The United Nations General Assembly (UNGA) has declared the year 2023 as the “International Year of Millets” under India’s leadership.

India’s Wealth, Millets for Health

E-Calendar 2023
Millets are a highly varied group of small-seeded grasses, widely grown around the world as nutritious cereals for human food.
### Major Millets

Major Millets are Sorghum, Pearl Millet and Finger Millet

**February 2023 Calendar**

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<tr>
<th>SUN</th>
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</table>

- **Guru Ravi Das’s Birthday (Jammu Province Only)**: 5th Feb
- **Mahashivratri**: 18th Feb
- **Shab–i–Miraj**: 18th Feb
- **Friday following Shab–i–Miraj (Kashmir province only)**: 24th Feb

**Millet Flakes**

**Millet Vermicelli**
Sorghum
Scientific Name: *Sorghum bicolor*
Common Name: Jowar, Juar, Jowari

**Camel Crop**

**Sorghum Dosa**
**Popped Sorghum**
**Sorghum Pancakes (Gluten Free)**
**Soft, Fluffy Sorghum Bread**

![Calendar Image](image-url)

- **Holi (Jammu Province Only)**: 7th Mar
- **Navrat**: 21st Mar
- **1st Navratra**: 22nd Mar
- **Mela Bahu Fort (Jammu Distt. Only)**: 29th Mar
- **Ramanavami**: 30th Mar
Pearl Millet
Scientific Name: *Pennisetum glaucum*
Common Name: Bajra, Bajri

**Rich Source of Iron and Phosphorus**
(6.4 mg and 289 mg per 100g)

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**Mahavir Jayanti (Jammu Distt. only)**
4th April

**Good Friday (Jammu Distt. only)**
7th April

**Baisakhi**
14th April

**Birthday of Dr. B.R. Ambedkar**
14th April

* **Shab-i-Qadr**
18th April

**Jumat-ul-Vida**
21st April

* **Eid-ul-Fitar**
22nd April

**Parshuram Jayanti**
(Jammu Province only, Restricted Holiday)
22nd April
Finger Millet
Scientific Name: Elusine coracana
Common Name: Ragi, Mandua, Mandika

Rich Source of Calcium
(364 mg/100 g)

Buddha Purnima
Mela Khir Bhawani
(Kashmir Province Only)
5th May 2023
28th May 2023

Ragi Satva for Babies
Ragi Dosa
Mandua Ki Roti
Ragi Laddu
### Minor Millets

Minor Millets are Foxtail Millet, Kodo Millet, Barnyard Millet, Little Millet, Proso Millet and Brown Top Millet

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#### Events

- **Kabir Jayanti** 4th June (Jammu Province only, Restricted Holiday)
- **Martyr’s Day of Guru Arjun Dev Ji** 16th June (Restricted Holiday)
- **Urs Shah Farid–ud–Din Sahib** 20th June (Kishtwar Distt. only)
- **Urs Shah–i–Hamdan Sahib** 25th June (Kashmir Province only)
- **Sarthal Dev Ji Yatra** 26th–27th June (Kishtwar Distt. only)
- **Eid–ul–Azha** 28th–29th June

**Minor Millets**

- Foxtail Millet
- Kodo Millet
- Barnyard Millet
- Little Millet
- Proso Millet
- Brown Top Millet

**Multi Millet Rusk**

**Millet Flour**
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**Foxtail Millet**

Scientific Name: *Setaria italica*
Common Name: Kakum, Kora, Kang, Kangani

**Rich Source of Thiamine**

(0.59mg/100g)

Guru Hargobind Ji’s Birthday  5th July
*Ashoora*  28th July

Rich Source of Thiamine

- Pulao
- Dhokla
- Foxtail Millet Rava Idli
- Foxtail Millet Patties
Barnyard Millet
Scientific Name: *Echinochloa frumentacea*
Common Name: Sanwa, Swank, Banti

