2002/MDM-1-1
 Anita Karwal
 Secretary (SE&L)
 Department of
 School Education & Literacy
 Ministry of Education
 Government of India



Sanjay Agarwal
 Secretary
 Department of
 Agriculture and Farmers
 Welfare,
 Ministry of
 Agriculture and Farmers
 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.

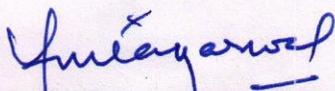
2. Malnutrition and anemia among children are major causes of concern and Government of India is taking a series of initiatives to ameliorate this. As per NFHS-IV survey, 38% of children under five years of age are stunted and 59% of children are anemic, which is critical. Among one of the series of 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.

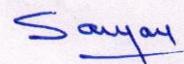
Let us join hands and work together in this noble cause of popularizing the less known millets (Nutri-cereals) which are power houses of nutrients for the benefit of our children who are the future of this great nation.

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.