



Mount Abu Public School

Sector 5, Rohini, New Delhi - 110085



Sorghum

Sorghum boosts an impressive nutrient profile. It's a significant source of many vitamins and minerals, fiber, and protein, all of which contribute to good health.



April 2023

mon	TUE	WED	THU	FRI	SAT	sun
					1	2
3 WELCOME ASSEMBLY	4  MAHAVIR JAYANTI	5	6 SYMPOSIUM	7  GOOD FRIDAY	8	9  EASTER DAY
10 ASSEMBLY	11	12	13 FOUNDATION DAY @ SILVER JUBILEE	14  DR AMBEDKAR JAYANTI ATL COMMUNITY DAY	15	16
17 ASSEMBLY	18	19	20	21 - EARTH DAY CELEBRATION - RECYCLING PLASTIC (VI) - SAY IT ALL THROUGH COMIC (VII) - CREATING HAIKUS (VIII)	22  EID AL FITR	23
24 MY PUPPETRY STORY (VI)	25 - ROLE PLAY (VII) - ASSEMBLY	26 MINI NOVELETTE (VIII)	27 POSTER MAKING ON THE THEME OF THE G20, 2023	28 WORLD DANCE DAY	29	30
BOOK WEEK						

02

World Autism Awareness Day

07

World Health Day

10

World Homeopathy Day

22

Earth Day

23

World Book and Copyright Day

24

National Panchayati Raj Day

29

International Dance Day

Beet Sorghum Risotto



Ingredients

1 tablespoon olive oil
1/2 teaspoon fennel seeds
1/2 fresh fennel, chopped
4 cups beet juice
2 cups cooked sorghum grain
2 T butter
2 large roasted beets, peeled, grated on a large-hole box grater

2 T fresh dill, roughly chopped
1/4 lemon wedge
Kosher salt
Freshly ground black pepper
1/4 cup sour cream
1 T prepared horseradish
1 piece fresh horseradish

1.

Recipe

Heat the oil in a saucepan; add the fennel seeds and fennel, stirring over low heat until fragrant. Add the beet juice and reduce by half. Strain.

Place the strained beet juice in a sauté pan, add the grain, stirring until almost completely absorbed. Spoon in the butter and beets. Season and fold in the fresh dill, squeeze in the lemon, and season with salt and pepper to taste.

2.

Recipe

In a small bowl, combine the sour cream and prepared horseradish, season with salt. Top the risotto with the sour cream. Using a microplane, grate the horseradish over the whole dish and garnish with fresh dill.





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Proso

Proso millet has multiple benefits when consumed as human food. Proso millet is rich in minerals, dietary fiber, polyphenols, vitamins and proteins. It is gluten-free and therefore, ideal for the gluten intolerant people. Proso millet contains high lecithin which supports the neural health system.



May 2023

mon	TUE	WED	THU	FRI	SAT	sun
1 LABOUR DAY	2 ASSEMBLY	3	4	5 BUDDHA PURNIMA	6 EDU. TRIP WORKSHOP FOR TEACHERS	7
ATHLETIC MEET						
8 SCRATCH GAME	9 ASSEMBLY	10 - ANIMATED VIDEO (VII) - APP DEVELOPMENT (VIII)	11 - MY CREATIVE TOY - NATIONAL TECHNOLOGICAL DAY	12	13	14
COMPUTER WEEK						
15 ASSEMBLY	16	17	18 PRESENTATION ON FAMOUS QOUTES/ POEMS BASED ON INDIA G20 THEME	19 INVESTITURE CEREMONY	20	21
MAY TEST SERIES						
22	23	24	25	26	27	28
29	30	31				

01

Workers Day

03

Press Freedom Day

07

World Athletics Day

11

National Technology Day

17

World Telecommunication Day

22

International Day for Biological Diversity

31

Anti-Tobacco Day

Proso Upma



Ingredients

1 Cup proso millet
1 3/4 cup water
1 small onion
1 Tomato
1 teaspoon mustard seeds
1 teaspoon urad dal
1 red chili
1/2 cup frozen vegetables of your choice

1/2 teaspoon red chili powder
teaspoon garam masala
1/4 teaspoon turmeric
Salt to taste
1 strand curry leaves
2 teaspoon ginger
2 teaspoon coconut oil
2 teaspoon lemon juice

1.

