

Embassy of India Brussels

International year of Millets 2023

Millets Are a group of nutritiously rich, drought tolerant cereals. They are mostly grown in the arid and semi-arid regions of India. They Constitute an important source of food and fodder for millions of resource-poor farmers and play a vital role in ecological and economic security of India. India is among the top producers of millets in the world.

Benefits of Millets:



Millets are highly adaptive to a wide range of ecological conditions and thrive well in rain-fed; arid climates and they have minimal requirement of water, fertilizers, and pesticides.

- Compared to other cereals, they have superior micronutrient profile and bioactive flavonoids.

- They have a low Glycaemic Index (GI) and are also associated with the prevention of diabetes.
- Millets cultivation helps to reduce the carbon footprint.

International Year of Millets 2023

On 5th March 2021, United Nations General Assembly (UNGA) declared 2023 as the International Year of Millets. The international year of millet presents us with an opportunity to increase the global production of millets and increase its contribution to food security.

Millets: Production scenario

According to the World Food Programme, there are an estimated 1.2 billion people who consume millet as a part of their diet. The majority of millet is produced in Africa, followed by Asia. India is the largest producer of millet, followed by Niger. The Indian government has also been promoting millet production as part of its National Food Security Mission (NFSM). As a result, millet production in India is expected to continue to grow in the coming years.




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MINISTRY OF
AGRICULTURE AND
FARMERS WELFARE



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आज़ादी का
अमृत महोत्सव

INTERNATIONAL YEAR OF MILLETS - 2023

USP MILLETS

	Typical dryland crop with wide crop duration window	
Sorghum	Low water requirement & minimal purchased inputs but responsive to high input management too	Foxtail Millet
	Resilient to Climate change (C4 plant) & ideal as contingent crop	
Proso Millet	Sustainable future crop-offer as source of food, fodder, forage, energy (fuel) & nutritional security	
	Termed as Nutricereals owing to high quantities of minerals, vitamins, antioxidants with high fiber	Finger Millet
Little Millet	Possess rich health benefits, now technology available for processing into RTC/RTF forms	
	They are gluten free and can be positioned as functional foods and Nutraceuticals	Barnyard Millet
Pearl Millet		
		Kodo Millet

www.millets.res.in





For further reading, please refer to :

- **Millet Recipe**

https://www.nutricereals.dac.gov.in/IYOM2023/Data/Officials_Documents/MilletsInternationalRecipes.pdf



- **Presentation on National Year of Millets By Department of Agriculture, Cooperation and Farmers Welfare Crops Division -**

https://www.nutricereals.dac.gov.in/Presentation/JS_Crops_Millets.pptx



NFSM-Nutri Cereals
National Year of Millets- 2018

Department of Agriculture, Cooperation
and Farmers Welfare
Crops Division



- All Official Documents and Videos on Millets

<https://www.nutricereals.dac.gov.in/Officialdocumentscollection.aspx>



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