

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

REPORT FOR THE ACTIVITIES DONE DURING THE MONTH OF AUGUST - 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 participated in various activities planned for the Month of August 2023.

REPORT OF ACTIVITIES CONDUCTED IN AUGUST - 2023

CLASS: I & II

Name of the Activity: Speaking on the Topic "Healthy Snacks Made of Millets"

The students of Class I and II delivered a speech on "Healthy Snacks made of Millets." The speech was very informative and persuasive. They demonstrated their knowledge and passion on the topic. The speech was delivered with clarity, confidence and enthusiasm. They highlighted some recipes made of millets at home and also expressed its nutritional values.



Talk About Millets : Creating Delicious Snacks With Nature's Goodness

STD. III & IV

Name of the Activity: Designing a Menu Card

Activity on Designing a Menu Card using Millets was conducted for Class III and IV students. It aimed at teaching them about the importance of millets as a healthy diet. It was a fun and interactive way of introducing them to a wide variety of millets. The dishes on the Menu Card were a mix of the appetizing items with millets under the categories of soup to dessert. As always, the Menu Card had the cost for each item and our students loved to calculate the cost based on the rate of millet dishes. This activity gave the students an insight into making healthier meal choices.



Wholesome Millets Delight: A Culinary Journey to Nutritious Diet

STD. V

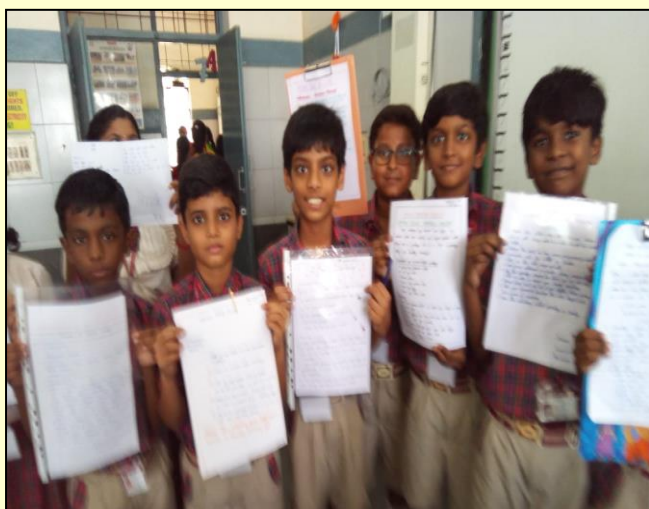
Name of the Activity: Write a Recipe for Millet Porridge

Description: In continuation with the celebration of 'INTERNATIONAL YEAR OF MILLETS' students wrote a recipe for preparing the millet porridge. It was not just an activity but an opportunity to create a bond with millets.

- Students participated actively in this activity which helped them to learn the importance of millets and inspired the students to incorporate a wholesome millet food into their diet.
- Exploring millet-based recipes helped students to explore different cultures and cuisines and appreciate the diversity and global culinary traditions.
- Overall, the activity gave students the sense of accomplishment and appreciation for self and their class mates.



Millet Makeover: Students Elevating Everyday



'Taste The Future' with Innovative Millet Recipe Presented by Students

STD. VI & VII

Name of the Activity: Hindi Skit on the Type of Soil and Methods of Cultivation of any 3 Types of Millets

- Millets considered as the lazy farmer's crop can grow even in soil with extremely low fertility and are extremely resistant to pest attacks.
- As a part of the International Year of Millets, a skit was conducted for students of Classes VI and VII. The skits in Hindi on the types of soil and methods of cultivation of different types of millets was very informative and a good learning experience for all.
- The following were the titles of the Hindi skits performed by the students –
 - Anokhee Yaathra
 - Motae Anaaj Ki Duniya
 - Millets Ki Jaankari
 - Millets : Bharath Ke Anmol Rathna
- Throwing light on the different types of soil and cultivation methods of Ragi (Finger Millet), Sama (Little Millet), Bajra (Pearl Millet), Jwar (Sorghum Millet), Kangni (Foxtail Millet), Sanwa (Barnyard Millet), Makra (Brown Top Millet) and Chena (Proso Millet) students explained about the temperature and the amount of water required for these millets and also the states in which these millets are grown.
- The varieties of recipes prepared using the millets and the benefits of consuming the millets were clearly understood by the students through the skits.



Types of soil and methods of cultivation of different types of millets were well explained



Illustration of the benefits of consuming millets

STD. VIII

Name of the Activity: Skit

Topic: Type of Soil and Methods of Cultivation of any three types of Millets

Objectives:

- To create awareness about the geographical conditions required for growing millets.
- To familiarise students on the nutritive value of millets.
- To educate students on basic Do's and Don'ts of consuming millets.

Details of the Activity:

- As part of CBSE's initiative to spread awareness among students regarding the traditional and nutritive value of Millets, a short Skit was prepared and performed by students of Class VIII.
- Students collected information about the geographical requirements like soil and amount of rainfall required for the cultivation of millets.
- The skit was in the form of an interview of farmers by a news channel.
- Two reporters from 'Daily News Channel' interviewed three farmers about the conditions required for cultivating millets.
- The farmers elaborated on the soil type, rainfall required for Jowar (Shorgum), Ragi (Finger Millet) and Bajra (Pearl Millet).
- They also shed light on the nutritional merits of consuming millets.
- On further questioning, they also highlighted on who all should not consume millets.
- The skit ended with the message "Millets are best when consumed in moderation."
- The activity motivated students to delve in-depth about the importance of cultivating millets, how they help in nutrition, food security and also ensure sustainability in agricultural practices.



The Ensemble Cast Ready to Perform



Curious Journalist Questioning a Farmer



Farmers Expounding on Merits of Millets

STD. IX & X

Name of the Activity: Designing a 'Collage' using Pictures/Drawings on Different types of Millets

To commemorate the "International Year of Millets" - 2023 the Class IX students of D. A. V. Public School, Velachery, Chennai successfully carried out their activity assigned for the month of August where they were required to design a 'Collage' using drawings or pictures of different types of millets.

The students actively participated in the activity and designed creative and interesting collages using colourful pictures and drawings of different types of millets that can be used in daily meals and are helpful for human consumption.

This activity helped the students to recognize the different types of millets available for consumption in day to day life and inspired the students to include healthy millets in their meals.



Millets Millets show 'em all!!



Engrossed in Collage Making



An Insight into Different millets - common and rare!!



Working with Millets



Designing a collage can be fun!!



The collage says it all!!

STD. X

Students of Class X engaged in a Collage making activity that centered around six distinct millet types: Barnyard millet, Pearl millet, Foxtail millet, Sorghum millet, Little millet, and Finger millet.

The project's objective was to acquaint students with the importance of consuming diverse millet varieties cultivated in India. It aimed to enhance awareness among students about the nutritional benefits provided by millet.

To bring this project to life, students collected information concerning the nutritional makeup of the six millet types and the specific regions within India where they are grown. They curated images and combined them into a collage that effectively conveyed the essence of millets, showcasing unique details of each variety in a creative and captivating manner.

This project served as a platform for students to showcase their creativity while refining their research skills. It equipped them with invaluable insights into millets, which are often overlooked treasures in India.



“Exploring Nutrient rich Diversity: Millets Collage Adventure!”



“Millets Galore: A Mosaic of Wholesome Goodness!”