



## Haryana's monthly Agriculture special magazine 'Shri Anna' released

### Why in News?

To celebrate the International Year of Nutrition Grains 2023 on 21 May 2023, Prof. B.R. Kamboj, Vice Chancellor of Chaudhary Charan Singh Agricultural University, Haryana released the 'Shri Anna' agriculture special Hindi magazine of 'Haryana Kheti'.

### Key points

- The Vice Chancellor said that in this special issue, the production, importance, maintenance, value-addition, food making of nutritious cereal crops such as jowar, bajra, ragi, kangni, samvak, small kangni and kutki etc. Special information related to making delicious dishes and health is given in the form of articles given by experts, which aims to make all readers aware of nutritious grains & their benefits.
- It is known that the country is leading the International Year of Millets on India's call to promote food security and nutrition in the world. With a production of over 18 million tonnes, India is poised to become a global hub for coarse cereals.
- Ragi (finger millet) is the best source of calcium & potassium, while chena (proso millet) & kutki (little millet) are rich in vitamin B6, phosphorus, fibre and amino acids.
- Kangni (Foxtail millet) is one of the ancient crops and is rich in beta-carotene, vitamins & minerals. This is especially beneficial for children and pregnant women.
- Kodo millet is rich in medicinal properties which calms phlegm & bile defects and is beneficial due to its anti-bacterial including anti-inflammatory properties. It is also used to purify blood and to keep the nervous system strong.
- Apart from these, samvak and small kangni are also nutritious & rich in medicinal properties.



