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Poshan Weekly is a knowledge dissemination tool intended to share research, evidence, policy and programme guidelines as well as tools on Maternal and Child Nutrition with colleagues around India.

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Millets in the meal: The nutri-cereal for POSHAN (Nutrition) power



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Dear colleagues,

Happy Poshan Pakhwada!!!!

Focus of Poshan Pakhwada (20th March to 3rd April 2023) includes popularizing Millets 'Shree Anna'- the mother of all grains, as a valuable asset to address malnutrition.

Millets are nutritionally rich foods which could contribute significantly to the food and nutritional security of the world. Recognizing the importance of millets in ensuring global nutrition sufficiency, the year 2023 was declared the International Year of Millets (IYM) by the United Nations General Assembly (UNGA). The Government of India has been actively promoting and spreading awareness about the benefits of millets (Shree Anna) for the cultivator, consumer and climate. Also, during the ongoing Poshan Pakhwada in this PoshanWeekly, we are happy to share relevant materials and information on the promotion of millets in India.

Diets amongst young children and adolescents lack diversity and essential micronutrients causing hidden hunger. In fact, in India, according to the CNNS (2016-18), 1 in 2 adolescents suffer from 2 or more micronutrient deficiencies. Millets are high in both macro and micronutrients, proteins, dietary fiber and are a good source of calcium and phosphorus. Therefore, encouraging the intake of millets as part of a healthy diet could advance adolescent and child nutrition. Furthermore, including millets in meals emphasizes the importance of having healthy and nutritious diets for overall growth and development of children and adults.

to channelize the potential of millets towards food and nutritional sufficiency for every child, family, community and the nation.

We hope you find this useful in furthering your advocacy efforts towards promoting millets as part of healthy diets and eating practices for every child and adult during this Poshan Pakhwada!!!!

Arjan De Wagt,

Kind Regards,

Chief, Nutrition Programme | UNICEF India

Resources

- [Brief notes on Millets by Ministry of Agriculture and Farmers Welfare](#)
- [Shree Anna a holistic review, standard of millets by FSSAI](#)
- [Millets, the nutri-cereal of India by FSSAI](#)
- [Role of Millets in child and adolescent nutrition](#)
- [PM Modi's speech at Global Millets \(Shree Anna\) Conference in PUSA, New Delhi](#) (video)
- [Role of millets in children & adolescents nutrition](#) (video)
- [Global Millets 'Shree Anna' Conference 19th, March, 2023](#) (video)
- [My Food Plate, ICMR NIN](#)
- [Mainstreaming Millets Policy Briefs](#)
- [White Paper on Millets: A policy paper on mainstreaming millets for nutrition security in India](#)
- [Millet Recipe Booklets by Indian Institute of Millets Research](#)
- [FSSAI Guidance note on millets](#)

Notifications

- [Food Safety and Standards Authority of India \(FSSAI\) holds brainstorming sessions on the sidelines of Two-day Global Millets \(Shree Anna\) Conference](#) (PIB)
- [PM inaugurates the Global Millets \(Shree Anna\) Conference](#) (PIB)

Nutrition in the news

Date	News	Source
20.03.2023	U.P. to include millets in mid-day meal in schools: Agri minister	Hindustan Times

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20.03.2023	'Millet Man' PV Satheesh dies in 'Year of Millets'	Times of India
20.03.2023	Is bajra the new wheat? How ICAR's turning humble millet into versatile, 'luxury' ingredient	The Print
19.03.2023	India needs to carry out R&D in the millet value chain	Livemint
19.03.2023	Millets symbolise India's responsibilities towards global good : PM Modi	Times of India
17.03.2023	Rajasthan plans mainstreaming of millets in public-funded programmes	The Hindu
17.03.2023	PM Modi to inaugurate Global Millets Conference on 18 March	Livemint
17.03.2023	Ministry for women and children in the country, including tribal areas and aspirational districts of Madhya Pradesh, have been clubbed into three verticals	Orissadiary
17.03.2023	Bengal: Centre to send teams to probe midday meal, MGNREGS irregularities	Telegraph India
17.03.2023	Odisha urges Centre to release pending PM-POSHAN funds	New Indian Express
17.03.2023	CSIR-NIIST to draw up plan to promote production, value addition of millets	The Hindu
16.03.2023	Over 125,000 children in Gujarat malnourished: Government tells Assembly	Business Standard
16.03.2023	Now, 4K kids free from malnutrition in Dantewada	Times of India
16.03.2023	Malnutrition cases stagnate despite India doubling food production in 50 years: Member of Niti Aayog	Indian Express
16.03.2023	'Eat Right Millets' fair from Mar 17	Times of India
16.03.2023	Bring millets back to food plate: Padma Shri awardee Nek Ram Sharma	Tribune India
16.03.2023	TN unveils organic farming policy with focus on promoting chemical-free agriculture	The Print
15.03.2023	Why the rich want what the poor eat	Deccan Herald

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14.03.2023	How Women in Telangana's Zaheerabad Are Spearheading a Millet Revolution	The Wire
13.03.2023	World Food India 2023: Date, Venue and everything you need to know	Free Press Journal
13.03.2023	India contributes 23% of global milk production, says MS Chauhan	Times of India
13.03.2023	Early childhood learning: Early focus for long term impact	Hindustan Times
13.03.2023	Now, millet-based food for Ludhiana students in mid-day meal	Hindustan Times

[Link to previous issues](#)

- 07/03/2023: [How women's collectives are spearheading health and nutrition initiatives](#)
- 27/02/2023: [States show the way on addressing wasting at community level](#)
- 13/02/2023: [Nayi Chetna: A national campaign against gender-based violence towards well-being of women and children](#)
- 06/02/2023: [Way forward to fighting Neglected Tropical Diseases for better nutrition in India](#)
- 24/01/2023: [What motivates parliamentarians to ask questions on Nutrition: Insights from new report!](#)
- 16/01/2023: [A convergent approach to Early Childhood Development: learnings from Maharashtra's "Aarambh" programme](#)
- 06/01/2023: [How to deliver maternal nutrition : lessons from Telangana](#)
- 23/12/2022: [Poshan Gyan...a comprehensive repository for communication resources on health and nutrition](#)
- 16/12/2022: [PoshanWeekly: We need your valuable feedback!](#)
- 12/12/2022: [Resources on Early Stimulation to support healthy growth and well-being for every child](#)
- 02/12/2022: [New video series on latest NFHS insights for states - Part I](#)
- 25/11/2022: [PoshanWeekly past issues 2021-2022 list now available!](#)

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Ministry of Women and Child Development
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Malnutrition (CoE-SAM) Network



ROSHNI
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**National Centre of Excellence and
Advanced Research on Diets**



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