

MAGIC OF MILLETS



We have much to gain from this ancient grain, Join the millets campaign!

Hello Millet Friends!

Have you ever wondered what ancient humans ate and where those crops have disappeared? Millets are one of the oldest grains to be cultivated and consumed by humankind, but they are hardly eaten in modern times. In recent years, impetus has been provided for the development of the variety of millets, since more people have realised their importance in diets and culture.

Through the pages of this issue, we shall learn about the benefits of millets, and why and how they are being revived in the Indian subcontinent and beyond!

Millets have been a staple crop for multiple cultures for over 10,000 years. From the Far East to India and Africa, millets were indigenously grown and utilised for various purposes. Since ancient times, they have provided nutrition and numerous health benefits to all who consume them.

Apart from being important as cereal crops, millets have played an integral role in many harvest festivals across the globe. Their inclusion in folklore proves the importance of millets in our history and also the connection they provide to our past and ancestors.

Come discover the nutritious world of millets - its origin, journey, and role in our daily lives...

Shreya S. Pillai, Class 11B, Bhavans Vidya Mandir, Elamakkara; J Lalantheegha, Class 10A, Sri Ramaswami Mudaliar Hr. Sec. School, Chennai

Illustration by Ridhima Tak, Class 9A, All Saints Sr. Sec. School, Ajmer; Pratik Singh Pal, Class 8, Shree Satya Sai Vidyalaya, Jamnagar



MAJOR MILLETS

Sorghum (Jowar)
Pearl millet (Bajra)
Finger millet (Ragi)

PSEUDO MILLETS

Amaranth (Ramdana/Rajgira)
Buckwheat (Kuttu)

MINOR MILLETS

Foxtail millet (Kakum)
Kodo millets (Kodon)
Barnyard millet (Sanwa)
Little millet (Kutki/Shavan)
Proso millet (Chenna/Barri)



Illustration by Suruchi Bijalwan, Class 8D, Doon International Public School, Rishikesh



YEAR OF MILLETS

2023 has been declared as the 'International Year of Millets' by the United Nations after the proposal was sent by the Government of India.

Utkarsh, Class 8A, Pine Hall School, Dehradun; Parneet, Class 6, GTB Public School, Ferozepur



AYURVEDIC TEXT

The 14th-century Ayurvedic text *Mahodadhi*, written by Sushena, includes information on millets in balancing *Kapha* and *Pitta*.

Radhika Dipak Joshi, Class 8, K. K. Wagh Universal School, DGP Nagar, Nashik

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FIRST FOOD

Millets are traditional grains which belong to the Poaceae grass family and are considered as one of the oldest cultivated crops. It is believed that they travelled from Africa to India and China.

Jatin Mehndirata, Class 8F, PKR Jain Sr. Sec. Public School, Ambala; Hiti Yadav, Class Class 6A, Jankidevi Public School, Pratap Nagar, Jaipur; R.S. Sanjana, Class 8, Karur Saraswathi Vidhya Mandhirr School, Karur; Namit Shastry, Class 10A, Global Indian International School, Noida

DID YOU KNOW?

Millets are the traditionally consumed grains for at least half of the population of both Asia and Africa.

CLASSIFICATION OF MILLETS

The classification of millets is also done on a scientific basis and it is important to know the categories.

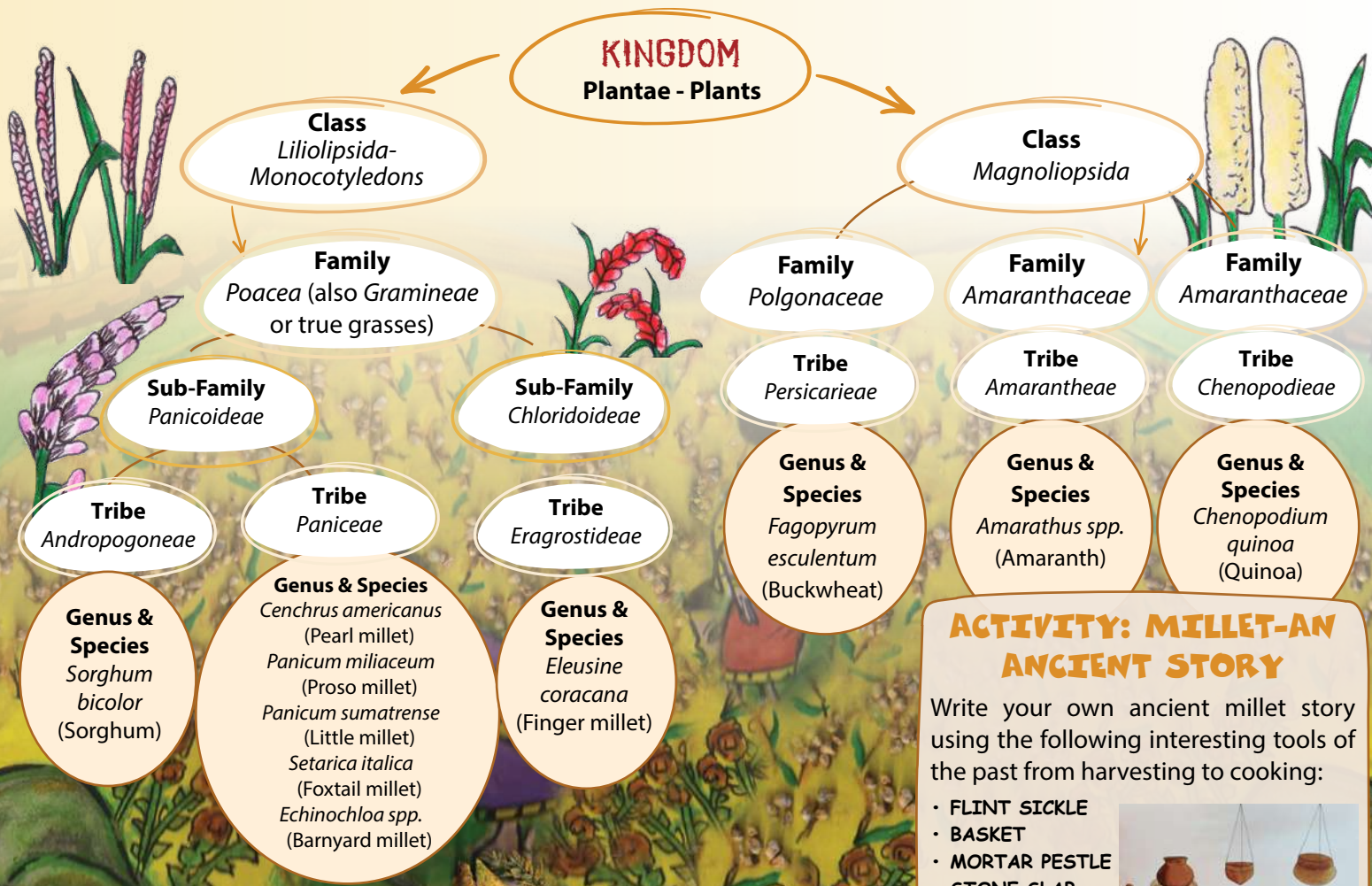


Illustration by Prachi Tak, Class 9A, All Saints Sr. Sec. School, Beawar Road, Ajmer

ARCHAEOBOTANICAL EVIDENCES

Archaeobotany is the study of preserved plant remains and its relationship to mankind. It is a significant source to understand the food eaten in the past.

FOOD LUMPS

Dough and batter made of millets in the form of food lumps have been recovered from Kadebakele in Karnataka dating back to the Iron Age.

CHARRED SEEDS

Charred remnants and seeds of millets have also been found from utensils, vessels and roasting pits signifying the prominent use of millets in the diet of people.

STORAGE PITs

Grain storage pits in the form of storage pots, jars, and clay bins have been found since the Neolithic period in India. The remnants of millets have been found in these storage pits.



ACTIVITY: MILLET-AN ANCIENT STORY

Write your own ancient millet story using the following interesting tools of the past from harvesting to cooking:

- FLINT SICKLE
- BASKET
- MORTAR PESTLE
- STONE SLAB
- WOOD FIRE
- CLAY POT





GRAINS OF WISDOM!

Millets are one of the first crops to be cultivated in the world for human consumption due to their high nutritional content and drought-resistance.

Abhigyan Singh, Class 7C, Jankidevi Public School, Pratap Nagar, Jaipur; Ayushi Gupta, Class 6, Swami Vivekanand Public School, Sec-17, Jagadhri

DID YOU KNOW?

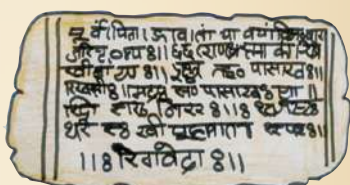
Little millet is native to India and was domesticated originally in the Eastern Ghats for the consumption of tribes.

ANCIENT FOOD

The presence of millets in India has been traced back to 3500 BCE. The earliest record of sorghum is from Inamgaon (Maharashtra) 1370 BCE, finger millet from Hallur (Karnataka) 1800 BCE, and pearl millet from Ahar culture (present day Rajasthan & Madhya Pradesh) 1720 BCE.

VEDIC SOURCES

Ancient texts such as the Yajurveda mention foxtail millet (*priyangu*), barnyard millet (*añu*), and black finger millet (*syamaka*). This indicates that millets were an important part of the Indian diet in 1200 BCE.



MEDIEVAL RECORDS

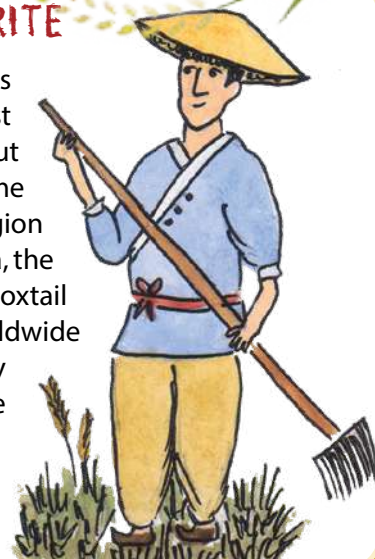
The travelogues of the Arab traveller Ibn Battuta describe millets such as *qal* and *samak* which were cooked with buffalo milk. The 16th-century text *Ain-i-Akbari* is an important account for the millets grown in medieval India, such as *jowar*, *bajra*, *kodon*, *sanwa*, and *mandua*.



