MINI entered into the new phase with SWALLOWS from 2017. Till now MINI and the partners promoted millets and worked on campaign and awareness of millets. Now in MINI is working to meet the demand for millets in the market and trying to make these wonder grains available to the common people. In this process we are giving training to the millet sister to add value to the millets in order to reach the market with their value added millet products.

In this scenario with the support of DDS conducted a two day value addition training to 19 millet sisters from Karnataka, Tamil Nadu and Telangana at DDS – KVK.

The training began with the self introduction of the participants. In this training Ms. Bhargavi, Nutrition scientist has given a power point presentation and explained the importance of millets and their nutritional values. It also covered how to add the value without disturbing their nutritional values and processing the grains in such a way to retain their natural qualities.

In the interaction session Mr. Suresh asked the Sisters from different states to share Millet relation in their day to day life. Then the participants shared their millet food consumption and their knowledge about the health benefits of millets with other participants. All the participants actively shared their millet based recipes with the other millet sisters and the millet processing techniques they follow.

Ms. Bhargavi with the help of Ms. Suvarnamma demonstrated the preparations of the instant mixes and few more value added recipes to the participants such as Korra kichidi, Ragi semiya upma mix, Jowar pongal etc.
The second day training started with the field visit to Arjun Naik Thanda there they got a chance to see how successfully the farmers growing 20 – 30 varieties of crops. The participants interacted with the farmers and learnt the techniques to be followed for mixed crop cultivation. Tamil nadu millet sisters are very much impressed to see this type of cultivation and wanted to try the same in their project area.

After the field visit Tamil Nadu participants demonstrated their finger millet recipes such as Ragi Puttu and Ragi rotte to the other participants. They even shared that it is their favorite breakfast and evening snack. Every day they consume millets as breakfast or snacks or for lunch. Mostly they use Finger millet and Little millet in their diet.

Before closing the workshop summed up the training by Ms. Krishna Veni explained the newly joined millet sisters about the network which was launched last year in National Convention and even motivated them to share these training lessons in their local millet sister meetings. The workshop ended with the song from each state by millet sisters.