INDIAN JOURNAL OF NATURAL SCIENCES (IJONS) BIMONTHLY INTERNATIONAL JOURNAL

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Published by

TAMILNADU SCIENTIFIC RESEARCH ORGANISATION 39,MURA BHAVAN,KOODAL NAGAR,RAJAGOPALAPURAM POST, PUDUKKOTTAI, TAMIL NADU, INDIA. ijonstnsro@gmail.com,editorijons@gmail.com-www.tnsroindia.org.in

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Honorable Member	Vijaya Bhaskara Reddy.MUTHA Asst. Prof.Faculty of Public Health, St Theresa International College, 1 Moo 6 Rangsit-Nakhon Nayok Road (Klong 14), Bungsan,Ongkharak – 26120 Nakhon Nayok, Thailand.
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Honorable Member	Dr. S. Suganya Kanna Assistant Professor, (Agricultural Entomology), Agricultural College and Research Institute, Tamil Nadu Agricultural University. Kudumiyanmalai – 622 104. Pudukkottai Dist., Tamil Nadu, India
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Honorable Member	Dr. M. Manikandan Senior Research Fellow, Tamil Nadu Agricultural University Coimbatore – 641003. Tamil Nadu, India.

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	Basavanagudi, Bengaluru Karnataka,India
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Honorable Member	Dr.S.Sasikala Associate Professor, Department of Computer Applications, Hindusthan College of Arts and Science, Coimbatore - 641 028, Tamilnadu, India.
Honorable Member	Dr. Ghaidaa Raheem Lateef Al-Awsi Al-Mustaqbal University College, Babylon,Iraq.
Honorable Member	Dr.C.Ravinder Singh Head, PG and Research Department of Botany, Vivekanandha College of Arts and Sciences for Women, Elayampalayam- 637 205, Tiruchengode, Namakkal,Tamil Nadu, India.
Honorable Member	Dr. S. Thenmozhi Assistant Professor (SS & AC) Soil Fertility and Irrigation Water Management Agricultural College and Research Institute, Kudumiyanmalai - 622 104, Pudukkottai – District, Tamil Nadu,India
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Honorable Member	Dr.G.Rajaraman Assistant Professor & Coordinator School of Agricultural and Processing Sciences Kalasalingam Academy of Research and Education Krishnankoil-626126, Tamilnadu. India.
Honorable Member	Dr.S.Alagumanian Head & Assistant Professor, PG &Research Dept. of Botany H.H. The Rajash's Collage, Pudukkottai, Tamilnadu, India

Dr. Faiza Kadhim Emran Department of Biology, College of Science, University of Baghdad, Baghdad, Iraq.
Dr.N.Vasanthakumar Librarian, The American College, Madurai – 625 002, Tamilnadu, India
Dr.Nagubudi. Varadarajulu Naidu Director of Research, Acharya N.G Ranga Agricultural University, Administrative Office, RARS, Lam, Guntur -522034 Andhra Pradesh, India.
Dr. Ahmed Mahmood Shukur AL-Nedawi Assistant Professor, Animal Resource Department, Faculty of Agriculture, University of Baghdad, Baghdad, Iraq
Dr.Thirumal Kumar D Assistant Professor(Jr) Department of Integrative Biology, School of Bio Sciences and Technology Vellore Institute of Technology Vellore – 632014, Tamilnadu, India
Dr.R.Jayapandi Assistant Professor, Department of Bio Chemistry, The American College,Madurai – 625 002 Tamilnadu, India
Dr.C.Ravindran Assistant Professor (Horticulture) Department of Fruit Crops Horticulture College and Research Institute Periyakulam – 625 604, Theni District, Tamilnadu, India.
Wejdan Thamir Mahdi University of Qadisiyah,Iraq
Dr.K.F.Bharati Assistant Professor, Department of Computer Science and Engineering, JNTUA College of Engineering, Ananthapuramu - 515002, Andhra Pradesh, India.
Dr.Huda Falah Hasan Radi Alqaraghuli Assistant Professor, College of Veterinary Medicine, University of Baghdad,Baghdad, Iraq.
Dr.S.V.Sai Prasad Principal Scientist & Head ICAR-IARI, Regional Station, Near Agriculture College, Indore – 452 001, Madhya Pradesh, India

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Honorable Member	Dr.N.Revathy Associate Professor, PG and research Department of Computer Application, Hindusthan College of Arts and Science, Coimbatore -28, Tamilnadu, India
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Honorable Member	Dr.E.Selvarajan Research Assistant Professor Department of Genetic Engineering School of Bioengineering SRM Institute of Science and Technology Kattankulathur-603203, Chennai,Tamilnadu, India
Honorable Member	Dr.V.Shanmuga Sundaram Assistant Professor & Head Department of Statistics Mahendra Arts & Science College (Autonomous) Kalippatti, Namakkal-637501. Tamilnadu, India.

