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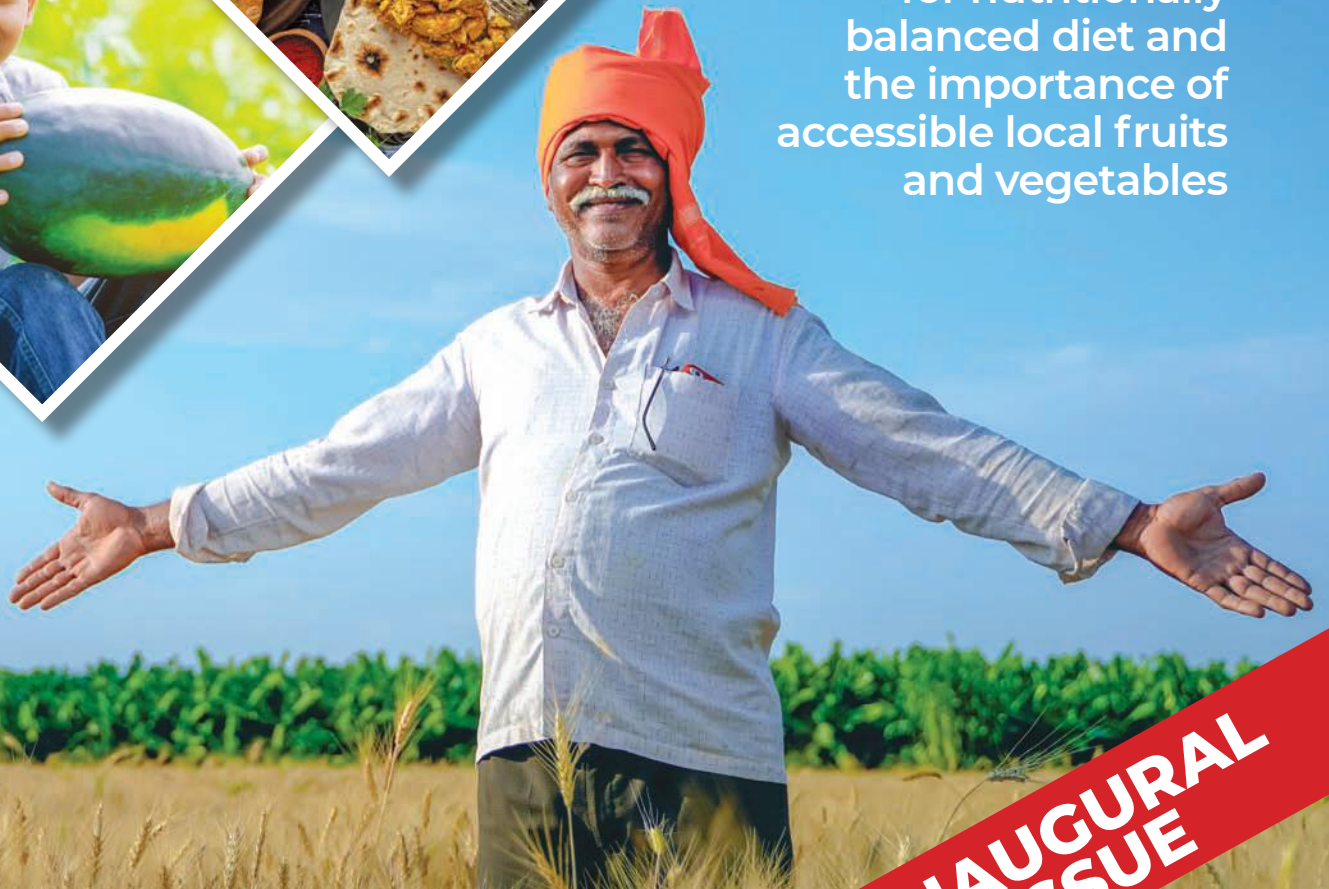
Aahaar Kranti

UTTAM AAHAAR, UTTAM VICHAAR



KRANTI FOR A HEALTHY NATION

Spreading the message of the need for nutritionally balanced diet and the importance of accessible local fruits and vegetables



**INAUGURAL
ISSUE**

Aahaar Kranti

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EDITORIAL

Welcome to Aahaar Kranti

Nakul Parashar

Aaahaar Kranti, as the name suggests, is a revolution that is about the big world of diet and nutrition. This big world is intended to ensure that diet and nutrition helps one to increase their life expectancy, combat malnutrition, and provide a base to a number of related metrics. It is also to help an individual in improving one's cognitive and academic performance.