Iti Jain, Class 6, Siddhi Sagar Academy, Lalitpur; Vaishali Chauhan, Class 6B, Sunway Sr. Sec. School, Rampur; Zubiya Khanam, Class 9G, St Paul's School, Rampur; Ayush Srivastava, Class 9C, Balvantray Mehta Vidya Bhawan ASMA School, GK II, Delhi; Sanvi Yashwant Gawade, Class 7C, KLE'S International School, Belagavi

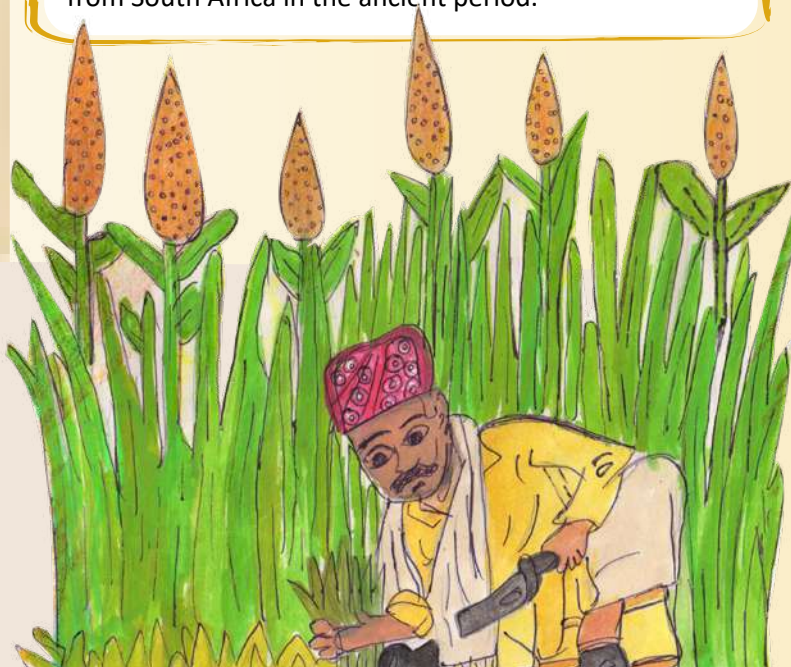
FAR-EAST FAVOURITE

Proso or common millet is believed to have been first cultivated in China about 10,000 years ago. It became a staple grain in the region and spread to Russia, India, the Middle East, and Europe. Foxtail millet, also became a worldwide crop, contributing greatly to the development of the Chinese Civilisation.



AFRICAN PEARL

Pearl millet is the oldest cereal to be grown in Africa dating back to 5000 years. It is believed that common Indian millets such as *jowar*, *ragi*, and *bajra* actually came from South Africa in the ancient period.



ACTIVITY: MULTIPURPOSE MILLET

Imagine you are a millet farmer in the Harappan period. Describe how millets would be used by humans and animals in those days.

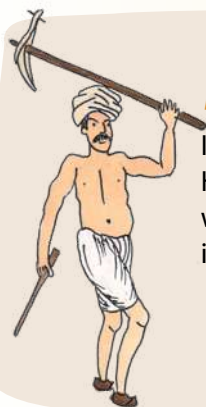


Illustration by Samriddhi, Class 9F, Bharatiya Vidya Bhavan S.L. Public School, Amritsar

MILLETS IN MYTHOLOGY

Millets are included in mythology, folktales, and songs of many cultures across India and the world, which showcases how important and widespread millets have been traditionally and historically.

Anshika Singh, Class 6, RK Sr. Sec. School, Lucknow; Minakshi Raj, Class 6, DAV Public School, Parsa Bazar, Patna; Suhani Shrimal, Class 11F, Maharana Mewar Public School, Udaipur

DID YOU KNOW?

In Ayurveda, millets are known as *Trinadhanya* or *Kudhanya*. They help in balancing the *doshas* and blood vessels.

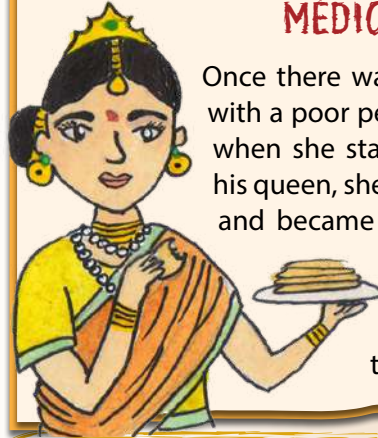
AUSPICIOUS ARAKA

In the Ramayana, it is mentioned that Laxmana was cooking *araka* (kodo) millet when they learnt about their father King Dasharatha's death. As they were in exile and Lord Rama had to give an offering for the soul of his father, he took the freshly cooked millets that he had been eating and submerged it into the river.



MEDICINAL MILLET

Once there was a prince who fell in love with a poor peasant's daughter. However, when she started living in his palace as his queen, she was unable to eat any food and became extremely weak. The royal doctors ordered her to eat only *bajra* rotis. The queen was cured in no time after eating these rotis.



KALIDAS' KAKUM

In 'Abhijnana Shakuntalam', the masterpiece of the ancient writer Kalidas, the sage Kanva poured foxtail millet (*kakum*) while bidding farewell to the protagonist Shakuntala when she left her husband Dushyant's court.



DIVINE PROTECTION

In ancient times, wildfires in South Goa often destroyed the millet fields. So, villagers often prayed to the local deity Shantadurga to protect their crops. Today, these prayers are done in the form of folk dances by women of Saccorda during the Katyo festival.



Illustration by Arun B, Class 9B, Shantiniketan Trust School, Mico Layout, Bengaluru

ACTIVITY: RAMA'S ADVICE

Kanakadasa's *Ramadhanya Charitra* includes a conversation between a grain of rice and a grain of *ragi*. To solve their debate on who is more worthy, they go to Lord Rama for advice. Study the comic strip below and complete it by writing what Lord Rama said in favour of *ragi*.

I am Rice !
I am fit for
kings and
nobles

I am Ragi !
I feed the
hardworking
people

Lord Rama, please
help us decide who among
us is the most worthy
grain in our land !



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

FESTIVE FOODS

Millets being ancient crops have deep-rooted traditions in the festivals and ceremonies of India. It is widely consumed during traditional festivals, as a part of fasting and feasting.

M Ishika, Class 9B, Bharatiya Vidya Bhawan Matric Hr. Sec. School, Coimbatore; Aanandita Vajpai, Class 6, RK Sr. Sec. School, Lucknow; Dhriti, Class 10A, K.L Mehta Dayanand Public Sr. Sec School No.2, Sector 16, Faridabad; S. Supreetha, Class 6E, Little Angels School, Visakhapatnam

DID YOU KNOW?

The Pahadi Korwa tribe of Chhattisgarh hangs millet stalks in their courtyards to ensure a bountiful harvest.

GOLDEN GRAIN

Thinai arisi, a type of foxtail millet has been used in Tamil food for centuries and finds mention in Sangam literature. It is culturally significant and is used to cook *sattvik* dishes during weddings and festivities around festivals like *Makar Sankranti*.



Illustration by Niharika Dhankar, Class 10A, Khalsa Public Hr. Sec. School, Durg

Samanvi S, Class 6C, Gitanjali Devakul, Hyderabad

NURTURING NACHNI

Finger millet or *nachni* is traditionally grown on the slopes in hilly regions of Goa. *Nachnneamchem* Festival held in Mapusa, celebrates and promotes *nachni* as the main millet crop in Goa. This millet is common in Goan food culture as *bhakri*, or flat bread; and *ambil*, a fermented beverage.



Illustration by Bhriagu, Delhi Public School, Hisar

Sarthak Kanojia, Class 9B, Pine Hall School, Dehradun; Revaan Kurhekar, Class 2G, Euro School, Kharadi, Pune

MOTHERLY MARUA

Jitiya or *Jivitputrikavrat* is a three-day-long Hindu festival in Uttar Pradesh, Bihar and Jharkhand. After fasting for one day mothers offer rotis or balls made of finger millet or *marua* to the eagle and fox (*chilo-siyaro*) to protect their children.



NAGA FESTIVAL

The *Metumniu* festival is an auspicious festival of Yimkhiung Nagas of Nagaland. It is celebrated for 5 days in the month of August after the harvest of millets and is offered to the departed souls followed by a village feast.



ACTIVITY: MILLET MELODIES

Write about a song of your region in which millets is a part of the lyrics. Speak to your grandparents and discover the reason for the inclusion of millets.

Rajasthani folk song बजरडी घामड़ के पीसे (Song of Harvesting)

बजरडी घामड़ के पीसे
जोवन को हार्डट
मकिया बैरन इसदि पिसुन
बदल रो चक्की

Pearl millet and barley are easy to grind but the *chakki* (manual grinder) faces trouble in grinding maize.



Naga folk song Wokhae Eran Lijon Khen (Song of Sowing Millet)

Yonjak ejum enya Enongi yutsoro,
owo lelle to Etsen Jana thung
EkyioYari Kiroa Kalo...

It's time to start weeding in the field otherwise we will get late, In the forest the leaves are drying out and if we don't work fast, we will not be able to complete our task of sowing!

Choti, I love this folk song. A bajra melody, sing along!



BOUNTIFUL BAJRA

Bajra or pearl millet is a highly nutritious millet full of minerals, proteins, and fibre. It can be grown with few resources in dry areas. India is the largest producer of bajra or pearl millet currently.

Muskan Syed, Class 10A, JSM High School, Hanamkonda; Shreya Agarwal, Dharav High School, Jaipur

Common Name: Pearl Millet

Botanical Name: *Pennisetum glaucum*

Local Names: *Bajra* (Hindi, Odia, Punjabi, and Bengali), *Bajri* (Gujarati and Marathi), *Sajje* (Kannada), *Kambu* (Tamil), *Sajja* (Telugu)

HARDY CROP

Bajra is the most widely grown cereal in India after rice and wheat. It can grow at high temperatures and semi-arid conditions and is cultivated mainly in Haryana, Uttar Pradesh, Rajasthan, Maharashtra, and Gujarat.

