

D.A.V. PUBLIC SCHOOL

No. 19, Sitaram Nagar, Velachery, Chennai – 600 042

C.B.S.E. OBSERVANCE OF INTERNATIONAL YEAR OF MILLETS (IYOM) - 2023

REPORT FOR THE ACTIVITIES DONE DURING THE MONTH OF JULY - 2023 STD. I TO X

The Year of India's G20 Presidency has been declared as **INTERNATIONAL YEAR OF MILLETS - 2023**. As part of C.B.S.E.'s initiative to spread awareness among students regarding the traditional and nutritive value of Millets, various Activities have been planned to be conducted for the Students every Month.

D.A.V. Public School has taken up this initiative of celebrating the Significance of Millets and to sensitize the students of Std. I to X on the Millets as food with high values of nutrition. Students have participated in various activities planned for the Month of July 2023.

REPORT OF ACTIVITIES CONDUCTED IN JULY - 2023

CLASS: I & II

Name of the Activity: Teachers to Speak on the "Nutritional Benefits of Millets"

As a part of the Celebrations of the International Year of Millets, Teachers introduced the various types of millets and its nutritional benefits in an interactive way. It aimed to shed light on the immense potential of millets to attain healthy life style. Teachers insisted upon the importance of inclusion of millets in their daily diet. Students developed in-depth knowledge to make choices and to create awareness about millets in their family.



Curiosity develops through tactile

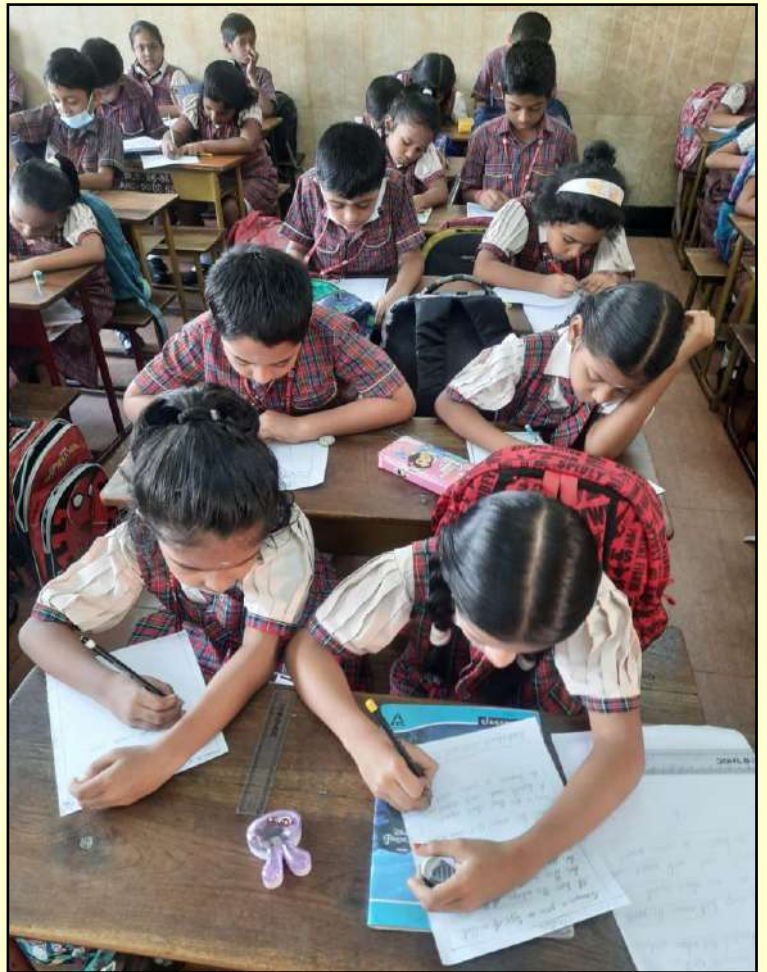


Exploration through Explanation

STD: III & IV

Name of the Activity: Compose a Poem on the types of Millets grown in India in 5 Lines (Individual Activity)

In accordance with the Year of Millets, the next leap was an activity of composing a Poem on the theme of millets. This activity was designed with an aim to promote awareness and appreciation of millets among the students. Armed with their ideas, the students proceeded to draft their poems on millets. They were given the freedom to choose their own lines and the teachers facilitated them with structuring their poems and finding appropriate vocabulary. Through this engaging and interactive exercise, the students developed a deeper understanding of the importance of millets for a healthy and sustainable diet.



Creative Composers Drafting their Own Poem



Discovering the Power of Millets

CLASS: V

Name of the Activity: Talk Show on the topic “Millets and its Uses” (Individual Activity)

Description : The Talk show on Millets proved to be an eye-opening event, shedding light on the numerous benefits of these ancient grains. From their exceptional nutritional value to their positive impact on the Environment and Agriculture, the presenters eloquently put forward a compelling show for incorporating millets into our diets regularly.

