



MILLETS

MAGICAL CROPS

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Volume-I

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PREFACE

The first edition of Millets Magical Crops, strengthened focus on its title, this begins with Millets or nutri-cereals basic concept that were domesticated and cultivated as early as 10,000 years ago. The millets cultivation is taken up usually in degraded and marginal lands that receive very less rainfall and are poor in soil nutrient content. Seven important millets cultivated globally are finger millet, pearl millet, foxtail millet, barnyard millet, proso millet, kodo millet, and little millet. Overdependence on cereals after the green revolution and the present-day sedentary lifestyle of people has proliferated health-related disorders like obesity, diabetes, coronary diseases, gastrointestinal disorders and risk of colon, breast, and oesophageal cancer. The only way to fight back is through the introduction of nutritionally rich millets in our daily diets. Millets are unique for their richness in dietary fibers, antioxidants, minerals, phytochemicals, polyphenols, and proteins; that act as elixir to fight against health-related disorders.

There are many nutrition based textbooks within the market. A number of them are purely basic while others are applied, and there are only a few books which cover both these aspects together. For this reason, the scholars learning nutrition in their undergraduate courses should rely upon multiple books to accumulate a sound knowledge of the topic. This book is exclusive with a simultaneous and equal emphasis on basic and applied aspects of millets nutrition. This textbook is comprehensively written to satisfy the curriculum requirements of undergraduate courses in home science, medical, dental, pharmacy, life-sciences and other categories (agriculture, veterinary, etc.) where students learn nutrition together of the topics or main subjects. This book gives a brand new orientation to the topic of nutrition so the scholars appreciate the nice importance and significance of the appliance of nutrition to all or any the fields.

This textbook could be a distillation of our knowledge and teaching experience in millets nutrition. It contains pre-digested information on food and nutrition permanently understanding, assimilation and reproducibility. Each page is crafted

with a fine eye. The final purpose of this book is to equip the reader with comprehensive knowledge in millets nutrition. Although we've made every effort to form this book error free, we are under no illusion. We welcome comments, criticism and suggestions from the college, students and other readers and community workers and this can help us to form improvements within the next edition.

By:

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Dedication

To my parents and my loving husband,

This book is a testament to the unwavering support, boundless love, and endless encouragement you have showered upon me throughout my journey. You have been my pillars of strength, my guiding lights, and the foundation upon which I have built my dreams.

To my parents, who nurtured me with boundless affection, instilled in me the values of perseverance and determination, and taught me to believe in myself, thank you for always believing in my potential. Your sacrifices and unwavering belief in me have been the driving force behind my accomplishments.

To my beloved husband, who has stood by my side through thick and thin, offering unwavering support, gentle reassurance, and an unwavering belief in my abilities, thank you for being my constant source of inspiration and for reminding me of my strength even in the face of adversity.

Your love and encouragement have propelled me forward, giving me the courage to pursue my passions and to embrace the challenges that come with them. Without your unwavering support, this book would not have come to fruition.

With heartfelt gratitude, I dedicate this book to you, my parents and my loving husband. May these words serve as a token of my love and appreciation for everything you have done and continue to do for me. Your presence in my life is an immeasurable gift, and I am forever grateful.

With all my love,

Dr. Shilpi Sharma

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ABOUT THE EDITORS



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Dr. Payal Jain is currently working as an Assistant Professor in the Department of Food and Nutrition, School of Science and Technology, Vanita Vishram Women's University, Surat, is having M.Sc. degree in Food and Nutrition from Banasthali University with First class and worked on development of sports drinks for athletes on her credit as a part of M.Sc. dissertation. Dr. Payal Jain has done her PhD in Food Science and Nutrition from Banasthali Vidyapith, Jaipur, Rajasthan in the area of Geriatric Diabetology. She has teaching experience of 13 years with various work places

viz., Jaipur, Tonk, Dehradun, Surat respectively. She has chaired two scientific sessions at 2 national conferences at Goa and Surat. She has coordinated various workshops, entrepreneurial programmes, nature club programmes under her guidance. She has 30 publications at national and international levels on her credit. She has presented papers at many national and international conferences and seminars on health and nutrition. Dr. Jain is appointed as a District Nutritional Partner in District Development office, Surat. She has recently published a Textbook on Community Nutrition and Maternal and Child Nutrition with Prism publication. Dr. Jain also published a research paper in Scopus indexed journal in the year 2022-23. She has also supervised 16 dissertations for Post graduation students. She also served as an External Examiner in various National University, India.



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