

**C.B.S.E. OBSERVANCE OF INTERNATIONAL YEAR OF MILLETS (IYOM) - 2023**

**REPORT FOR THE ACTIVITIES DONE DURING THE MONTH OF JUNE - 2023 STD. I TO X**

The Year of India's G20 Presidency has been declared as **INTERNATIONAL YEAR OF MILLETS - 2023**. As part of C.B.S.E.'s initiative to spread awareness among students regarding the traditional and nutritive value of Millets, various Activities have been planned to be conducted for the Students every Month.

- D.A.V. Public School has taken up this initiative of celebrating the Significance of Millets and to sensitize the students of Std. I to X on the Millets as food with high values of nutrition. Students have to take part in various activities planned to be conducted from June 2023 – November 2023.
- To commemorate the importance of Millets, MyGov., is hosting various activities for students across India.

**REPORT OF ACTIVITIES CONDUCTED IN JUNE - 2023**

**CLASS: I & II**

**Name of the Activity: Drawing - Shading of the Outline of a Millet Plant**

In Classes I and II, School initiated a Drawing activity aimed at educating the students about the Health Benefits of Millets. The activity involved colouring the outline of a Millet Plant. During the colouring activity, the children enjoyed colouring the tiny grains of the millet plant. Teachers discussed the importance of millets in maintaining good health and explained the specific benefits associated with regularly consuming millets.

The students developed a tactile understanding of the importance of millets through colouring. The activity successfully sparked their curiosity, prompting to inquire further about millets and explore their sources. We hope that this experience will inspire them to incorporate millets into their meals and develop a lifelong habit of healthy eating.



**Understanding the millet plant through colouring**



**“Creative fingers at Work” - Students of Std. I**

**Name of the Activity: Puzzle on Millets**

The International Year of Millets 2023 flared up the students of Grade III & IV to put their best foot forward as we initiated a puzzle on Millets. An awareness about the names of Indian millets was already created through Vocabulary Drill. A special emphasis was made on the health benefits of the nutritionally superior millets prior to the activity. We realized the success of this activity when students asked about the food items that can be made using millets.



**“Puzzle Play”- Where Thinkers Thrive**



**Thinking and Exploring the Puzzle**

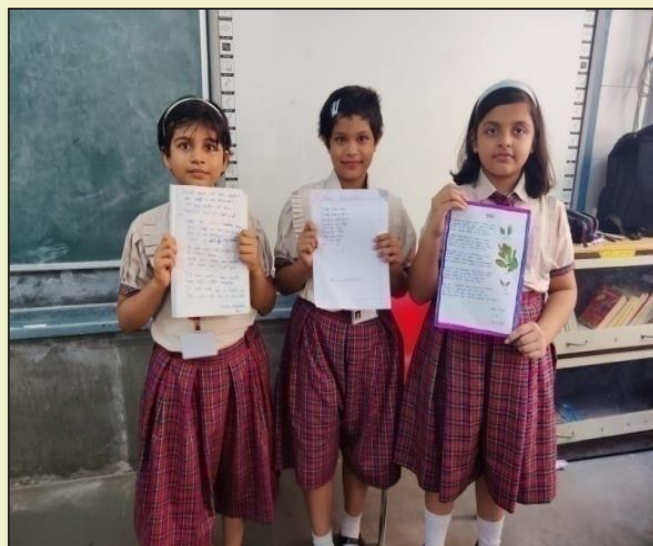


**CLASS: V**

**Name of the Activity: Compose of Poem on Important benefits of Millets (Individual Activity)**

**Objectives** : Create Awareness and Understand the Nutritive Value of Millets.

**Description** : Students displayed interest and excitement while doing this activity. They first researched on the topic and created poems after discussing with friends on the benefits of Millets.



**Modern Poetry on Traditional Millets**

**Name of the Activity: Role Play on Different Types of Millets’ (Group Activity)**

Millets are termed as Nutri cereals and are favoured among farmers as climate-smart crops that are drought resistant, grow in areas with low rainfall and infertile soil. India is the largest producer of millet in the world.

Millets are gluten-free, high in fibre, mineral-rich foods, and antioxidants, and are best for lifestyle diseases.

In order to commemorate the International Year of Millets– 2023 a Role Play on millets was conducted among the students of class VI.

The students participated enthusiastically and emphasized on different types of millet, their nutritive values and benefits.

This activity helped students to enhance their knowledge with their creative streak and express their thoughts and facts on millets.