Illustration by Somya Sankhla, Class 10B, East Point Sr. Sec. School, Ajmer



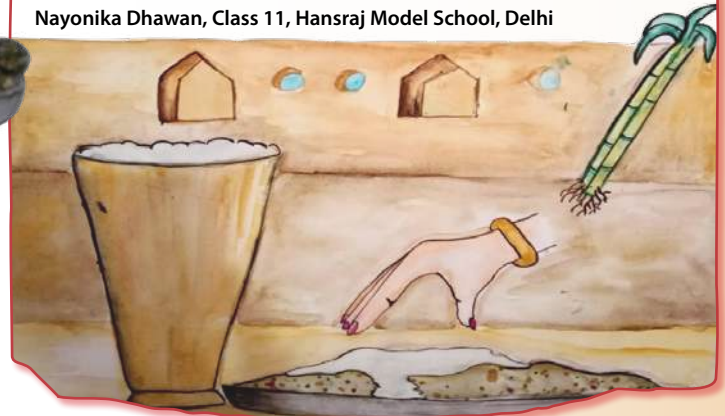
DID YOU KNOW?

During the ritual of *Knaga Khelna* in Rajasthan, on the first day of marriage, the couple throw *bajra* seeds on each other.

AUSPICIOUS GRAIN

A feast called *Annakut* featuring the dish *bajra ki kadhi* or *khichdi* is held on the eve of the *Govardhan* festival in Rajasthan. During the *puja*, *bajra* seeds are spread under the *kalash* (mud pot) at the time of performing rituals. On the occasion of *Makar Sankranti*, making *bajra chapatis* and donating *bajra* is considered to be auspicious.

Nayonika Dhawan, Class 11, Hansraj Model School, Delhi



'NUTRI' FOOD

Due to its high fibre and nutrition value, *bajra* is used to make numerous food items such as *rotis*, *khichdi* and *dosa*. *Bajre ki roti* and *bajra khichdi* are two popular dishes of Rajasthan. Many people consume puffed *bajra* as a healthy alternative to popcorn. *Bajra* is also used as fodder for farm animals.

Hansika Singh Rao, Class 9, Indo American Public School, Udaipur; Khushi Raghuvanshi, Class 8, Bhaskar Vidhyapeeth, Dhar; Disha P Thakker, Class 9, PSBB Millennium School, Chennai



Illustration by Jivika Sharma, Class 6A, Seedling Modern Public School, Udaipur

BAJRA BALLADS

Punjab was traditionally a large producer of *bajra*, and that is why it features in many folk songs of the region. The song '*Bajre Da Sitta*' is sung at traditional weddings, signifying the harvest of the millet and its central role in Punjabi culture.



Illustration by Himani Mulani, Class 10, All Saints Sr. Sec. School, Beawar Road, Ajmer

ACTIVITY: RUSTIC REVIVAL

Farmers of the Kerwawal Panchayat in Rajasthan started a movement to revive *bajra* cultivation on their land. This led to more food, fodder and soil regeneration. It also reconnected them to their traditional culture of *bajra* farming.

Make a poster on promoting *bajra* or any other millet cultivation for farmers in your local language using the sample given !

Ojas Panchal, Class 7C, Bharatiya Vidya Bhavan Vidyashram, Pratapnagar, Jaipur

जैसी बोली वैसा नाम

साइंटिस्ट बाजरे को Pennisetum Glaucum कहते हैं।	भारत में बाजरे की खेती 1500 ईसा पूर्व में शुरू हुई।	कन्नड़ में इसका नाम सज्जे और तमिल में कम्बू है।
इंग्लिश में बाजरे को Pearl millet कहते हैं।		महाराष्ट्र और राजस्थान में इसे बाजरी कहते हैं।

पंजाबी लोकगीत '**बाजरे दा सिद्धा**' और राजस्थानी गीत '**बाजरे की रोटी**' काफी पॉपुलर गीत हैं।

WHOLESOME JOWAR

Jowar or sorghum is an important millet produced in India since ancient times. It is grown on soils of lower fertility with low rainfall and in arid and semi-arid regions of India.

Haritha K., Class 7B, Chandrakanthi Public School, Coimbatore; Gohil Dev P., Class 9A, Bhavan's Shri AK Doshi Vidyalaya, Jamnagar

Common Name: Sorghum

Botanical Name: *Sorghum bicolor* L.

Local Names: *Jowar* (Hindi, Marathi), *Cholam* (Malayalam, Tamil), *Jonna* (Telugu), *Jola* (Kannada), *Juar* (Bengali), *Janha* (Odia)



Illustration by Neha Gora, Class 9B, East Point Sr. Sec. School, Ajmer

DID YOU KNOW?

A verse in Yajurveda mentions *yavanala* (jowar) as one of the grains offered in *yajna* for prosperity and better crops.

HISTORICAL REFERENCES

Evidence of sorghum along with *ragi* has been found at Surkotada and parts of Rajasthan and other sites of the late Harappan period.

Sharwari Bhongade, Class 8D, Centre Point School, Wardhman Nagar, Nagpur

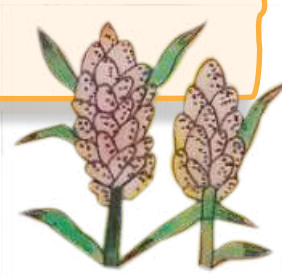


Illustration by Anushka Nirwal, Class 8I, MGM Sanskar Vidyalaya, Aurangabad

SORGHUM SPREAD

Jowar is mainly produced in the peninsular and central Indian states of Maharashtra, Karnataka, Andhra Pradesh, Madhya Pradesh, Gujarat, Rajasthan, and Tamil Nadu.

Aryan Kumar, Class 11A, Central Hindu Boys School, BHU, Varanasi



SUSTAINABLE SORGHUM

Jowar fulfills the dual purpose of both food and fodder. It is among the most efficient crops with low footprint of water, and is known as a drought-tolerant, environment-friendly crop.

Hetvi Patel, Class 9, Lalji Mehrotra Lions School, Ahmedabad

TRIBAL FOOD

Jowar is the staple diet of the tribal population of Central India and the Andhra region. For them the crop is not merely a food but an important part of their culture and identity. Tribes make fermented beverage with *jowar* as well as porridge. It is also used in some rituals and festivals.



HEALTHY GRAIN

Jowar has been consumed since ancient times in various forms in different regions with variations. It has health benefits as it is gluten free, rich in fibre and antioxidants. It is consumed by people in dry regions. Some common items consumed in *jolada rotti* (flat bread), *upma*, *khichdi*, *jwariche dhirde* (jowar dosa) and beverages.

Aman, Class 9, Navy Children School, Chanakyapuri, New Delhi; Ruthvi Kondaveeti, Class 8, Ganges Valley School, Hyderabad



ACTIVITY: MY RECIPE CARD!

Write your favorite recipe using *jowar* in the card given below.

RECIPE _____

INGREDIENTS _____

DIRECTIONS _____



Illustration by K Panimalar Thendral, Class 5B, RPC Matric Hr. Sec. School, Kaladipet, Chennai

REVERED RAGI



Illustration by Anwesha Painuli,
Class 4, Doon International
Public School, Rishikesh

Ragi or finger millet has the highest calcium and fibre among all cereals, while its iodine content is highest among all food grains. Due to its drought resistant qualities, it is an important source of food during droughts and dry spells.

DID YOU KNOW?

Finger millet got its name due to the the head of the grain which has five spikes, making the plant look like a hand with fingers.



Common Name: Finger Millet

Botanical Name: *Eleusine coracana*

Local Names: *Ragi* (Hindi, Kannada, Tamil, and Telugu), *Marwa* (Bengali), *Nagli* (Gujarati and Marathi), *Bavto* (Gujarati), *Nachni* (Marathi), *Mandia* (Odia), *Mandhal* (Punjabi), *Keppai* (Tamil), *Kelvaragu* (Tamil), *Chodi* (Telugu)

SOUTHERN SOURCE

In India, *ragi* is mainly cultivated in the southern states of Karnataka, Andhra Pradesh and Tamil Nadu and parts of Odisha. 60% of India's *ragi* cultivation takes place in Karnataka, which makes up almost 34% of the global production.

G. Vaishnavi, Class 8, Sri Prakash Vidyaniketan
Pendurthi, Visakhapatnam

Illustration by Hemakshaya, Fortcity
School, Vizianagaram



RAGI TRADITIONS

In the northern part of Andhra Pradesh, just after celebrating Diwali, people are required to eat *ragi* pancakes before they enter the house.

During the *Mandukiya* festival in the tribal areas of Visakhapatnam, people offer *ragi* to bullocks.



Illustration by Sakshi
R., Shantiniketan Trust
School, Bilekahalli,
Bengaluru

ANCIENT JOURNEY

Finger millet is believed to have been first grown in the African continent in prehistoric times as seen by the evidences found in the form of charred seeds at Tanzanian and Ethiopian sites. Discovery of *ragi* grains in Harappan sites of 2300 BCE showcase a connection between India and Africa during that period.

D Gopesh, Class 8A, Sri Sankara Sr. Sec. School, Adyar, Chennai; Shruthi Keerthi, G.K.D Matric. Hr. Sec. School, Coimbatore; Anjali Verma, Class 7A, Vidygyan, Sitapur

UNIQUE TASTE

In Karnataka, *ragi mudde* (*ragi* flour balls) are eaten almost every day with other local dishes. It is mandatory to eat these with high protein liquid dishes like *dal*. In Tamil Nadu, *ragi* is used to make *idli*, *dosa* and porridge.

Tiya Sharma, Class 9C, Subodh Public
School, Jaipur; Ananya Gandhi, Class
7C, Scottish High International School, Gurugram



Illustration by Nihira V, Class
9D, Bharatiya Vidya Bhavan's
Public School, Jubilee Hills,
Hyderabad

ACTIVITY: RAGI RHYMES

The tribal Kunbi and Gavdi communities in Goa traditionally consume a fermented *ragi* beverage called *ambil* singing its praises as a giver of strength – '*Ambil ghattai eka nivogdak thembo*'.

Create a cinquain poem in praise of your favourite millet! A cinquain is a five-line poem consisting of 11 words.

