

# Millets and Lahari Bai



## Why in news ?

- Recently, 27-year-old Baiga notable woman Lahari Bai from Dindori village of Madhya Pradesh has been made the brand ambassador of Millets.

## Contribution of Mrs. Lahari Bai



- Mrs. Lahari Bai has preserved many varieties of coarse grain seeds.
- Which includes more than 150 rare seeds of Kodo, Kutki, Sanwa, Madhiya, Salhar and Kaag Millets.



## Benefits of coarse grains

- Millets are also called superfoods because of the nutrients they contain.
- Millets are a rich source of minerals like calcium, iron, zinc, phosphorus, magnesium, potassium.
- It is rich in dietary fibre and vitamins such as folic acid, vitamin B-6, beta-carotene and niacin.
- The availability of lecithin in high amounts is useful for strengthening the nervous system.

## International Millet Year



- The year 2023 is being celebrated globally as the International Millet Year.
- It was proposed by India and approved by the United Nations General Assembly.
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