

MILLETS:

THE ANCIENT GRAIN

(Volume I)



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PREFACE

I am happy to present the Ist Volume of "Millets: The Ancient Grain". In the rhythmic dance of time, certain grains have quietly sustained civilizations, whispering tales of resilience, nutrition, and a bond with the earth. "Millets: The Ancient Grain" is a journey through the annals of history, a celebration of a humble yet extraordinary group of grains that have been the unsung heroes of sustenance for centuries.

In this exploration, we delve into the heart of millets, unearthing their origins and tracing their footsteps across diverse cultures and landscapes. From the sun-kissed fields of ancient civilizations to the bustling markets of the present day, millets have woven themselves into the fabric of human existence.

This book is not just a chronicle of the past; it is an ode to the future. As we stand at the crossroads of agricultural choices, millets beckon us with their sustainable promise, urging us to embrace a path that is not only nourishing for the body but also gentle on the planet. Through its insights, "Millets: The Ancient Grain" invites you to rediscover the wisdom of our ancestors and to forge a new connection with the ancient grains that have weathered the storms of time.

Join us on this literary sojourn, where the whispers of the past guide us to a future where the golden grains of yesteryears continue to shape our well-being and the well-being of the planet we call home.

2023

Dr. Shilpi Sharma

Dedication

To the pillars of my world, my parents, Late Dr. Ram Kishor Sharma and Ms. Sneha Prabha Sharma, whose unwavering love and tireless support have been the foundation upon which my dreams have taken flight. Your wisdom and encouragement have shaped not just my character, but the very essence of this book.

To my beloved husband Mr. Vikrant Shukla whose patience, understanding, and boundless love have been my refuge and inspiration. Your presence has infused these pages with warmth and meaning, and your belief in me has been the wind beneath my wings.

To my precious children Mr. Daksh Shukla and Master Pratyush Shukla, whose laughter, curiosity, and boundless energy fill each day with purpose and joy. This book is a testament to the love that weaves our family together and a promise to leave behind a legacy of stories, lessons, and dreams for you to carry forward.

In the tapestry of life, you all are the threads that have added color, texture, and depth to my journey. This book is dedicated to my parents, my husband, and my children with gratitude for the shared moments that have made this endeavor not just possible but profoundly meaningful. May these words reflect the love and lessons you've bestowed upon me, and may they resonate with the love that binds us together.

Dr. Shilpi Sharma

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