

## ASSEMBLY ON THE IMPORTANCE OF MILLET (INTERNATIONAL YEAR OF MILLETS 2023)

### *MILLETS-REVIVAL OF AN OLD TRADITION*

India has taken a proactive approach to promote the International Year of Millets 2023 and encourage people all over the world to incorporate millets into their diets. As a part of this initiative, an assembly was organized by the students of class V C to spread awareness about the health benefits of millet and its importance in sustainable agriculture. The assembly commenced with a melodious shabad and a heart-warming thought of the day. Thereafter, students presented the news updates followed by two new words.

Researchers and health professionals now believe that including a variety of grains in our diet is very important for maintaining good health and keeping away chronic disorders. Millets are an excellent option to incorporate variety into our diet. To throw more light on this, students recited a Hindi poem titled 'Burger aur Bajare ki Jung'. The students also presented a beautiful puppet show to highlight the value of millet. Through this assembly, the seeds of knowledge about millets have been sown in young minds, fostering a positive attitude towards healthy eating habits and sustainable agricultural practices.