Honorable Member	Dr. J. Rajangam Professor and Head, Department of Fruit Crops, HC & RI, Periyakulam,Tamilnadu, India
Honorable Member	Dr.R.R.Saravanakumar Librarian & Head Department of Library and Information Science Sadakathullah Appa College (Autonomous) Rahmath Nagar, Tirunelveli, Tamilnadu, India
Honorable Member	Dr. Shivendu Ranjan Senior Research Associate Faculty of Engineering & Built Environment University of Johannesburg, Johannesburg (Auckland Park Kingsway Campus) South Africa
Honorable Member	Dr.Nagubudi.Varadarajulu Naidu Director of Research, Acharya N.G Ranga Agricultural University, Administrative Office, RARS, Lam, Guntur -522034, Andhra Pradesh, India
Honorable Member	Dr.I.Muthuvel Associate Professor (Horticulture), Department of Fruit Crops, Horticultural College and Research Institute, Periyakulam – 625 604, Theni Dist. Tamil Nadu, India
Honorable Member	Subburaj. M Deputy Director Food Safety and Standards Authority of India Ministry of Health and Family welfare, Govt. of India Benfish Tower, 31 GN Block, Sector V, Salt lake city Kolkata -700091, India
Honorable Member	Dr.Bhagyalakshmi Rajaram Associate Professor, Department of Management Studies, PSNA College of Engineering & Technology, Dindigul, TamilNadu, India
Honorable Member	Dr.S.Annapoorani Assistant Professor in Biotechnology, Dr.Umayal Ramanathan College for Women Karaikudi, Sivaganga (Dt), TamilNadu, India
Honorable Member	Dr Bhasker Sharma Homoeopathy Doctor Sharma Homoeopathy Chikitsalya and Research Center Itwa Bazaar, Dist-Siddharth Nagar, Pin-272192 Uttar Pradesh, India
Honorable Member	Dr.R.Parimalan Scientist (Agrl. Biotech) & Hon. Faculty (QAAFI, UQ), Division of Genomic Resources, ICAR-National Bureau of Plant Genetic Resources, PUSA Campus, New Delhi-110012

	Dr.P.Sivakumar
	Assistant Professor (Biotechnology)
Honorable Member	Agricultural College and Research Institute
	Tamil Nadu Agricultural University,
	Eachangkottai, Thanjavur, Tamil Nadu, India

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Editorial World Pulses Day....



Pulses may be small, but they are densely packed with protein, typically containing twice the amount of that found in

wholegrain cereals and three times that of rice. When other foods are combined with pulses, the nutritional value of pulses is further enhanced. For example, consuming cereals with pulses has the potential to increase the protein quality of the overall meal. Pulses are an inexpensive source of protein, which is a crucial component of any healthy diet, but especially in poorer areas where meat, dairy and fish are economically inaccessible. Pulses can also serve as a source of income, as smallholder farmers who grow pulses can sell them at markets or process them to create added-value products. Pulses are an inexpensive source of protein, which is a crucial component of any healthy diet, but especially in poorer areas where meat, dairy and fish are economically inaccessible. Pulses can also serve as a source of income, as smallholder farmers who grow pulses can sell them at markets or process them to create added-value products. Pulses are climate-smart as they simultaneously adapt to climate change and contribute towards mitigating its

1 Etymology	2 Pulses vs. Legumes
Pulse The word pulse originate directs from originate directs from origina	Legune refer to the plants whose final is cacked to red.
3 Crops of ancient origin The sense of the human due of the huma	A A A A A A A A A A A A A A
suprising	facts abour facts abour lses t not know
7 Highly water efficient Water efficiency of pulses compared to other protein sources: 1 kg Lkg Lkg Lkg Lkg 6 kg Lkg Lkg Lkg Lkg 1 system of the source	Unexpected ally against climate change 8 Pales species have a bread smetic devinity from skills die devinity from skills die devinity from skills die devinity from skills To producting a smiller carlow producting a smiller carlow producting as a skill carlow producting as a skills 8
9 Economically accessible and multipurpose	A powerful superfood 10 Zero cholesterel Iigh concett of iron and rine Rich in nutrients Chaten five Chaten five Rich in rinetrens Chaten five Rich in nutrients Chaten five Chaten
Food and Agriculture Organization of the United Nations	# !YP2016

effects. Introducing them into farming systems can be key to increasing resilience to climate change. Pulses are able to increase biodiversity as they can fix their own nitrogen into the soil, which increases soil fertility. The genetic diversity of these crops is an essential component for on-farm soil and pest management, especially for small-scale farmers. Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects. The nitrogen-fixing properties of pulses improve soil fertility, which increases and extends the productivity of the farmland. By using pulses for intercropping and cover crops, farmers can also promote farm biodiversity and soil biodiversity, while keeping harmful pests and diseases at bay.

World Pulses Day is a new opportunity to heighten public awareness of the nutritional benefits of eating pulses. Pulses are more than just nutritious seeds, they contribute to sustainable food systems and a #ZeroHunger world. Under Resolution <u>A/RES/73/251</u>, the UN General Assembly (UNGA) designated 10 February as World Pulses Day to reaffirm the contribution of pulses for sustainable agriculture and achieving the 2030 Agenda.We are kindly requesting to all researchers, students and public to conserve our traditional food grains especially pulses through our various activities.

Eradicate Hunger and

Conserve pulses ... Poverty.... Vijikumar.S Editor in Chief,IJONS

Source : UNO/FAO