



# 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 Orientation Day for parents	2
3 Welcome Assembly	4  MAHAVIR JAYANTI	5	6	7  GOOD FRIDAY	8	9  EASTER DAY
10 Assembly on World Health Day	11	12	13 School Foundation Day Hawan Celebration + Cake Cutting	14  DR AMBEDKAR JAYANTI	15	16
17 Assembly on World Heritage Day	18	19	20 Celebration of Earth Day  IX - T-Shirt Painting  X - Debate Effect of Industrial Development on Environment	21 Earth Day/ World Heritage Day  Sports Fiesta for - X	22  EID AL FITR	23 World Book Day
24 Assembly on World Dance Day	25	26	27	28	29 G20 Activity IX - Poem Writing X - Extempore on India's G20 Theme	30
ENGLISH 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	2	3	4	5  BUDDHA PURNIMA	6 Sports Fiesta Grade IX	7
ATHLETIC MEET						
8 Assembly on World Red Cross Day	9	10	11 Interacting Session on Intro to Robotics by HT  National Technology Day (Workshop For Grade 6-10)	12	13	14
MAY TEST GRADE X / COMPUTER WEEK						
15	16	17	18 Investiture Ceremony	19	20	21
22 International Day for Biological Diversity (Visit to Biological Diversity Park) IX.  Writing of Newspaper Article on Link between Biodiversity and Healthy Planet	23	24	25 G20 Essay Online Lifestyle for Environment - IX 20 Youth Priorities for G20 - X	26 Hindi Natak (No Tobacco Day)	27 Samvaad For Grade (IX-X)	28
29	30	31				
SUMMER BREAK						

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 International Day of Yoga	22	23	24	25
26	27	28 School Re-opens (IX-X)	29	30		

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 /  
½ tsp salt  
hot water (to knead)  
wheat flour (for dusting)

1.

#### Recipe

firstly, in a large mixing bowl take 2 cup Bajra atta, ½ tsp salt and mix well.

add ½ 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.








## 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	4	5	6	7	8	9
Assembly on Vanmahotsav "Save Forest Save Earth"		Designing Graphic Novel on Earth of My Dream Grade - X	Podcast on "Preservation of Environment - IX			
VAN MAHOTSAV						
10	11	12	13	14	15	16
Assembly on World Population Day - IX-X Panel Discussion - Decent Work for Youth in India - X	Debate on 16 India's Rapidly Growing Youth Population - a dividend or disaster - IX		Mock Drill	Workshop on Adolescent Issues by HT		
17	18	19	20	21	22	23
Assembly on Nelson Mandela Day - IX-X	Inter- house Science Quiz - Mind Fizz	Inter Class - IX Create a Science Game	G20 Audio Visual Bites Women Empowerment - IX Gender Equality - X			
SCIENCE & TECHNOLOGY ( ACTIVITIES ON SCIENCE WEEK )						
24	25	26	27	28	29	30
Assembly on Kargil Vijay Diwas - IX-X				 MOHARRAM		
PERIODIC TEST - I						

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

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	2	3	4	5	6
7 Assembly on Quit India Movement	8	9	10	11 Unite for Cleanliness - IX Activities on International Youth Day Youth for Kindness - X	12	13
14 Special Assembly on Independence Day	15  INDEPENDENCE DAY	16	17	18	19 PTM For Periodic I	20
21 Assembly on G20	22	23 G20 Activities Collage Making - Human Centric Globalisation within G20 Nation - IX	24	25 G20 Nukkad Natak on Women Empowerment / Gender Equality - X	26	27
SOCIAL SCIENCE WEEK						
28 Assembly on National Sports Day (Session by Sports Personality)	29	30  RAKSHA BANDHAN	31			

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.





## 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	3
4 Session on Longterm Effect of Eating Unhealthy Food by HT	5 Teachers' day celebrations	6	7 KRISHAN JANMASHTAMI	8	9	10
EAT RIGHT WEEK						
11 Assembly on Ozone Day IX-X	12 G20 Art - IX Photography - X	13 Making an ad on Saaksharta - IX	14 Hindi Gaurav ki Bhasha -IX Hindi ka Badhri ma'am aur Samman -X	15	16	17
HINDI SAPTAAH						
18 Assembly on UN Day	19	20	21	22	23	24
HALF- YEARLY EXAMINATION IX-X						
25 Assembly on World Tourism Day	26	27	28 EID E MILAD	29	30	
HALF- YEARLY EXAMINATION IX-X						

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 Assembly on National Unity Day	31 G20 Activity Slogan Writing - IX Essay Writing - X on G20 Theme					1
KINDNESS WEEK						
2  GANDHI JAYANTI	3	4	5	6	7	8
SWACHTA PAKWADA						
9 Assembly on National Disaster Reduction	10	11	12	13 Activity on National Disaster Reduction Infographic Designing - IX Designing of Exit Plan of School - X	14	15
16 Assembly on UN Day / Dusshera	17 Mock Drill	18	19	20 Activity on Dusshera Triumph of Good Over Evil Enactment - IX Shloka Vachan - X	21 PTM for HT	22
23	24  VIJAY DASHAMI	25	26	27	28	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	3 Donate woollens and Dry Ration	4	5
		KINDNESS WEEK				
6 Special Assembly on Diwali	7 Workshop for students on Cyber Security	8	9	10 Diwali Celebration	11	12 DIWALI
CYBER SECURITY WEEK					DIWALI BREAK	
13 GOVARDHAN PUJA	14 CHILDREN DAY	15 BHAII DOOJ	16	17	18	19 CHHAT PUJA
DIWALI BREAK						
20 Assembly on National Constitution Day	21	22	23 Inter House Maths Quiz	24 Activity on National Consultation Day Designing of Preamble - IX Mock Youth Parliament - X	25 Excursion	26
27 GURU NANAK JAYANTI	28 Sports Fiesta	29	30 G20 Quiz on G20 Event - IX Panel Discussion on Impact of Digital Economy - X			
	FIT INDIA WEEK					

