



# Inclusion of Millets in Take Home Ration in Chandigarh

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### Summary of the Initiative

Millets (Bajra and Jowar) are an excellent source of iron, protein and carbohydrates, are rich in fiber and also constitute part of the daily intake for phosphorus and magnesium. Keeping this in mind, to improve the health of Anganwadi children, pregnant women, lactating mothers, and adolescent girls, the Women and Child Development Department has taken an initiative to promote millet (bajra and jowar) consumption by introducing them in the Take Home Ration to the beneficiaries of all 450 Anganwadi Centers under the Integrated Child Development Scheme. The Anganwadi workers are made aware of the benefits of this superfood so that they can spread the message to the beneficiaries.

### Situation before the Initiative

As seen from the Table, anemia among the population of Chandigarh is higher than the national average. Thus, it was necessary to take necessary actions to address the issue of malnutrition.

#### Nutritional Status of Chandigarh against National Average

Key Indicator	Chandigarh (NFHS 4)	National Average (NFHS 4)
Stunting	28.7%	38.4%
Wasting	10.9%	20.1%
Pregnant, Anaemic Women (15-49yrs)	75.9%	50.3%
Non-Pregnant, Anaemic Women (15-49yrs)	75.9%	53.1%

### Summary of the Initiative

Keeping in mind the nutritive values of millets and to promote their use in daily diet, the Department of WCD, Government of Chandigarh has taken an initiative to distribute Millets in

Department of WCD, Government of Chandigarh has taken an initiative to distribute millets i.e. Jowar and Bajra (as per the season) in the Take Home Ration from 16.12.2020. The objective is to improve nutrition value of Take Home Ration received by the beneficiaries and provide them with a healthy and balanced diet. This was done by a dedicated supply chain through various NGOs who deliver the THR at various Anganwadis in Chandigarh.

Bajra millet was distributed from 16th December 2020 to 15th June 2021, and now Jowar millet is being distributed from 16th June 2021 onwards. Orientation Trainings about "Importance of Millets in daily life" are given to all Anganwadi Workers and Helpers for further dissemination to the beneficiaries. To spread awareness about the importance of Millets, demonstrations/lectures/talks, etc., are being conducted by experts as a part of the POSHAN Maah and POSHAN Pakhwada.

## Impact of the Initiative

Millets are economical grains that are high in nutritional value and fiber content. They are also rich sources of various vitamins and minerals, and have proven health benefits upon consumption. These grains can be the potential solution to resolve the various health issues and chronic diseases faced by the citizens of Chandigarh, U.T.

Campaigns and activities have ensured that the awareness among the beneficiaries about the nutritional benefits of millets and increased consumption of millets. Overall, it has ensured a suitable inclusion of millets in the daily diets of the beneficiaries.

**Source :** [Promoting Millets in Diets Best Practices across States/UTs of India - NITI Aayog](#) 

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**Source:** <https://data.vikaspedia.in/short/lc?k=4WIZX-5bVYUPLvObcBfyfw>

