



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 COMMON ASSEMBL (1-XII), MILLET AWARENESS CAMPAIGN	4  MAHAVIR JAYANTI	5 ACTIVITIES ON EAT RIGHT	6 ASSEMBLY WORLD HEALTH DAY	7  GOOD FRIDAY	8	9  EASTER DAY
EAT RIGHT WEEK		EAT RIGHT WEEK		EAT RIGHT WEEK		
10 ENG. SPEAKING ASSESSMENT (XII)	11	12	13 FOUNDATION DAY	14  DR AMBEDKAR JAYANTI	15	16
17	18 ACTIVITY ON WORLD HERITAGE DAY	19 I/C MATHEMATICAL TAMBOLA	20 INTRACLASS MATHEMATICS OLYMPIAD (XII)	21 ASSEMBLY WORLD EARTH DAY	22  EID AL FITR	23
24 WORLD BOOK DAY PUBLIC SPEAKING COMPETITION	25 ENGLISH SPELL-A-THON	26 W/S PLAYWRITING / CREATIVE WRITING	27 SPORTS FIESTA XII	28 ASSEMBLY - WORLD DANCE DAY, G-20 COMMERCE QUIZ (XII)	29 WORLD DANCE DAY	30
LANGUAGE FESTIVAL		LANGUAGE FESTIVAL		LANGUAGE FESTIVAL		

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 THANKSGIVING ON LABOUR DAY, SPEAKING ASSESSMENT, I/C DIGITAL ART EXHIBITION	2 ENGLISH LISTENING ASSESEMENT (XI) I/H NEWSLETTER COMPETITION	3 PEER TEACHING ON ARTIFICIAL CHALLENGE (STAGE EVENT), BOOTCAMP ON AI (XI,XII)	4 ACTIVITIES ON WORLD ATHLETICS DAY	5  BUDDHA PURNIMA	6	7 WORLD ATHLETICS DAY
8 MAY TEST SERIES (XII) BEGINS, CLASS TEST SERIES (XI) BEGINS	9	10	11 NATIONAL TECHNOLOGICAL DAY	12 ASSEMBLY - WORLD DAY OF FAMILIES	13	14
MAY TEST SERIES (XII), DIGITAL AWARENESS WEEK						21
15 MAY TEST SERIES (XII) ENDS, CLASS TEST SERIES (XI) ENDS	16 ENGLISH SPEAKING ASSEMENT (XII) WORKSHOP FINANCIAL LITERACY (XII)	17 I/C MATHEMATICAL TAMBOLA ENGLISH SPEAKING ASSESEMENT (XI), WORKSHOP FINANCIAL LITERACY (XII)	18 INVESTITURE-SR. WING	19 ASSEMBLY- WORLD DAY OF BIODIVERSITY, EBSB ENGLISH LISTENING ASSESEMENT (XII) COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XII)	20	28
22 ENGLISH LISTENING ASSESSMENT (XI) COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XI)	23 INTRACCLASS MATHEMATICS OLYMPIAD (XI-XII)	24 ENGLISH SPELL-A-THON	25 INTRACCLASS ENGLISH OLYMPIAD (XI-XII) W/S FOR LEARNERS ON WNTD	26 ASSEMBLY - ANTI-TO-BACCO, G-20, Commerce quiz (XI,XII)	27 PTM MAY TEST SERIES (XII)	
29	30 GENERAL PTM (XI)	31 ANTI TOBACCO DAY				

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 ¾ cup water
1 small onion
1 Tomato
1 teaspoon mustard seeds
1 teaspoon urad dal
1 red chili
½ cup frozen vegetables of your choice

½ teaspoon red chili powder
teaspoon garam masala
¼ 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		
SCHOOL REOPENS AFTER SUMMER VACATIONS (XI-XII)						

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.





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 INTRA-CLASS ENGLISH OLYMPIAD (XI, XII)	4 COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XI)	5	6 I/C DISPLAY BOARD COMPETION ON VAN MAHOTSAV	7 ASSEMBLY VAN MAHOTSAV, KAVITA PATH COMMERCE QUIZ (XI)	8	9
VAN MAHOTSAV						10
10 I/H SCIENTIFIC RANGOLI (XI, XII)	11 INTRACLAS MATHS OLYMPIAD (XI, XII)	12 I/C MATHEMATICAL TAMBOLA (XI, XII)	13 W/S FOR STUDENTS - STEM -1 INTRODUCTION TO STEM, STEM HEROES (STAGE EVENT)	14 ASSEMBLY & EXHIBITION WORLD YOUTH SKILLS	15 WORLD YOUTH SKILLS DAY	16
STEAM WEEK						17
17 ENGLISH LISTENING ASSESSMENT (XII)	18 ENGLISH LISTENING ASSESSMENT (XI)	19 ENGLISH SPEAKING ASSESSMENT (XII)	20 ENGLISH SPEAKING ASSESSMENT (XI) COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XII)	21 ASSEMBLY KARGIL DIWAS, G-20, COM- MERCE QUIZ (XII)	22 W/S EDUCATORS	23
24	25	26	27 ENGLISH SPELL-A-THON	28 MOHARRAM	29 WORLD TIGER DAY	30
JULY TEST SERIES XI,XII						

