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ijonstnsro@gmail.com, editorijons@gmail.com-www.tnsroindia.org.in

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Physical health is the foundation for a healthy mind, a healthy society and a healthy generation. It is necessary to improve the eating habits to maintain health. It is a fact that living in harmony with nature and food is suitable for

man. Countries like India are widely giving more importance to traditional small grains especially millets. Historical studies say that small grains, especially Little Millet (chamai), have been used in the Indus Valley and Harappan civilizations in 2000 BC. These grains are rich in fiber, protein, vitamin A, vitamin B, phosphorus, starch, iron, calcium, etc. Little Millet (Chamai) is considered a special grain among small grains. It contains chemicals that strengthen the muscles between the bones. Similarly, it is known in Tamil literature that honey and millet flour were the main food of Kurinji land dwellers during the time of our forefathers. Adding this to your daily diet will improve your health. Barnyard Millet is one of the small grains and is a rained crop. Globally, Barnyard Millet has been cultivated and used around 2000 years ago in India, Pakistan, China and Japan. The ancient Tamils had the habit of boiling its rice and making it into porridge. Small grains are the symbol of our nation. Although these are shortterm crops, they can provide long-term benefits. By cultivating small grains, farmers can recover from the effects of global warming and climate change. Reducing hunger, food security and malnutrition, and achieving health for all are key targets of the Sustainable Development Goals. It is essential to create awareness among the farmers about the small grain crop cultivation system with modern scientific findings and to give more importance to the valuable products prepared based on it. We should ensure that millets are included in our daily diet from our homes. It is necessary for universities and research centers to do high level studies on these foods.

"Cultivation of millets can contribute to our collective efforts to empower smallholder farmers, achieve sustainable development, eliminate hunger, adapt to climate change, improve biodiversity, and transform agro-food systems," said FAO Director-General QU Dongyu. Recognizing the enormous potential of millets, which aligns with several UN Sustainable Development Goals (SDGs), the Government of India (GoI) has prioritized millets. In April 2018, millets were rebranded as "Nutri Cereals" followed by the declaration of 2018 as the National Year of Millet, aimed at massive promotion and demand generation. The global millet market is expected to register a CAGR of 4.5% during the forecast period between 2021-2026. We are happy to inform you that many research papers on millets have been published in our journal's previous issues. As researchers, you also have an important role to play in bringing awareness to the public and scholars about the International Year of Millets 2023. Let's celebrate Millets and lead a healthy life.

Editor – in - Cheif IJONS

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