



Central Sanskrit University

Established by an Act of Parliament

(Formerly Rashtriya Sanskrit Sansthan, Deemed to be University)

Under Ministry of Education, Govt. of India

56-57, Institutional Area, Janakpuri, New Delhi - 110058

38011/2021-Admin/IYM/CSU/4589

20.11.2021

CIRCULAR

Sub.:- Observing the year 2023 as "International Year of Millets" – reg..

I am directed to refer to the communication dated 20.11.2021 of Ministry of Education, Department of Higher Education, Government of India along-with Office Memorandum dated 17th November, 2021 of Shri. Mrutyunjay Behera, Economic Adviser, Ministry of Education, Government of India on the subject mentioned above and to inform that The United National General Assembly recently adopted a resolution, sponsored by India and supported by more than 70 countries, declaring 2023 as the International Year of Millets. The resolution is intended to increase public awareness on the health benefits of millets and their suitability for cultivation under tough conditions marked by climate change.

In this regard, you may aware that Millets are less expensive and having high protein, fibre, vitamins and minerals like iron content. Millets are also rich in calcium and magnesium. Millets can provide nutritional security and act as a shield against nutritional deficiency, especially among children and women. Millets are rich in antioxidants. Millets can help tackle lifestyle problems and health challenges such as obesity and diabetes as they are gluten-free and have a low glycemic index. Hence, we need to make it a part of daily regular diet.

Further, as per directions of The Ministry of Education, University has desired to implement the following measures/activities: -

- 1. Create public awareness on the health benefits of millets through awareness programme with slogans to awaken common man.
- 2. Increase the consumption in Campus Canteens and Hostel Canteens.
- 3. Organize workshops/Seminars/Conferences on millets in participation of Students, Staff and local formers to create awareness on benefits of millets and raising economy on growing milltes corps.
- 4. A documentation of the activities may be maintained at the institutional level, which may be placed on the Facebook/Instagram and publicised through Twitter/Whatsapp.

Therefore, you are requested to kindly take necessary action on **Observing the year 2023 as** "**International Year of Millets**" 'and send action taken report to the Head Quarter Office of the University, so that, same can be communicated to Ministry.

This issued with approval of the Competent Authority.

(Prof. R.G. Murali Krishna) Deputy Director (Admin) I/c

Encl.: as above

To

All Directors,

Central Sanskrit University, Delhi

Copy for information and necessary action to-

- 1. P.S. to Hon'ble Vice Chancellor, CSU, Delhi
- 2. P.S. to Registrar, CSU, Delhi
- 3. All sections Heads, CSU, Delhi
- 4. CSU website.
- 5. Guard File

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