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 Chilies.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 ASSEMBLY - QUIT INDIA, HIROSHIMA&NAGASAKI COMMERCE QUIZ (XI)	5	6
7	8 QUIT INDIA	9 INTRACCLASS ENGLISH OYMPIAD (XI, XII)	10	11 COMMON CELEBRATION INDEPENDENCE DAY	12	13
14  INDEPENDENCE DAY	15	16 I/C MATHEMATICAL TAMBOLA (XI, XII)	17 INTRA CLASS MATHS OLYMPIAD (XI, XII)	18 ASSEMBLY – PHOTOGRAPHY DAY, G-20 COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XII)	19 PTM (XI, XII) JULY TEST SERIES	20
21 COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XI)	22 ENGLISH SKIT PRESENTATION	23 W/S STEM-2 STEREOTYPES	24 ENGLISH SPELL-A-THON	25 ASSEMBLY EBSB, RAKSHBANDHAN Commerce Quiz (XII)	26 W/S EDUCATORS	27
28	29 NATIONAL SPORTS DAY CELEBRATION	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 ASSEMBLY HINDI DIWAS	2	3
				SWACHHATA PAKHWADA		
4 SPECIAL ASSEMBLY ON TEACHER'S DAY	5	6	7 KRISHAN JANMASHTAMI	8 ASSEMBLY INTERNATIONAL LITERACY DAY	9	10
SWACHHATA PAKHWADA						
11	12	13	14 HINDI DIWAS	15	16 WORLD OZONE DAY	17
SWACHHATA PAKHWADA						
18	19	20	21	22	23	24
HALF- YEARLY EXAMINATION XI,XII						
25	26	27	28 EID E MILAD	29 ASSEMBLY I NTERNATIONAL DAY OF NON-VIOLENCE	30	
HALF- YEARLY EXAMINATION XI,XII						

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
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.





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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	31 NATIONAL UNITY DAY					1
 2 GANDHI JAYANTI	3	4	5	6 ASSEMBLY WORLD MENTAL HEALTH DAY	7	8
HALF-YEARLY PRACTICAL EXAMINATION XI,XII				WORLD SPACE WEEK		
9 ACTIVITY ON WORLD SPACE WEEK (XI, XII)	10 ACTIVITIES WORLD MENTAL HEALTH DAY	11 SALES COMPETITION (XI, XII)	12 SOCIAL MEDIA CAMPAIGN ON DIGITAL MARKETING (XI, XII)	13 CAREER FAIR	14	15
WORLD SPACE WEEK		COMMERCE WEEK				22
16 I/C MATHEMATICAL TAMBOLA	17 INTRA CLASS MATHS OLYMPIAD	18 W/S STEM SESSION-3	19 ASSEMBLY ON DUSSEHRA – STORY TELLING	20	21 PTM HALF YEARLY (XI,XII)	
DUSSEHRA BREAK						
23	 24 VIJAY DASHAMI	25 ENGLISH SPELL- A -THON	26 PEACE MARCH ON UNITY DAY	27 ASSEMBLY NATIONAL UNITY DAY, G-20	28 WORKSHOP FOR EDUCATORS	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 COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XII)	3 ASSEMBLY- VIGILANCE AWARENESS COMMERCE QUIZ (XI)	4	5
6	7 COMMERCE -PANEL DISCUSSION-EMERGING GLOBAL ISSUES AND FUTURE PROSPECTS (XI)	8	9 W/S STEM SESSION-4	10 ASSEMBLY- NATIONAL EDUCATION DAY	11	12  DIWALI
13  GOVARDHAN PUJA	14  CHILDREN DAY	15  BHAJ DOOJ	16	17 ASSEMBLY- EBSB, MATHS MIND COMMERCE QUIZ (XII)	18 DIWALI BREAK	19  CHHAT PUJA
20	21	22	23	24 ASSEMBLY- UN DAY, GURPURAB	25 ANNUAL EVENT	26
27  GURU NANAK JAYANTI	28	29	30 30 W/S STEM SESSION-5	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

