Rayat Shikshan Sanstha's

D. P. Bhosale College, Koregaon

Department of Botany

World Pulses Day

10th February 2023

Global ceremony to highlight pulses' critical role in achieving the Sustainable Development Goals:

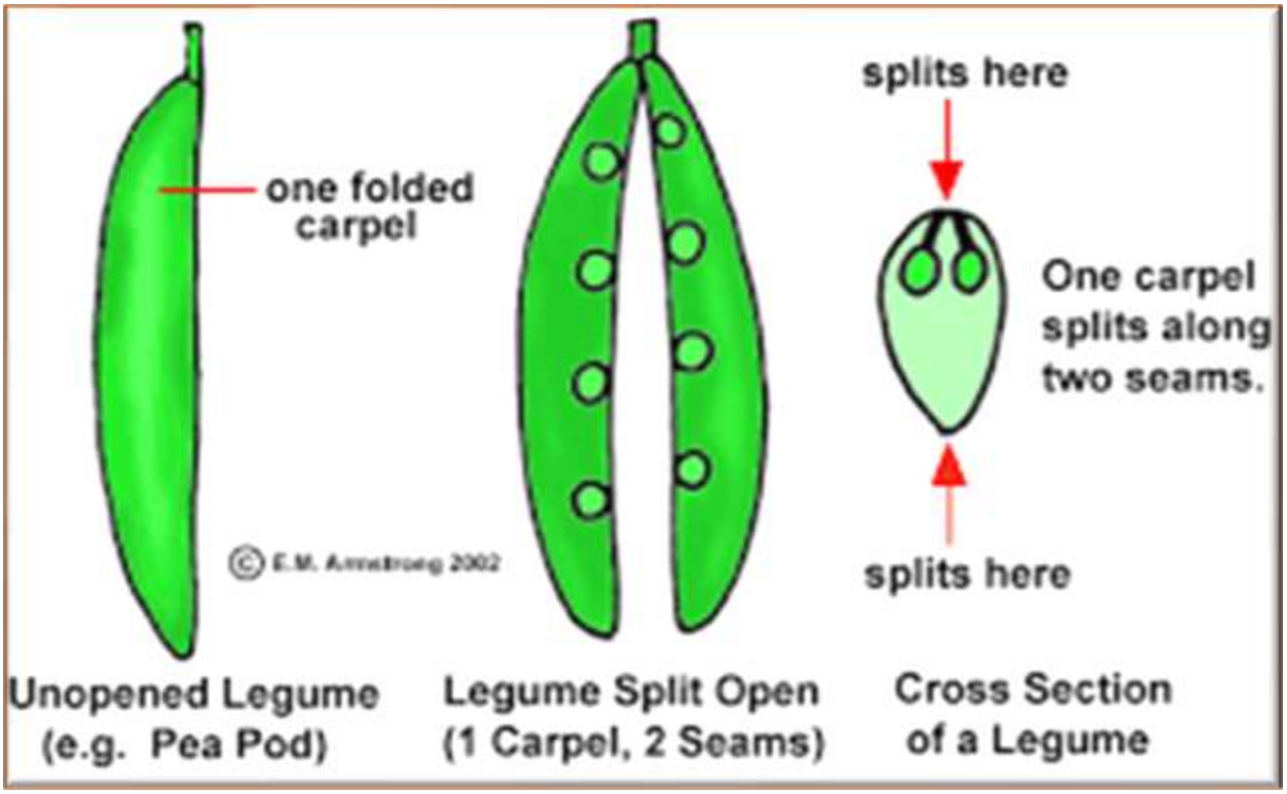
Pulses are the edible seeds of leguminous plants cultivated for food and feed, such as beans, chickpeas, and peas, which greatly benefit food security, nutrition, climate action, and biodiversity due to their low water footprint and high nutritional value. Precisely, this year's theme **"Pulses for a Sustainable Future"** speaks to the benefits they provide to agrifood systems and the environment, and their critical role in addressing challenges such as poverty, soil health, and human nutrition to achieve the **Sustainable Development Goals (SDGs).**

The Day will also put the spotlight on the global pulses sector, and how it proves to be a positive driver in ensuring the resilience of regional and global supply chains, enabling consumers to access nutritious foods and contributing to the sustainable use of natural resources.