Example of bajra:

Bajra

Hardy Fibrous (two adjective words)

Growing Eating Learning (three verbs)

Care Admire Respect Love (four feeling words)

Pearl Millet (one word synonym)

Illustration by R.S. Sanjana, Class 8, Karur Saraswathi
Vidhya Mandhir School, Karur

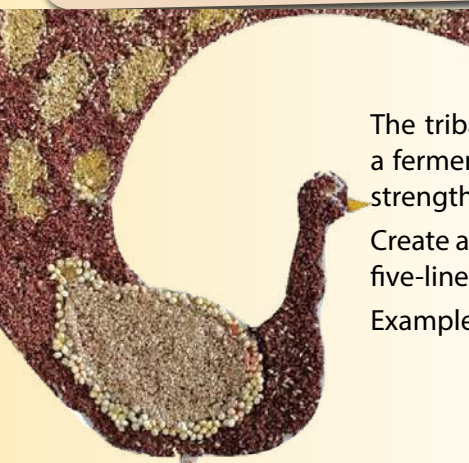


Illustration
by Sanjeev R
Naik, Class 9C,
Shantiniketan
Trust School, Mico
Layout, Bengaluru

MINOR MILLETS

Minor millets are a group of grains that have numerous health benefits and culinary variations.

TASTY THINAI

Thinai or foxtail millet is a heating millet and is consumed in the winter seasons. It is used to prepare desserts and sweets.

Arjun F, Class 8B, Bharatiya Vidya Bhawan Matric Hr. Sec. School, Coimbatore;
Shaunak A. Jhadav, Class 10, Suyash Central School, Solapur

Common Name: Foxtail millet

Botanical Name: *Setaria italica*

Regional Names: Kangni (Hindi, Punjabi), Shol (Kashmiri), Koni dhaan (Assamese), Thinai (Tamil), Navane (Kannada), Korra (Telugu), Kanghu (Odia)

ANCIENT 'ANNA'

Foxtail millet find mention in some of the oldest Indian texts such as the Yajurveda, in which, it is identified as 'priyangava'. It is often mentioned in Sangam and old Tamil texts and is commonly associated with Lord Muruga and his consort Valli. Aayushman Lal, Class 8c, Army Public School Shankar Vihar, New Delhi



Illustration by Adrija Acharya,
Class 5D, DAV Model School, IIT,
Kharagpur

DID YOU KNOW?

Kangni is rich in vitamin B12 and before cooking the millet needs to be soaked overnight to break down the phytic acid.

WIDESPREAD CULTIVATION

Foxtail millet is mainly cultivated in Andhra Pradesh, Karnataka, Telangana, Rajasthan, Maharashtra, Tamil Nadu, Madhya Pradesh, Uttar Pradesh, and also in the Northeast.

Aishwarya Karagi, Class 8B, Bharatesh English Medium School, Belagavi;
Varenia K, Gitanjali Devashray School, Secunderabad



Illustration by Akshara Ashok Gaikwad, Class 9, MGM Sanskar Vidyalaya, Aurangabad

KONI DHAAN & TEKHU-TSHU

Foxtail millet or Koni dhaan is a staple diet of Assamese people. This millet is a significant part of the Karbi community food heritage and is known as Hanjan Millen. It is being encouraged today by the Assam Government. It is commonly eaten in Nagaland and is referred to as Tekhu-tshu in the Kheza-Chakhesang dialect.



STRIKING SAMA

Sama or little millet is native to India and is also referred to as Indian millet since India is the largest producer of little millet in the world.

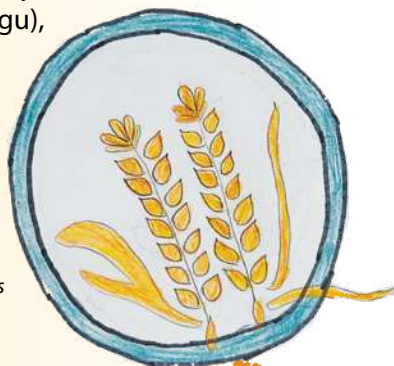
Common Name: Little Millet

Botanical Name: *Panicum sumatrense*

Local Names: Kutki (Hindi, Punjabi), Sama (Bengali), Samalu (Telugu), Samai (Tamil), Chama (Malayalam), Gajro (Gujarati), Suan (Odia)

Priyanshu Dev, Class 10, Raksha Anusandhan Vidyalaya, Dehradun;
Vidit Debnath, Class 6B, Birla High School, Kolkata

Illustration by R Pabishnaa, Class 9A, Perks Matriculation Hr. Sec. School, Coimbatore



'MINI'GRAIN

Little millet has one of the smallest grains therefore it cooks faster than other millets. It is mainly consumed in the form of rice. Payasam, porridge and paddu are some traditional dishes.

S R Sabaritha, Class 5A, Maharishi Vidya Mandir Sr. Sec. School, Chennai



Illustration by Krati Jain,
Class 7A, Happy Days School, Shivpuri

HARAPPAN FOOD

Little millet was consumed by the people of the Indus Valley Civilisation as sites of Harappa and Farmana reflect its cultivation. Numerous grains of little millet have been found from Harappa dating to 2600 BCE.

MINOR MILLETS

Minormilletts are known for their nutritional values. These are brewed and popped by some tribal communities.

BARNYARD MILLET

Barnyard millet, is indigenous to India. It is highly digestible making it helpful for people with diabetes

Common Name: Barnyard Millet

Botanical Name: *Echinochloa frumentacea*

Regional Names: *Jhangora* (Hindi), *Shyama* (Bengali), *Oodalu* (Kannada), *Kuthiraivalli* (Tamil)

Grown in India for over 4000 years, this millet is cultivated in the eastern and central regions, and hilly areas of Uttarakhand.

Barnyard millet is one of the few cereals that can be eaten during Hindu fasting days. It is known as *samak* rice or '*vrat ke chawal*' and is eaten during the fasting days of *Janmashtami*, *Navratri*, and *Ekadashi*.

Vishnupriya V, Class 10A, Mani Higher Sec. School, Coimbatore



Illustration by Divyanshi Prasad, Class 8, Delhi Public School, Risali, Bhilai

DID YOU KNOW?

Browntop millet matures in 60-80 days and is one of the most inexpensive crops to grow.

L.P. Shree Vijaya, Class 9E, RPC Matric Hr. Sec. School, Kaladipet, Chennai

PROSO MILLET

Proso millet is grown in many types of soils, particularly those without much water. It is also known as common or broom corn millet.

Common Name: Proso Millet

Botanical Name: *Panicum miliaceum*

Regional Names: *Barri* (Hindi), *Cheno* (Gujarati), *Cheena* (Punjabi), *Baragu* (Kannada)

Proso millet was first grown in China and central Asia about 8000-10000 years ago. From there it spread to India and rest of the world.

Proso millet is a short-season crop as it can be grown quickly with very few demands, which is helpful during periods of food shortages. It matures in only 60-75 days after planting.

Lekhashree, Class 8, Shantiniketan Trust School, Bilekahalli, Bengaluru; Makizhini V, Class 6C, DNU SMBM National Public School, Dindigul; Myra Tandon, Class 8, ASN Senior Secondary School, Mayur Vihar, Delhi



Illustration by Divyanshi Prasad, Class 8, Delhi Public School, Risali, Bhilai

KODO MILLET

This highly nutritious millet is referred to as 'Langhana' in Ayurveda which means 'food that provides lightness to the body'.

Aliya Rayaz, Class 7A, Indu IT School, Bhilai

Common Name: Kodo Millet

Botanical Name: *Paspalum scrobiculatum*

Regional Names: *Kodon* (Hindi), *Kodo* (Bengali), *Varagu* (Tamil), *Arika* (Telugu)

Kodo millet has been domesticated in India around 3000 years ago. It is grown mainly in southern and western regions.

This millet is used to make dishes during the festival of *Makar Sankranti*, such as *dosa*, *idli*, *kheer*, and *papad*. Kodo millet closely resembles rice, and is often an alternative in many rice dishes.

Aakriti Srivastava, Class 7B, Happy Days School, Shivpuri; Priyanshi Tamta, Class 10A, DAV Sen. Sr. Public School, Naraingarh



Illustration by Arfa Nazneen Class 7, Guardian Public School, Gaya

ACTIVITY: VATA-PITTA

Eating healthy food in the wrong season can have adverse effects on our body. So let's find out the cooling and heating millets and when they can be consumed. Complete the table below.

Millets	Finger millet	Foxtail millet	Little millet	Pearl millet	Proso millet
Properties	Heating		Cooling		
Seasons	Rainy			Winter	

PSEUDO MILLETS

Pseudo millets are not part of the Poaceae botanical family, to which 'true' grains belong, but they are nutritionally similar and used in similar ways as millets.

ROYAL RAJGIRA

Ayurvedic scriptures mention *rajgira* as an easily digestible fasting food. It pacifies Pitta, Kapha and Vata in our body i.e. called *Tridosahar*.

Common name: Amaranth

Botanical name:

Amaranthus caudatus L.

Regional names: *Rajgira*, *Ramdana* (Hindi), *Chua* (Kumauni), *Shavrani math* (Marathi), *Mulaikkira* (Tamil), *Chilaka Thotakoora* (Telugu)

Deepanshi Shekhawat, Class 9B, DAV Public School, Sec-14, Faridabad

It was named *rajgira* (Royal grain) or *ramdana* (God's grain) because of its powerful health benefits and it is a rich source of Vitamin C.

In earlier times *rajgira* was considered a staple food grain in the Nilgiris and in the Himalayas. *Ramdana laddoo*, consumed during *Navratri* is the most favoured fasting food.

Shreya, Class 8B, Army Public School, Chandimandir, Panchkula;
Ishan Patil, Class 7A, Indu IT School, Bhilai

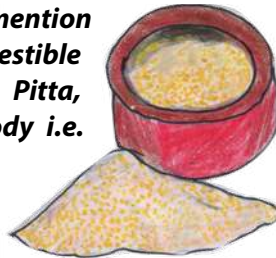


Illustration by Aakriti Srivastava, Class 7B, Happy Days School, Shivpuri

DID YOU KNOW?

Buckwheat was one of the staple foods of Ladakhi people a few years ago and is known locally by various names like *dyat*, *dro*, *bro*, *fafar* and *giziri*.