Recipe

Rinse the Proso Millet /2-3 times with clean water and soak for at least 2 hours.
Place a pan over medium heat with 2 tablespoons of oil. Add mustard seeds and let them splutter and then add urad dal, red chili. Saute them until the lentils turn golden brown.

Add curry leaves, and ginger and continue to saute for 10 sec. Now add onions and continue to saute until they turn transparent and follow up by adding finely chopped tomatoes. Cook for a few minutes before adding the spices: Red chili powder, turmeric powder, and garam masala. Saute for another 30 seconds.

2.

Recipe



Now add the frozen vegetables. Mix well and add 2 cups of water, salt.





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Pearl

Also known as pearl millet, Bajra is an energy-packed grain and can also be called a superfood.

Loaded with insoluble fiber that helps you lose weight, lower cholesterol, and lower blood sugar levels.

If you are trying to lose weight, adding low-calorie density whole foods to your diet can be beneficial.



June 2023

mon	TUE	WED	THU	FRI	SAT	sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
CBP - WORKSHOP			EID			

01

World Milk Day

03

World Bicycle Day

05

World Environment Day

08

World Ocean Day

12

Anti-Child Labour Day

14

World Blood Donor Day

21

International Day of Yoga

Bajra Bhakhati



Ingredients

2 cup bajra atta / pearl millet flour /
 1/2 tsp salt
 hot water (to knead)
 wheat flour (for dusting)

1.

Recipe

firstly, in a large mixing bowl take 2 cup Bajra atta, 1/2 tsp salt and mix well.

add 1/2 of hot water and start to knead.

knead to the soft dough for at least 10 minutes.

add water as required and knead well as there is no gluten in the dough.

pinch a small ball sized dough and knead again.

dust with wheat flour and pat gently. you can alternatively use a rolling pin to roll as done for paratha.

2.

Recipe

pat with both the hands until the roti turns as thin as possible. if the roti breaks, it means it needs more kneading.

dust off excess flour and put over hot tawa.

now spread water over the roti with the help of hands or wet cloth removing excess dough.

wait until the water evaporates then flip it to the other side.

press gently and cook all the sides. finally, serve bajra roti with jaggery or curry.





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Foxtail

Foxtail Millet is rich in Vitamin B12 which is essential for maintaining a healthy heart, smooth functioning of the nervous system, and in general good for skin and hair growth. A diet including Foxtail Millet may improve glycemic control and reduce insulin, cholesterol and fasting glucose in Type-2 diabetes patients.



July 2023

mon	TUE	WED	THU	FRI	SAT	sun
31					1	2
3 ASSEMBLY	4	5	6	7	8	9
VAN MAHOTSAV						
10 - ASSEMBLY - WORLD POPULATION DAY - CREATE AND DESCRIBE (VI) - NUKKAD NATAK (VII) - IGNITING INFOGRAPHIC (VIII)	11	12	13	14	15	16
17 ASSEMBLY	18	19	20	21	22 EDUCATIONAL TRIP	23
24 ENACTMENT (VI)	25 - REDEFINING FUTURE (VII) - ASSEMBLY	26 EDUPEDIA (VII)	27 STORY WRITING ON INDIA THEME OF G20	28 MOHARRAM	29	30
SCIENCE WEEK						

01

Doctors Day

06

World Zoonoses Day

11

World Population Day

12

International Malala Day

18

International Nelson Mandela Day

26

Kargil Vijay Diwas

29

World Tiger Day

Foxtail Tehri



Ingredients

1 Cup Millet like foxtail
1 teaspoon Ghee/Oil
½ Cup Yogurt(Dahi)
Salt to Taste
1 Green Chilli
2-3 Garlic Cloves
1 teaspoon Chopped ginger
1 Sliced Onion

2 tablespoon peas
2 tablespoon Carrots
2 tablespoon Beans
2 tablespoon Chopped Mint and Coriander Leaves

1.