Attempts have also been made on increasing the yield per acre to enhance the world of diet and nutrition. Incidentally, this year has also been declared 'the year of fruits and vegetables' by the UN. This Kranti thus provides impetus on how this big world can make the country more prosperous through domestic and export opportunities for the food processing industry.

Our traditional knowledge on nutrition and Ayurveda has taught us that a better diet generates better cognition (*Uttam Aahaar Uttam Vichaar*). All of these put together ensure that India through Aahaar Kranti can become a role model for the developing world – a *Vishva Guru* (world's guru). So, come April 13, 2021, when we step into the new year 2078 Vikram Samvat, Vijnana Bharati, and GIST proudly launch this revolution called Aahaar Kranti, ready to be unfolded over multiple phases. With a six-prong focus: objective, content, audience, partners, languages, and the format, Aahaar Kranti is poised to reach out to every Indian citizen in the shortest possible time – all through this mass revolution.

If we glance at the history of revolutions in the post-independence era related to diet and nutrition, it was the green revolution first and then the white revolution – both were successful with a long-term impact on Indian society. The movement now, on the lines of its predecessors, is primarily focused on ensuring that awareness about diet and nutrition to everyone is made available through right and appropriate content duly disseminated through right carriers in the language that end-users can comprehend.

We assure you to bring a lot more through the future issues of Aahaar Kranti about the Movement. Indeed, exciting times and much more await us as this revolution unfolds with more and more products. So what's holding you back? Come and be a part of it at www.aahaarkranti.org. ■



CONTENTS

03

Good Diet, Good Cognition

05

Nutrition Rich Vegetables
From Tribal Belt of
Jharkhand

06

The Benefits of Eating Dal

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Good Diet Good Cognition

Aahaar Kranti

Yelloji-Rao K Mirajkar, Srinivasa Rao & Praful Krishna



India faces hunger in abundance. Studies estimate that India produces twice the calories it consumes, yet many of its people are malnourished. The root cause of this is a lack of nutritional awareness in all sections of our society.

To spread the message of the need for nutritionally balanced diet and to understand the importance of economically accessible local fruits and vegetables, Vigyan Bharati (ViBha) and Global Indian Scientists' and Technocrats' Forum (GIST) have come together to launch a mission, Aahaar Kranti, the diet revolution with a motto: Uttam Aahaar Uttam Vichaar, which translates to good diet good cognition.

