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## Millets as an integral part of sportspersons' diet

**Bhubaneswar, 10/11/2023:**

Focusing on the nutritional aspects of millets in the diet of sportsperson, a session on the theme “Millets – Ancient Grains for Modern Challenges” was organised at the International Convention on Millets marking the celebration of International Year of Millets-2023.

The session was chaired by Shri R. Vineel Krishna, Commissioner cum Secretary of Department of Sports & Youth Services and co-chaired by Sri Siddhartha Das, Director, Sports & Youth Services. Shri R. Vineel Krishna gave a keynote address on the collaboration between Odisha Millets Mission and Sports & Youth Services Department which has clinched tremendous success under International Year of Millets framework.

Renowned sports personalities Katulu Ravi Kumar, Anupama Swain shared experiences of their journey so far and how millet is important for their health. Sports nutritionists Ms. Anjali Dange and Ms. Laxmi Sri Pandrala shared the nutritional significance of millets in the life of sportspersons and how it helps to boost the stamina of athletes. Mrs. Minati Sabat from the Kalinga Stadium Millet Shakti Outlet managed by Swayam Sradha SHG described her experience on how Millet Shakti Outlet transformed her life and the lives of the SHG members by enhancing their livelihoods. They get immense joy while serving millets to athletes and sportspersons, she said.

Swati Snigdha Suar  
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