What are pulses?

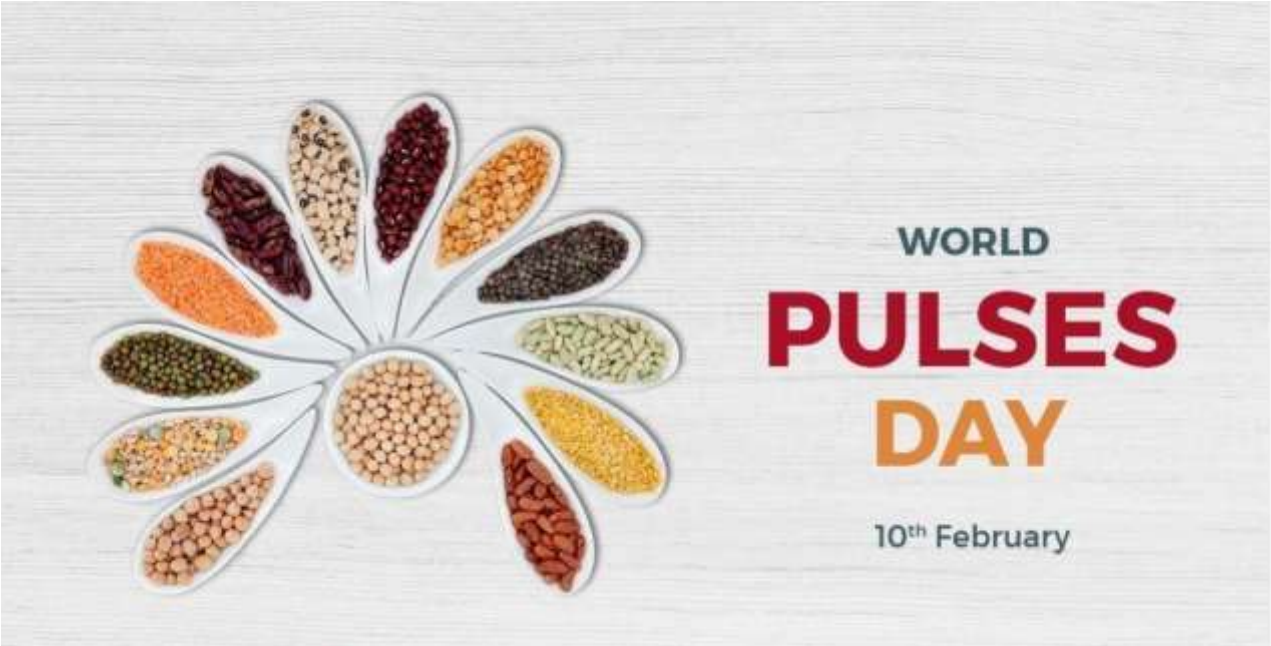
Pulses, also known as legumes, are the edible seeds of leguminous plants cultivated for food. Dried beans, lentils and peas are the most commonly known and consumed types of pulses. Staples dishes and cuisines from across the world feature pulses, from hummus in the Mediterranean (chick peas), to a traditional full English breakfast (baked navy beans) to Indian dal (peas or lentils).

Pulses do not include crops that are harvested green (e.g. green peas, green beans)—these are classified as vegetable crops. Also excluded are those crops used mainly for oil extraction (e. g. soybean and groundnuts) and leguminous crops that are used exclusively for sowing purposes (e.g. seeds of clover and alfalfa).



Origin of World Pulses Day:

Recognizing their value, on 20 December 2013, the UN General Assembly adopted a resolution proclaiming 2016 as the International Year of Pulses (IYP). The celebration of the year, led by the Food and Agriculture Organization of the United Nations (FAO), increased the public awareness of the nutritional and environmental benefits of pulses as part of sustainable food production. Building on the success of the International Year of Pulses and recognizing their potential to further achieve the 2030 Agenda for Sustainable Development, with particular relevance to Sustainable Development Goals 1, 2, 3, 5, 8, 12, 13 and 15, Burkina Faso proposed the observance of World Pulses Day. In 2019, the General Assembly proclaimed 10 February as the World Pulses Day.



