International E-Seminar: Poster presentation

International Year of Pulses-2016

Shri P.K. Chaudhari Mahila Arts College, Sector-7, Gandhinagar, Gujarat, India

CELEBRATION EVENT for

Food and Agriculture Organization of The United Nations Viale delle Terme di Caracalla – 00153, Rome, Italy

The International Year of Pulses will raise awareness about important crops that are essential for sustainable agriculture and nutrition.

José Graziano da Silva, FAO Director-General

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POSTER PRESENTATION | OCTOBER-2016
WHAT ARE PULSES?

PULSES are a type of leguminous crop that are harvested solely for the dry seed. Dried beans, lentils and peas are the most commonly known and consumed types of pulses.

WHY ARE THEY IMPORTANT?

- **Pulses contribute to food security at all levels**
  They are produced and consumed widely in developing countries.

- **Pulses have a high nutritional value**
  They are a critical source of plant-based proteins, amino acids and other essential nutrients.

- **Pulses have important health benefits**
  They are recommended for preventing chronic diseases and obesity.

- **Pulses foster sustainable agriculture and contribute to climate change mitigation**
  Their nitrogen-fixing qualities can improve soil fertility and produce a smaller carbon footprint.
International Year of Pulses-2016

The 68th UN General Assembly declared 2016 the International Year of Pulses (IYP) (A/RES/68/231)

The Food and Agriculture Organization of the United Nations (FAO) has been nominated to facilitate the implementation of the Year in collaboration with Governments, relevant organizations, non-governmental organizations and all other relevant stakeholders.
Subject: Heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition. The
Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.

- Raise awareness about the important role of pulses in sustainable food production and healthy diets and their contribution to food security and nutrition;
- Promote the value and utilization of pulses throughout the food system, their benefits for soil fertility and climate change and for combating malnutrition;
- Encourage connections throughout the food chain to further global production of pulses, foster enhanced research, better utilize crop rotations and address the challenges in the trade of pulses.

What are pulses and why are they important?

Pulses are annual leguminous crops yielding between one and 12 grains or seeds of variable size, shape and colour within a pod, used for both food and feed. The term “pulses” is limited to crops harvested solely for dry grain, thereby excluding crops harvested green for food, which are classified as vegetable crops, as well as those crops used mainly for oil extraction and leguminous crops that are used exclusively for sowing purposes (based on the definition of “pulses and derived products” of the Food and Agriculture Organization of the United Nations).

Pulse crops such as lentils, beans, peas and chickpeas are a critical part of the general food basket. Pulses are a vital source of plant-based proteins and amino acids for people around the globe and should be eaten as part of a healthy diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions and cancer; they are also an important source of plant-based protein for animals.

In addition, pulses are leguminous plants that have nitrogen-fixing properties which can contribute to increasing soil fertility and have a positive impact on the environment.
2016 INTERNATIONAL YEAR OF PULSES

nutritious seeds for a sustainable future

#IYP2016 fao.org/pulses-2016
International Seminar

On November 12, 2016
At Gandhinagar, India
http://www.pkhoudharimohlibartscollege.com/

A paper, photo and poster presentation of pulses will take place at an International Seminar.

By invitation only.
*International Year of Pulses - 2016*

**Health Benefits of Mung Beans:**

→ Helps lower High Blood pressure:

Mung Beans nutrition include the ability to fight another significant Cardio-Vascular disease risk factor: High Blood pressure. In a 2014 study published in the Chemistry Central Journal, rats that were given Mung bean Sprout extract for one month experienced significant reductions in systolic Blood pressure levels.

The research believed that Mung
beau's Anti-hypertensive effects might be due to their high concentration of protein fragments known as peptides. This helps to decrease constrictions of blood vessels that raise blood pressure.
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Student Name: Solanki Priyanka M.
Class: F.Y. B.A (Eng.)
Sem - I
Roll No.: 636

* International Year of Pulses - 2016

* Health Benefits of Mung Beans

* Boosts Immunity and Protects Against Infections and Viruses

Mung beans nutrition contains a range of phytonutrients that are considered anti-microbial and anti-inflammatory, helping to increase immunity.
and fight harmful bacteria, viruses, Colds, rashes, irritations and more. Mung beans promote a healthy balance of bacteria within the digestive tract, which helps with nutrient absorption and immune defense.
Posters Presentation on International Year of Pulses-2016 Food and Agriculture Organization of the United Nations

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Name: Chavada Kajal G.
Class: SY. BA ENG (Sem-III)
Roll No.: 1547

International Year of Pulses-2016.