Rich Source of Zinc
(3.0mg/100g)

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Independence Day
Raksha Bandhan (Restricted Holiday)

15th Aug
30th Aug

Vrat Kheer
Barnyard Millet Sevai
Barnyard Millet Sweet
Bisi Bele Bath
### Kodo Millet

**Scientific Name:** *Paspalum scobiculatum*  
**Common Name:** Kodo, Kodra, Kodon

Rich Source of Folic acid  
**(39.5 mg/100g)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>7th Sept</td>
<td>Janamashtami</td>
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<td>11th–12th Sept</td>
<td>Kailash Yatra (Tehsil Bhaderwah and Tehsil Bhalla only)</td>
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<td>2 1st –22nd Sept</td>
<td>Mela Pat (Tehsil Bhaderwah and Tehsil Bhalla only)</td>
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<td>23rd Sept</td>
<td>Birthday of Maharaja Hari Singh Ji</td>
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<td>27th Sept</td>
<td><em>Eid–i–Milad– ul–Nabi</em></td>
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<td>29th Sept</td>
<td>Friday Following</td>
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<td>Eid–i–Milad– ul–Nabi</td>
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**Rich Source of Folic acid**

- **Kodo Millet Vadas**
- **Kodo Millet Pulao**
- **Kodo Millet Idli**
- **Kodo Millet Rice**
Little Millet
Scientific Name: *Panicum miliare*
Common Name: Kutki, Shavan, Samai

High Antioxidant Activity

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**Mahatma Gandhi’s Birthday** 2nd Oct
*Urs Sheikh Noor–ud–Din Sahib* 11th Oct
(Kashmir Province only)

**Mahanavami** 23rd Oct
**Dussehra** 24th Oct
**Accession Day** 26th Oct

- **Upma**
- **Little Millet Rice**
- **Little Millet Porridge**
- **Samai Idli**
Proso Millet

Scientific Name: *Panicum miliaceum*
Common Name: Cheena, Cheno, Barri

Rich Source of Magnesium and Niacin
(153 mg and 4.5 mg/100g)

Urs Shah Asraf–ud–Din Sahib    10th Nov
(Kishtwar, Doda and Ramban Distts. only)

Diwali    12th Nov

Guru Nanak Dev Ji’s Birthday    27th Nov

Proso Millet Upma
Proso Millet Masala Dosa
Vegetable Sevai
Proso Millet Idli
Brown Top Millet
Scientific Name: *Brachiaria ramosa*
Common Name: Korle, Kora

Eases Constipation and Helps in Detoxification of Body

*All the Muslim Holidays are subject to appearance of Moon*
# Chart of Nutritional Value of Millets (in 100g dry weight of edible grain)

<table>
<thead>
<tr>
<th>Millets</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Energy (kcal)</th>
<th>Dietary Fiber (g)</th>
<th>Ca (mg)</th>
<th>P (mg)</th>
<th>Mg (mg)</th>
<th>Zn (mg)</th>
<th>Fe (mg)</th>
<th>Thiamine (mg)</th>
<th>Riboflavin (mg)</th>
<th>Niacin (mg)</th>
<th>Folic acid (mg)</th>
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<tr>
<td>Sorghum</td>
<td>67.7</td>
<td>09.9</td>
<td>1.73</td>
<td>334</td>
<td>10.2</td>
<td>27.6</td>
<td>274</td>
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<td>0.14</td>
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<td>Pearl Millet</td>
<td>61.8</td>
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<td>0.20</td>
<td>0.9</td>
<td>36.1</td>
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<td>Finger Millet</td>
<td>66.8</td>
<td>07.2</td>
<td>1.92</td>
<td>320</td>
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<td>364</td>
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<td>Proso Millet</td>
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<td>341</td>
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<td>Foxtail Millet</td>
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<td>0.33</td>
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*It's time to relish the Superfoods --------------- Millets!*