

स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
HEALTH AND
FAMILY WELFARE

सत्यमेव जयते

एफएसएसएआई
FSSAI



INTERNATIONAL YEAR OF
MILLETS
2023



THE YEAR OF

NUTRI-CEREALS

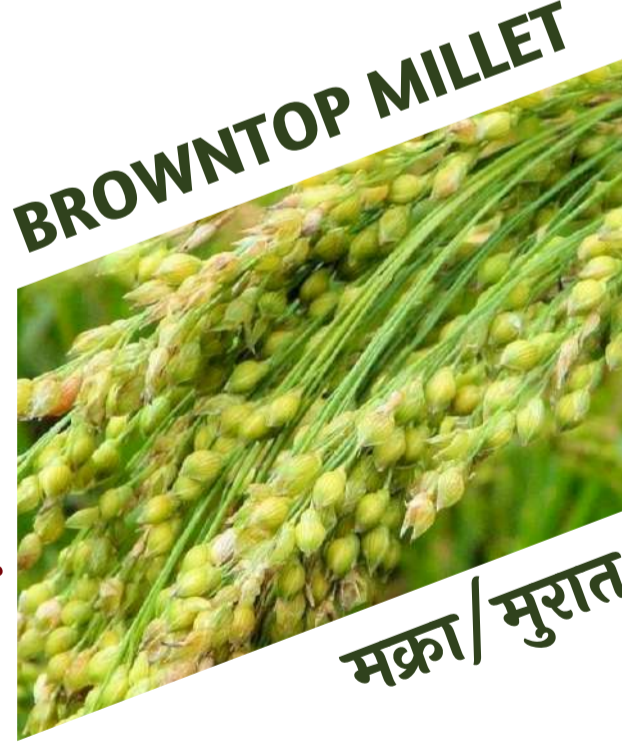
Rich in heritage, full of potential



**Eat Right
India**

सही भोजन. बेहतर जीवन.

NUTRI-CEREALS AT A GLANCE...





Shri. Narendra Modi

Hon'ble Prime Minister of India

A once-in-a-century pandemic followed by a conflict situation has shown that food security is still a concern for the planet. At such a time, a global movement related to millets is an important step, since they are easy to grow, climate resilient and drought resistant. Raising awareness to create 'Millet Mindfulness' is an important part of this movement.

Dr Mansukh Mandaviya

Hon'ble Minister of Health and Family Welfare of India

Hon'ble Minister of Chemicals and Fertilizers

Millets are ancient food grains and amongst the first plants domesticated for food, with the earliest evidence of millet cultivation found in Indus civilization as far back as 3000 BC. As an integral part of Azadi ka Amrit Mahotsav, the Government of India is celebrating IYOM, 2023 to make it a peoples' movement so that Indian millets, recipes, and value-added products are accepted globally. Ever since India got the mandate from the UN to promote the year of 2023 as the International Year of Millets, it is working in mission mode to take millets to kitchens across the world.



Dr. Bharati Pravin Pawar

Hon'ble Union Minister of State for Health and Family Welfare

मिलेट्स दुनिया के सबसे पुराने उगाये जाने वाले अनाजों में से एक है। ये प्रोटीन, फाइबर, विटामिन, आयरन जैसे खनिजों से भरपूर है और पोषण की कसौटी पर एक बेहतर विकल्प हैं। इनके स्वास्थ्य लाभ को देखते हुए ही इन्हें सुपर फूड्स की संज्ञा भी दी जा रही है। भारत को खाद्य और पोषण सुरक्षा की तरफ ले जाने में मिलेट्स बहुत बड़ी भूमिका अदा कर सकते हैं। मिलेट्स उपभोक्ता, किसान और जलवायु तीनों के लिये बेहद ही लाभकारी है। सरकार की यह पहल मिलेट्स के वैश्विक उत्पादन को बढ़ाने में सहायक होगी साथ ही भारतीय व्यंजनों में मिलेट्स को महत्वपूर्ण रूप से स्थापित करने का अवसर प्रदान करेगी।