Types of Pulses:

- Black Eyed Pea
  - Ayurvedic Properties: Sweet
  - Type: Black Eyed
  - Effect: Up

- Black Eyed Bean
  - Ayurvedic Properties: Astringent
  - Type: PE
  - Effect: Down

- Slightly Heavier for Digestion

Kajal G.
College: Shri P.K. Chaudhary Mahila Arts College SE-7 Gandhinagar Gujarat India

Name: Mohsina I Malek
Class: S.Y. B.A. (Guj)
Sem: 3 Roll No: 1113

International Year of Pulses 2016

[Helps protect against heart disease and cancer]

Chickpeas have been shown to help balance unhealthy cholesterol
levels, to reduce hypertension, and to protect against heart disease in multiple ways. This may be partially due to the high amount of Fiber found in chickpeas, which helps people to avoid overeating and gaining harmful excess weight, especially around the vital organs.

Fiber works to create a gel-like substance in the digestive system that binds with fatty acids, helping to balance cholesterol levels. Both soluble fiber and insoluble fiber have been shown to be important in helping to control and manage hypertension.

Consuming beans has also been shown in studies to have protective benefits against cancer, in particular
colon cancer, due to their high fiber content. Garbanzo beans were demonstrated in studies to help stall cancerous cells from further forming.

Because beans keep the digestive system, including the colon, free from harmful bacteria and toxic build-up, they create a healthier overall environment where pH levels are balanced. Inflammation is reduced and therefore cancer cells cannot proliferate like they can in an unhealthy environment.
Great Source of Plant-Based Protein

Protein is an essential macro nutrient that plays an important role in nearly every function in the body, from our vital organs, muscles, tissues and even hormone levels. Consuming enough healthy protein helps you to naturally slow aging.

Proteins that we acquire from our diet help to create hemoglobin and important antibodies, to control blood sugar levels; help with muscle building and maintenance; give us lasting energy, fight bacteria, make us feel full and help to heal wounds and injuries too.
Chickpeas nutrition not only contains important protein—about 15 grams per cup of cooked beans—but also has many other nutrients and fiber too. Those who are most at risk for not consuming enough protein are children, vegans, and vegetarians.

These foods luckily work together to make up a "complete protein." This means they contain all of the building blocks of protein, called essential amino acids, that are necessary for the body to acquire from food in order to use for body function and energy.
Provides essential vitamins and minerals

Chickpeas nutrition boasts high levels of iron, zinc, folate, phosphorus, and B vitamins, all of which are especially important for vegetarians and vegans who may be lacking in these essential nutrients due to avoiding animal products. Chickpeas are a great source of folate, also called vitamin B9. Folate is important for helping the body to effectively produce new cells as it plays a role in copying and synthesizing DNA.

It also helps the body utilize other B vitamins in addition to protein (in the form of amino acids). A deficiency in folate can contribute to anemia, poor immune function, and poor digestion; and for pregnant women, a deficiency can lead to neural tube defects such as spina bifida.
Chickpeas nutrition also includes zinc, which is an essential trace mineral that plays a role in over 100 important enzymatic reactions in the body. Zinc facilitates in bodily functions including protecting against free radical damage (also called oxidative damage), helps speed up wound healing, plays a part in the copying of DNA, and helps with the formation of hemoglobin within the blood.

Additionally, chickpeas are a good source of 3 nutrients that help to reduce common symptoms associated with PMS: magnesium, manganese, and vitamin B6.
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MAHILA ARTS COLLEGE
SE- 7 GANDHINAGAR
NAME- PARIK B. THAKOR
CLASS- S.Y.B.A (Gujerati)
SEM- 3
ROLL NO- 1111

INTERNATIONAL YEAR
OF PULSES - 2016

INCREASES SATIETY AND
HELPS WITH WEIGHT LOSS

Chickpeas are high in both protein and fiber, which helps to make you feel full and to curb food cravings and unhealthy snacking. Studies have shown that consuming fiber is correlated with having a lower body weight.