Recipe

Heat the Ghee/Oil in a pot.
Add Cumin,Bay leaf and Green Chillies.Once it starts spluttering, add garlic and ginger.Cook for 10-20 seconds.
Add the Sliced onions, carrots,beans and cook for 2-3 minutes.Sprinkle the

2.

Recipe

Stir the Pot,Add Millets.Add 2 cups of water.Season with salt. Cover and cook for 15 minutes on low-medium flame.
Garnish with coriander leaves and serve with yogurt.



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Finger

Finger millet is full of dietary fiber, which helps to control the “bad” cholesterol that can contribute to heart diseases like atherosclerosis. Soluble fiber absorbs cholesterol before it enters your bloodstream, maintaining a lower cholesterol level without medication.



August 2023

mon	TUE	WED	THU	FRI	SAT	sun
	1 ASSEMBLY	2	3	4	5 WORKSHOP FOR TEACHERS	6
7	8 ASSEMBLY	9 - QUIT INDIA DAY - SAY IT WITH MIME (VI) - PANEL DISCUSSION (VII) - WORD WAR (VIII)	10	11	12	13
14 INDEPENDENCE DAY CELEBRATION	15 INDEPENDENCE DAY	16 - SPIDER DIAGRAM (VI) - BE A SPOKESPERSON (VII) - WATCH & REFLECT (VIII)	17 ENGLISH SPELL VOCAB	18 SADBHAWNA DIWAS	19 FUN & FROLIC	20
21	22 ASSEMBLY	23	24	25	26	27
28 TO SPEAK ON THE THEME OF G20 IN NATIONAL LANGUAGES OF ALL THE MEMBERS OF COUNTRIES	29 - NATIONAL SPORTS DAY - ASSEMBLY	30 RAKSHA BANDHAN	31 SANSKRIT DIWAS			

06

Hiroshima Day

09

Quit India Day

12

International Youth Day

19

Photography Day

21

World Senior Citizen's Day

29

Onam

29

National Sports Day



Ingredients

Roasted Almond paste- 1/4th tbsp
Mixed Millet- 1/2 cup
Apple (cut into chunks)- 2
Cinnamon powder- 1 pinch
Coconut Milk- 1/2 tbsp
Coconut Cream- 1/2 tbsp
Water/Milk- 2 cups
Sea salt- to taste

1.

Recipe

Add almond paste, apple, cinnamon, coconut cream and coconut milk in a blender.
Blend till smooth.
Toast the millet over high heat until it turns golden brown.
Add hot water/milk, sea salt and bring it to a boil.

2.

Recipe

Simmer on low flame for 18 mins.
Add the paste and cook for five mins.
Garnish and serve.



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Browntop

It is rich in fibre, iron, calcium, potassium, magnesium and many other important minerals. Browntop millet eases constipation and helps in detoxifying the body. It helps to control high blood pressure and acts as a probiotic for respiratory disorders. It is also recommended for skin and arthritis problems.



September 2023

mon	TUE	WED	THU	FRI	SAT	sun
				1	2 WORKSHOP FOR TEACHERS	3
4	5 TEACHERS' DAY	6  KRISHAN JANMASHTAMI	7	8 EAT RIGHT FIESTA	9	10
11 HINDI SAPTAH	12 ASSEMBLY	13	14	15	16	17
HINDI SAPTAH						
18	19	20	21	22	23	24
25	26	27	28  EID E MILAD	29	30 EDU. TRIP SCI-CENTRE	

05

Teachers' Day

08

International Literacy Day

14

Hindi Diwas

16

World Ozone Day

26

Day of the Deaf

27

World Tourism Day

29

World Heart Day

Ragi Laddo



Ingredients

Sprouted Ragu flour- 1 cup
Ghee- 2 tbsp
Peanuts- 20
Dried coconut- 20 gms
Almonds- 10
Grated Jaggery- to taste
Cardamom- 4
Sesame seeds- 20 gms

1.

Recipe

Fry ragi flour in ghee till it turns aromatic.

Dry roast peanuts, coconut, almonds, sesame seeds until they turn aromatic and grind them into powder.

Mix all ingredients into a jar and grind them all until oil starts oozing out from them.

2.

Recipe

Take small portions of this mix and roll them to make laddoos using ghee.