BLESSED BUCKWHEAT

It is one of the quickest growing green manure crops, which helps in suppressing weeds and checks soil erosion.

Common name: Buckwheat

Botanical name: *Fagopyrum esculentum*

Regional names: *Kuttu* (Hindi), *Kutto* (Gujarati), *Papparai* (Tamil), *Niru Kanigalu* (Kannada)

Buckwheat flour or *kuttu ka atta* is culturally associated with many festivals like *Shivratri*, *Navaratri* and *Janmashtami*. Food items made only from *kuttu ka atta* are consumed when fasting during these festivals.

Buckwheat is grown in Jammu and Kashmir, Ladakh, Uttarakhand, Himachal Pradesh and Chhattisgarh.

Harleen Kour, Class 10, Model Academy, Jammu



Illustration by Geetha Priya V, Class 10, Mani Hr. Sec. School, Coimbatore

DISAPPEARING MILLETS

BATU

It is an almost extinct variety of millet which is now only revived and grown in the Ahmednagar district of Maharashtra by the tribal community.

SIKIYA

Grown by the Baigas in Madhya Pradesh, *sikiya* is rapidly disappearing and is being replaced by other cash crops.



JOB'S TEARS

Job's tears millet (*chaning* in Manipuri and *sohriu* in Khasi) is grown remotely in parts of north-east India since 1000 BCE.

RAISHAN

Digitaria millet (*raishan* in Khasi) is a unique variety of millet grown on the hilly tracts of Meghalaya.



DID YOU KNOW?

Thinai Laddu is a specialty of Tamil Nadu made of foxtail millet, honey, and cardamom powder.

BAJRA MOONG DAL DALIA

Bajra and *moong dal dalia* is a dish to relish which helps in weight loss and is a favoured winter dish consumed in Rajasthan and Gujarat.

Dhruvanshi Jani, Class 9, Shree Satya Sai Vidyalaya, Jamnagar; Advitha, Class 9B, AMM School, Chennai



Illustration by Neel Sharma, Class 9D, All Saints Sr. Sec. School, Beawar Road, Ajmer

BAJRA METHI MUTHIYA

Muthiya also known as *Velania* is prepared everywhere across Gujarat with *bajra*. It is enjoyed with any type of traditional chutney or curd.

Vedansh Gupta, Class 7C, Global Indian International School, Ahmedabad

JOWAR JO DODO

The traditional Sindhi *jowar roti* is prepared with dough made of *jowar* flour, *methi* leaves, green chillies, onion and salt.

Chidroopa, Class 7A, Bharatiya Vidya Bhavan's Public School, Jubilee Hills, Hyderabad



Illustration by Shubham Swarnkar, Class 8, St. Anthony's Sr. Sec. School, Udaipur

'SHREE ANNA'

'Shree Anna' or millets of all kinds have been used to

MULTI-MILLET THALIPEETH

This is made using roasted *jowar*, *bajra*, *ragi* flour and rice flour. It is served with coconut chutney in Maharashtra and Karnataka.

M Sreyash, Class 9A, Glazebrook Public School, Salem; Krati Jain, Class 7A, Happy Days School, Shivpuri

ARIKELA KESARI

A common desert of Karnataka, Tamil Nadu, and Andhra Pradesh, it is prepared using coarse *varagu* (kodo) millet, dry fruits and saffron. It is offered in puja and festivals.

Oviya Manikandan, Class 7, M.Ct.M. Chidambaram Chettyar International School, Chennai; E Chadwick, Class 6C, Gitanjali Devakul, Hyderabad



KAMBU KANJI

Made of cooked pearl millet mixed with curd, this perfect summer drink from Tamil Nadu is both filling and cooling.

R Shivanka, Class 5A, Glazebrooke Public School, Salem; S. Harshath, Class 4A, Maharishi Vidya Mandir Sr. Sec. School, Chennai

BARNYARD BISI BELE BATH

Bisibele bath is a popular lunch time dish in Karnataka and is prepared using barnyard millet and *huliyana* masala spices.

N. Navdeep, Class 5A, Glazebrooke Public School, Salem



Illustration by Yashvi Patel, Class 7C, SD Vidya Mandir, Huda, Panipat

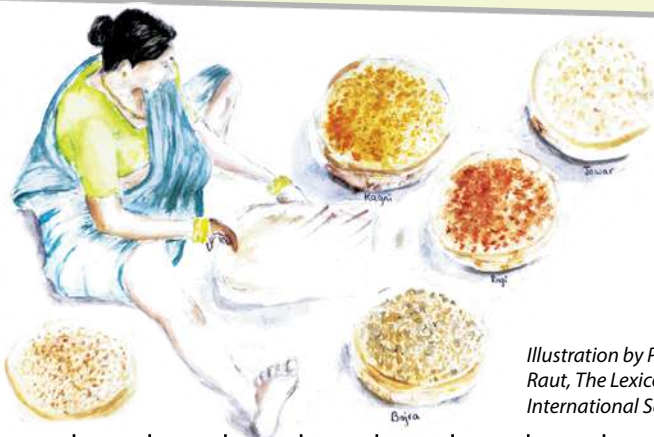
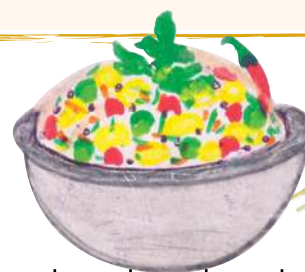


Illustration by Poorvashri Raut, The Lexicon International School, Pune



THE SUPERFOOD

create delicious traditional dishes over the centuries.

RAJGIRA KA KHEER

Rajgira or amaranth is consumed during fasting days of *Navratri* in the form of *kheer* in states such as Himachal Pradesh and Uttar Pradesh.



Sarthak Gupta, Class 6A, Model Academy, Jammu

KAON CHALER PAYESH

This is a traditional foxtail millet Bengali dessert made during rituals or fasting days. It is an almost forgotten recipe found only in the cookbooks of grandparents.

Sourashmi Kundu, Class 7, DAV Model School, IIT Kharagpur, Kharagpur

TIL BAJRA BARFI

Til Bajra Barfi is a winter delight prepared on *Makar Sankranti* in Punjab, Uttar Pradesh, Bihar and Central India. A gluten-free dish, it is extremely rich in fibre, protein and minerals.

Asma Imteyaz, Class 10, Guardian Public School, Gaya; Manikya Rana, Dyal Singh Public School, Jagadhri; Laavanya Bhagwati, Modern School Barakhamba Road, New Delhi



ACTIVITY: TRACE THE BENEFITS

Record the benefits we get from millets and create a similar chart as given below:

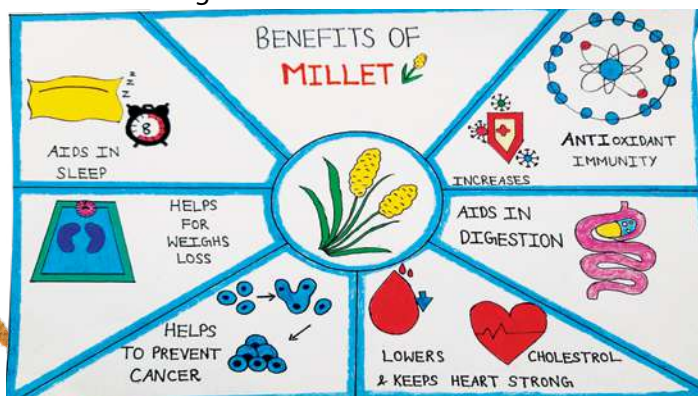


Illustration by Ishma P.R., Class 8B, Perks Matric. Hr.Sec. School, Coimbatore

DID YOU KNOW?

Mandua chapati dough is made with foxtail millet and water and eaten with a curry or jaggery in Uttarakhand.

Anwesha Painuli, Class 4, Doon International Public School, Rishikesh

THINAI DATES PONGAL

Made with *thinai* rice (foxtail millet), *moong dal*, dates, jaggery, cardamom powder, cashewnuts, raisins and *ghee*, it is eaten in South Indian states.

Siddhi Kashyap, Class 9C, Green Fields School, Safdarjung Enclave, Delhi; V. Yashika, Class 7A, Little Scholars Matric. Hr. Sec. School, Thanjavur

MILLET PANIYARAM

This special *paniyaram* of Tamil Nadu and Karnataka is made of kodo millet, little millet, parboiled rice, *urad dal*, and fenugreek seeds.

Abhinav Kashyap, KSN School, Thiruvannamipur, Chennai



The world leaders at the New Delhi G20 Summit President's Dinner in September 2023 were served a meal of millet dishes.

ACTIVITY: RAGI BISCUITS - CLASS DISCUSSION

Go to your local supermarket and identify food products which are made with millets. For example, *ragi* biscuits are made with whole wheat flour, *ragi atta*, almonds, baking soda, cardamom powder, jaggery, and *ghee*. However, commercial versions of this are often made without much fat and use palm oil, which is unhealthy for us.

Make a list of 'healthy' millet products and another for 'unhealthy' ones, and have a class discussion...

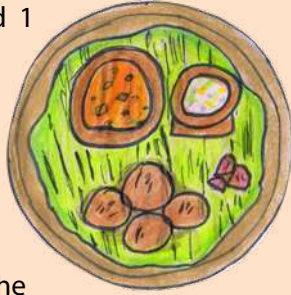


Illustration by Divya Chauhan, All Saints Senior Secondary School, Ajmer

DELIGHTFUL DISHES

RAGI MUDDU

1. Put 2 tablespoons of *ragi* flour, salt and mix it with 2 cups of water.
2. After the slurry boils add 1 cup *ragi* flour to the pan.
3. Cook it undisturbed for 3 to 4 minutes then stir it until the mixture clumps together.
4. Transfer the mixture onto the plate and knead the mixture into smooth dough.
5. Make medium-sized balls (*mudde*) from it and serve it with *sambar* or chutney.



Nihira V, Class 9D, Bharatiya Vidya Bhavan's Public School, Jubilee Hills, Hyderabad

BAJRE KE LADDU

1. Heat the pan and add *ghee* and roast cashews and almonds and put them aside.
2. Now roast *bajra* flour in *ghee* for 10-12 min.
3. Now mix melted jaggery in roasted *bajra* flour and add almonds and cashews.
4. Add cardamom powder and grated coconut and mix them evenly.
5. Now take some mixture and give it a shape of the *laddu*.



