



File No.: NESTS/EMRS/CAC/109/2021-2022/1788

Date: 20.08.2025

The Nodal Officers,
State/ UTs EMRS Society,
(As per list)

Subject: Advisory on Integration of Millets in EMRS Hostels and School Activities- reg.

Dear Sir/Madam,

With reference to the above cited subject, the Ministry of Tribal Affairs, through the National Education Society for Tribal Students (NESTS), is consistently working towards the holistic development of students in Eklavya Model Residential Schools. In this context, the integration of millets into school life is being encouraged, keeping in view their nutritional value and the importance of creating awareness about locally available millets among tribal students.

In view of above, it is observed that the Ministry of Tribal Affairs has also launched several initiatives that directly and indirectly support improved nutrition in tribal areas. The PM Janjatiya Unnat Gram Abhiyan (PM JUGA), building upon the PM JANMAN scheme, includes a nutrition component under the Ministry of Women and Child Development, promoting Poshan Vatikas (nutrition gardens), improved childcare, and community nutrition awareness. Millet integration in EMRSs is aligned with these broader efforts, and schools are encouraged to contribute actively.

Accordingly, State Societies are requested to take necessary steps for the inclusion of millets in hostel diets and student activities of EMRSs, in alignment with initiatives such as PM POSHAN, NFSM-Nutri Cereals, Poshan Abhiyaan, and PM JUGA. This advisory is intended to provide guidance for gradual adoption. Additionally, the suggestions outlined are indicative, and schools may adapt or expand them in a flexible manner as per their local context.

Suggested Action Points for Schools

- Introduce millet-based dishes in hostel menus on a daily/weekly basis (details in Annexure I).
- Observe a Monthly Millet Day and an Annual Millet Week with food, cultural, and awareness activities.
- Appoint student "Millet Ambassadors" to promote awareness among peers.
- Display nutrition posters, charts, and local millet information in dining halls/hostels.

20/08/25

- Establish a Millet Corner in kitchen gardens/Poshan Vatikas and encourage student participation.
- Organize field visits to local millet farms and invite farmers/experts during school events.
- Engage parents and local tribal farmers/FPOs through workshops and collaborations.
- Monitor the impact on student health and food acceptance through wardens and health staff.

Further, a detailed "Millet Action Plan for EMRSs" along with a list of region-wise locally available millets and suggested student activities is attached herewith as **Annexure I** for reference and guidance.

In this regard, State Societies are requested to encourage schools to adopt and implement these measures in a flexible manner suited to their local context, ensuring that students benefit both nutritionally and culturally.

This issues with the approval of the Competent Authority.

Encl: as above.

Your Faithfully,



(Bipin Chandra Raturi)

Joint Commissioner, NESTS

Copy To:

- i) The Principal Secretary, Tribal Welfare Department, State Govt. of (as per list) for information please.
- ii) The Principal, EMRSs (As per List), with similar request and for information please

MILLETS

Marvel Grains of the Future



MILLETS

MILLETS

Types of Millets & Their Major Growing Regions in India

1. Sorghum (Jowar)

- Regions: Maharashtra, Karnataka, Madhya Pradesh, Andhra Pradesh, Telangana, Tamil Nadu
- Use: Rotis, porridge, dosa, bhakri

2. Pearl Millet (Bajra)

- Regions: Rajasthan (largest producer), Gujarat, Haryana, Uttar Pradesh, Maharashtra
- Use: Bajra roti, khichdi, porridge

3. Finger Millet (Ragi / Nachni / Mandua)

- Regions: Karnataka, Tamil Nadu, Andhra Pradesh, Odisha, Uttarakhand, Jharkhand, Chhattisgarh
- Use: Ragi mudde (balls), dosa, laddoo, porridge

4. Foxtail Millet (Kangni / Korra / Thinai)

- Regions: Andhra Pradesh, Telangana, Karnataka, Tamil Nadu, Maharashtra
- Use: Khichdi, upma, dosa, biryani

