



ASSAM MILLETS MISSION



ASSAM MILLETS MISSION

The Big Mission for Small Millets



International Year of Millets

The United Nations has declared the year 2023 as the **International Year of Millets (IYoM)** following the proposal of Government of India. It is an initiative to create global demand and acceptance of millets by promoting the benefits of this crop. The major objectives include production enhancement of millets, nutrition and health awareness, development of entrepreneurship through processing and value-addition.

For more details:

**State Project Management Unit,
Assam Millets Mission, Directorate of Agriculture,
Khanapara, Ghy-22
Email: amm.spmu@gmail.com
Toll-free no: +91 18001020338**

Finger Millet

Millets, which are now also called in India as **Shree Anna**, the best among all the food grains of the 21st century, had been an integral part of the food system of Assam. With time as people started focusing on other crops, this golden grain has slowly gone away from common use. To bring back millets, the **Assam Millets Mission** has been initiated from year 2022 – 2029 for a period of 7 years. The Mission has been initiated on the principle of enhancing the **Local Production** and **Local Consumption of Millets**.



Finger Millets (Maruadhan)

Why Finger Millet is good?

It contains a high amount of calcium, phosphorous, iron, and protein with well-balanced composition of essential amino acids along with Vitamin A and Vitamin B.

Its high amount of calcium and iron strengthens bones and reduces the risk of Anemia.

Its high fiber content checks constipation, high blood cholesterol and intestinal cancer.

Its high content of protein helps prevent malnutrition.

It is an ideal food for diabetics with proven ability to control blood glucose levels.

Nutrient content of various millets in comparison to other cereals (per 100 gm of grains)					
Nutrients	Millets			Other Cereals	
Crop	Finger	Foxtail	Proso	Rice	Wheat
Protein (g)	7.3	12.3	12.5	6.8	11.8
Fiber (g)	3.6	8	2.2	0.2	1.2
Minerals (g)	2.7	3.3	1.9	0.6	1.5
Iron (mg)	3.9	2.8	0.8	0.7	5.3
Calcium (mg)	344	31	14	10	41