Supreet Kaur, Class 9, Army Public School, Amritsar

KODO MILLET KHEER

1. Heat full fat milk in a pan.
2. After it boils, add 1/2 cup kodo millet (soaked for 30 minutes), few strands of saffron and 1/2 teaspoon of cardamom powder.
3. Cook on low heat till *kheer* thickens. Keep stirring in between until the rice is cooked.
4. Remove the pan from heat and let the *kheer* cool down slightly and add jaggery.
5. Garnish with slivers of almonds and pistachios.



Illustration by Naitik Sadhwani, Class 8E, St. Anthony's Sen. Secondary School, Udaipur

D Rohit Srikar, Class 6B, Akshara School, Kakinada; Asmita Singh, Class 8D, Sunbeam Suncity (School and Hostel), Varanasi

KUTHIRAVALI UPMA

1. Soak 1 cup of barnyard millet and 1/2 cup of *moong dal* for 10 minutes.
2. Put 4 cups of water and salt in a pressure cooker and mash the mixture.
3. Heat 4 tablespoons of *ghee* in a *kadhai* and add peppercorns, ginger and *hing* into it.
4. Sauté this mixture, and once cooked sufficiently, add it to the mashed *upma*. Serve it hot with chutney.



Illustration by Shrujana Sundar, Class 7B, KSN School, Thiruvannamiyur, Chennai

Shrujana Sundar, Class 7B, KSN School, Thiruvannamiyur, Chennai

ACTIVITY: MILLET ON MY PLATE

Name of my dish: _____

1. Who did you discover this recipe from?
 - ☐ Document/Book
 - ☐ Grandparent
 - ☐ Community
2. How old is the recipe? _____

3. How often was it eaten?
 - ☐ Daily
 - ☐ Occasionally
4. When was it eaten? (for occasionally)
 - ☐ Festival
 - ☐ Puja
 - ☐ Wedding
 - ☐ Others
5. Was there any myth or stories connected with the recipe? _____



MILLET TALKS

Interviews with experts and communities help us understand the importance of millets in India.

FARMER

Q1: Why do you grow millets?

Jowar Farmer:

Growing up in an agricultural family in Palakkad, I have always valued them for their role in our culture and society. This has motivated me to continue the tradition.



Q2: What challenges do you face while growing millets?

Jowar Farmer: Limited millet demand, low availability of latest technology, and unpredictable weather conditions.

Q3: What future do you see for millet farming in Palakkad?

Jowar farmer: With growing awareness about the benefits of millets, I see a promising future for millets and their farming.

Krishnadiya, Class 9, Chinmaya Vidyalaya, Kollengode, Palakkad

GRANDMOTHER

Q1: What is the importance of bajra?

Grandma:

Bajra has the ability to thrive in low-water conditions.



Illustration by Anya Saleem, Class 9, Delhi Public School, Risai, Bhilai

Q2: How does bajra contribute to food security and nutrition?

Grandma: *Bajra* is a nutritional powerhouse rich with fibre, protein, iron, and calcium. *Bajra rotis* and *khichdi* can help improve our overall health.

Q3: Could you tell us about the role of Bajra in traditional festivals?

Grandma: *Bajra* plays an important role in many regional cuisines and festivals. It is an essential part of festivals like *Teej*, *Makar Sankranti*, and *Bhagoria* where families come together to share their homemade *bajra* delicacies.

Rianna Upadhyay, Class 4D, Amity International School, Sector 6, Vasundhara, Ghaziabad

NUTRITIONIST

Q1: What are millets?

Smitha Suresh:

Millets belong to the group of cereals and grains.



Q2: What nutrients do the millets give our body?

Smitha: Millets give us macro-nutrients, fibre, and proteins. However, whenever we buy millets we should ensure that they are not too processed

Q3: How can children be encouraged to eat millets?

Smitha: Millets can be consumed just as we consume rice. It can be mixed with *sambar*, *rasam* or *dal*. Millets can be used to make *dosa*, *idly* or *adai*. If you give millets a chance we can get used to the taste of millets and benefit.

Saakshi L Murali, Class 6B, KSN Secondary School, Chennai

ACTIVITY : MEDAK'S MILLET MIRACLE

Follow the story below and colour it in! Research and make a similar cartoon for the Millet Man and Millet Woman of India.

I am Periyapatna Venkatasubbaiah Satheesh ! Women of Medak district of Telangana, you should grow millets in this shallow soil.

Let's cultivate and consume more millets in our region !

My work has led to an increased usage of millets in the public food distribution system, and improved livelihoods for many women ! I will now set-up the Deccan Development Society (DDS).



Rishita Namala, Class 10C, Jubilee Hills Public School, Hyderabad; Snigdha Sagi, Class 6, Delhi Public School, Ahmedabad; Hena Parveen, Class 8A, Sir Mutha School, Chennai

ACTIVITY 4U - MILLET MATCH

Match the illustrations of millets with their corresponding text. You can cut out the cards and play this game with your friends!



Associated with Lord Muruga, thinai dishes are often eaten in winter.

A



As one of the smallest millets, sama is often used to make payasam.

B



This millet is called Arika in the Telugu language.

C



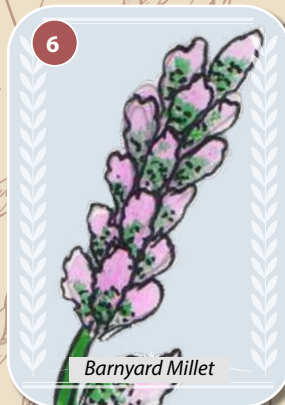
Eaten during fasting days, this millet is also known as vrat ke chawal.

D



Also known as common millet, this is a short-season crop.

E



This millet got its name because of the shape of its head which has 5 sections.

F



Also known as jowar, this millet was offered in yajnas in ancient times.

G

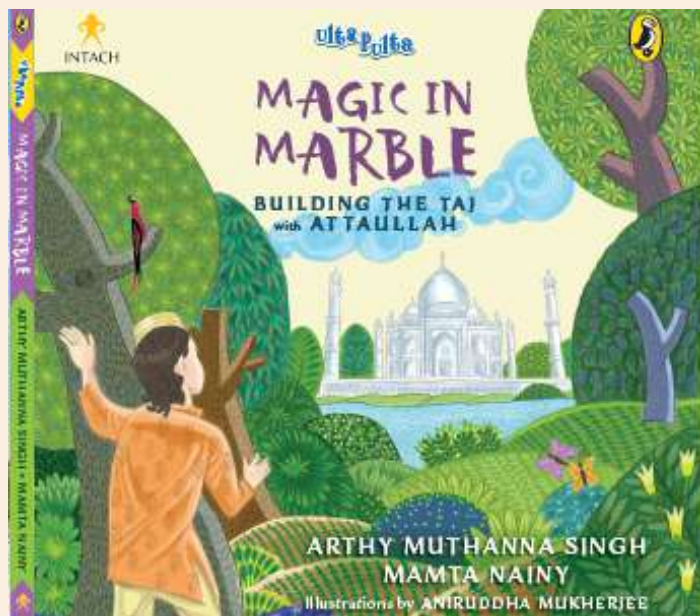


This popular millet is used to make many dishes such as bajre ki khichdi and roti.

H

HECS PUBLICATIONS

ULTA PULTA - MAGIC IN MARBLE



This is a unique book on the rich heritage of India's most extraordinary monument—Taj Mahal ! Through the eyes of two children separated by centuries, it introduces readers to the basic principles of architecture and monument conservation. Using a fun engaging narrative and stunning illustrations, this book is an introduction to the Taj Mahal, aiming to develop an appreciation for this iconic monument.

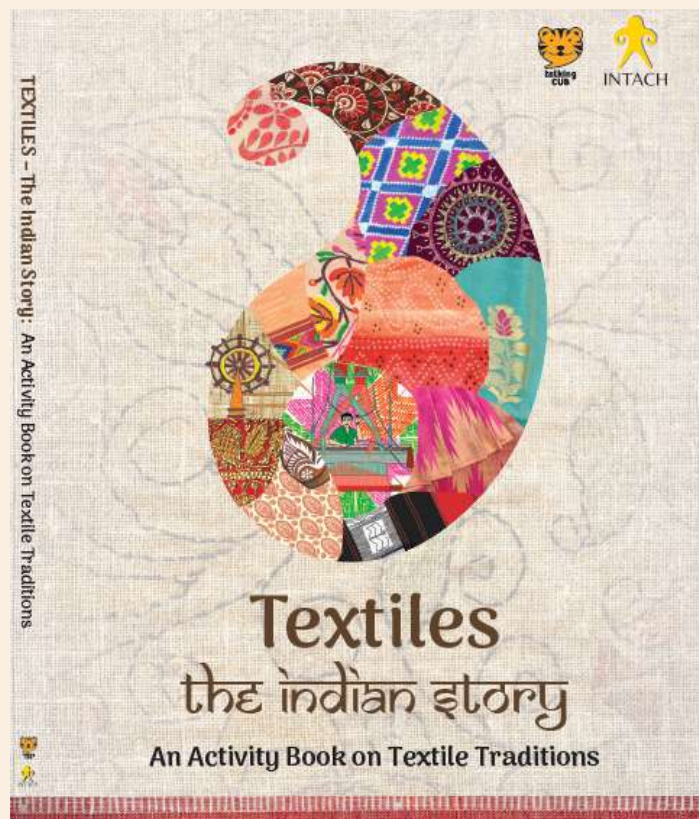
This book is published by Puffin Books, an imprint of Penguin Random House, in collaboration with INTACH and is written by Arthy Muthanna Singh and Mamta Nainy. For children 8 years and above

Price: Rs. 175/-

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TEXTILES...THE INDIAN STORY



This activity book delves into the story of textiles, from its inception as thread, into a weave, and finally a cloth. Including interesting facts and interactive pages, this publication also covers the designs, embellishments, embroidery, and prints found on textiles, along with the stories and traditions linked with them. It also covers traditional attire and its regional variations.

This book is published by Talking Cub, an imprint of Speaking Tiger Books, in collaboration with INTACH.

