

# **MILLETS:**

## **THE ANCIENT GRAIN**

(Volume II)



EDITORS

**Dr. Shilpi Sharma**  
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**Kripa Drishti Publications, Pune.**

# **Milletts:**

## **The Ancient Grain**

(Volume II)

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Book Title: **Millets: The Ancient Grain**

Editors By: **Dr. Shilpi Sharma, Dr. Tanmay Ghosh**

**(Volume II)**

**Price: ₹500**

ISBN: **978-81-19149-56-8**



Published: **Nov 2023**

**Publisher:**



**Kripa-Drishti Publications**

A/ 503, Poorva Height, SNO 148/1A/1/1A,  
Sus Road, Pashan- 411021, Pune, Maharashtra, India.

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## **PREFACE**

Welcome back to the enthralling world of millets—a journey that continues in Volume II of "Millets: The Ancient Grain." As we delve deeper into the narrative of this extraordinary grain, our exploration takes us to even more fascinating and uncharted territories.

In Volume I, we uncovered the historical tapestry of millets, tracing their origins and the ways in which they shaped the course of human civilization. We unravelled their nutritional significance, their resilience, and the stories of the people who have cultivated and cherished them for millennia. Now, in Volume II, we pick up where we left off, delving further into the multifaceted aspects of millets.

This volume embarks on an expedition into the contemporary world of millets, exploring their role in modern agriculture, the evolving culinary landscape, and their potential to address some of the most pressing global challenges. It takes us through a journey of rediscovery as millets once again capture the imagination of farmers, chefs, and consumers alike.

Throughout the pages of this volume, you will find stories of communities reclaiming their food traditions, of chefs and food enthusiasts experimenting with innovative millet-based recipes, and of scientists working to enhance the productivity and adaptability of this ancient grain. We also delve into the diverse and vibrant cultures that have embraced millets, celebrating the rich tapestry of cuisines that revolve around these grains.

As we continue our exploration, may you be inspired by the resilience and adaptability of millets, which stand as a testament to the ingenuity of humanity in the face of ever-evolving challenges.

In Volume II, we continue to celebrate the potential of millets as a key player in our quest for sustainable agriculture, nutrition, and food security.

We invite you to immerse yourself in the stories, the knowledge, and the flavors that this volume offers. Together, let's venture further into the world of millets, unlocking their secrets, celebrating their diversity, and advocating for their place in our collective future.

Thank you for joining us on this captivating journey through the intricate world of millets.

**Dr. Shilpi Sharma**

**October, 2023**

## *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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**KRIPA DRISHTI  
PUBLICATIONS**

Kripa-Drishti Publications  
A-503 Poorva Heights, Pashan-Sus Road, Near Sai Chowk,  
Pune - 411021, Maharashtra, India.  
Mob: +91 8007068686  
Email: editor@kdpublishations.in  
Web: <https://www.kdpublishations.in>

Price: ₹ 500

ISBN: 978-81-19149-56-8



9 788119 149568