



Millets

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Millets

About

- Small-grained cereals also known as **coarse grains**
- Often referred to as **'Superfood'**
- Among the **first crops to be domesticated** - evidence of millet consumption dates back to the **Indus Valley Civilisation (3,000 BC)**

Climatic Conditions

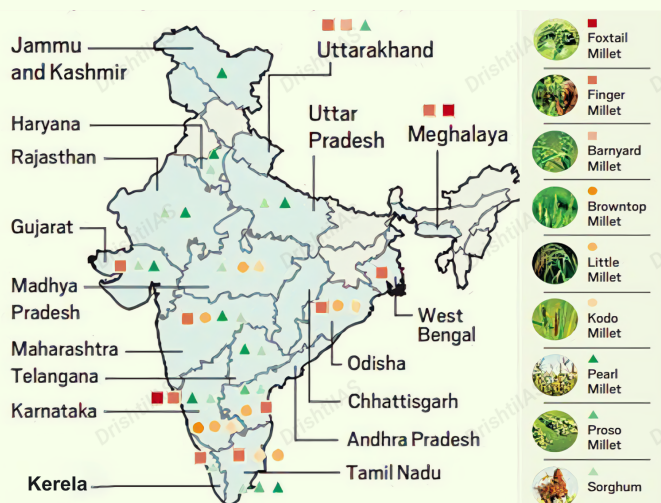
- **Mainly a Kharif crop in India**
- **Temperature:** 27°C - 32°C
- **Rainfall:** Around 50-100 cm
- **Soil Type:** Inferior alluvial or loamy soil

India and Millets

- **Global Largest Millet Producer:**
 - 20% of global production, 80% of Asia's production
- **Common Millets:**
 - **Ragi** (Finger millet), **Jowar** (Sorghum), **Sama** (Little millet), **Bajra** (Pearl millet), and **Variga** (Proso millet)
 - **Indigenous varieties** (small millets) - **Kodo, Kutki, Chenna and Sanwa**
- **Top Millets Producing States:**
 - Rajasthan (largest), Karnataka, Maharashtra, Madhya Pradesh and Uttar Pradesh
- **Govt. Initiatives:**
 - Initiative for Nutritional Security through Intensive Millet Promotion (INSIMP)
 - **'India's Wealth, Millets for Health'**
 - Millet Startup Innovation Challenge
 - **Hiked MSP** for Millets
 - Agriculture Ministry declared millets as **"Nutri Cereals"** in 2018

Significance

- Less expensive, **nutritionally superior**
- High protein, fibre, minerals, iron, calcium and a **low glycemic index**
- Help **tackle lifestyle problems and health** (obesity, diabetes etc.)
- Photo-insensitive, **resilient to climate change & water efficient**



International Year of Millets - Year 2023

Proposed by India, declared by UNGA



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