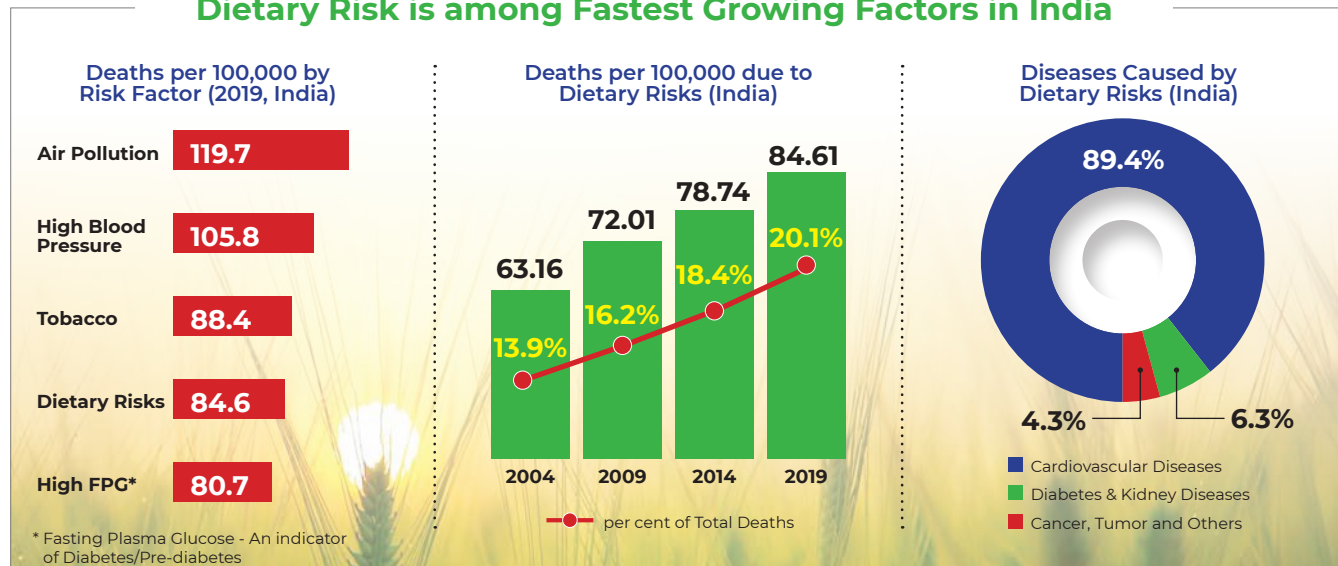
In this endeavour to provide knowledge and create awareness about various diets a number of agencies have joined hands. Pravasi Bharatiya Academic and Scientific Sampark (Prabhaas) of CSIR, various central and state government ministries and agencies and non-government organizations have already been collaborating. Many more continue to join this Mission.

Interestingly, the United Nations has also declared 2021 as the International Year of Fruits and Vegetables, which vibes very well with Aahaar Kranti. In any case, fruits and vegetables make a large part of a balanced diet.

We all know that diet and well-being are inseparable partners. The UN sustainable goal # 3 that emphasizes on human well-being reads, "Ensure healthy lives and promote well-being for all at all ages." This goal too makes Aahaar Kranti more meaningful.

Thus, Aahaar Kranti is meant to focus on nutritionally balanced diets (Uttam Aahaar Santulit Aahaar) that can be completely replenished through locally sourced fruits and vegetables. For this message to reach our masses, it is thus, necessary that Aahaar Kranti

Dietary Risk is among Fastest Growing Factors in India



Source: Institute for Health Metrics and Evaluation, University of Washington



What is Aahaar Kranti?

Aahaar Kranti is a movement to raise awareness about the importance of nutritionally balanced diet in India. It is an effort to rouse the people to the value of our traditional diet, to the healing powers of local fruits and vegetables, and to the miracles of a balanced diet. We all know that nutrition is at the heart of many things in our lives.

- It is required from birth all the way till our last breath. Thousands of studies have linked the importance of nutrition for better health and longevity across all ages.
- It is a major factor in the growth of children and helps develop superior cognitive skills in early years leading to better performance and outcomes through all phases of their lives.
- It holds the key to many health and societal challenges. For instance, we have the unique advantage of having the knowledge of Ayurveda, which lays more emphasis on nutrition. It is time to apply this rich knowledge of Ayurveda-based nutrition to practice.

reaches every nook and corner of the country. It, therefore, plans to train teachers, and reach through them the multitudes of students and their families.

India has remained the world leader or Vishwa guru for ages, and in case of diet and nutrition, it has remained a source for a number of researches made in this domain. It is time again for India to set a model with Aahaar Kranti for the entire world.

