



MILLETS:

A Sustainable Approach to Nutritional Security

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MILLETS:

A SUSTAINABLE APPROACH TO NUTRITIONAL SECURITY

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PREFACE

Dear Readers,

It is with great pleasure and fervor that we present to you this book, "Millets: A Sustainable Approach to Nutritional Security." As we navigate the complexities of the modern world, our understanding of sustainable practices becomes central, not just for ecological harmony but also for our national security.

The idea behind this book comes from a profound belief in the transformative potential of millets. These small-seeded grasses, including sorghum, pearl millet, finger millet, and others, have been the unsung heroes of our agriculture for centuries. Their resilience to diverse climates, coupled with their rich nutritional content, makes them a compelling subject for exploration.

In making this book, our aim is twofold: to shed light on the frequently-disregarded significance of millets and to underscore their potential role in ensuring national security. We delve into the historical, nutritional, and agricultural aspects of millets, examining their relevance in contemporary times. The global perspective on millets as a sustainable food source aligns with the urgent need for ecological obligation and self-reliance.

This endeavour would not have been possible without the collective effort of dedicated researchers, practitioners, and policymakers in the field of agriculture and food security. We extend my heartfelt gratitude to all those who have contributed to this project, directly or indirectly.

As you embark on this literary journey, we invite you to consider the broader implications of millets in shaping a sustainable and secure future for nations. May this book serve as a catalyst for discussions, actions, and policies that promote the cultivation and consumption of millets, not just as grains but as vital contributors to our nutritional well-being.

Thank you for joining us on this exploration of "Millets: A Sustainable Approach to Nutritional Security."

Warm regards,

Dr. Madhvi Daniel

Dr. Hemlata Pandey

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ABOUT THE EDITORS



Dr. Madhvi Daniel, PhD, NET, specialises in Food Nutrition and Dietetics, is an experienced educator and researcher in the fields of Food Science and Nutrition with over 10 years of teaching experience. She has taught at esteemed institutions such as Isabella Thoburn College and is currently teaching at Babasaheb Bhimrao Ambedkar University (A Central University), Lucknow. She is a life member of the Home Science Association of India. She has published numerous research papers and review articles in national and international journals. Her research interests include food processing, food safety, public health nutrition, and sustainability in food systems. She has actively participated in and organized various national and international seminars and conferences; served as academic evaluator in IGNOU, and worked in various projects funded by WHO and JICA. Her authorship of this book is a testament to her enthusiasm, constant self-improvement, and unwavering commitment



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