Beans make a filling addition to any recipe because of their fiber, complex carbs, and protein. These...
Macronutrients work together to give us a feeling of being full after eating, while also helping to control our blood sugar levels and therefore maintaining our energy.

Frequently consuming foods like fat burning garbanzo beans is an excellent way to aid in healthy and sustainable weight loss. The feeling of satiety makes you less likely to snack on empty-calorie, processed junk foods between meals which can stall your weight loss.

Chickpeas are even more filling if you pair them with other nutritious whole-foods, like vegetables or organic goat cheese. Because they are so low in calories but high in essential fiber and protein, they are a perfect food for those that need to lose some weight but who are watching calorie intake.
INTRODUCTION OF PULSES - 2016

**TYPES OF PULSES**

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<tr>
<th>Name</th>
<th>Ayurvedic Properties</th>
<th>Type</th>
<th>Effect On</th>
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<td>Pigeon Pea (Split)</td>
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NAME: BARESA. DIMPAL. S.
CLASS: S.Y. B.A. SEN: 3 [ENG]
ROLLNO: 1518

INTERNATIONAL YEAR OF PULSES - 2016

TYPES OF PULSES:

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chickpeas, like all legumes, are a
from of complex carbohydrate that the
body is able to slowly digest and use
for energy. This is essential, as all
carbohydrates are not created equal;
some quickly raise blood sugar levels
and lead to "spikes and dips" in energy
these are called simple or fast carbs
while others do the opposite and give
us sustained fuel (these are called
complex carbs).
Chickpeas nutrition includes starch, which is a slow burning carbohydrate that the body reacts to by suddenly spiking glucose in the blood. Starches contain natural sugars called glucose, which the body uses easily for many essential functions, however glucose can be troublesome for people who are pre-diabetic or who have diabetes. The process of digesting and utilizing the glucose found in all beans and starches is drawn out, which is extremely important for diabetics who have trouble reaching a stable blood sugar level after consuming sugars due to a resistance to insulin.
International year of Pulses - 2016

Health Benefits of Mung Beans

- Can help lower high cholesterol levels and protect against heart disease.

One 2011 study published in the Journal of Human and Experimental Toxicology found that mung beans are highly effective at inhibiting LDL "bad" cholesterol oxidation. Mung beans have the ability to regulate cholesterol.
levels because their antioxidants act like potent free-radical scavengers reversing damage done to blood vessels and lowering inflammation.

Oxidized LDL cholesterol is one of the biggest risks of deadly cardiovascular events, such as heart attacks or stroke. LDL cholesterol can accumulate within the inner lining of blood vessels called the endothelium, and block blood flow, triggering cardiac arrest. Mung beans are a great addition to any anti-inflammatory diet thanks to their ability to keep arteries clear and to improve circulation.
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International Year of Pulses - 2016

The 7,500 Year History of Chickpeas!

Chickpeas are a legume of the plant family Fabaceae. Domesticated chickpeas have been found in regions of Turkey and Greece, with records dating back thousands of years to Ancient times. It’s believed that garbanzo beans were first consumed by Ancient Mediterranean populations between 7,500 - 100,000 years ago, and then spread to Southern France and Germany shortly after.
In classical Greece, the beans were often included in sweet desserts and were even consumed raw. Ancient Roman populations prepared the beans in broths, roasts, and stews or enjoyed them as snacks. It’s believed that centuries ago populations associated chickpeas with the philosophical god Venus because the beans were believed to offer powerful health benefits related to reproduction.

The use of chickpeas spread across the Middle East in the years to follow, becoming a staple in nearly every nation’s traditional diet, as it still is today. While chickpeas have been popular worldwide for centuries, they are only recently moving into the spotlight in North America, where the rise in popularity of Middle Eastern recipes like hummus and falafel have introduced.
Protein is the building Block for Life

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Department: Home science - HOD
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