आज दुनिया भर में मिलेट्स का क्रज बढ़ रहा है। भारत की पहल पर संयुक्त राष्ट्र संघ ने वर्ष 2023 को इंटरनेशनल ईयर ऑफ़ मिलेट्स घोषित किया है। माननीय प्रधानमंत्री जी ने भी अपने संदेश में इंटरनेशनल ईयर ऑफ़ मिलेट्स 2023 को सफलतम बनाने के लिए मिलेट्स की खेती एवं सेवन को बढ़ावा देने के लिए अभियान चलाने की बात कही है।

हम सभी मिलकर इस अभियान को आगे बढ़ायें एवं इसे एक जन आंदोलन का रूप दें।

इस अभियान को समर्पित, FSSAI द्वारा जारी किया जा रहे संदेशयुक्त कैलेंडर के लिए पूरी टीम को शुभकामनाएं देती हूँ।



Shri. Rajesh Bhushan, IAS

Secretary (Health & Family Welfare) and Chairperson, FSSAI

मिलेट्स भारतीय संस्कृति का अभिन्न अंग है। ये धरोहर हैं हमारी पाँच हजार वर्ष पुरानी खाद्य संस्कृति की। आज भी हमारी पुरानी पीढ़ी इससे जुड़े ज्ञान को समेटे है, जिसे हमें आधुनिक तकनीकों के आधार पर अधिक व्यापक करना है और अपनी नई पीढ़ी से जोड़ना है। मिलेट्स की व्यापक खेती और प्रसंस्करण ना सिर्फ़ खेतिहर वर्ग को आय के नए साधन देगा, बल्कि जनमानस को सुपोषण एवम् बेहतर स्वास्थ्य का विकल्प भी देगा।



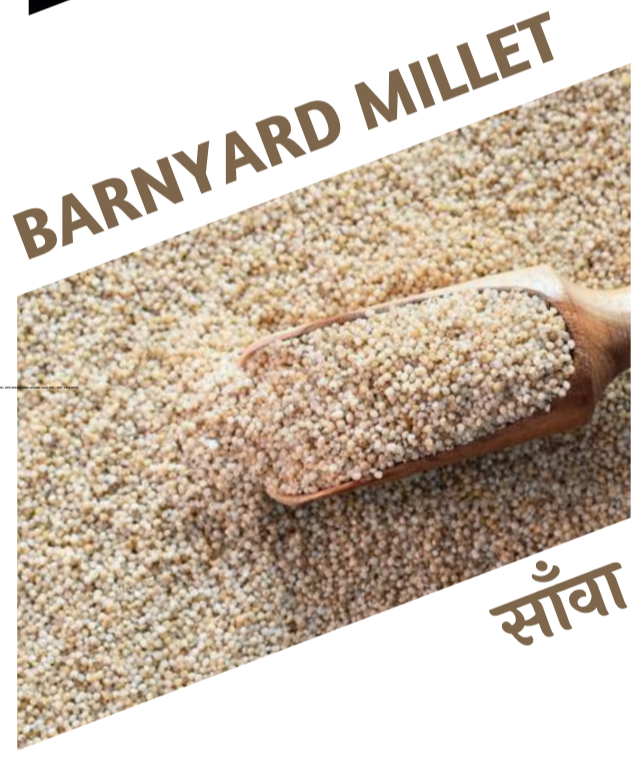
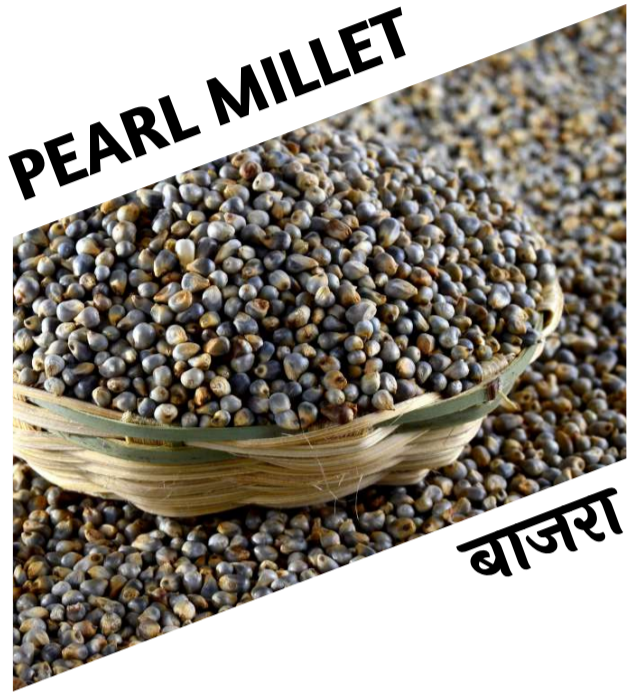
Shri. G. Kamala Vardhana Rao, IAS

