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Rajnandgaon, Chhattisgarh

Report: A Session on Awareness of Millets

A preliminary session was conducted on Awareness on millets and to create demand for consumption among undergraduate medical students of B.R.L.S.A.B.V.M.M.C, Rajnandgaon (C.G) on 20th March 2026 between 12pm to 1pm in Lecture theatre.

The presentation explained that millets are small-grained, nutritious cereals widely grown in semi-arid regions. India is the largest producer of millets, contributing about 26.6% of global production and 83% of Asia's production, with major producing states being Rajasthan, Maharashtra, and Karnataka. Millets are considered "nutritious cereals" because they are: Gluten-free, have a low glycaemic index, making them suitable for diabetic and celiac patients and rich in nutrients and beneficial for overall health. They are climate-resilient crops, characterized by: short growing season, ability to grow in hot, dry conditions and high drought resistance and adaptability to extreme environments. Millets are also globally traded, with exports to countries such as the UAE, USA, Germany, and others.

Various millet recipes were also shown to the students.

The session was concluded stating that millets are highly nutritious, climate-smart, and sustainable crops with deep historical roots and growing global importance, especially for food security and healthy diets.

A survey was conducted to assess the change in awareness after the session where 103 students had participated. 98.1% (101) number of students had awareness about millets. 91.3% (94) of students consumed millets and 91.3% (94) knew about the nutritive value of millets. 94% (98) knew about the health benefits of millets whereas 4.9% (5) didn't have knowledge about the same. After the session 97.1% (100) students responded that they were willing to consume millets if available. 97.1% (100) demanded for millet eatery in college as it would be beneficial for them.

It was a very productive session.