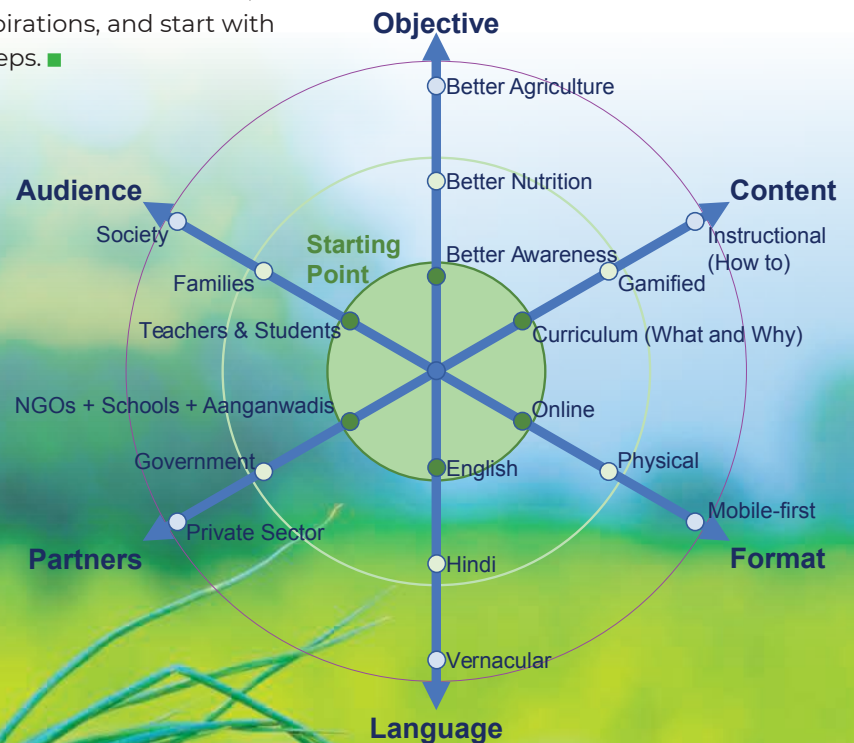
How will Aahaar Kranti succeed?

Any movement is an idea throbbing in crores of hearts that beat to the same tune. For Aahaar Kranti this tune is a clear message with the scientific nutritional facts. To succeed in this movement will mean working on many dimensions together, to build an infallible coalition, set high aspirations, and start with small steps. ■

To know more about Aahaar Kranti, visit website www.aahaarkranti.org.

Dr Yelloji-Rao K Mirajkar, Dr Srinivasa K Rao and Shri Praful Krishna are board members of GIST-USA.

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Nutrition Rich Vegetables From Tribal Belt of Jharkhand

Umashankar Mishra

Malnutrition is very frequent in tribal communities. However, many leafy vegetable species found in majorly tribal states such as Jharkhand, can emerge as self-sufficient in terms of nutrition. This has been revealed in a study conducted by Indian Council of Agricultural Research (ICAR)'s Eastern Research Complex based in Patna and Ranchi.

There are hundreds of distinct vegetable species found in different parts of the country, which, despite being rich in nutrition, have not gained popularity like potatoes, cabbage, peas, spinach, capsicum, carrot, okra, gourd, pumpkin or other such vegetables. However, they are an important part of the food of the tribal people, the researchers said.

Researchers have identified 20 species of leafy vegetables used by the local tribals in Jharkhand, which are rich in nutritional properties as well as promote diversity in food. Researchers say that such local species of vegetables can be helpful in ensuring nutrition, food security and food diversity across the country.

During this study, surveys were conducted in Haats (local markets) of seven districts of

Jharkhand - Ranchi, Gumla, Khunti, Lohardaga, West Singhbhum, Ramgarh and Hazaribagh. Researchers collected samples of various seasonal vegetable species available there. The samples were biochemically analyzed to identify the nutrients present in these vegetables, such as vitamin C, calcium, phosphorus, magnesium, potassium,



sodium, sulfur, iron, zinc, copper, manganese, carotenoids, and antioxidant properties.

The samples were found to be rich particularly in minerals and vitamins like calcium, magnesium, iron and potassium. They contained high amounts of fibre, while carbohydrate and fat levels were extremely low. The study was

conducted by Anuradha Srivastava, RS Pan, and BP Bhatt. They have published a report in the research journal Current Science.

These species of vegetables include Red Gandhari, Green Gandhari, Kalmi, Bathua, Poi, Beng, Muchari, Koinar, Munga, Sanai, Sunsunia, Footkal, Girhul, Chakor, Katai/Sarla, Kanda and Mattha. They form the major part of the food of the tribals of

Jharkhand. Researchers have found that tribal people use red gandhari, green gandhari and kalmi the most in food. Girhul is relatively less popular.