Barnyard

The Barnyard millet or Sanwa rice as it is popularly known has high levels of protein, calcium, iron, minerals, and vitamin B complex. It is also low in carbohydrates and gluten-free, making it a boon for those with gluten allergies, type II diabetes, and cardiovascular diseases.



October 2023

mon	TUE	WED	THU	FRI	SAT	sun
30 UNITY DAY - UNITY RUN (VI) - LIFE OF IRON MAN (VII) - STAMP DESIGNING (VIII) - ASSEMBLY	31					1
CYBER SECURITY WEEK						
2  GANDHI JAYANTI	3 ASSEMBLY	4 THE SPACE PICTO-BOOK (VI)	5 THE WEBBY-PLANET INFO SHEET (VII)	6 THE FACT FILE (VIII)	7 WORKSHOP FOR TEACHERS	8
SWACHCHHTA PAKHWADA				SPACE WEEK		
9 ASSEMBLY	10	11	12	13 STUDENTS' DAY	14	15
WORLD SPACE WEEK						
16 ASSEMBLY	17	18	19	20	21	22
VIGILANCE AWARENESS WEEK					DUSSEHRA BREAK	
23	24  VIJAY DASHAMI	25	26	27	28 FUN EXCURSSION	29
DUSSEHRA BREAK						

01

International Day for the Elderly

04

World Animal Welfare Day

08

Indian Air Force Day

09

World Post Office Day

13

UN International Day for Natural Disaster Reduction

24

UN Day

Mixed Millet Bhelpuri



Ingredients

Ragi- 1 cup
Mix of millets- 1 cup
Boiled potato- 1
Peeled onion- 1
Tomato- 1
Chillies- 2
Peanuts
Green Chutney
Chat Masala
Lemon Juice

1.

Recipe

Mix all the ingredients in a bowl.

2.

Recipe

Spruce up the mixture with coriander leaves and serve.





Little

Little millet is rich in Magnesium which helps improve heart health. It is also rich in Niacin which helps lower cholesterol. Little millet contains phosphorus which is great for weight loss, tissue repair and energy production after strenuous workout. It also helps detoxify the body.



November 2023

mon	TUE	WED	THU	FRI	SAT	sun
		1 KARVA CHAUTH	2 E-POSTER DESIGNING (VI)	3 CYBER SECURITY THROUGH ANIMATION (VII) WEB PAGE DESIGNING (VIII)	4	5
		CYBER SECURITY WEEK				
6	7 - ASSEMBLY - A DAY TO COLLECT SMILES	8	9	10 DIWALI CELEBRATION	11	12 DIWALI
	KINDNESS WEEK				DIWALI BREAK	
13 GOVARDHAN PUJA	14 CHILDREN DAY	15 BHAU DOOJ	16	17	18	19 CHHAT PUJA
DIWALI BREAK						
20	21 - ASSEMBLY - NATIONAL CONSTITUTION DAY	22	23	24 GURU NANAK JAYANTI CELEBRATION	25 ANNUAL DAY	26
27 GURU NANAK JAYANTI	28 ASSEMBLY	29	30 QUIZ ON G20 RELATED EVENTS HELD UNDER PRESIDENCY OF INDIA			

05

World Tsunami Day

07

Natioinal Cancer Awareness Day

09

Legal Services Day

14

Children's Day

17

National Epilepsy Day

20

Africa Industrializaton Day

21

World Television Day

Jowar Medley



Ingredients

Rice Bran Oil- 1 tbsp
Mustard Seeds- 2 tbsp
Curry Leaves- 15-20
De-seeded Green chillies- 2
Ginger- 1 tbsp
Diced Baby corn- 2-3
Chopped Zucchini- 1/2

Chopped Red Pepper- 1
Chopped Yellow Pepper- 1
Salt- to taste
Black pepper- to taste
Jowar seeds(Sorghum)- 1 cup

1.

Recipe

Soak the jowar seeds overnight and boil it in the same water for 15 minutes.
Heat the rice bran oil in a pan. Add mustard seeds, curry leaves, green chillies and ginger.
When the seeds splutter, add baby corn, after a minute add the the zucchini and stir fry.

2.

