



## Queen of Millet

Raimati Ghiuria, a tribal farmer from **Odisha's Koraput district**, has preserved **30 varieties of millets** and trained hundreds of women in cultivating rare millets.

- She was invited to the [G20 Summit](#) held to commemorate the '[International Year of Millets](#)'.
  - She has preserved **72 traditional paddy varieties** and at least **30 varieties of millets** including **Kundra bati mandia, jasra, juana, and jamkoli**.
- At the **G20 Summit** she was called the '**Queen of Millet**'. She has been recognized as a **pioneer** in **native seed conservation**.
- Millets are **drought-resistant**, require less water and can grow in poor soil conditions.
  - Millets are a good source of **fiber, protein, vitamins, and minerals**.
  - Millets are naturally **gluten-free**, making them suitable for people with **celiac disease** or **gluten intolerance**.

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