**An Introduction by Students of Std. VI with valuable insights about Millets**

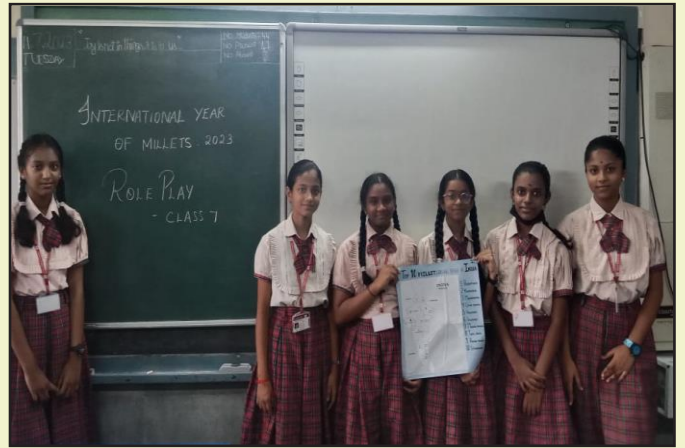
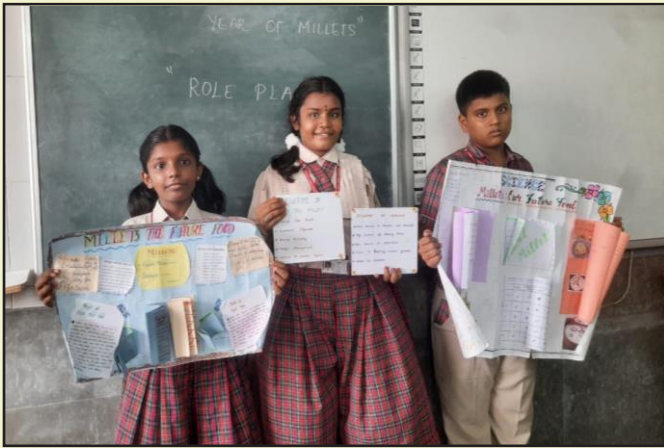


**A Role Play presented by Students of Std. VI to Promote the use of Millets for a Healthy Life Style**





**Students of Std. VI convey the message “Be Healthy Have Millets”**



**Students of Std. VII convey the message “Be Healthy Have Millets”**

**Name of the Activity: Slogan Writing on Benefits of Millets (Individual Activity)**

- Students were explained the different types of Millets and their Nutritive value.
- They were familiarised with the health benefits of Millets through Group Discussion in the class.
- They were split into groups and asked to discuss about the different types of food items that could be made with different millets.
- Students made Placards with slogans on the topic, to drive home the health benefits.
- The activity was an opportunity to showcase their originality and creative skills.
- It also created enthusiasm among the students to explore more about millets in every day diet.



**“Brain Storming” on the Nutritive Value of Millets**



**Musing on Magnificent Millets**





Promoting Millets with Powerful Slogans



Creator at Work

Elegant and Effective



Parade with Placards

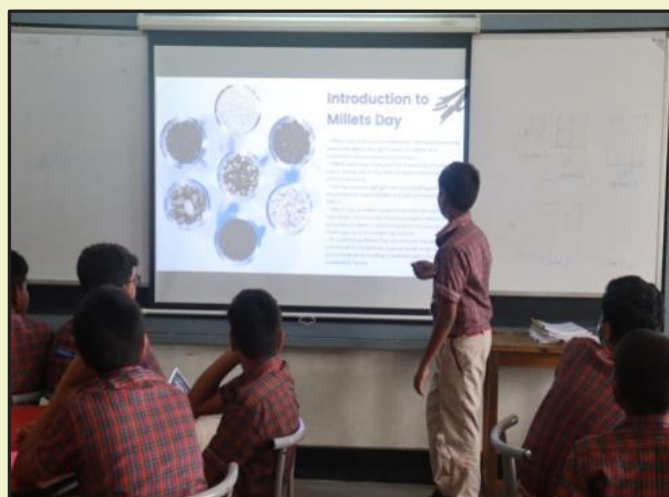
Collage of Candid Slogans

## CLASS: IX

### Name of the Activity: PowerPoint Presentation on Different Types and Nutritive Value of Millets (Individual Activity)

- Students of Class IX presented their PPT's on "Different Types of Millets and their Nutritive Value" in the month of June as a part of the year long activities on Millets for Observance of 2023 as the "International Year of Millets".
- The students learnt about the different types of Millets like ragi, foxtail, pearl, finger, sorghum, fonio, brown top through the presentations by different students from all sections of Class IX.
- Students explained in detail the nutritive values of Millets, for example dietary fibre, source of calcium, protein, and iron to mention a few.
- Different delicacies that could be prepared with millets were also presented through the slides. Students were given an insight on the health benefits of Millets such as Muscle strength, Healthy heart, how to control diabetes and obesity.