Students were so engrossed and deeply involved in the activity that they brought posters, real millets and brought cooked meals made of millets.



Choose Yummy Millet for Healthy Mind and Body



Millet Recipe as tasty as Mother's recipe



Students of Std. V carry the message "Be Healthy, have Millets"

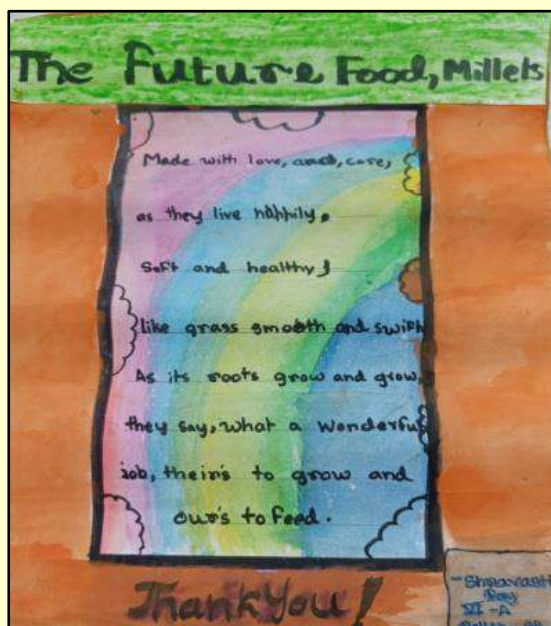
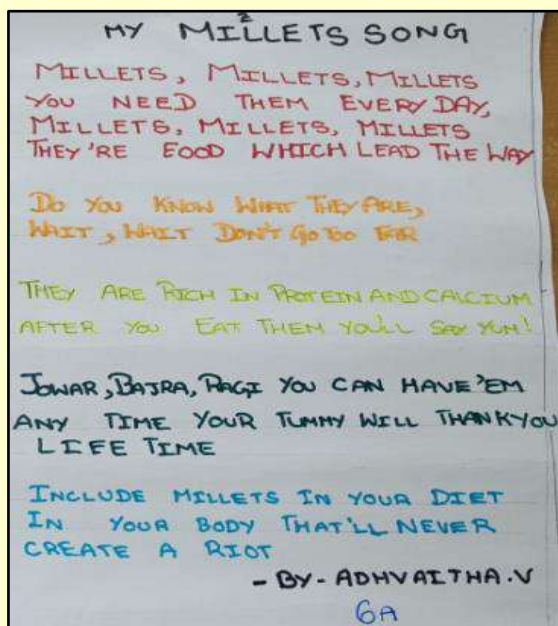
Name of the Activity : Compose a Song on Millets and its uses. (Group Activity)

Description: Students of Class VI and VII wrote an Acrostic Poem on Millets and composed a Song in which the Potential Health Benefits of Millets were highlighted.

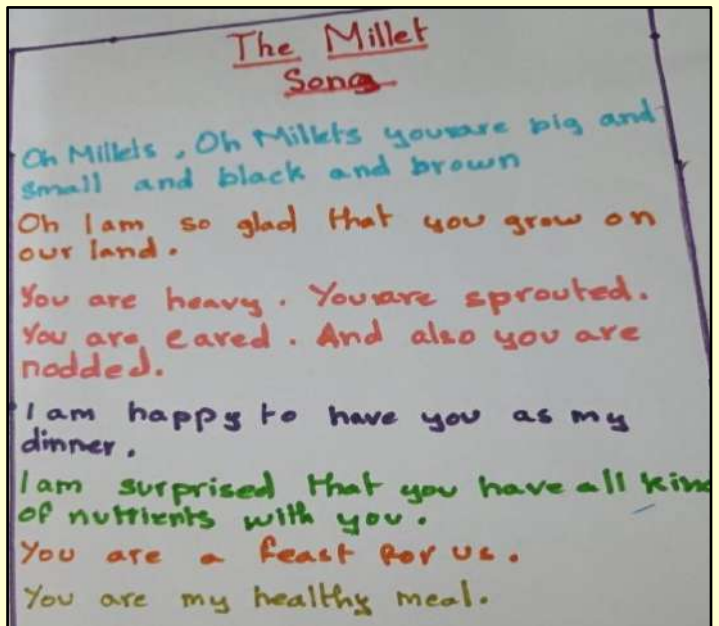
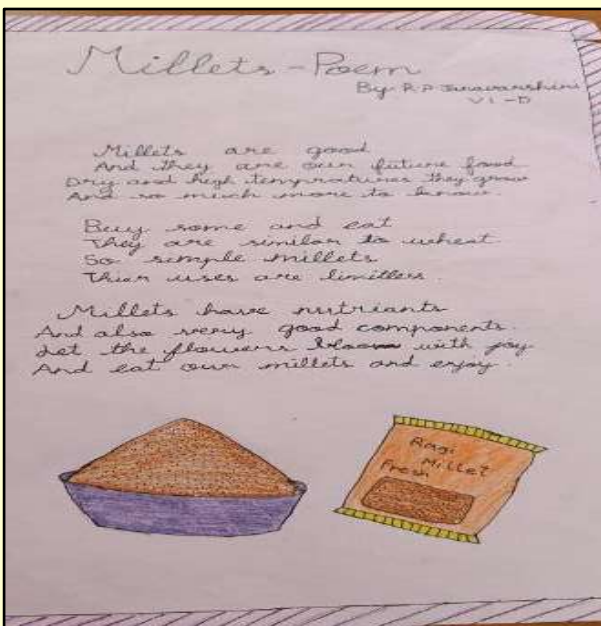
Introduction :

