

ASSAM MILLETS MISSION



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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**

Proso 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**.



Proso Millets (Cheena Bajra)

Why Proso Millet is good?

It contains good amounts of protein, carbohydrate, fat, dietary fiber with richness of both micro and macronutrient, digests easily and most essentially, they are non-acid forming.

The antioxidants, zinc, magnesium, vitamin B6 and iron helps in healthy daily functioning.

Its richness in fiber helps keep the stomach full for long periods and prevents overeating.

It has a low glycemic index and reduces the risk of Type-2 Diabetes.

The husked grain is nutritious and can be cooked like rice and eaten.

Nutrient content of various millets in comparison to other cereals (per 100 gm of grains)

Nutrients	Millets			Other Cereals	
	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