Many vegetables were collected from their surroundings. They are obtained from various types of vegetation, such as shrubs, trees, and vines. They are cooked, eaten raw, or dried. Dried vegetables are also stored so that they can be consumed throughout the year. Different types of vegetables are used in different seasons in various

places. Their leaves, twigs, and flowers are also cooked with or without spices.

A new mission called 'Aahaar Kranti' is aimed to spread the message of the need for such a nutritionally balanced diet and to understand the importance of economically accessible local fruits and vegetables. ■

The Benefits of Eating Dal

Nimish Kapoor

Pulses or more specifically split pulses have been an integral part of the Indian cuisine since ages. Pulses possess a number of medicinal properties and we can improve our health by knowing about them and including them in our diet. The treasure trove of medicinal properties hidden in pulses is very helpful in fighting many diseases. Pulses are low in fat and high in fibre content, they are a big source of proteins and also have vitamins, carbohydrate, phosphorus, calcium, iron and micro nutrients like lysine which are beneficial for our health. The amino acid in pulses provides us with a large amount of protein which is very useful for our health.

Any discussion on diet revolution is incomplete without talking of foods that provide protein, namely, pulses. A healthy person requires 50 to 56 grams of protein per day. Protein is the most important of all nutrients necessary for building our bodies and for its growth. It strengthens the muscles, repairs the cells and tissues and improves the balance of our bodies. Protein is found in all cells, tissues, muscles and organs and provides nutrition to these

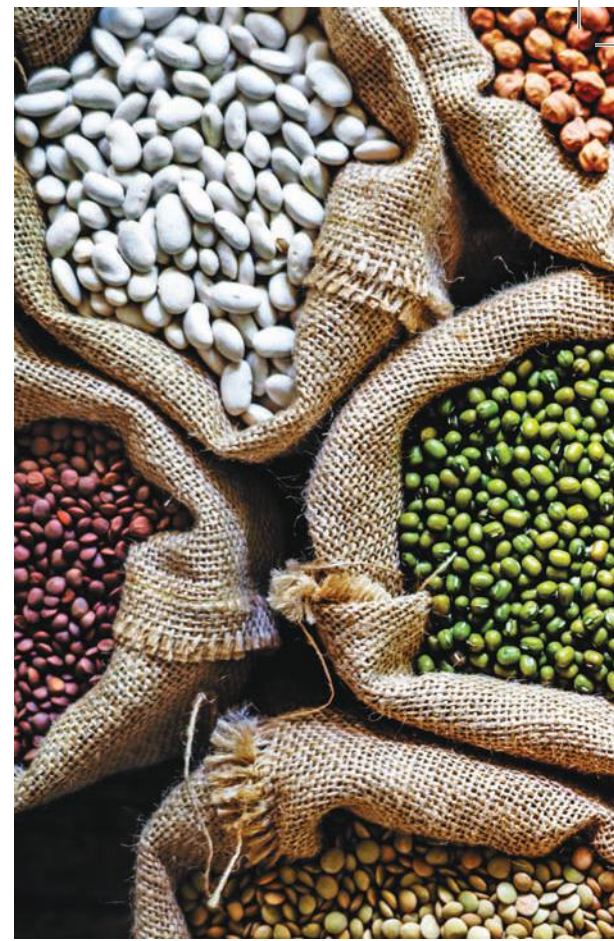
parts of the body. Various pulses have about 22 to 26 per cent of protein, which is not available in any other vegetarian food. Magnesium and folate are also present in pulses, which improve blood circulation, nutrition and oxygen in the body. Soluble fibres are also found in pulses which help in reducing blood cholesterol levels in the body. Magnesium and folate are also present in pulses. Controlling the cholesterol levels in the body prevents heart diseases. The soluble fibres found in the pulses also assist in metabolism and are helpful in stabilizing sugar levels in the blood. The large amount of iron present in pulses helps in curing anaemia. Proteins found in pulses also play an important role in increasing the immunity of our body.

