



The United Nations General Assembly (UNGA) has declared the year 2023 as the “International Year of Millets” under India’s leadership



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India’s Wealth, Millets for Health

E-Calendar 2023



01

January 2023



Millet



Millet

“स्वस्थ थाली, मिलेट वाली”

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Lohri

13th Jan

(Jammu Province only)

Republic Day 26th Jan



Multi
Grain
Millet
Atta



Multi
Grain
Millet
Noodles

Millets are a highly varied group of small-seeded grasses, widely grown around the world as nutriceals for human food

02

February 2023



Major Millets

Major Millets are Sorghum, Pearl Millet and Finger Millet

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Guru Ravi Das's Birthday

5th Feb

(Jammu Province Only)

Mahashivratri

18th Feb

***Shab-i-Miraj**

18th Feb

Friday following Shab-i-Miraj

24th Feb

(Kashmir province only)



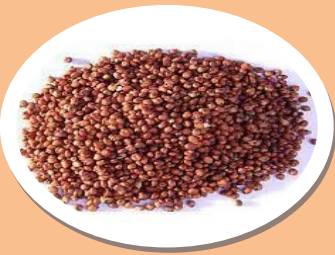
Millet
Flakes



Millet
Vermicelli

03

March 2023



Sorghum

Scientific Name: *Sorghum bicolor*

Common Name: Jowar, Juar, Jowari

Camel Crop

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Holi (*Jammu Province Only*)

7th Mar

Navrat

21st Mar

1st Navratra

22nd Mar

Mela Bahu Fort (*Jammu Distt. Only*)

29th Mar

Ramanavami

30th Mar



Sorghum
Dosa



Popped
Sorghum



Sorghum
Pancakes
(Gluten Free)



Soft, Fluffy
Sorghum
Bread

04

April 2023



Pearl Millet

Scientific Name: *Pennisetum glaucum*

Common Name: Bajra, Bajri

Rich Source of Iron and Phosphorus
(6.4 mg and 289 mg per 100g)

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Mahavir Jayanti (*Jammu Distt. only*) 4th April
Good Friday (*Jammu Distt. only*) 7th April
Baisakhi 14th April
Birthday of Dr. B.R. Ambedkar 14th April
***Shab-i-Qadr** 18th April
Jumat-ul-Vida 21st April
***Eid-ul-Fitar** 22nd April
Parshuram Jayanti 22nd April
(Jammu Province only, Restricted Holiday)



Bajra
Ki
Khichdi



Bajra
Ki
Roti



Finger Millet

Scientific Name: *Elusine coracana*

Common Name: Ragi, Mandua, Mandika

Rich Source of Calcium

(364 mg/100 g)

05 May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Buddha Purnima 5th May
Mela Khir Bhawani 28th May
(Kashmir Province Only)



Ragi Satva for Babies



Ragi Dosa



Mandua Ki Roti



Ragi Laddu

06

June 2023



Minor Millets

Minor Millets are Foxtail Millet, Kodo Millet, Barnyard Millet, Little Millet, Proso Millet and Brown Top Millet



Multi
Millet
Rusk



Millet
Flour

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Kabir Jayanti

4th June

(Jammu Province only, Restricted Holiday)

Martyr's Day of Guru Arjun Dev Ji 16th June

(Restricted Holiday)

Urs Shah Farid-ud-Din Sahib 20th June

(Kishtwar Distt. only)

***Urs Shah-i-Hamdan Sahib** 25th June

(Kashmir Province only)

Sarthal Dev Ji Yatra 26th-27th June

(Kishtwar Distt. only)

***Eid-ul-Azha** 28th-29th June

07

July 2023



Foxtail Millet

Scientific Name: *Setaria italica*

Common Name: Kakum, Kora, Kang, Kangani

Rich Source of Thiamine
(0.59mg/100g)

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Guru Hargobind Ji's Birthday 5th July
*Ashoora 28th July



Pulao



Dhokla



Foxtail
Millet
Rava
Idli



Foxtail
Millet
Patties



Barnyard Millet

Scientific Name: *Echinochloa frumentacea*

Common Name: Sanwa, Swank, Banti

Rich Source of Zinc
(3.0mg/100g)