Building on the success of the **International Year of Pulses (IYP)** in 2016 implemented by FAO and recognizing the potential of pulses to further achieve the 2030 Agenda for Sustainable Development, the United Nations General Assembly (UNGA) designated 10 February as World Pulses Day (WPD).

This celebration presents a unique opportunity to raise public awareness about pulses and the fundamental role they play in the transformation to more efficient, inclusive, resilient and sustainable agrifood systems for better production, better nutrition, a better environment, and a better life, leaving no one behind. With the help of governments, the private sector, Members and partner organizations, the public and youth, FAO works to facilitate the observance of this international day and support the production and consumption of pulses as part of sustainable food systems and healthy diets.

Pulses contribute to increasing the resilience of farming systems and providing a Better Life for farmers in water scarce environments, as they have a low water footprint and can better tolerate drought and climate-related disasters compared with other food crops, making them an essential tool to adapt and mitigate climate change. Including pulses in various farming systems (e.g. agroforestry, intercropping and integrated farming systems) can help to increase the resilience of agriculture livelihoods and improve productivity.

Furthermore, on the economic side, the global pulses industry, dealing with pulses production and trade, proves to be a positive driver in ensuring the resilience of regional and global supply chains, enabling consumers to access nutritious foods and contributing to the sustainable use of natural resources. Based on the benefits that pulses provide to agrifood systems and the environment, the Steering Committee selected **"Pulses for a Sustainable Future" as the theme for the 2023 celebration.**

Why are pulses important crops?

Nutritional value:

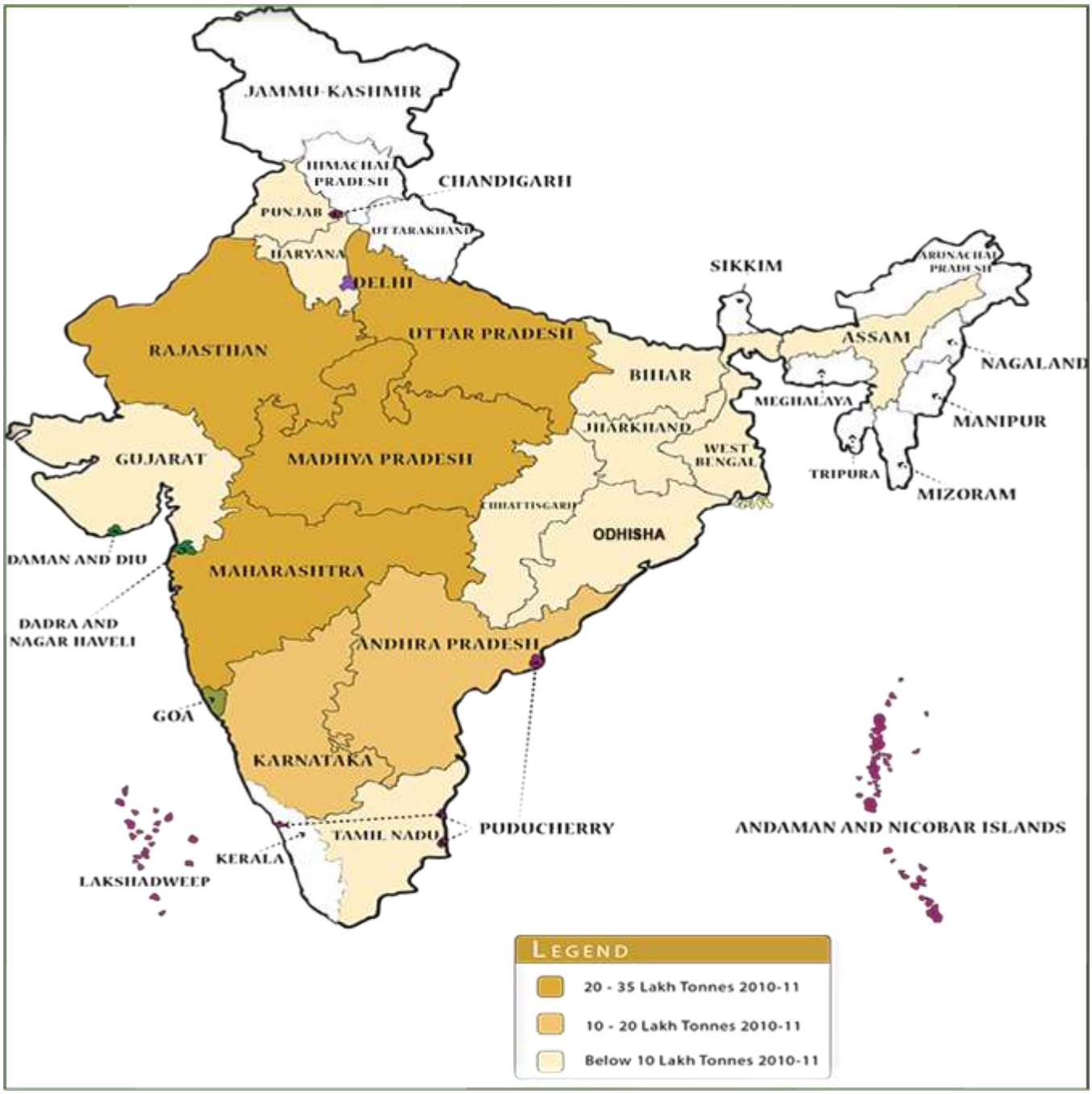
They are packed with nutrients and have a high protein content, making them an ideal source of protein particularly in regions where meat and dairy are not physically or economically accessible. Pulses are low in fat and rich in soluble fiber, which can lower cholesterol and help in the control of blood sugar. Because of these qualities they are recommended by health organizations for the management of non-communicable diseases like diabetes and heart conditions. Pulses have also been shown to help combat obesity.