Chief Executive Officer, FSSAI

Millets are integral part of cultural ethos of Indian subcontinent. Presence of millets are traced even dated back in Harappan Civilisation. In today's milieu importance of millets have grown exponentially to manage lifestyle related issues and to stay fit. Thus marking 2023 as International Year of Millets is one step forward in the right direction where amalgamation of traditional wisdom and modern science is the need of the hour.



NUTRI-CEREALS AT A GLANCE...





PEARL MILLET
बाजरा



Highest niacin content amongst all cereals; rich in protein, lipids and dietary fiber; per 100g: Energy-347 Kcal, Protein-10.9 g, Fat-5.43 g, Carbohydrate-61.8 g, Ca-27.4 mg, Fe- 6.4 mg, Folic Acid- 36.1 µg

Cultivation areas: Rajasthan Maharashtra, Gujarat, Uttar Pradesh and Haryana

JANUARY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

• 26 JANUARY - REPUBLIC DAY

- 01 JANUARY - NEW YEAR'S DAY
- 14 JANUARY - MAKAR SANKRANTI/
MAGHA BIHU
- 15 JANUARY - PONGAL
- 26 JANUARY - BASANT PANCHAMI

- 10 JANUARY - DIETETICS DAY
- 26 JANUARY - INTERNATIONAL CUSTOMS
DAY

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

NOTES	TO DO



LITTLE MILLET
मौसियो/कुटकी

High Dietary fiber and antioxidant activities along with high iron content;
per 100g: Energy-346 Kcal, Protein-10.1 g, Fat-5.89 g, Carbohydrate-65.5 g,
Ca-16.1 mg, Fe- 1.2 mg, Folic Acid- 36.2 µg
Cultivation areas: Madhya Pradesh, Orissa, Jharkhand, and Uttar Pradesh.



FEBRUARY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

- 05 FEBRUARY- HAZRAT ALI'S BIRTHDAY, GURU RAVI DAS'S BIRTHDAY
- 15 FEBRUARY - BIRTHDAY OF SWAMI DAYANANDA SARASWATI
- 18 FEBRUARY - MAHA SHIVRATRI
- 19 FEBRUARY - CHHATRAPATI SHIVAJI MAHARAJ JAYANTI

- 27 FEBRUARY - NATIONAL PROTEIN DAY

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

NOTES	TO DO



PROSO MILLET
चेना/बैरी



Highest protein content with high calcium; lowers the risk of heart diseases by reducing cholesterol levels; per 100g: Energy-341 Kcal, Protein-12.5 g, Fat-2.55 g, Carbohydrate-70.4 g, Ca-14 mg, Fe- 0.2 mg.
Cultivation areas: Northern states of India

MARCH

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 08 MARCH - HOLI
- 30 MARCH - RAM NAVAMI

- 07 MARCH - HOLIKA DAHAN
- 22 MARCH - GUDI PADAVA/ UGADI/
CHAITRA SUKHADI/ CHETI CHAND

- 07 MARCH - PLANT POWER DAY
- 10 MARCH - INTERNATIONAL SCHOOL MEALS DAY
- 15 MARCH - WORLD CONSUMER RIGHTS DAY
- 22 MARCH - WORLD WATER DAY