08 August **2023**

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Independence Day	15th Aug
Raksha Bandhan	30th Aug
<i>(Restricted Holiday)</i>	



**Vrat
Kheer**



**Barnyard
Millet
Sevai**



**Barnyard
Millet
Sweet**



**Bisi
Bele
Bath**



Kodo Millet

Scientific Name: *Paspalum scobiculatum*

Common Name: Kodo, Kodra, Kodon

Rich Source of Folic acid
(39.5 mg/100g)

09

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Janamashtami

7th Sept

Kailash Yatra

11th-12th Sept

(Tehsil Bhadrawah and Tehsil Bhalla only)

Mela Pat

2^{1st}-22nd Sept

(Tehsil Bhadrawah and Tehsil Bhalla only)

Birthday of Maharaja Hari Singh Ji

23rd Sept

***Eid-i-Milad- ul-Nabi**

27th Sept

Friday Following

Eid-i-Milad- ul-Nabi

29th Sept



**Kodo
Millet
Vadas**



**Kodo
Millet
Pulao**



**Kodo
Millet
Idli**



**Kodo
Millet
Rice**

10 October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Little Millet

Scientific Name: *Panicum miliare*

Common Name: Kutki, Shavan, Samai

High Antioxidant Activity

Mahatma Gandhi's Birthday

2nd Oct

***Urs Sheikh Noor-ud-Din Sahib**

11th Oct

(Kashmir Province only)

Mahanavami

23rd Oct

Dussehra

24th Oct

Accession Day

26th Oct



Upma



Little
Millet
Rice



Little
Millet
Porridge



Samai
Idli

11

November 2023



Proso Millet

Scientific Name: *Panicum miliaceum*

Common Name: Cheena, Cheno, Barri

Rich Source of Magnesium and Niacin
(153 mg and 4.5 mg/100g)

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Urs Shah Asraf-ud-Din Sahib 10th Nov
(Kishtwar, Doda and Ramban Distts. only)

Diwali 12th Nov

Guru Nanak Dev Ji's Birthday 27th Nov



Proso
Millet
Upma



Proso
Millet
Masala
Dosa



Vegetable
Sevai



Proso
Millet
Idli

12

December 2023



Brown Top Millet

Scientific Name: *Brachiaria ramosa*

Common Name: Korle, Kora

**Eases Constipation and Helps
in Detoxification of Body**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Christmas Day

25th Dec

* All the Muslim Holidays are subject to appearance of Moon



Bread



Laddu



Porridge



Bisi
Bele
Bath

It's time to relish the Superfoods -----Millets!

Chart of Nutritional Value of Millets (in 100g dry weight of edible grain)

Millets	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (kcal)	Dietary Fiber (g)	Ca (mg)	P (mg)	Mg (mg)	Zn (mg)	Fe (mg)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Folic acid (mg)
Sorghum	67.7	09.9	1.73	334	10.2	27.6	274	133	1.9	3.9	0.35	0.14	2.1	39.4
Pearl Millet	61.8	10.9	5.43	347	11.5	27.4	289	124	2.7	6.4	0.25	0.20	0.9	36.1
Finger Millet	66.8	07.2	1.92	320	11.2	364	210	146	2.5	4.6	0.37	0.17	1.3	34.7
Kodo Millet	66.2	08.9	2.55	331	06.4	15.3	101	122	1.6	2.3	0.29	0.20	1.5	39.5
Proso Millet	70.4	12.5	1.10	341	-	14.0	2.06	153	1.4	0.8	0.41	0.28	4.5	-
Foxtail Millet	60.1	12.3	4.30	331	-	31.0	188	81	2.4	2.8	0.59	0.11	3.2	15.0
Little Millet	65.5	10.1	3.89	346	7.7	16.1	130	91	1.8	1.2	0.26	0.05	1.3	36.2
Barnyard Millet	65.5	06.2	2.20	307	-	20.0	280	82	3.0	5.0	0.33	0.10	4.2	-



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