To commemorate the International Year of Millets– 2023 students showcased their enthusiasm by composing songs about the ancient grains. Through their melodic compositions they eloquently portrayed the various types of millets. The rhythmic words at the end of each line added a musical touch, further enhancing their creative expression.

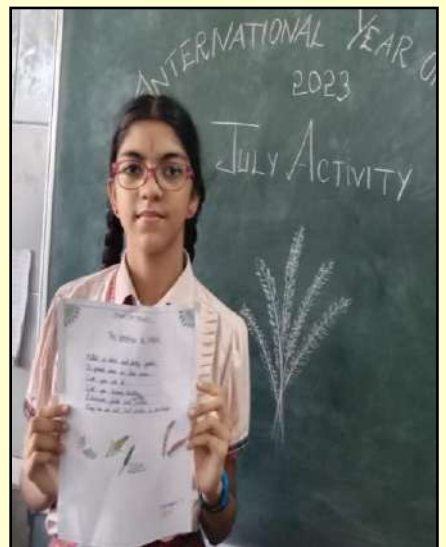
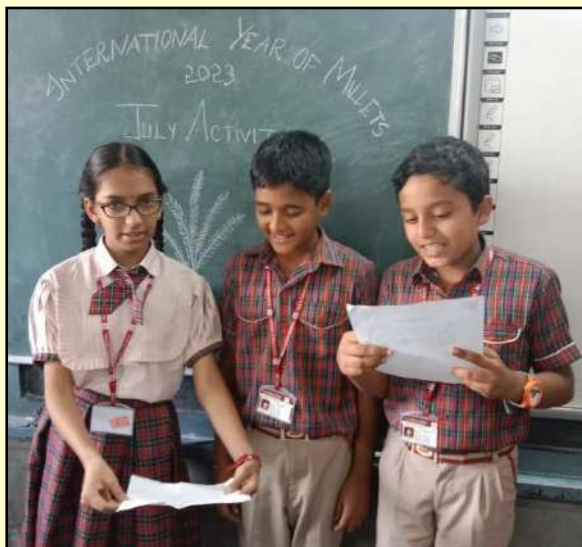
This activity not only enriched the students’ understanding of different millet varieties and their nutritional significance but also focussed on the myriad health benefits associated with these grains.



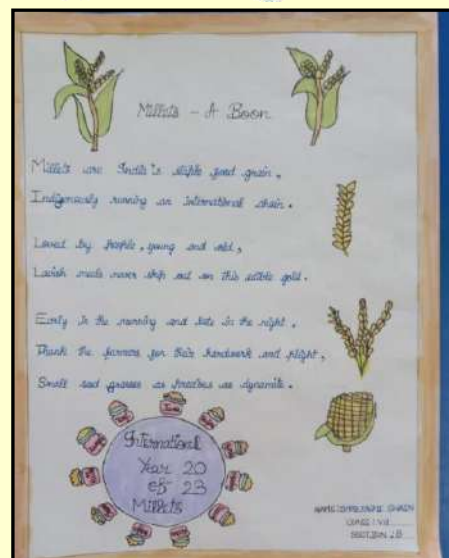
Millets in Melody – Young Budding Composers of Std. VI



Musical Minds for a Healthy and Tasty Millet Magic



Students of Std. VII Enthusiastically Singing the Songs Composed by themselves



Songs Composed by Students of Std. VII

CLASS: VIII

Name of the Activity: Poster Designing on “Millet and its Nutritive Value”

Objective:

- To raise awareness about the nutritional, ecological, and cultural value of millets.
- To encourage their consumption as a healthy and sustainable alternative to other grains.
- To educate the students to know more about the traditional source of food and its nutritive value.
- To elevate awareness on the contribution of millets to food security and nutrition.

