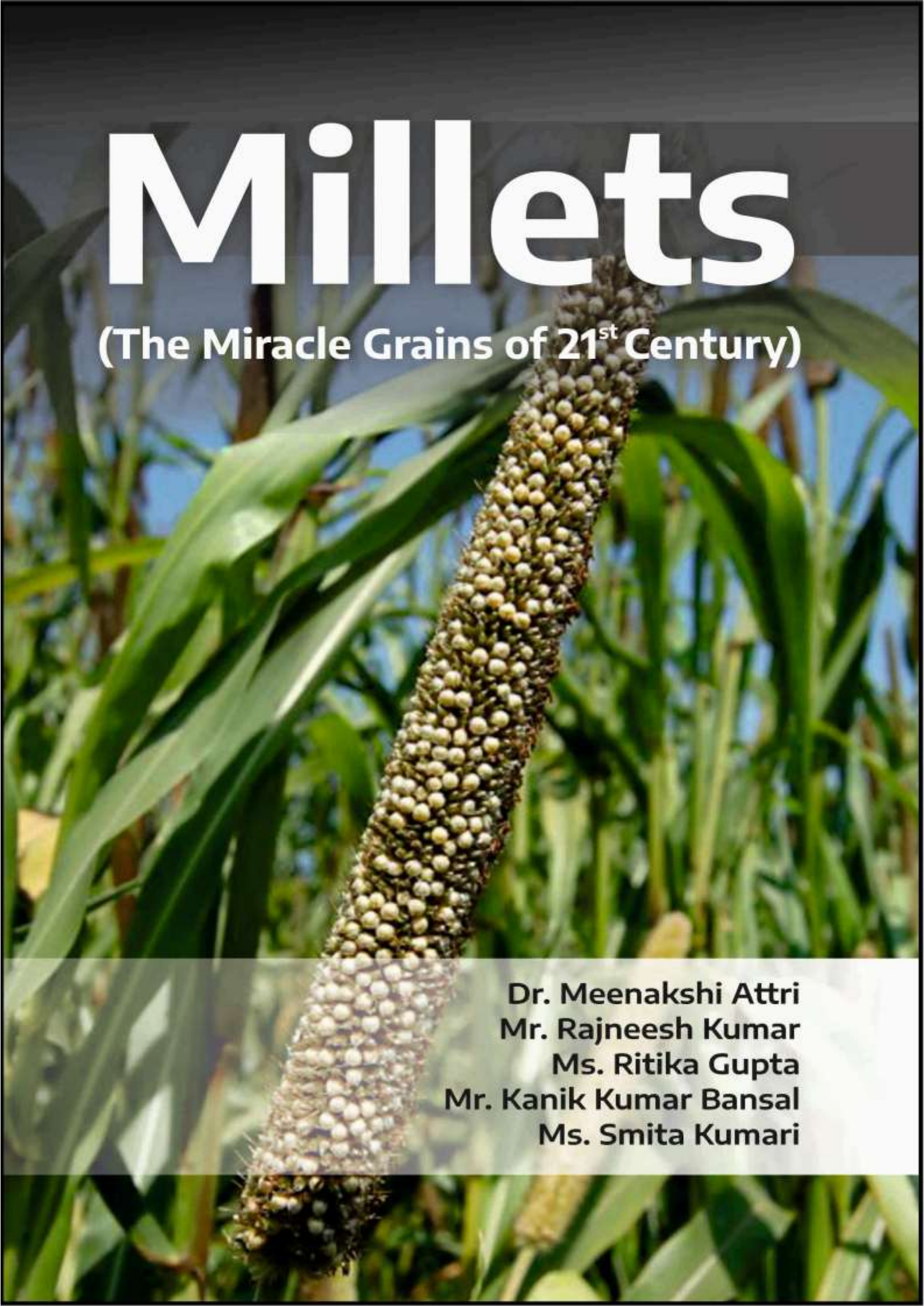

Millets

(The Miracle Grains of 21st Century)

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Mr. Rajneesh Kumar
Ms. Ritika Gupta
Mr. Kanik Kumar Bansal
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MILLETS

(THE MIRACLE GRAINS OF 21ST CENTURY)

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PREFACE

Welcome to **"Millets: Miracle Grains of the 21st Century."**

In an era marked by a growing emphasis on health, sustainability, and the preservation of traditional wisdom, the significance of millets in our lives has never been more pronounced. As we navigate through the complexities of modern dietary patterns and agricultural practices, millets stand out as an invaluable treasure trove of nutrition, resilience, and cultural heritage.

This book is a celebration of millets – ancient grains that have sustained civilizations for millennia and continue to offer us a pathway to a healthier and more sustainable future. Through meticulous research, insightful analysis, and heartfelt storytelling, we delve into the multifaceted world of millets, exploring their nutritional prowess, ecological resilience, and socio-economic impact.

In the pages that follow, you will embark on a journey of discovery, uncovering the rich tapestry of millet cultivation, consumption, and innovation across diverse cultures and landscapes. From the sun-kissed fields of the Indian subcontinent to the verdant highlands of Africa, from the bustling markets of South America to the serene homesteads of Europe, millets have left an indelible imprint on the collective consciousness of humanity.

Through the lens of science, tradition, and sustainability, we unravel the secrets of millets – their unparalleled nutritional content, their adaptability to harsh climates, and their pivotal role in food security and climate resilience. We explore the ways in which millets have empowered farmers, nourished communities, and fostered culinary creativity across continents.

But beyond their practical utility, millets embody a profound ethos of harmony with nature and reverence for the land. They remind us of our inherent interconnectedness with the web of life and our responsibility to safeguard the planet for future generations.

As we stand at the threshold of a new agricultural paradigm, millets beckon us to embrace a holistic vision of food systems that prioritize health, sustainability, and social equity. They inspire us to reclaim our ancestral wisdom, cultivate biodiversity, and forge resilient communities rooted in cooperation and stewardship.

"Millets: Miracle Grains of the 21st Century" is more than just a book – it is a manifesto for change, a call to action, and a testament to the enduring resilience of the human spirit. It is a tribute to the humble grains that nourish our bodies, enrich our lives, and connect us to the timeless rhythms of the natural world. May this book inspire you to rediscover the magic of millets, to savor their bounty, and to embrace a future where health, harmony, and abundance flourish for all.

With gratitude and reverence,

All Authors

CONTENT

ABOUT THE EDITORS

Dr. Meenakshi Attri, a highly accomplished agriculture professional, earned her Bachelor's, Master's, and Ph.D. in Agronomy from SKUAST Jammu. Qualified ASRB NET in Agronomy, Specializing in Crop Production, Soil Fertility and Nutrient Management. Received Best Master and Ph.D. Thesis awards, Best Oral Presentation and Best Research Scholar award. Beyond academia, Dr. Attri actively participates in knowledge dissemination, holds 7 patents, 25 research papers, 10 reviews, 15-book chapter and 20 trainings and attendant of various National and International Conferences/ Seminars/ Symposium.

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