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

NOTES	TO DO



AMARANTH
राजगिरा



A pseudo millet, carrier of amino acids and other bioactive peptides; having cancer-preventive and antihypertensive properties; per 100g: Energy-356 Kcal, Protein-13.3 g, Fat-5.6 g, Carbohydrate-61 g, Ca-162 mg, Fe- 8 mg, Folic Acid- 24.7 µg

Cultivation areas: Kerala, Tamil Nadu, Karnataka, and Maharashtra

	SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
							1
APRIL	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30						

- 04 APRIL - MAHAVIR JAYANTI
- 07 APRIL - GOOD FRIDAY
- 22 APRIL - ID-UL-FITR

- 09 APRIL - EASTER SUNDAY
- 14 APRIL - VAISAKHI
- 15 APRIL - VAISAKHADI/BAHAG BIHU
- 21 APRIL - JAMAT-UL-VIDA

- 07 APRIL - WORLD HEALTH DAY
- 22 APRIL - WORLD EARTH DAY

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

NOTES	TO DO



KODO MILLET
केडव/कीदो



Rich in niacin, pyridoxine, folic acid, and other minerals; consists of lecithin known to strengthen the nervous system; per 100g: Energy-331 Kcal, Protein-8.9 g, Fat-2.55 g, Carbohydrate-66.2 g, Ca-15.3 mg, Fe- 2.3 mg, Folic Acid- 39.5 µg
Cultivation areas: Odisha, Madhya Pradesh, Karnataka, Tamil Nadu

MAY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 05 MAY - BUDDHA PURNIMA
- 09 MAY - GURU RABINDRANATH BIRTHDAY
- 21 MAY - INTERNATIONAL TEA DAY
- 28 MAY - WORLD NUTRITION DAY

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

NOTES	TO DO



FINGER MILLET
रागी



High antioxidant activity; one of the best sources of calcium; sulphur-rich amino acids make it ideal weaning food; per 100g: Energy-320 Kcal, Protein-7.2 g, Fat-1.92 g, Carbohydrate-66.8 g, Ca-364 mg, Fe- 4.6 mg, Folic Acid- 34.7 µg

Cultivation areas: Karnataka, Rajasthan, Andhra Pradesh, and Tamil Nadu.

JUNE

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

• 29 JUNE - ID-UL-ZUHA

• 20 JUNE - RATH YATRA

• 01 JUNE - WORLD MILK DAY

• 07 JUNE - WORLD FOOD SAFETY DAY

• 10 JUNE - NATIONAL HERBS AND SPICES DAY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

NOTES	TO DO



BARNYARD MILLET
साँवा



Presence of gamma amino butyric acid (GABA) and beta-glucan contents reduce blood lipid levels; good source of crude fiber and iron; per 100g: Energy-307 Kcal, Protein-11.2 g, Fat-2.2 g, Carbohydrate-65.5 g, Ca-11 mg, Fe- 15.2mg. Cultivation areas: Uttarakhand, Tamil Nadu, Andhra Pradesh, and Karnataka.

JULY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

• 29 JULY - MUHARRAM

- 01 JULY - INTERNATIONAL FRUIT DAY
- 07 JULY - WORLD CHOCOLATE DAY
- 20 JULY - WORLD NATURE CONSERVATION DAY

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

NOTES	TO DO



FOXTAIL MILLET
कंगनी/टांगुन



One of the best digestible and non-allergic grains with a nutty flavor and high content of copper and iron; per 100g: Energy-331 Kcal, Protein-12.3 g, Fat-4.3 g, Carbohydrate-60.1 g, Ca-31 mg, Fe- 2.8 mg, Folic Acid- 15 µg
Cultivation: Meghalaya, Karnataka, Andhra Pradesh, Telangana, and Rajasthan

AUGUST

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

• 15 AUGUST - INDEPENDENCE DAY

• 16 AUGUST - PARSI NEW YEAR

• 01 TO 07 AUGUST - WORLD BREASTFEEDING WEEK

• 20 AUGUST - VINAYAKA CHATURTHI

• 29 AUGUST - ONAM/THIRUONAM DAY

• 30 AUGUST - RAKSHA BANDHAN

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

NOTES	TO DO



TEFF MILLET
तेफ़



Gluten-free with high polyphenols suitable to aid people with celiac disease; per 100g: Energy-367 Kcal, Protein-13.3 g, Fat-2.38 g, Carbohydrate-7.13 g, Ca-180 mg, Fe- 7.63 mg
Cultivation: Karnataka

SEPTEMBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 07 SEPTEMBER - JANMASHTMI (VAISHNAVA)
- 28 SEPTEMBER - ID-E-MILAD

- 06 SEPTEMBER - JANMASHTMI (SMARTA)
- 19 SEPTEMBER - GANESH CHATURTHI

- 01 TO 07 SEPTEMBER - NATIONAL NUTRITION WEEK
- 21 SEPTEMBER - NATIONAL CHAI DAY

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOTES	TO DO



SORGHUM
ज्वार



Presence of prolamin makes it easily digestible on cooking- helps certain dietary groups; rich in β -carotene, folic acid, and riboflavin; per 100g: Energy-334 Kcal, Protein-9.9 g, Fat-1.73 g, Carbohydrate-67.7 g, Ca-27.6 mg, Fe- 3.9 mg, Folic Acid- 39.4 μ g

Cultivation: Maharashtra, Karnataka and Tamil Nadu

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
रवि	सोम	मंगल	बुध	गुरु	शुक्र	शनि
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 02 OCTOBER - GANDHI JAYANTI
- 24 OCTOBER - DUSSHERA (VIJAYADASHAMI)

- 21 OCTOBER - DUSSHERA (SAPTAMI)
- 22 OCTOBER - DUSSHERA (MAHASHTAMI)
- 23 OCTOBER - DUSSHERA (MAHANAVMI)
- 28 OCTOBER - MAHARSHI VALMIKI'S BIRTHDAY

- 01 OCTOBER - WORLD VEGETARIAN DAY
- 06 OCTOBER - WORLD FOOD SECURITY DAY
- 08 OCTOBER - WORLD EGG DAY
- 16 OCTOBER - WORLD FOOD DAY
- 15 TO 19 OCTOBER - WORLD OBESITY AWARENESS WEEK
- 23 OCTOBER - WORLD IODINE DEFICIENCY DISORDER WEEK

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

NOTES	TO DO



BROWNTOP MILLET
मक्का/मुरात

A good source of zinc, iron and fibre; per 100g: Energy-338 Kcal, Protein-11.5 g, Fat-1.89 g, Carbohydrate-71.3 g, Ca-0.01 mg, Fe- 0.65 mg.
Cultivation: Karnataka and Andhra Pradesh



NOVEMBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 12 NOVEMBER - DIWALI
- 27 NOVEMBER - GURU NANAK JAYANTI

- 01 NOVEMBER - KARWA CHAETH
- 12 NOVEMBER - NARAK CHATURDASI
- 13 NOVEMBER - GOVARDHAN PUJA
- 15 NOVEMBER - BHAI DUJ
- 19 NOVEMBER - CHHAT PUJA
- 24 NOVEMBER - GURU TEG BAHADUR'S MARTYRDOM DAY

- 01 NOVEMBER - WORLD VEGAN DAY
- 14 NOVEMBER - WORLD DIABETES DAY
- 25 NOVEMBER - WORLD NON-VEG DAY
- 26 NOVEMBER - NATIONAL MILK DAY

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

NOTES	TO DO



BUCKWHEAT
कूटू



A pseudo millet with lysine, rutin, and polyphenol compounds that controls blood pressure; having anti-inflammatory and anti-carcinogenic properties; per 100g: Energy-343 Kcal, Protein-13.3 g, Fat-3.4 g, Carbohydrate-71.5 g, Ca-18 mg, Fe- 2.2 mg.

Cultivation: Jammu & Kashmir, Uttarakhand, Himachal Pradesh and Chhattisgarh

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
रवि	सोम	मंगल	बुध	गुरु	शुक्र	शनि
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 25 DECEMBER - CHRISTMAS DAY
- 24 DECEMBER - CHRISTMAS EVE
- 23 DECEMBER - KISAN DIVAS (NATIONAL FARMER'S DAY)

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

NOTES	TO DO