For children 11 years and above as well as teachers and enthusiasts

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HERITAGE NEWS

KHANA KHAZANA WINNERS TRIP

5th – 7th July, 2023

Heritage Education and Communication Service, INTACH organised Khana Khazana: My Food Heritage national poster and essay competition for middle school children to celebrate the culinary heritage of our country. The students wrote an essay accompanied with a poster about the food heritage of India. Their essays described unique dishes, unique utensils and various chefs along with a poster on their specific topics. Over 10,000 entries were received from 100 chapters and heritage clubs across the country from which 100 regional winners and 15 national winners were selected. Celebrating the remarkable success of the programme and in appreciation of the students' efforts, the 15 national winners from, namely, Chennai, Delhi, Bhilai, Hisar, Hooghly, Jalandhar, Jodhpur, Kangra, Kanpur, Dimapur, Patiala, Thrissur, Vadodara, Visakhapatnam and Wai Panchgani received an opportunity to visit Delhi for a three day educational trip from 5th – 7th July 2023. On Day 1, an orientation programme was done at INTACH where they

interacted with Member Secretary, Dr. CT Misra, followed by a visit to the conservation lab and a heritage walk at Lodhi Gardens. On the second day, the students visited the Pradhan Mantri Sanghralaya, followed by a talk at INTACH on 'Millets' by Dr. Ritu Singh (Project Director, Natural Heritage Division INTACH). The second half of the day was spent at Sanskriti Pratisthan – Anandgram – which has unique museums of everyday art, Indian textiles and Indian terracotta. On Day 3, the students visited Humayun's Tomb Complex. The three days' programme came to a conclusion with a felicitation and award ceremony for the national winners at INTACH headquarters. The Chief Guest was Padma Shri Awardee, Dr. Pushpesh Pant, Professor International Relation and food historian. Dr Shylashri Shankar, author and researcher (Centre for Policy Research) was the Guest of Honour. The students were felicitated by Chairman INTACH, Maj. Gen. (Retd.) L.K. Gupta, Prof. Pant and Dr. Shankar. The regional winners from Delhi were also felicitated.



Winners with the Member Secretary, Dr. C.T. Misra



Winners with the Chairman, Gen. L.K. Gupta and Chief Guests



Winners on an educational trip to Humayun's Tomb

BEST HERITAGE CLUB AWARD 2022-2023

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1. The Shriram Millennium School, Faridabad
2. St. Shantal English Medium School, Malamukal, Trivandrum
3. Sri Prakash Vidyaniketan, Pendurthi, Visakhapatnam
4. Oxford Grammar School, Hyderabad
5. Manav Sthali School, New Delhi
6. Lord Mahavir Jain Public School, Ambala Cantt.
7. K. S. N. Secondary School, Chennai
8. Indo American Public School, Udaipur
9. Hollotoli School Dimapur, Nagaland
10. G. T. B. Sen. Sec Public School, Ferozepur
11. Glazebrooke Public School, Salem
12. Gitanjali Devashray School, Secunderabad
13. Delhi Public School, Bhilai
14. Dharav High School, Jaipur
15. Delhi Public School, Mandla Road, Jabalpur
16. DAV International School, Amritsar
17. Chandrakanthi Public School, Coimbatore
18. BVB Vidyashram, K. M. Munshi Marg, Jaipur
19. Bhavan's Adarsha Vidyalaya, Kakkanad, Kochi
20. Bhavan S. L. Public School, Amritsar
21. Army Public School Bolarum, Secunderabad
22. Air Force School, Ambala Cantt.

New Achievers

1. Vivekalaya Institution, Coimbatore
2. D. A. V. High School, Ambala Cantt.
3. Adi Sankara Vidya Peedam Nallepilly, Palakkad
4. Delhi Public School, Dwarka, New Delhi
5. TNR Excellencia Academy, Hyderabad
6. The Lexicon International School, Wagholi, Pune
7. St. Kabir's School, Chandigarh
8. Seng Khasi Higher Secondary School, Shillong
9. Seedling Modern Public School, Udaipur
10. S. S. Little Angels Convent, Machhonda, Ambala Cantt.
11. Police D. A. V. Public School, Ambala
12. K. L. E. School, Rayapur, Dharwad
13. Hansraj Model School, New Delhi
14. Essence International School, Nagalwadi, Nagpur
15. Cecil Convent School, Ambala Cantt.
16. Brightlands Girls Sr. Sec. School, Vaishali Nagar, Jaipur
17. Army Public School, BD Bari, Samba
18. Indu I.T. School, Bhilai

INTACH NATIONAL HERITAGE QUIZ 2023

The Heritage Education and Communication Service of INTACH has been organizing the INTACH NATIONAL HERITAGE QUIZ since 2014. More than 100 chapters from across the country are participating in this mammoth event. The quiz is being conducted in English as well regional languages.

The chapters include: Gurgaon, Kurukshetra, Panipat, Hisar, Chandigarh, Ambala, Kangra, Dharamshala, Shimla, Mandi, Amritsar, Faridkot, Maler Kotla, Bathinda, Patiala, Jalandhar, Allahabad, Ayodhya, Brajbhoomi, Rohilkhand, Orai, Varanasi, Lalitpur, Dehradun, Bijapur, Dharwad, Darjeeling, Kolkata, Santiniketan, Mumbai, Wai-Panchgani, Chandrapur, Aurangabad, Pune, Solapur,

Goa, Ahmedabad, Rajkot,

Surat, Jamnagar, Assam,

Mizoram, Nagaland, Sikkim,

Jammu, Kanpur, Mussoorie,

Belagavi, Hooghly, Porbandar,

Yamunanagar, Sangrur,

Gorakhpur, Mahoba, Vadodara,

Nagpur, Andaman and

Nicobar Islands, Bangalore,

Kapurthala, Nashik, Ranchi,

Jameshedpur, Hyderabad,

Mahabubnagar, Warangal,

Chennai, Coimbatore,

Kodaikanal, Madurai, Nilgiris,

Salem, Thanjavur, Kozhikode,

Kochi, Kasargod, Palakkad,

Thrissur, Thiruvananthapuram/

Trivandrum, Anantapur, East

Godavari, Kadapa, Kurnool,

Machilipatnam, Srikakulam,

Visakhapatnam, Jaipur, Jodhpur, Udaipur, Sawai Madhopur,

Ajmer, Alwar, Karauli, Bhilwara, Barmer, Jaisalmer, Beawar,

Burhanpur, Datia, Dhar, Jabalpur, Katni, Morena, Mandla,

Mayurbhanj, Bhubaneswar, Balasore, Balangir, Gaya, Patna,

Purnea, Bhagalpur, Darbhanga, Raipur, Mahasamund, Korea,

Sarangarh, Khairagarh, Durg Bhillai, Bilaspur.

HECS is also collaborating with Xpress Minds Edutainment and Cradle Solutions for some of the city and state rounds. State rounds will be held in: Kerala, Rajasthan, Tamil Nadu, Chhattisgarh, Punjab, Uttar Pradesh, Karnataka, West Bengal, Gujarat, Maharashtra, Andhra Pradesh, Telangana, Bihar, Jharkhand, Madhya Pradesh, Odisha, Delhi - NCR, Jammu and Kashmir, Himachal Pradesh and Uttarakhand and North East finals. The National finals will be held in Delhi in December, in collaboration with Xpress Minds Edutainment.



Morena



Balangir



Dhar



Indian National Trust for Art and Cultural Heritage

My Monument Search

INTACH invites you to make a poster accompanied by a write-up on a lesser-known built heritage of your region

- The poster should depict ANY ONE lesser-known built heritage of your region which can be either a fort, palace, place of worship (temple, gurdwara, church, mosque, etc.), civic building, educational institution, etc.
- The poster should have a suitable slogan and be made on an A3 size paper
- It should be accompanied with a write-up on the same selected built heritage describing its history, myths and stories, architecture, condition today and three steps for its protection and promotion
- The write-up of 200 words should be on an A4 size paper
- The write-up and slogan can be in English, Hindi or any major regional language

- The competition is for students of classes 7 to 9 only
- All entries will receive participation certificates
- There will be 100 regional winners
- There will be 10 national winners
- All entries must have the student's full name, class, school's name and address in block letters along with signature of convenor and chapter stamp
- A covering letter from the convenor should be submitted with a typed list of entries including all the particulars of the students

FOR FURTHER DETAILS, PLEASE CONTACT THE INTACH LOCAL CHAPTER
OR
HERITAGE EDUCATION AND COMMUNICATION SERVICE, INTACH - 71 LODHI ESTATE, NEW DELHI - 110005
hecsintach@gmail.com

INDIAN NATIONAL TRUST FOR ART AND CULTURAL HERITAGE

INTACH invites you to make a poster accompanied by a write-up on a lesser-known built heritage of your region.

