

CISF's "Shri Anna" Triumph: Millet usage crosses 30 per cent of food consumption



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In a landmark achievement under the Ministry of Home Affairs' (MHA) 'Shri Anna' mission, the Central Industrial Security Force (CISF) has successfully raised millet consumption to exceed 30 per cent of the daily food intake across its 434 units and formations nationwide. This remarkable progress not only highlights CISF's strong commitment to the government's initiative to promote millets, traditionally known as "Shri Anna," but also sets an example for other Central Armed Police Forces (CAPFs) and the broader public.

The journey toward this success began on the global stage when the United Nations General Assembly declared 2023 as the 'International Year of Millets,' acknowledging India's persistent efforts to bring these nutritious and climate-resilient grains into the mainstream. Building on this momentum, the Ministry of Home Affairs issued a directive on May 4, 2023, mandating the inclusion of millets in the daily diets of all CAPFs during the financial year 2023-24, with a clear target that by 2024-25, millets should account for at least 30

percent of the food consumed by jawans.

CISF adopted a comprehensive and multi-pronged strategy to achieve this ambitious target. Across all its units, the Force initiated regular educational efforts through daily roll calls, briefings, and large gatherings such as Sainik Sammelans. These platforms served to consistently inform jawans about the health benefits of millets, aiming to build awareness and acceptance among personnel. Furthermore, the initiative extended beyond the Force itself, involving families actively in welfare programs to encourage the integration of millets into household meals.

The promotion of millet consumption was further reinforced through government functions where millet-based dishes were served as healthy refreshments, helping normalize their consumption and introduce these grains to a wider audience.

One of the stand-out initiatives spearheading this campaign is the launch of "Shri Anna Sarathi," a pioneering culinary booklet produced by CISF. This booklet serves as a comprehensive guide to millet-based recipes

from different regions of India, capturing the diverse culinary traditions that make millet consumption both nutritious and enjoyable. The booklet also documents the Force's ongoing efforts, shares feedback from cooks trained in millet preparation, and includes inspiring testimonials from personnel who have experienced health improvements after adopting these grains. To maximize reach and accessibility, a digital version of the booklet is available on the CISF website.

Training and engagement have been critical to CISF's success. Impressively, every cook within the Force has undergone training specifically focused on preparing tasty and nutritious millet dishes. To further bolster knowledge dissemination and dispel myths surrounding millets, CISF organized over 1,110 seminars, webinars, and workshops, complemented by 662 lectures from dietitians and medical professionals. These efforts have been instrumental in educating personnel and their families on the nutritional advantages and practical ways to incorporate millets into daily diets.