Indian Economy · GS - III

Explain the role of millets for ensuring health and nutritional security in India.

EXAM YEAR	PAPER	SUBJECT
2024	GS - III	Indian Economy

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Millets, nutritional security, climate resilience, dietary diversity, micronutrients, food security, sustainable agriculture, vulnerable groups

Model Answer

Introduction

Millets are climate-resilient coarse cereals traditionally cultivated in several parts of India. Their nutritional composition and low resource requirements make them important for strengthening both nutritional and food security.

Body

1. Nutritional Role

- Millets provide complex carbohydrates and dietary fibre.
- Several varieties are rich in iron, calcium, magnesium and other micronutrients.
- Their low glycaemic characteristics can support healthier diets.
- Dietary diversification through millets can help address micronutrient deficiencies.

2. Food-Security Role

- Millets can grow in relatively dry and marginal areas with lower water requirements.
- Their resilience to heat and climatic variability strengthens agricultural stability.

- Greater millet cultivation can reduce excessive dependence on a narrow cereal basket.

3. Socio-economic Benefits

- Millet cultivation can provide livelihood opportunities for small and marginal farmers.
- Local processing and value addition can generate rural employment.
- Inclusion in public nutrition programmes can improve access among vulnerable groups.

Conclusion

Millets can simultaneously contribute to nutritional security, climate-resilient agriculture and farmer livelihoods. Integrating them into public procurement, school meals, PDS and diversified farming systems can make India's food system more nutritious and resilient.

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