



DIVINE GROUP FOUNDATION

Divine Group Foundation is a part of Internationally acclaimed "Divine Group". DGF is a Non - Profit Organization registered under Sec 8 of Companies Act 2013. DGF was founded under the aegis of Mr Deepak Agarwal who did work on the issues related with environment & health while he was studying in USA. DGF is dedicated to protect Earth and environment, upliftment of the underprivileged, women empowerment, improve tribal economy & promote healthy food eating practices. DGF in association with Gauvritti mission is dedicated to spread awareness about millets & their health benefits & encourage people to include millets in their daily diet.

Objective: Food and Nutritional Security, Health and Economic Security, Earth and Environmental Security and Improvement in tribal Lives. Divine Millet Movement is an approach for sustainable agriculture and healthy world. Tribal follow environmental conservation rule in harvesting edible plants which establishes ecological prudence.

What are Millets?

Millets are one of the oldest foods known to humans

Consuming millets as part of your daily diet is an age-old concept. The population of central and southern India consumed millets daily until the Green Revolution made rice and wheat more accessible.

Millets are classified into positive and neutral millets. Positive millets are higher in dietary fiber, protein, and other essential nutrients when compared to neutral millets. . Positive millets are called "Siridhanya" and are considered to have medicinal value in abundance. Foxtrail, Kodo, Barnyard, Little & Browntop Millets are called "Siridhanya". These millets are not only more nutritious but they are also known to be sturdy crop that can grow in any kind of soil and even in draught conditions. Neutral millets are less in fibre and nutrition when compared to the positive ones however they are more nutritious when compared to rice and wheat.

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Let's Celebrate

INTERNATIONAL YEAR OF MILLETS 2023

United Nations General Assembly declared 2023 as the International Year of Millets.

The resolution titled 'International Year of Millets 2023' was initiated by India with Bangladesh, Kenya, Nepal, Nigeria, Russia and Senegal was co sponsored by over 70 nations. The 193-member General Assembly unanimously adopted the resolution



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Positive Millets

(Siri Dhanya):

English	Hindi
Barnyard Millet	Sanwa
Kodo Millet	Kodon
Little Millet	Kutki
Foxtail Millet	Kakum
Brown Top Millet	Murat

Neutral Millets:

English	Hindi
Finger Millet	Ragi
Proso Millet	Chena
Pearl Millet	Bajra
Sorghum	Jowar

Other Millets/Grains

English	Hindi
Wheat	Gehu
Rice	Chawal

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Why Millets?

In comparison with the grains like rice, wheat and jowar, the millet grains are nutritionally superior to many cereals, and have medicinal value because of their high fiber content, higher amount of protein, including all the essential amino acids, good cholesterol, and the same amount of calcium and iron.

According to science, the amount of nutrients found in each millet is different. That's why they have their own medicinal properties. This is the reason that each millet has the power to cure different types of diseases in a natural way.

Medicinal properties of 5 Positive Millets.

Foxtail, apart from rejuvenating the nervous and vascular system, it helps in curing epilepsy. It is suggested that women should consume foxtail during pregnancy, if the new born gets fever it will not develop into epilepsy. Great sages and poets have praised this phenomenal property of this millet.

Barnyard Millet: Its fiber helps in increasing the efficiency of ductless glands such as Pancreas, thyroid etc., also helps in cleansing of liver and it is very helpful in curing jaundice.

Kodo Millets: Also known as "Adi Beej" named after the Sun. This millet plays an important role in cleansing the blood. Helps in curing diseases like malaria, dengue, chronic cold & fever. Also it helps in regulating the cells in the bone marrow.

Brown Top Millet: It helps in improving the efficiency of digestive system and in cleansing body from metabolic waste.

Little Millet Keeps heart in good health, lowers cholesterol with fat metabolism, body tissue and energy production. **It resolves issues related to reproductive organs.**

A Right food for both Men and Women to get rid of various Reproductive problems.

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Millet Movement and its Impact

DGF's initiative "Millet Movement" can impact the health of our citizens will lead to a strong and healthy nation.

- Millets can provide nutritional security and act as a shield against nutritional deficiency, especially among children and women.
- Millets are grown in less irrigated areas, more specifically in uplands without using any chemical fertilizers and pesticides.
- This is an eco-friendly farming system, which has the potential to solve global food crisis too.
- Your donation is helping a millet-based diverse farming system to cope up with uncertain agro-climatic conditions brought about by deforestation and can protect and conserve the local ecosystem.
- The major objective is to create employment for tribal women by involving them in the most profitable farming sector and to make them socio-economically empowered.
- Replacing rice crop with millet can tackle India's impending water crises and alleviate malnutrition Millets consume at least 70 per cent less water than other crops.
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Your contribution towards "Millet Movement" will go a long way in generating extra employment, improving the health of our citizens and in large it will build a strong economy and a healthy nation.

We urge you to start gifting "Millets" on festive occasions and on other corporate events and Practice grain diversity in your diet for wholesome nutrition.

To be a part of this movement Please Visit

www.divinegroupfoundation.com

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