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 ASSEMBLY ARMED FORCES FLAG DAY	2	3
4 I/C MENTAL MATHS QUIZ (XI, XII)	5 I/H MATHS IN REAL LIFE - PANEL DISCUSSION	6 I/H MATH-O-ART	7 PRE BOARD, ANNUAL PRACTICAL EXAM BEGINS	8 ASSEMBLY HUMAN RIGHTS DAY	9	10 HUMAN RIGHTS DAY
MATHS WEEK , PRE- BOARD,ANNUAL PRACTICAL EXAM XI,XII						
11	12	13	14	15 ASSEMBLY GCC PRE BOARD, ANNUAL PRACTICAL EXAM ENDS	16	17
PRE-BOARD PRACTICAL XII , ANNUAL PRACTICAL EXAM XI, XII						
18 MOCK PRE BOARD, DEC TEST SERIES BEGINS	19	20	21	22 NATIONAL MATHEMATICS DAY	23	24
MOCK-PRE BOARD XII, DEC TEST SERIES XI						
25 CHRISTMAS DAY	26	27	28	29 MOCK PRE BOARD, DEC TEST SERIES ENDS	30	31
MOCK-PRE BOARD XII, DEC TEST SERIES XI						

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 PRE BOARD EXAM BEGINS	9	10	11	12	13  HAPPY LOHRI	14  MAKAR SANKRANTI
PRE- BOARD EXAMINATION XII						
15	16	17	18	19 PRE BOARD EXAM ENDS	20	21
PRE- BOARD EXAMINATION XII						
22 BOARD PRACTICALS BEGINS	23	24	25	 REPUBLIC DAY	27	28
BOARD PRACTICALS XII						
29 MOCK ANNUAL BEGINS	30	31				
MOCK ANNUAL- XI						

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.

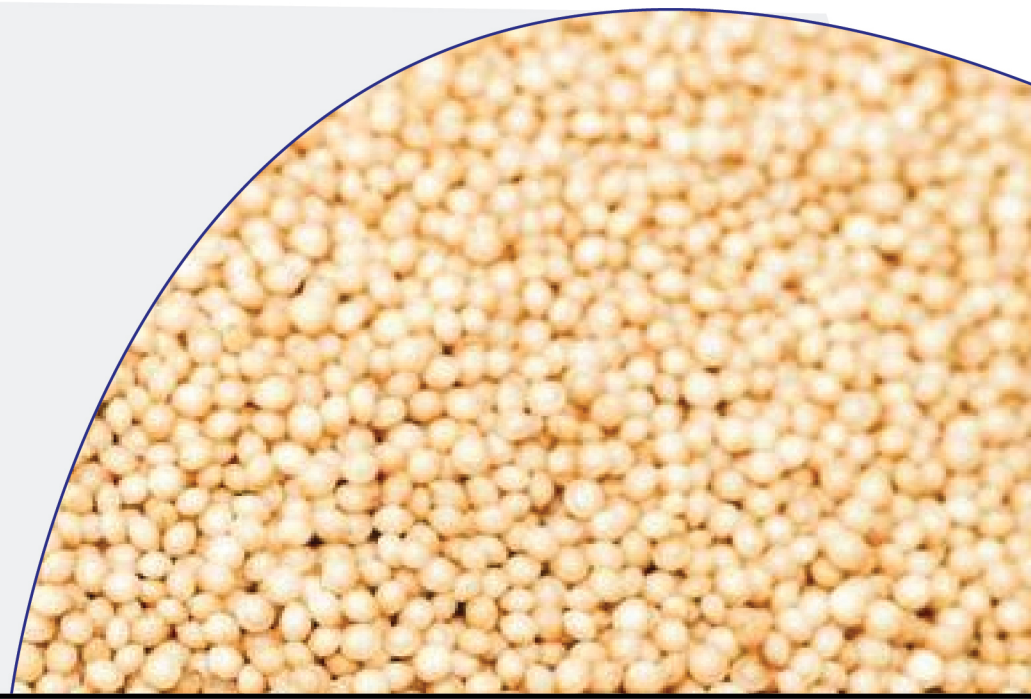
Cook for a few more minutes until the mixture becomes thick.

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
			MOCK ANNUAL XI			
5	6	7	8	9	10	11
			MOCK ANNUAL ENDS			
MOCK ANNUAL XI						
12	13	14	15	16	17	18
					PTM-PB-XII, MA-XI	
19	20	21	22	23	24	25
				ANNUAL EXAM BEGINS		
				ANNUAL EXAM -XI		
26	27	28	29			
ANNUAL EXAM -XI						

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 EXAM XI		
4	5	6	7	8	9	10
ANNUAL EXAM XI				MAHA SHIVARATRI		
11	12	13	14	15	16	17
					PTM-XI	
18	19	20	21	22	23	24
NEW SESSION XII (2024-25)						
25	26	27	28	29	30	31
HOLI				GOOD FRIDAY		

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