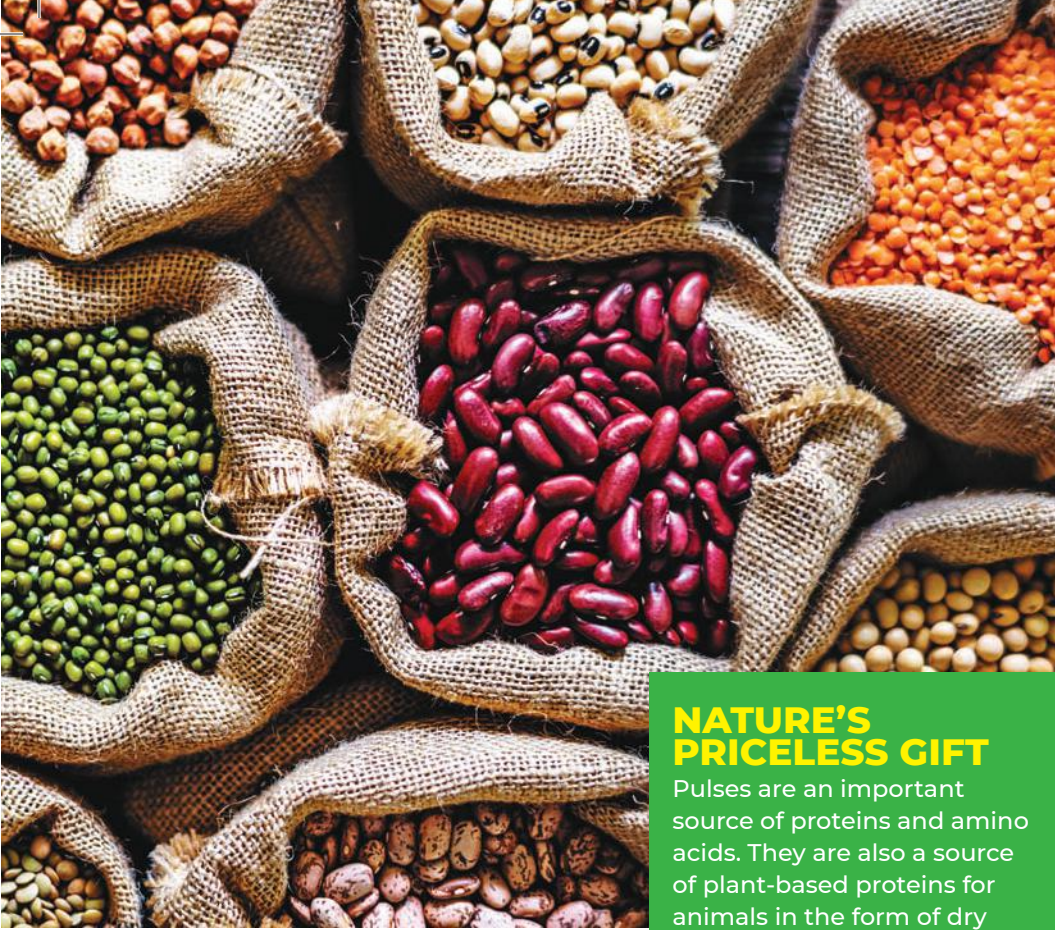
Arhar or Toor Dal has been cultivated in India for more than three thousand years. Arhar Dal is widely consumed in India. The remarkable constituents of Arhar Dal nourish our body with many important nutrients like protein, carbohydrate, iron, folic acid, calcium, magnesium, potassium, vitamin B etc. The cholesterol-free Arhar dal is a rich source of fibre and protein. Research has shown that the folic acid present in Arhar Dal is particularly essential for the health of pregnant women.

According to researchers, consuming folic acid

in sufficient quantities helps in preventing many diseases of the brain and backbone. Arhar Dal is also a good source of carbohydrate which provides energy to the body.

