

WINNER



INDIA 5000
WOMEN
ACHIEVERS
AWARDS
2021



परंपरा का स्वाद, सेहत के साथ

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Nutrition Experts

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Monthly Newsletter Mar-2022



*One woman can make a
difference, but together we
can rock the world!*

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PREFACE

Vidya Gunturkar - Joshi
Founder MTHF

Dear Readers, stakeholders, supporters, team MTHF and well wishers,
Welcome to the ninth MTHF newsletter.

International Women's Day will be celebrated on 8th March and I wish all my "besties" out there a very happy and memorable day.

I am quoting a reference from *Powering the economy with her - Women Entrepreneurship in India* (Google Bain & Company Co) - Today India has 13.5–15.7 million women-owned enterprises, representing 20% of all enterprises. While large in absolute numbers, these are overwhelmingly comprised of single person enterprises, which provide direct employment for an estimated 22 to 27 million people. Further, a number of enterprises reported as women owned are not in fact controlled or run by women. A combination of financial and administrative reasons leads to women being "on paper" owners with little role to play.

The problem is related mostly to social attitudes and bias, difficulty in securing collateral-based loans (most women do not own property), and poor awareness or knowledge of financial schemes including those that provide collateral-free financing.

Many of the problems listed above can be solved, if the opportunity to test her strength is given to her. Women are naturally multi tasker, have great patience, good sixth sense, have sense of ownership and responsibility and can be firm and flexible at the same time.

We, as a women, need a support system at home and at the work place. That support system could be anything like help in household responsibilities, mentoring in business and hand holding in finance part.

We, at MTHF, will always support women in being financially independent by offering them either employment or business opportunities. Any details of such women are most sought and we will offer our complete support.

Please do write us to share the feedback on the newsletter on milltes.treats@gmail.com.

Best regards

Vidya Gunturkar - Joshi

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ONLINE PRESENCE

Following are the new platforms where our products will be available in coming days



Aurangabad



Pune



Bangalore

We are also available on following



Millets Treat Health Foods - Order Online

Buy and Order online from Millets Treat Health Foods| Now order online & pay using UPI, Paytm, GooglePay, PhonePe at Millets Treat Health Foods.
d-milletstreathealthfoods.dotpe.in

Millets Treat Health Foods is now Online 🛒

Order 24x7 - Click on the link to place an order

<https://d-milletstreathealthfoods.dotpe.in>

Pay using Gpay, Paytm, Phonepe and 150+ UPI Apps or Cash

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Happy Festivities

May God gift you all the colors of joy,
happiness, friendship and love.
Happy Holi!

HAPPY HOLI

Kang
Barse
Festival of Colors



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Eat Healthy

Your favorite Idli is now more tasty and nutritious...!



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- **Black Gram Flour** – Full of proteins with good amount of fibres. Gut friendly
- **Sorghum** - has anti-carcinogenic properties
- **Pearl Millet** - Safely for infants, lactating mothers, elderly and convalescents
- **Finger millet** - Good for anaemia -Very good source of natural Iron



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Prefer the fermented Idli batter over the Instant Mix.

Fermentation increases the proportion of soluble fibres and Vit B complex in it.

NutriMillets – Nutrition is not an option for us!



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THANK YOU!!

Let's make it together!!



@nutrimilletstreats



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<https://nutrimillets.business.site>