- The poster should depict ANY ONE lesser-known built heritage of your region which can be either a fort, palace, place of worship (temple, gurdwara, church, mosque, etc.), civic building, educational institution, etc
- The poster should have a suitable slogan and made on an A3 size paper
- It should be accompanied with a write-up on the same selected built heritage describing its history, myths and stories, architecture, condition today and three steps for its protection and promotion
- The write-up of 200 words should be on an A4 size paper
- The write-up and slogan can be in English, Hindi or any major regional language
- The competition is for students of classes 7 to 9 only
- There will be 100 regional winners and 10 national winners
- Please mention student's full name, class, school's name, and address in block letters and signature of the principal/headmaster. A covering letter from the convenor/school as hardcopy should be submitted along with the entries

Submit your entries to:

My Monument Search

Heritage Education and Communication Service, INTACH,
71 Lodhi Estate, New Delhi - 110003

Last Date of Submission of Entries: February 15th, 2024

PRIZE WINNERS

Iti Jain, Class 6, Siddhi Sagar Academy, Lalitpur
Shreya S. Pillai, Class 11B, Hvetavi Vidya Mandir, Elamakkara
J Lalanthheega, Class 10A, Sri Ramaswami Mudaliar Hr. Sec. School, Chennai
Ridhima Tak, Class 9A, **Neel Sharma**, Class 9D, **Divya Chauhan**, **Prachi Tak**, Class 9A, **Himani Mulani**, Class 10, All Saints Sr. Sec. School, Beawar Road, Ajmer
Pratik Singh Pal, Class 8, **Dhruvanshi Jani**, Class 9, Shree Satya Sai Vidyalaya, Jamnagar
Rishita Namala, Class 10C, Jubilee Hills Public School, Hyderabad
Nihira V., Class 9D, **Chidroopa**, Class 7A, Bharatiya Vidya Bhavan's Public School, Jubilee Hills, Hyderabad
Utkarsh, Class 8A, **Sarthak Kanodia**, Class 9B, Pine Hall School, Dehradun
Parneet, Class 6, GTB Public School, Ferozepur
Gohil Dev P., Class 9A, Bhavan's Shri AK Doshi Vidyalaya, Jamnagar
Radhika Dipak Joshi, Class 8, K. K. Wagh Universal School, DGP Nagar, Nashik
Jatin Mehndirata, Class 8F, PKR Jain Sr. Sec. Public School, Ambala
Gohil Dev P., Class 9A, Bhavan's Shri AK Doshi Vidyalaya, Jamnagar
Hitit Yadav, Class 6A, **Abhigyan Singh**, Class 7C, Jankidevi Public School, Pratap Nagar, Jaipur
R.S. Sanjana, Class 8, Karur Saraswathi Vidya Mandhir School, Karur
Namit Shastri, Class 10A, Global Indian International School, Noida
Vedansh Gupta, Class 7C, Global Indian International School, Ahmedabad
Ayushi Gupta, Class 6, Swami Vivekanand Public School, Sec-17, Jagadhri
Zubiya Khanam, Class 6B, Sunway Sr. Sec. School, Rampur
Ayush Srivastava, Class 9C, Balvantray Mehta Vidya Bhawan ASMA School, GK II, Delhi
Samvi Yashwant Gawade, Class 7C, KLE'S International School, Belagavi
Sandeshi Shrikant, Class 9F, Bharatiya Vidya Bhavan S.L. Public School, Amritsar
M Ishika, Class 9B, **Arjun F.**, Class 8B, Bharatiya Vidya Bhawan Matric Hr. Sec. School, Coimbatore
Anshika Singh, **Anandita Vajpai**, Class 6, RK Sr. Sec. School, Lucknow
Minakshi Raj, Class 6, DAV Public School, Parsa Bazar, Patna
Priyanshi Tamta, Class 10A, DAV Sen. Sr. Public School, Narainagar
Deepanshi Shekhawat, Class 9B, DAV Public School, Sec-14, Faridabad
Suhani Shrivastava, Class 11F, Maharana Mewar Public School, Udaipur
Dhriti, Class 10A, K.L. Mehta Dayanand Public Sr. Sec. School No.2, Faridabad
Jivika Sharma, Class 6A, Seeding Modern Public School, Udaipur
S. Supreetha, Class 6E, Little Angels School, Visakhapatnam
V. Yashika, Class 7A, Little Scholars Matric. Hr. Sec. School, Thanjavur
Samanvi S., Class 6C, **E Chadwick**, Class 6C, Gitanjali Devakul, Hyderabad
Varenya K., Gitanjali Devashraya School, Secunderabad
Revan Kurkhar, Class 6C, Euro School, Kharadi, Pune
Bhiga, Delhi Public School, Hisar
Neha Gora, Class 9B, **Somya Sankha**, Class 10B, East Point Sr. Sec. School, Ajmer
Muskan Syed, Class 10A, JSM High School, Hanamkonda
Shreya Agarwal, Dharav High School, Jaipur
Niharika Shankar, Class 10A, Khalsa Public Hr. Sec. School, Durg
Nayonika Dhawan, Class 11, Hansraj Model School, Delhi
Hansika Singh Rao, Class 9, Indo American Public School, Udaipur
Khushi Raghuvanshi, Class 8, Bhaskar Vidhyapeeth, Dhar
Disha P Thakker, Class 9, PSBB Millennium School, Chennai
Haritha K., Class 7B, Chandrakanthi Public School, Coimbatore
D Rohit Srikanth, Class 6B, Akshara School, Kakinada
Akshara Ashok Galkwad, Class 9, **Anushka Nirwal**, Class 8, MGM Sanskar Vidyalaya, Aurangabad
Sharwari Bhongade, Class 8D, Centre Point School, Wardhaman Nagar, Nagpur
Anushka Nirwal, Class 8I, MGM Sanskar Vidyalaya, Aurangabad

Aryan Kumar, Class 11A, Central Hindu Boys School, BHU, Varanasi
Hetvi Patel, Class 9, Lalji Mehrotra Lions School, Ahmedabad
Aman, Class 9, Navy Children School, Chanakyapuri, New Delhi
Ruthvi Kondaveeti, Class 8, Ganges Valley School, Hyderabad
Panimalar Thendral, Class 5B, **L.P. Shree Vijaya**, Class 9E, RPC Matric Hr. Sec. School, Kaladipet, Chennai
Anwesha Painuli, Class 4, Doon International Public School, Rishikesh
K. Monisa, Class 4, Rasakondalar Mat. Hr. Sec. School, Coimbatore
Pranjal Nanda, Class 10A, Manav Sthali School, Delhi
Divya R. Biradar, Class 9B, Ramjas International School, R.K. Puram, Delhi
G. Vaishnavi, Class 8, Sri Prakash Vidyaniketan Pendurthi, Visakhapatnam
Hemakshaya, Fortcity School, Vizianagaram
Sakshi R., **Sanjeev R Naik**, Class 9C, **Lekhashree**, Class 8, Shantiniketan Trust School, Bilekahalli, Bengaluru
D Gopesh, Class 8A, Sri Sankara Sr. Sec. School, Adyar, Chennai
Shruthi Keerthi, G.K.D Matric. Hr. Sec. School, Coimbatore
R Pabishnaa, Class 9A, **Ishma P.R.**, Class 8B, Perks Matric. Hr. Sec. School, Coimbatore Perks Matriculation Hr. Sec. School, Coimbatore
Anjali Verma, Class 7A, Vidyan, Sitapur
Tiya Sharma, Class 9C, Subodh Public School, Jaipur
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Divyanshi Prasad, Class 8, **Aanya Saleem**, Class 9, Delhi Public School, Rishi, Bhiail
Vishnu Priya V., Class 10A, **Geetha Priya V.**, Class 10, Mani Higher Sec. School, Coimbatore
Makzhini V., Class 6C, DNU SBBM National Public School, Dindigul
Myra Tandon, Class 8, ASN Senior Secondary School, Mayur Vihar, Delhi
Arfa Nazneen, Class 7, **Asma Inteyaz**, Class 10, Guardian Public School, Gaya
Ishan Patil, Class 7A, **Aliya Rayaz**, Class 7A, Indu IT School, Bhiail
Harleen Kour, Class 10, **Sarthak Gupta**, Class 6A, Model Academy, Jammu
Aditha, Class 9B, AMM School, Chennai
M Sreyash, Class 9A, Glazebrook Public School, Salem
Divya Manikandan, Class 7, M.C.L.M. Chidambaram Chettyar International School, Chennai
Shubham Swarnkar, Class 8, **Naitik Sadhwani**, Class 8E, St. Anthony's Sr. Sec. School, Udaipur
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Manikya Rana, Dyal Singh Public School, Jagadhri
Laavanya Bhagwati, Modern School, Barakhamba Road, New Delhi
Vani Goyal, Class 9A, DAV Sen. Sr. Public School, Jagadhri
Asmita Singh, Class 8D, Sunbeam Suncity (school and hostel), Varanasi
Krishnadiya, Class 9, Chinmaya Vidyalaya, Kollengode, Palakkad
Rianna Upadhyay, Class 4D, Amity International School, Sector 6, Vasundhara, Ghaziabad
Snigdha Sagi, Class 6, Delhi Public School, Ahmedabad
Hena Parveen, Class 8A, Sir Mutha School, Chennai
Ojas Panchal, Class 7C, Bharatiya Vidya Bhavan Vidyaashram, Jaipur

WHAT'S NEXT?

January-March 2024

Majestic Asiatic Lions



Asiatic lions play an important role in our ecosystem and should be protected as they are endangered. They have also been a symbol of royalty and power for centuries, and are used in numerous emblems, statues, and royal insignia.

Write to us in about **100 words** on **any one** of the following:

- Unique features of the Asiatic lion and its habitat
- The lion in history, mythology, architecture and Indian culture
- Details of lion reserves and any new proposed ones
- Steps taken to protect lions in India, and your suggestions for their conservation
- Interview of a forester/conservator/NGO/government official and share it

You may accompany your write-up with a sketch, painting or even a personally clicked photograph of a lion or an object linked to a lion.

Last date for entries: November 15, 2023

April-June 2024

Grand Gates of India



Most towns and cities in India had gates down the ages. Along with serving as the first line of defence, these were often examples of grand architecture, authority, as well as social and cultural traditions. In about **100 words** write on **any one** of the following:

- Significance of gates/gateways for a region, city and community
- A unique gate from your region. It can be an entry into a city/region/settlement, gateway to a religious structure/monument, or a memorial gateway. You can include:
 - i. Interesting facts and architectural features about the gate/gateway
 - ii. History and myths/stories
 - iii. Current use and condition
- Organisations who are working to protect gates and restoration success stories

You must accompany your write-up with a sketch, painting, or personally clicked photograph of the chosen historic gate/gateway.

Last date for entries: February 15, 2024

FEEDBACK

Do you have any ideas, comments or suggestions to make Young INTACH more interesting? We welcome any thoughts on what themes you would like us to select for the upcoming issues of Young INTACH.

Please write to:

Purnima Datt

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 Indian National Trust for Art and Cultural Heritage (INTACH)
 71, Lodi Estate, New Delhi 110003

Tel: (011) 24641304, 24645482, Fax: (011) 24611290

Email: hecsintach@gmail.com, Website: www.youngintach.org

To know more about INTACH, visit: **www.intach.org**

To know more about HECS projects and publications, visit: **www.youngintach.org**

We are grateful to the Government of India for supporting Young INTACH, a quarterly heritage newsletter for and by children that has about 4.25 lakh readers and the number keeps on going higher with each issue.

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Activity Answers: **Pg 10** - Foxtail millet: Heating, Winter; Little millet: Heating, Winter; Pearl millet: Cooling, Summer

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