

S. M. PATEL COLLEGE OF HOME SCIENCE
Activity Report under Unnat Bharat Abhiyan
(2023-2024)

Activity: 4

Millets Awareness

Basic Science Department: Date: (05/01/2024)

The year of 2023-24 was celebrated as the International Year of Millets to increase awareness and use of the millets due to their high nutritional value, environmental sustainability, and resilience to harsh growing conditions. These ancient grains, such as Kodo millet, Pearl millet, and finger millet, are rich in essential nutrients like iron, calcium, and fiber. It makes them valuable additions to diets worldwide. Moreover, their low water and input requirements make them environment friendly and resilient to climate change. As a result, initiatives promoting millet consumption not only improve nutrition but, also support small-scale farmers and promote biodiversity in agricultural landscapes. As an active stakeholder in the UBA, S M Patel College of Home Science initiated a pilot project of Rajagara millet cultivation at the N. L. Patel School of Sihol village. The project increased awareness among the school children about the use and benefits of Rajagara. Active engagement of the children through hands-on activities under the guidance and supervision of the college faculty and students helped them learn more about the cultivation of the Rajagar crop. A modest area in the school campus was used for prepared a seed sowing Rajagara seeds. The children were entrusted with the duty of supervising and monitoring the proper growth of the crop through proper care. With the passing season, the school campus underwent a remarkable transformation. What was once a barren patch of land now flourished with lush greenery, adorned by the cherry red hues of ripe Rajagara millet. The success of the project not only yielded a modest harvest but also cultivated a sense of achievement and empowerment among the students.

