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# National Seminar on "Millets"

## The Future Superfood For India

Promoting Millet's New Varieties & New Markets For A Better Tomorrow

On 2nd - 3rd October, 2023



Sponsored By

**Mahatma Gandhi Horticulture and Forestry University  
Raipur, Chhattisgarh**



Organized By

**Department Of Commerce  
Govt. Kavyopadhyaya Hiralal College,  
Abhanpur, Raipur, CG.**

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Organized by:  
**Department of Commerce**  
Govt. Kavyopadhyaya Hiralal College  
Abhanpur, Raipur, Chhattisgarh

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***Message from the Dr. Khadar Valli***  
**Padmashri 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**  
Padmashri 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. गर्जेन्द्र 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 cursive script that reads "M. Chowhan".

**Dr. Mona Chowhan**

HOD, Commerce

Assistant Professor

Govt. Kavyopadyaya Hiralal College

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## *Message from the Organizing Secretary*



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 informative abstract. These articles have been arranged randomly.

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

We are confident that this volume will present diversified views on the subject and expect that this volume will be extensively read.

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 gratitude 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.

A handwritten signature in black ink, appearing to read 'K. Shrivastava', written in a cursive style.

Organizing Secretary

**Dr. Kirti Shrivastava**

Govt. Kavyopadyaya Hiralal College  
Abhanpur, Raipur, Chhattisgarh







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