



PRESENTS

37th Fortnightly Workshop on

Millet's Marvel: A Superfood Workshop for Students

Speaker - Dr. Charu Lata
(Principal Scientist, CSIR NIScPR)

For Students from Classes 5th to 12th
(Teachers can also Participate)



“Learn its Traditional Importance, Challenges and Opportunities”

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October 17th, 04:00PM IST



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KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2023: EPISODE 37

ORGANIZED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

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NIScPR
National Institute of Science Communication and Policy Research
सीएसआईआर-निसप्र



Topic: Millets Marvel: A superfood Workshop

Category: Scientific & Life Skills

Organized for: Students from classes 5-12

Date: October 17, 2023

Speakers/Presenters: Dr. Charu Lata (Principal Scientist, CSIR-NIScPR)

No. of Participants: 500+ students from different schools across India

Overview:

On October 17th, 2023, KAMP in association with CSIR-NIScPR conducted its 37th knowledge sharing session for students to commemorate the International Year of Millets. This special workshop was held in recognition of India's successful proposal to the Food and Agriculture Organization (FAO) for the observance of 2023 as the International Year of Millets. The

session aimed to educate students about the significance of millets in agriculture, nutrition, and sustainable development.



The session was hosted by Mr. Aniket Arora (Outreach Coordinator, KAMP), where he welcomed Dr. Charu Lata, Principal Scientist at the CSIR's National Institute of Science Communication and

Policy Research, to address more than 500 students from classes 5th to 12th from all over India. This workshop aimed to provide students with a comprehensive understanding of millets, covering their definition, historical relevance in India, diverse types, an array of benefits, and versatile applications.

What are millets?

Millets are small-seeded grasses that are hardy and grow well in dry zones as rain-fed crops, under marginal conditions of soil fertility and moisture.

They are one of the oldest foods known to humans and possibly the first cereal grains used for domestic purposes.



exploration of millets, making students appreciate the historical, cultural, nutritional, and sustainable aspects of these grains.

During this insightful workshop, Dr. Charu Lata provided an in-depth

Millets are a group of small-seeded grasses, primarily grown for their edible grains and used as food sources. They have been cultivated for thousands of years and have served as staple foods in various parts of the world. Millets are highly nutritious and are known for their resilience to adverse growing conditions, making them an important crop in regions with challenging climates. Some common types of millets include: Pearl Millet (Bajra), Finger Millet (Ragi), Foxtail Millet, Proso Millet, Sorghum (Jowar), Little Millet, Barnyard Millet, etc.

In recent years, millets have gained attention due to their potential to address food security and nutrition challenges, particularly in regions with limited

water resources and unpredictable climates. They are considered an environmentally sustainable crop due to their low water and fertilizer requirements. Additionally, millets are versatile and can be used in various culinary applications, from porridge and flatbreads to baked goods and cereals. Their resurgence in popularity is attributed to their nutritional value, adaptability, and potential for sustainable agriculture.

Millets offer a range of advantages that contribute to their increasing popularity. They are highly nutritious, gluten-free, and have a low glycemic index, making them suitable for various dietary needs. Millets are rich in fiber and antioxidants, supporting digestive health and overall well-being. They are also environmentally sustainable, requiring less water and adaptable to challenging agricultural conditions. Millets have cultural significance, are versatile in cooking, and are vital for

food security. Their diverse types provide options for a varied and balanced diet, making them a valuable addition to modern nutrition and sustainable agriculture.

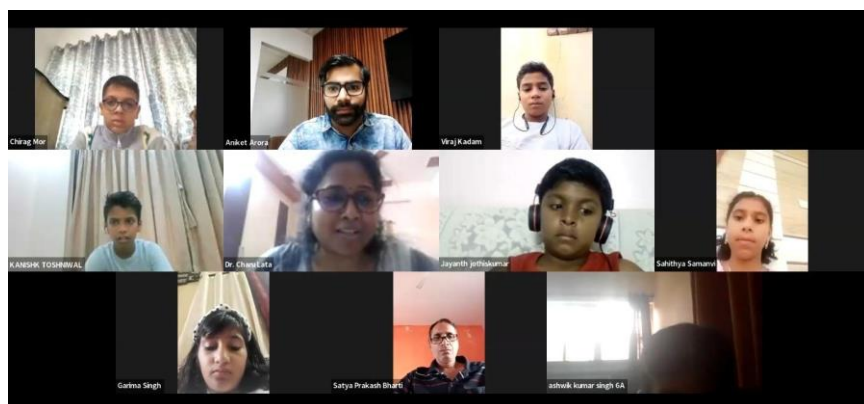
The workshop was not just a mere information-sharing session; it had a broader purpose. It was part of a larger effort to promote the International Year of Millets, a

global initiative aimed at raising awareness about the importance of millets for food security and nutrition.



Major millets – Sorghum (Jowar) & Pearl millet (Bajra)

Minor millets - Finger millet (ragi), Proso millet, Foxtail millet, Barnyard millet, Italian millet, Kodo millet & Little millet



In this way, the workshop served as an educational platform to foster a deeper understanding of millets and their pivotal role in addressing the challenges of our time, such as food security and sustainable agriculture. Dr. Charu Lata's expertise and the engaging format of the workshop made it an enlightening and inspiring experience for the hundreds of students who participated, leaving a lasting impact on their perception of millets and their place in our world.

This workshop not only expanded their knowledge but also encouraged them to embrace millets as a vital part of the food and agriculture landscape. The workshop served as an educational platform for promoting the International Year of Millets and the sustainable use of these grains in the 21st century.

The purpose of KAMP's fortnightly workshops is to help students develop creativity, meaningful learning, and critical reading and thinking skills that bring out their inherent abilities.

The vision of KAMP is to identify and capture Scientific and Technological temperament in students to make India a Global Leader in the fields of Science, technology, and the humanities.



Such workshops, conducted by KAMP, deal with various topics that fall under the categories of Science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

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