

D.A.V. PUBLIC SCHOOL
No.19, Sitaram Nagar, Velachery,
Chennai – 600042

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

REPORT FOR THE ACTIVITY DONE DURING THE MONTH OF SEPTEMBER – 2023

STD. I to V

Name of the activity: Take a Pledge Today

The Students of Std. I to V joined hands together to celebrate the International Year of Millets - 2023 through a **“Pledge”**.

- ❖ The highlight of the event was reiterated when all the students and teachers gathered to take the Pledge in their respective classrooms at the same time comprehending the essence of it.
- ❖ The Pledge emphasized the commitment to include Millet in their diet and promote their consumption among family and friends.
- ❖ This event served as a reminder that **“Small Actions”** have a significant impact on our lives and the world around us.



Students of Std. I and II making a commitment with “Millets for a Healthier and Happier Life”



Students of Std. III and IV say that “Good Health Begins with Millets”



Students of Std. V enthusiastically took an Oath for including this miracle grain as a part of their meals everyday

Std. VI to VIII

Topic : Wall Magazine on Different Types of Millets

Millets are found to be helpful for the reduction of body weight, BMI, and high blood pressure.

In India, Millet is generally consumed with legumes, which creates mutual supplementation of protein, increases the amino acid content and enhances the overall digestibility of protein.

Students of Std. VI to VIII have discussed the health benefits of consuming millets and prepared a 'Wall Magazine'.

- A Wall Magazine provided an opportunity to showcase the creative, collaborative, interpersonal and spatial skills of students.
- The displayed Wall Magazine will keep reminding the students to maintain a healthy lifestyle by incorporating millet into their everyday life.
- The colourful and aesthetically designed Wall Magazine served the dual purpose of promoting the use of millets and also to bring out the creative acumen of the students.



"Small but Mighty - Discover the Power of Millets" Wall Magazine designed by Students of Std VI



Wall Magazine designed by students of Std. VII - "Millets: The Versatile grain for all Our Culinary Creations"



Std VIII display on "Millets: A Sustainable, Nutritious and Delicious Choice"