Advancing Development: Community Swaraj

Background

Small millets in the Indian context include finger millet, kodo millet, little millet, foxtail millet, proso millet, barnyard millet and browntop millet. They have been cultivated in India for around 3000 years, making them an integral part of the culture and history of India. Small millets offer better nutrition with more micronutrients (like vitamin B complex, calcium, iron and sulphur), more protein, more dietary fibre and low glycemic index when compared to mainstream cereals like rice and wheat. They are known as both preventive and curative foods. They help to manage lifestyle diseases like obesity, diabetes, hypertension, cardiovascular diseases and anaemia. They are also a safe source of food, as no or meagre farm chemicals are used for their cultivation. However, consumption of small millets has come down drastically in the last three decades. Drudgery of women in primary processing of small millets is a major reason for decline in consumption of nutritious small millets in the production regions across India. Women in the small millet farming household in general spend about three hours to process 5-8kg of grains of small millet crops with husk. This process involves considerable drudgery and physical efforts. Appropriate mechanisation is the way to address this problem. Understanding the scope of small millets to address triple burden of malnutrition and non-communicable diseases, many agencies are taking efforts to develop appropriate processing equipment for small millets in the recent past.

Madurai Symposium 2021 would bring several development stakeholders together to take stock of the Community Swaraj in the national agenda of Inclusive growth and development. The contributions of the communities individually and collectively have been monumental in charting the course of development in the country. The sharing between the agencies involved in developing and the users and promoters of these technologies has been limited. As development of small millet primary processing technologies is in nascent stage, it is important to understand these recent developments to build various efforts to reduce drudgery of women and to mainstream small millets in the regular diets.

About the workshop:

In this backdrop, Small Millet Foundation, a division of DHAN Foundation, on 27 October 2021 at Madurai, organizes a one-day seminar on **'Small Millet Recipes for promoting consumption'**. The broad objective of this workshop is to bring together recent promising advances in primary processing of small millets carried out by different actors, recognize their contributions, experience sharing and facilitate an interaction among them.

Google Meet Link: https://meet.google.com/fec-dnhk-hdr

Day 3 (27.10.2021) Schedule:	
Small Millet Recipes for promoting consumption	
02. 30 PM	Introduction - brief description of difference between paddy rice and millet rice, cooking procedures to be followed in general – Mr.Vediappan/ Mrs. Revathi
02. 45 PM	Value addition and recipes of small millets- Mothi Foods- Mr.Shivakumar
03. 30 PM	Jawadhu Hills & Team members – Mr. Ganesh and local members
04. 00 PM	Tea Break
04. 10 PM	Small Millet Recipes – Mrs. Revathi
04. 40 PM	Health Mix – KTL Pandiswari & team
05. 00 PM	Conclude

Madurai Symposium so far

2003	-	Advancing Development
2005	-	Advancing Development
2007	-	Advancing Development towards Building Alliances
2009	-	Advancing Development towards Millennium Development Goals (MDGs)
2011	-	Advancing Development towards Sustainable Livelihoods
2013	-	Governance for Advancing Development
2015	-	Localizing Sustainable Development Goals
2017	-	Building Resilience for Sustaining Development
2019	-	Women Empowerment for Sustaining Development

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