

Report on Radio Talk: Millets – A Golden Choice for Health and Agriculture

On the occasion of World Radio Day, a special radio talk was conducted to raise awareness about the importance of healthy eating and sustainable farming. Health and sustainable agriculture are key aspects of a thriving society. The session focused on millets, highlighting their role in promoting better health and providing an environmentally friendly alternative to traditional crops. The talk was delivered by **Dr. Ravi Dandotiya**, who shared valuable insights into the benefits of incorporating millets into our diet and agricultural practices.



The radio talk provided an in-depth discussion on the importance of millets and their impact on both health and agriculture. **Dr. Ravi Dandotiya** explained how millets such as bajra, jowar, ragi, and foxtail millet can play a crucial role in tackling health issues like diabetes, obesity, and heart diseases. The discussion also emphasized how millet farming requires less water, fewer chemical inputs, and contributes to soil conservation.

Objectives

- To educate listeners about the nutritional benefits of millets.
- To promote the inclusion of millets in daily diets for better health.
- To encourage farmers to adopt millet cultivation as a sustainable farming practice.

Key Areas Covered

1. Health Benefits of Millets

- High fiber content improves digestion and prevents constipation.
- Helps regulate blood sugar levels, making it an excellent choice for diabetics.
- Rich in essential nutrients like iron, calcium, and protein.
- A great source of energy, especially for rural workers and farmers.

2. Advantages for Farmers

- Requires less water compared to rice and wheat.
- Needs minimal use of chemical fertilizers and pesticides.
- Enhances soil fertility and reduces land degradation.
- Resilient to climate change and suitable for drought-prone areas.

3. Ways to Include Millets in the Diet

- Millet-based roti and paratha as alternatives to wheat flour.
- Incorporating millets into porridge, khichdi, and breakfast cereals.
- Using millet flour for making idlis, dosas, and healthy snacks.
- Millet-based biscuits and laddoos for nutritious snacking.

Conclusion

The radio talk successfully spread awareness about the multiple benefits of millets for health and sustainable agriculture. It encouraged listeners to include millets in their daily diet and motivated farmers to consider millet cultivation as an eco-friendly farming practice.

Chitkara University remains committed to promoting the Sustainable Development Goals (SDGs) through initiatives like these. By fostering awareness on health and sustainable agriculture, the university aims to contribute to a healthier society and a more sustainable future.