Recipe

Add the red peppers and yellow peppers. Stir fry.
Add the salt, pepper & cooked jowar. Toss well.
Garnish with Coriander leaves and serve.





Buckwheat

Buckwheat is rich in fiber. Fiber allows for regular bowel movements and reduces the potential for experiencing symptoms such as constipation. A diet high in fiber is sure to protect your digestive health. Buckwheat can play a valuable role in controlling blood sugar levels



December 2023

mon	TUE	WED	THU	FRI	SAT	sun
				1	2	3
4 ASSEMBLY	5	6	7	8	9	10
11 ASSEMBLY	12	13	14 ENERGY CONSERVATION DAY	15	16	17
18 MY CREATIVE JEWEL (VI)	19 CRAFT WITH ORIGAMI (VII) ASSEMBLY	20 PI-JOURNAL (VIII)	21	22 CHRISTMAS CELEBRATIONS	23	24
MATHS WEEK						
25 CHRISTMAS DAY	26 ASSEMBLY BALVEER DIWAS	27 G20 ACTIVITY	28	29	30	31

02

National Pollution
Control Day

03

World Day of
the Handicapped

04

Indian Navy
Day

07

Indian Armed Forces
Flag Day

14

World Energy
Conservation Day

22

National
Mathematics Day

Buckwheat Dhido



Ingredients

1 cup of buckwheat flour
3 cups of water
Salt to taste

1.

Recipe

In a large pot, bring the water to a boil.
Gradually add the buckwheat flour,
stirring constantly to avoid lumps.
Add salt and reduce the heat to low.

2.

Recipe

Cook for 10-15 minutes, stirring
occasionally until the mixture
becomes thick and smooth.
Serve hot with vegetable curry.





Amaranth

The nutrients in amaranth can offer significant health benefits as a part of a healthy diet. It's a source of vitamin C, which is vital to the body's healing process because it helps process iron, form blood vessels, repair muscle tissue, and maintain collagen.



January 2024

mon	TUE	WED	THU	FRI	SAT	sun
 HAPPY NEW YEAR 1	2	3	4	5	6	7
8	9	10	11	12	 HAPPY LOHRI 13	 MAKAR SANKRANTI 14
15 ASSEMBLY	16	17	18	19	20	21
ROAD SAFETY AWARENESS WEEK						
22 ASSEMBLY	23	24	25 REPUBLIC DAY CELEBRATION	 REPUBLIC DAY	27	28
29 ASSEMBLY ON MARTYR'S DAY	30	31				

02

Tailang Swami
Jayanti

12

National Youth
Day

14

Pongal

20

Guru Govind Singh
Jayanti

23

Subhas Chandra
Bose Jayanti

30

Gandhi Punyatithi

Amaranth Laddu



Ingredients

1 cup of amaranth flour
1/2 cup of jaggery or brown sugar
1/4 cup of ghee
1/4 cup of water
1/4 cup of chopped nuts (optional)

1.

Recipe

In a pan, melt the ghee over medium heat.

Add the amaranth flour and roast until it turns golden brown.

Add jaggery or brown sugar and water and mix well.

