

School Activity Guideline

Advancing Millets for a healthy diet: “Goodness of Millets”

2023 is declared by the United Nation (UN) as, “The International Year of Millets – (IYoM)”. NSW will provide platforms for general awareness of the contribution of millets and grains to production, food security and nutrition. *Millets* are a highly varied group of small-seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. They are a group of small grains that are an abode of vitamins, minerals, essential fatty acids, and antioxidants that can help to eradicate the plethora of nutritional deficiency diseases. In this connection, the following activities may be carried out in the schools or any organisation:

- 1. Performance arts:** Activities related to millets in the form of competitions such as essay-writing, poetry, debate, quiz etc.
- 2. Poster development (design):** A millet map may be hung on the classroom wall prepared together by teachers and learners.
- 3. Exhibition (Expo):** The schools can organise exhibitions showing different millets with their nutritional value and possible recipes providing an opportunity to learners to taste them.
- 4. Dialogue (and role modelling):** Experts / farmers should be invited to share their knowledge and experience regarding millet as a crop.
- 5. Public engagement:** Inviting different stakeholders including parents to attend the programs.

You are requested to do the needful in your school to make the global event for International Year of Millets (IYOM) 2023 a great success.

Instructions

- Start Date: 24 July 2023
- End Date: 12 August 2023

Possible activities

Quiz

Quiz seeks to test the knowledge and increase public awareness on the health benefits of millets and their suitability for cultivation under tough conditions marked by climate change. This activity will be set-up on the social platform (online); Google Form, Facebook, Twitter, etc. (i.e. e-Quiz) with one question per day for 20 days from 24 July to 11 August 2023.

Terms and Conditions

1. Duration of the quiz will be 1 minutes (60 seconds) for one question to be answered, daily.
2. List of participants will be compiled, and the highest achievers will be recognised with Certificate of Completion.
3. Participants can view their scores after the last date of the quiz.
4. All school children are eligible to participate. General public can also participate.
5. An individual can participate only once in the quiz.
6. Any individual who desires to participate in the quiz will be required to provide his/her name, age and e-mail address.
7. The same e-mail ID cannot be used more than once for participation in the quiz.
8. Discovery/detection/noticing of use of any unfair/spurious means/ malpractices, including but not limited to impersonation, double participation, etc. during the participation in the quiz, will result in the participation being declared null and void and hence, rejected.

Reporting

School must collect the information about the activities they have done by completing a School Report Form (online) or download and e-mail.