Moong Dal is considered to be the most nutritious of all pulses. Moong Dal is an excellent source of proteins and is also full of fibres, anti-oxidant and Phytonutrients (Nutrients found in plants). Moong Dal has been used as a traditional medicine in India from about 1500 B.C. It has properties which improve immunity of our body and give it the power to fight diseases. Vitamin A, B, C, E and nutrients like potassium, magnesium, phosphorus, iron, and calcium are found in substantial amounts in Moong Dal. Consumption of Moong Dal is useful when calories are to be controlled as it is low in cholesterol and sodium. Sprouted Moong is an excellent source of proteins. It is loaded with important vitamin and nutrients like potassium,





NATURE'S PRICELESS GIFT

Pulses are an important source of proteins and amino acids. They are also a source of plant-based proteins for animals in the form of dry hay. Pulses play an important role in food security, nutrition and stable food production. Pulses are leguminous plants which are classified in the important family of Leguminosae in the plant world. The legumes whose dried peas are used as food are called pulse crops. These crops have been called protein tablets, Nature's priceless gift and various other adjectives because of the protein, essential amino acids, vitamins and minerals present in them. Health organisations all over the world advise consumption of pulses in daily diet to prevent diabetes, obesity, cancer etc.

iron, folate and vitamin C. After sprouting, enzymes are produced in Moong Dal which aid in digestion of its proteins.

According to Ayurveda, Urad Dal is nutritious and provides strength. Starch, iron, oil and phosphoric acids are present in Urad Dal. It has a cooling effect and hence it is advised that it should be tempered with pure ghee and asafoetida before consumption. Urad Dal has carbohydrate, vitamin, calcium and protein in sufficient quantity. It has high amounts of iron which provide strength to the body. Black Urad Dal not only reduces cholesterol but has other health benefits also. It keeps the heart healthy because it improves the flow of blood and protects the blood vessels connected to your heart from any obstructions.

All over the world science research has considered Gram to be one of the most nutritious food items. Gram or chana is grown in the form Black Gram and Kabuli chana. Chana has protein,

moisture, fat, fibres, calcium, magnesium, iron and Vitamins A, C, B6, B12, D etc. in sufficient quantities. It helps in balancing the metabolism and improves brain power.

Masoor Dal (Red Split lentils) has nutrients like calcium, phosphorus, iron, sodium, potassium, magnesium, iodine, aluminium,

copper, zinc, protein, carbohydrate, Vitamin D etc. Consumption of Masoor Dal increases blood and helps in getting rid of any weakness. To get rid of weakness or anaemia it is advised that Masoor Dal mixed with one spoonful of cow ghee should be consumed. Masoor Dal is useful in curing stomach ailments because it improves the process of digestion.

Lobhia Dal (Black-eyed beans) is very tasty and full of nutritious qualities. Lobhia is very useful for growing children. It is a very good source of protein as well as potassium. It also has magnesium, copper and the highest amount of fibre. It has Vitamin A, B12, D and Calcium. Lobhia reduces the bad cholesterol of the body. The black portion of Lobhia Dal works as an anti-oxidant.


Rajma or Kidney beans is a very good source of iron. The folate present in Kidney beans not only improves the brain functions but also keeps it in good condition. The magnesium present in Rajma is very helpful in providing relief from the serious problem of migraine. The Vitamin A present in Rajma protects the cells from external harm. Rajma has high quantity of fibre which not only keeps the digestive process working properly but also helps in controlling the blood sugar levels. The molybdenum present in Rajma helps in detoxifying the body.

It is very important that we should be aware of the food we eat and we should include dal and other pulses in our diet that are nutritious and rich in medicinal properties in sufficient quantities for our good health. ■

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LAUNCH PROGRAMME



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AAHAAR KRANTI
उत्तम आहार उत्तम विचार
NATIONAL AWARENESS FOR POSITIVE NUTRITION

LAUNCH EVENT ON VARSHA PRATIPADA,
TUESDAY APRIL 13, 2021
7.00-8.30 PM IST, 9.30-11.00 AM EST, 6.30-8.00 AM PST

Aahaar Kranti is all about

- Start Eating Healthy
- Educate Children
- Educate Farmers
- Create Awareness
- Share Knowledge
- Invent Agri-tech
- Help Businesses
- India as a Vishwa Guru.

Come - Join - Contribute
AahaarKranti.org
Watch us live on our **YouTube** channel on
Tuesday April 13 7.00 - 8.30 Pm IST




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SRINIVASA K. RAO



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RAMAKRISHNA BODAPATI



RAY KODALI



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MANASI MALGAONKAR