Food security

For farmers, pulses are an important crop because they can both sell them and consume them, which helps farmers maintain household food security and creates economic stability.

Environmental benefits

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. Furthermore, pulses can contribute to climate change mitigation by reducing dependence on the synthetic fertilizers used to introduce nitrogen artificially into the soil. Greenhouse gases are released during the manufacturing and application of these fertilizers, and their overuse can be detrimental to the environment.


JAMMU-KASHMIR
HIMACHAL PRADESH
CHANDIGARH
PUNJAB
UTTARAKHAND
HARYANA
DELHI
SIKKIM
ARUNACHAL PRADESH
RAJASTHAN
UTTAR PRADESH
ASSAM
NAGALAND
BIHAR
MEGHALAYA
MANIPUR
JHARKHAND
GUJARAT
MADHYA PRADESH
WEST BENGAL
TRIPURA
MIZORAM
CHHATTISGARH
ODHISHA
DAMAN AND DIU
MAHARASHTRA
DADRA AND NAGAR HAVELI
ANDHRA PRADESH
GOA
KARNATAKA
TAMIL NADU
PUDUCHERRY
KERALA
LAKSHADWEEP
ANDAMAN AND NICOBAR ISLANDS
LEGEND
20 - 35 Lakh Tonnes 2010-11
10 - 20 Lakh Tonnes 2010-11
Below 10 Lakh Tonnes 2010-11

Name of pulses	Calories (KJ)	Protein (g)	Iron (mg)
Horse gram	1379	21.7	8.8
Soybean	1596	35.5	8.2
Moth beans	1291	19.7	7.9
Lentil whole, brown	1251	22.4	7.6
Bengal gram whole	1201	18.7	6.8
Rajmah, brown	1245	19.5	6.3
Bengal gram dal	1377	21.5	6.1
Black gram, whole	1219	21.9	6.0
Peas dry	1269	20.4	5.1
Cowpea, white	1340	21.2	5.0
Green gram, whole	1229	22.5	4.9
Black gram, dal	1356	23.0	4.7
Green gram, dal	1363	23.8	3.9
Red gram dal	1384	21.7	3.9