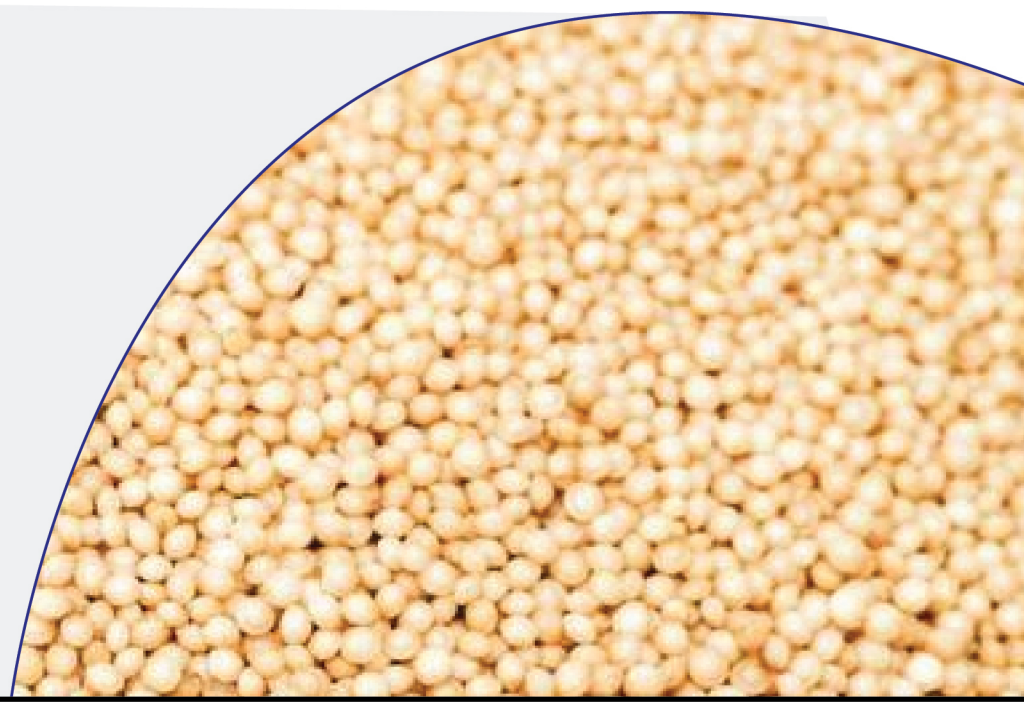
Cook for a few more minutes until the mixture becomes thick.

2.

Recipe

Remove from heat and add chopped nuts (optional).

Form small balls with the mixture while it is still warm and let them cool.





Kodo

Paspalum scrobiculatum, commonly called Kodo millet or Koda millet, is an annual grain that is grown primarily in Nepal and also in India, Philippines, Indonesia, Vietnam, Thailand, and in West Africa from where it originated.



February 2024

mon	TUE	WED	THU	FRI	SAT	sun
			1	2	3	4
5	6 ASSEMBLY ON SDG GOAL'S	7	8	9	10	11
12	13 ASSEMBLY ON BASANT PANCHMI	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

04

World Cancer Day

14

Vasant Panchami

24

Guru Ravidas Jayanti

Kodo Millet and Vegetable Soup



Ingredients

1/2 cup of millet grains
1 onion, chopped
2 garlic cloves, minced
1 carrot, chopped
1 celery stalk, chopped
1/2 cup of chopped cabbage
4 cups of vegetable broth or water
1/4 cup of chopped fresh parsley
Salt and pepper to taste

1.

Recipe

Rinse the millet grains under running water and drain.
In a pot, heat the oil over medium heat.
Add onion and garlic and cook until the onion is translucent.
Add carrot, celery, and cabbage and cook for a few more minutes.
Add millet grains, vegetable broth or water, salt, and pepper.

2.

Recipe

Bring to a boil and reduce the heat to low.
Cover the pot and simmer for 20-25 minutes or until the millet is cooked and the vegetables are tender.





Corn

Corn is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a “prebiotic,” which means it supports good bacteria in your digestive system. This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer.



March 2024

mon	TUE	WED	THU	FRI	SAT	sun
				1	2	3
4	5	6	7	8 MAHA SHIVARATRI	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 HOLI	26	27	28	29 GOOD FRIDAY	30	31

08

International Women's Day

11

Ramakrishna Jayanti

23

Shaheed Diwas

31

Easter

Corn Curry



Ingredients

2 cups of corn kernels
1 onion, chopped
1 tomato, chopped
2 garlic cloves, minced
1 tsp of ginger paste
1 tsp of cumin powder
1/2 tsp of coriander powder
1/2 tsp of turmeric powder
1/2 tsp of chili powder
Salt to taste
2 tbsp of vegetable oil

1.

Recipe

In a pan, heat the vegetable oil over medium heat.

Add onions and cook until translucent.

Add ginger and garlic and cook for a few more minutes.

Add the chopped tomato and cook until the tomato is soft and mushy.

Add the corn kernels, cumin powder, coriander powder, turmeric powder, chili powder, and salt. Mix well.

2.

Recipe

Cover and cook for 10-15 minutes or until the corn is tender.

Serve hot with rice or roti