Details of the Activity:

- As an attempt to support the School’s initiative in observing the International Year of Millet (IYOM) – 2023 and to create awareness on the nutritive value of millets, a Poster Designing activity was conducted for the students of Class VIII.
- Students were initially told the nutritional profile of the Kharif crop and the significance of its cultivation in Asian and African countries.
- A group discussion was held among the students to gain knowledge about the land forms in which the cereal can be cultivated and to understand that the weather conditions prevailing in India does suit the cultivation of the crop.
- The varieties of prevailing dishes prepared from millet and their nutritive value were highlighted by the students.
- Following the discussion, students were motivated to design a poster on the topic “Millet and its Nutritive Value”.
- The little fingers tried their colours and poured the creativity on the pieces of chart papers.
- It was amazing to see the enthusiastic participation of the 21st century kids in designing the posters and showing interest to know more about the traditional, ancient and nutrient-rich cereals.
- The activity also honed the creativity skill of the students.



The Magic World of Creative Fingers



Sharing the Nutritive Value with their friends



Bright Colours in the Hands of Creative Heads



Celebrating the July Mela – Millet and its Nutritive Value

CLASS: IX & X

Name of the Activity: Dialogue Writing Between Two Or Three Types of Millets with 3 Responses Each (Individual Activity)

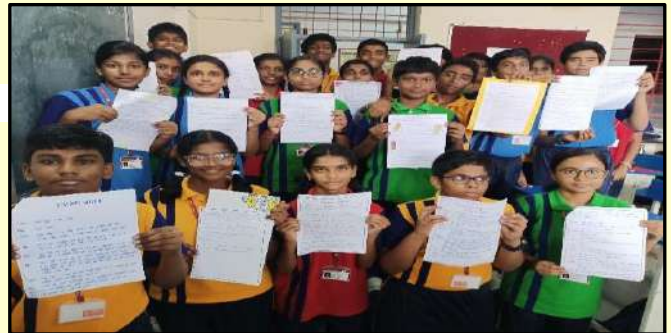
To commemorate the “International Year of Millets” (2023) the Class IX students of D. A. V. Public School, Velachery, Chennai successfully carried out their activity assigned for the month of July where they were required to carry out ‘Dialogue-Writing’ between two or three different types of millets with three responses each.

The students actively participated in the activity and wrote interesting dialogues conveying the different ways in which different types of millets can be used in daily meals and how they were helpful for human consumption.

This activity helped the students to learn about the significance of millets in day to day life and inspired the students to include millets in their meals.



It's all about Millets!



Millets say it all!



Millets – Speak



Listen to 'em Millets!



Millets can gift good health



Adopt Millet in your Diet by students of Std. IX

CLASS: X

As a part of commemoration of the “International Year of Millets” 2023, the students of Class X of D.A.V. Public School, Velachery, Chennai, impeccably carried out the activity assigned to them for the month of July for which they were supposed to carry out ‘Dialogue Writing’ sharing information and facts about a couple of millet types with five responses each.

The students enthusiastically took part in the activity and wrote catchy and intriguing dialogues conveying the various ways in which millets can be utilised in everyday meals and how they can positively contribute to the health of human beings.

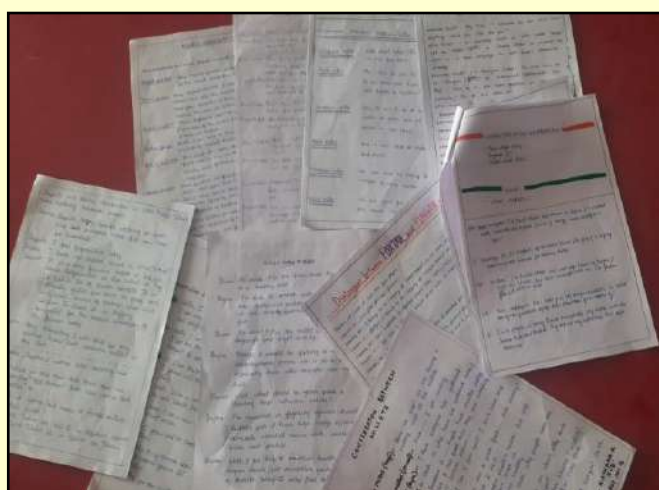
This activity ensured that the students learnt about the attributes of Millets in daily life and motivated the students to include millets in their diet.



Unveiling the Millet Magic: It's All About Millets!



Millets: Nature's Nutrient Powerhouse!



**Millets Speak Louder Than Words:
Nourishing Health, Sustaining Lives!**



**Discover the Melody of Millets:
Nature's Ancient Super food!**