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MILLETS

THE FUTURE SUPERFOOD FOR INDIA

PROMOTING MILLET'S NEW VARIETIES & NEW MARKETS FOR A BETTER TOMORROW



DR. KIRTI SHRIVAS
MS. SWETA PANDEY

***"MILLETS" THE FUTURE SUPERFOOD
FOR INDIA;***

*Promoting Millet's New Varieties & New Markets for A Better
Tomorrow*

Editors

Dr. Kirti Shrivastava

Ms. Sweta Pandey

Assistant Professor Commerce
Govt. Kavyopadyaya Hiralal College
Abhanpur, Raipur, Chhattisgarh, India



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On
**“Millets” The Future Superfood For India:
Promoting Millet’s New Varieties & New
Markets For A Better Tomorrow**

2nd - 3rd October, 2023

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Department of Commerce
Govt. Kavyopadhyaya Hiralal College
Abhanpur, Raipur, Chhattisgarh



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PREFACE



Dr. Kirti Shrivastava



Ms. Sweta Pandey

Millets are small-grained, annual, warm weather cereal. The millets offer both nutritional and livelihood security of human population and fodder security of diverse livestock population in dryland region of India. Millets are highly nutritious, they are known as health foods especially for control of diabetes and mineral deficiencies. One of the major factors for declining consumption of millets is the lack of awareness of their nutritive value and inconvenience of their preparation. This volume.

We are Happy to share the knowledge of the 20 Research papers and articles. These articles have been arranged randomly.

With the aim to create awareness and increase production & consumption of millets.

We are confident that this edited book will present diversified views on the subject and expect that this edited book will be extensively read. In an edited book volume, it is difficult task to maintain uniform format. Above all the contents matter. Readers are welcome, to point out deficiencies, and or /to forward suggestions to the concerned author as well as to the Editors of this volume.

We convey our sincere gratitude to all those who extended their hands in bringing out this volume.

Special thanks to *Dr. Kureel Sir*, Vice chancellor, Mahatma Gandhi Horticulture & Forestry University, *Mr Pankaj Pathak*, State Coordinator (Non Farm Livelihood), National Rural livelihood Mission, Ministry of Rural Development, Government of India.

Our heartfelt thanks to our principal Dr. P. R. Sahu sir.

Our gretitude to all the authors and researchers who give their informative research papers and articles in this book, and all our colleague who directly and indirectly supported for this book.

Editors



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Message from the Dr. Khadar Valli
Padmshri Awardee, The Millet man of India



I congratulate and wish good luck to for GKHC/ Abhanpur on the occasion of conducting this National Seminar on Millets “These activities pave way for a healthy society of future in our country“God bless you all with success development.

With Best Wishes.

Dr. Khadar Valli
Padmshri Awardee
The Millet man of India



Message from the Principal

भारत एक कृषि प्रधान देश है एवं भारत की बहुतायात जनसंख्या कृषि कार्य में संलग्न है। भारत में जलवायु की विषमता के कारण कई प्रकार की फसले ली जाती है। छत्तीसगढ़ अंचल के बस्तर एवं सरगुजा संभाग एवं मैदानिक क्षेत्र के भूमि में जहां सिंचाई की सुविधा उपलब्ध नहीं है, वहां कोदो, कुटकी, रागी, ज्वार बाजरा की खेती की जाती है। सिंचाई की सुविधा एवं भूमि में सुधार होने के कारण उपरोक्त श्रीअन्न का उत्पादन नगण्य हो गया। कोदो कुटकी, ज्वार, बाजरा, रागी ग्लूटन फ्री होने के कारण शरीर के लिए फायदेमंद भी होते हैं उनके आहार से मधुमेह जैसी बीमारी नियंत्रित होती है। शासकीय काव्योपाध्याय हीरालाल महाविद्यालय, अभनपुर में वाणिज्य संकाय द्वारा मिलेट सुपर फूड फॉर इंडिया विषय पर दो दिवसीय राष्ट्रीय शोध संगोष्ठी का आयोजन (2.10.2023 एवम 3.10.2023) को किया गया। कार्यक्रम के मुख्य अतिथि डॉक्टर खादर वाली पद्मश्री Millet man of India ने मोटे अनाज को आहार में सम्मिलित करने एवं मधुमेह बीमारियों से बचाव के उपाय प्रस्तुत किए। डॉ. गजेंद्र चंद्रकार सीनियर साइंटिस्ट आईजीकेवी के द्वारा उत्पादन एवम वितरण पर प्रकाश डाला गया। शोध संगोष्ठी में विभिन्न राज्यों के एवं छत्तीसगढ़ अंचल के बुद्धिजीवियों द्वारा एवं शिक्षार्थियों ने अपने शोध पत्र का वाचन ऑनलाइन एवं ऑफलाइन दोनों पद्धतियों से किया एवं चयनित शोध आलेख का प्रकाशन महाविद्यालय द्वारा किया जा रहा है जिसका मुख्य उद्देश्य जन-जागरण करना एवं Millet को लोगो के आहार में शामिल करना है। इसके लिए मैं आयोजन समिति एवं कार्यक्रम संयोजक एवं पूरे महाविद्यालय परिवार को अपनी शुभकामनाएं देता हूँ।



P. Ar. Sahu

डॉ. पी. आर. साहु

प्राचार्य

शासकीय काव्योपाध्याय हीरालाल महाविद्यालय
अभनपुर, रायपुर, छत्तीसगढ़



Message from the HOD Commerce



I am delighted to share our incredible journey of organising national seminar, which gave us a thought-provoking experience, and a platform for intellectual growth that has left an indelible mark on our lives.

This book represents the collective wisdom, diverse perspectives, and unwavering passion of all the participants.

I would like to express my utmost gratitude to all the contributors for their tireless efforts in bringing this book to life. Your unwavering commitment to knowledge and growth shines through these pages and inspires us all.

With Best Wishes.

A handwritten signature in black ink that reads "Mona Chowhan".

Dr. Mona Chowhan
HOD, Commerce
Assistant Professor
Govt. Kavyopadyaya Hiralal College
Abhanpur, Raipur



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