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

26

National Consultation 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

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
				FIT INDIA WEEK		
4 Assembly on Indian Navy Day	5	6	7 Activity on Armed Forces Flag Day Letter of Gratitude - IX Poem Writing on Gratitude - X	8	9	10
11 Assembly on World Energy Conservation Day	12	13	14 World Energy Conservation Day Designing a Model on Transformation of Energy - IX Designing a Model on Conservation of Energy - IX	15 Maths Week Pie Recital - IX Newsletter Designing - X	16	17
MATHS WEEK						
18 Assembly on National Maths Day	19	20	21	22	23	24
PERIODIC 3						
25 CHRISTMAS DAY	26	27	28	29	30	31
PERIODIC 3						

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
1  HAPPY NEW YEAR	2	3	4	5	6	7
WINTER BREAK						
8 Assembly on School Reopens World Hindi Day National Youth Day	9	10	11	12 Activity on Nation Youth Day	13  HAPPY LOHRI	14  MAKAR SANKRANTI
15 Assembly on Road Safety Session by Eminent personality on Road Safety by HT	16	17	18 Visit to Traffic Training Park by HT - IX	19	20 PTM	21
ROAD SAFETY AWARENESS WEEK						
22 Assembly on Exam as Workshop on Tips to Score better a Festival	23	24	25 Republic Day Celebrations	26  REPUBLIC DAY	27	28
29	30	31				
PRE- BOARD (X)/ MOCK (IX)						

02

Tailang Swami Jayanti

10

World Hindi Day

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.

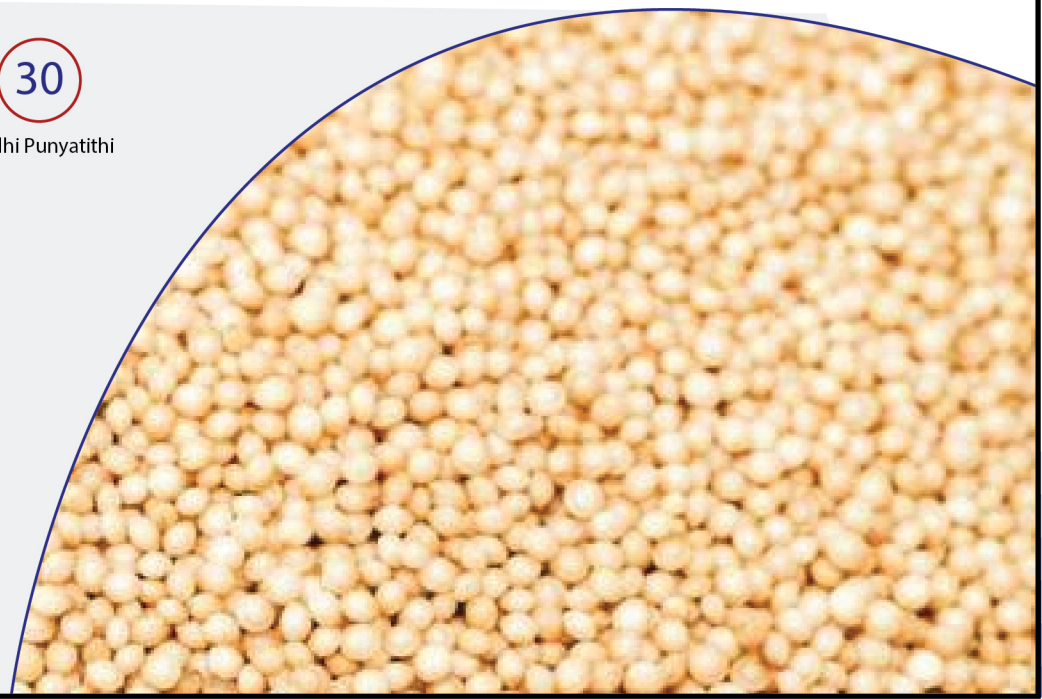
#### Recipe

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
			PRE- BOARD (X)			
5	6	7	8	9	10	11
PB - I / Mock Annual						
12	13	14	15	16	17	18
Session on Future Career (HT) - X					PTM	
19	20	21	22	23	24	25
				ANNUAL (IX)		
26	27	28	29			
Assembly on National Science Day Designing of a Science Magazine - IX				ANNUAL (IX)		

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
				ANNUAL (IX)		
4 Session on Neenstrual hygine (Girls)	5	6	7	8 MAHA SHIVARATRI	9	10
ANNUAL (IX)						
11 Assembly on World Disabled Day	12	13	14	15	16 PTM	17
18	19 PTM	20 NEW SESSION STARTS (2024-25)	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 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