This activity helped the students to learn about the advantages of using Millets in their diet on a regular basis.



A Foreword to Millets

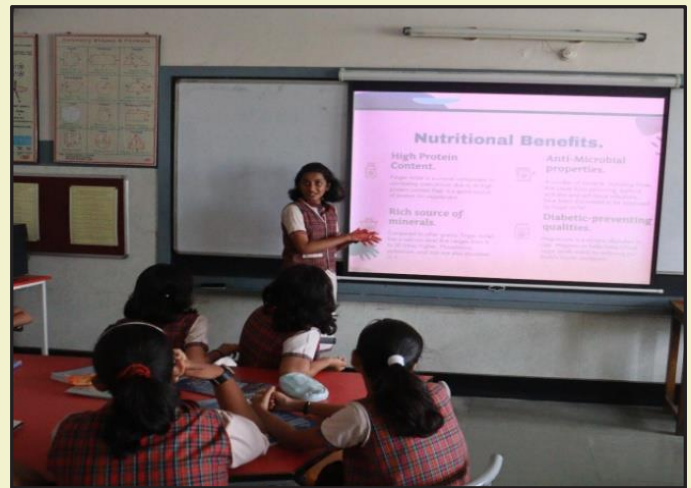


Exploring the Millets and its varieties

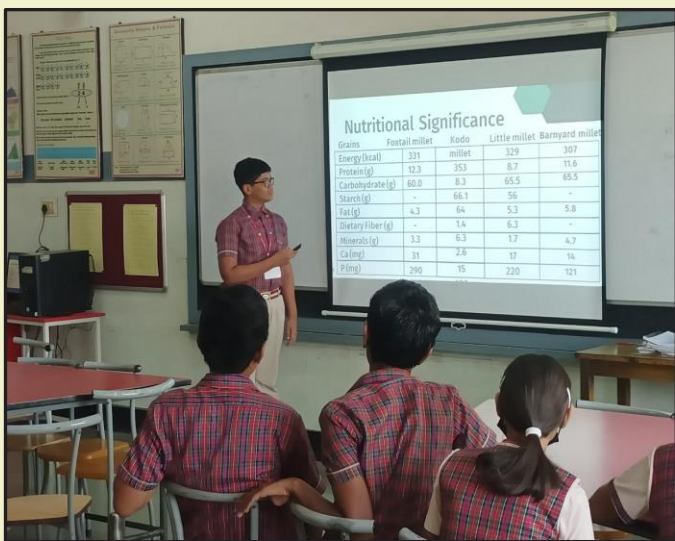




Millets and Food Security



Health and Nutritional benefits of Millets



Nutritional Significance

Millets – Farmer Friendly Crops



## CLASS: X

### Name of the Activity: PowerPoint Presentation on Different Types and Nutritive Value of Millets (Individual Activity)

As part of the activities for the observance of the “International Year of Millets” in 2023, students from Class X A to G conducted a presentation on “Different Types of Millets and their Nutritive Value” in the month of June. The Objective of this activity was to enhance the students’ knowledge about various types of millets such as ragi, foxtail, pearl, finger, sorghum, fonio, browntop, and little millet, and to highlight their health benefits.

During the presentation, the students shared information about the nutritive value of millets, emphasizing their rich dietary fibre content as well as being a source of calcium, protein, and iron. They showcased different slides to illustrate the diverse range of delicacies that can be prepared using millets.

This activity provided an excellent opportunity for the students to understand the advantages of incorporating millets into their regular diet. By learning about the different types of millets and their nutritional benefits, the students gained valuable insights into the importance of including millets in a healthy and balanced diet.

Overall, the presentation on the various types of millets and their nutritive value proved to be a beneficial activity for the students, enhancing their knowledge and understanding of the significance of millets in promoting good health.



Nutritional Composition – A Comparison by Students of Std. X



Glimpse of the Presentation of Std. X students on the importance of Millets