INDIAN PULSES

PIGEON PEAS
(Toor/Arhar Dal)

GREEN GRAM
(Moong Dal)

SPLIT GREEN GRAM
(Moong Dal Chilka)

YELLOW LENTIL
(Moong Dhuli Dal)

WHOLE RED LENTIL
(Masoor Sabut)

SPLIT RED LENTIL
(Masoor Dal)

BENGAL GRAM
(Chana Dal)

BLACK MATPE BEANS
(Sabut Urad)

SPLIT URAD DAL WITH SKIN

SKINNED BLACK GRAM
(Urad Gota)

SPLIT SKINNED BLACK GRAM (Urad)

FIELD BEANS
(Val Dal)

DEW GRAM BEANS
(Moth Beans)

HORSE GRAM
(Kulthi/ Kuleeth/Kollu)

GARBANZO BEANS
(Kabuli Chana/Chole)

BLACK CHICKPEAS
(Kala Chana)

DRIED GREEN CHICKPEAS
(Hara Chana)

RED KIDNEY BEANS
(Rajma)

BLACK-EYED PEAS
(Lobia/Chawli/Raungi)

ADZUKI BEANS
(Chori)

DRIED GREEN PEAS
(Vatana)

DRIED WHITE PEAS
(Safed Vatana)

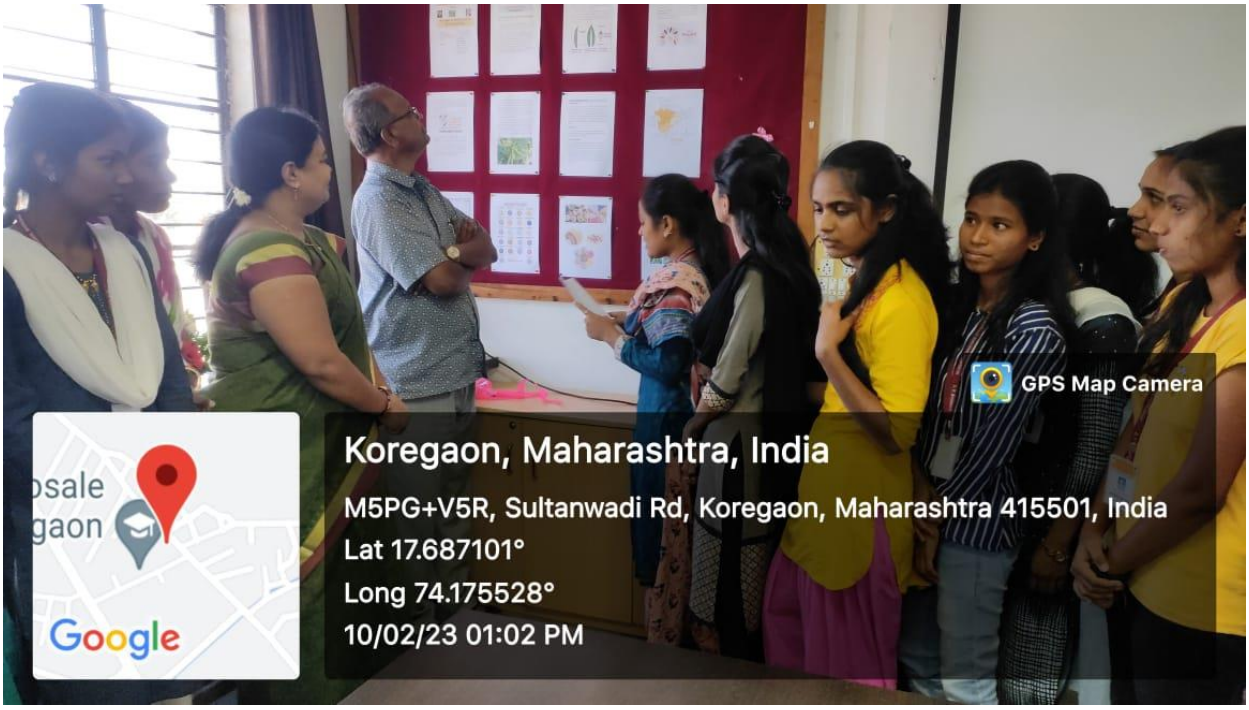
Piping Pot Curry


LEGUMES

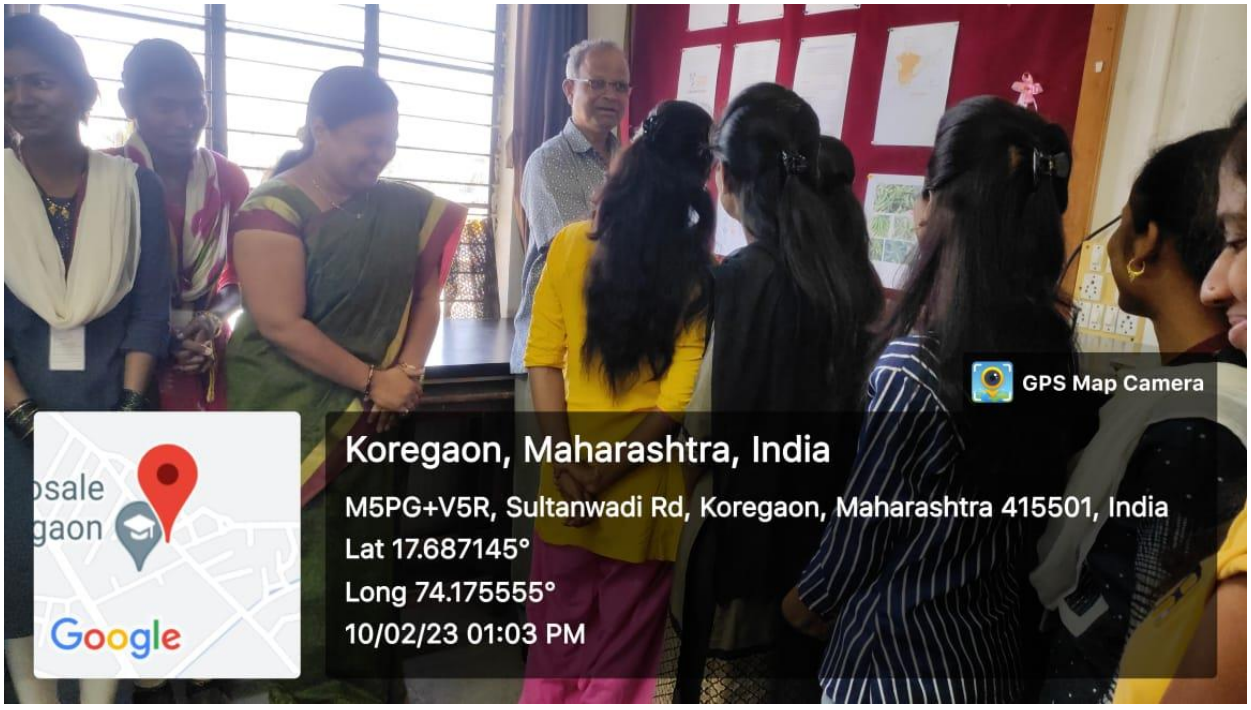
Rayat Shikshan Sanstha's

D. P. Bhosale College, Koregaon

Department of Botany




GPS Map Camera
Koregaon, Maharashtra, India
M5PG+V5R, Sultanwadi Rd, Koregaon, Maharashtra 415501, India
Lat 17.687109°
Long 74.175531°
10/02/23 01:02 PM
Google


GPS Map Camera
Koregaon, Maharashtra, India
M5PG+V5R, Sultanwadi Rd, Koregaon, Maharashtra 415501, India
Lat 17.687145°
Long 74.175555°
10/02/23 01:03 PM
Google