



कृषि प्रौद्योगिकी अनुप्रयो अनुसंधान संस्थान

**AGRICULTURAL TECHNOLOGY
APPLICATION RESEARCH INSTITUTE**

ICAR-ATARI, ZONE-X, HYDERABAD



KVK : KVK, Palem, Nagar Kurnool District

Date : 10.11.2023 (Friday)

Title : “Training Programme on The Significance of Millets in Daily Diets”

Venue : Gangaram Village, Bijinepally Mandal, Nagar Kurnool District

Activity : Training Programme on Millets in Daily Diets

Activities:

1. Explained about the role of millet inclusion in daily diets holds significant importance towards individuals, communities, and the environment.
2. Emphasized how millets are nutritionally rich, by offering a wealth of vitamins, minerals, and dietary fiber, making them an essential component of a balanced diet.
3. Created awareness about their health benefits, including the management and prevention of conditions like diabetes and heart disease, and other degenerative diseases. Additionally, how millets are gluten-free, providing a safe alternative for those with gluten sensitivities.
4. Educated farmers towards regular consumption of millets to get wide range of benefits, from improved health and sustainability to cultural preservation and local economic support.

Participants & No: 8 Farmers & 50