5. Little Millet (Kutki / Sama / Samai)

- Regions: Madhya Pradesh, Chhattisgarh, Maharashtra, Andhra Pradesh, Karnataka, Tamil Nadu
- Use: Pongal, pulao, porridge

6. Kodo Millet (Kodra / Varagu)

- Regions: Madhya Pradesh, Chhattisgarh, Maharashtra, Odisha, Tamil Nadu
- Use: Khichdi, upma, dosa

7. Barnyard Millet (Sanwa / Sama / Udal)

- Regions: Uttarakhand, Uttar Pradesh, Bihar, Jharkhand, Madhya Pradesh
- Use: Upma, fasting food (vrat dishes), kheer

8. Proso Millet (Chena / Barri)

- Regions: Madhya Pradesh, Chhattisgarh, Bihar, Uttar Pradesh, Tamil Nadu
- Use: Idli, dosa, porridge, kheer

Millet Action Plan for EMRSs

Objective : To integrate millets into the daily life of residential EMRS students ensuring better nutrition for tribal students and creating awareness about locally available millets – in alignment with PM POSHAN, NFSM–Nutri Cereals, and Poshan Abhiyaan.

1. Hostel Diet Integration

Daily/Weekly Menu Options

Breakfast Options

- Millet Banana Porridge (Jowar/Sorghum flour) – roasted flour with mashed banana & cardamom.
- Apple-Pear Millet Porridge (any millet) – cooked millet with seasonal fruits, lightly sweetened.
- Millet & Corn Dosa – fermented batter of millet + corn + dal, served with chutney.
- Ragi Dosa / Ragi Upma – finger millet-based traditional South Indian dishes.

Lunch/Dinner Options

- Foxtail Millet Khichdi – foxtail millet with moong dal, vegetables, and mild spices.
- Veggie Salad with Millet – cooked millet mixed with vegetables & curd.
- Millet Rotis/Chapatis – blended with wheat flour for easy rolling.
- Sweet Pongal (millet-based) – millet with jaggery, ghee, dry fruits.

Snacks / Evening Tiffin

- Ragi Laddoo (Nachni Ladoo) – roasted ragi flour, jaggery, ghee, and nuts.
- Millet Paniyaram (Beetroot millet dosa mix) – bite-sized savoury snack.
- Millet Biscuits/Cookies – baked millet flour cookies for easy distribution.
- Millet Chikki – jaggery + millet seeds, energy snack

2. Awareness & Student Participation

- Monthly Millet Day - millet lunch + quiz/essay/poster competition.
- Millet Week (annual) - cultural programs, recipe competitions, food stalls.
- Appoint student “Millet Ambassadors” in each hostel block to motivate peers.
- Display nutrition posters & charts in dining halls.

3. Kitchen Garden / Mini Farm/ POSHAN Vatika

- Create a Millet Corner in the hostel kitchen garden.
- Engage hostel students in sowing, weeding, watering, and harvesting.
- Use harvest directly in hostel meals → *farm-to-plate* practice.
- Involve Eco Clubs for ongoing care and awareness.

4. Community & Parent Engagement

- Conduct weekend/holiday workshops for visiting parents on simple millet recipes that can be cooked at home.
- Involve local tribal farmers/FPOs to supply millet grains & seeds directly to the school.
- Invite farmers or nutrition experts during Millet Week for talks and demonstrations.
- Organize student field visits to nearby millet farms to give them hands-on exposure to cultivation and connect classroom learning with real-life farming.

5. Alignment with Govt. Schemes

- PM POSHAN – include millet dishes in hostel meal plan.
- NFSM–Nutri Cereals – access seeds/training for kitchen gardens.
- Poshan Vatikas (Nutrition Gardens) – expand millet cultivation in campus.
- Eco Clubs (NGC) – use clubs for awareness drives and student projects.

6. Monitoring & Feedback

- Hostel wardens & health staff to track:
 - Student health indicators (weight, haemoglobin, attendance).
 - Food acceptance (feedback on taste, recipes).
- Adjust recipes based on student preferences for sustainability