

# GULMOHAR NEWSLETTER

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## FROM THE EDITORS DESK

by **Sneha Nair**

**TY BSc**

Welcome to the new edition of Gulmohar 2020- 21. As we all know that the whole world is facing a major issue currently due to the spread of Coronavirus, immunity checks are going to play a major role in this battle. Our immune system is the most important line of defence. To build a good immune system it is necessary to have balanced diet and physical activities or exercises. Well, did you know that plant based foods are extremely high in essential nutrients that support healthy cell function? So in this edition we bring to you some amazing articles related to immunity from plant based diets, interesting information about orchids and some fun facts. You will also get to know about some plants which are rich in antioxidants and other essential nutrients. We also bring to you some amazing recipes in the 'Grandma's pouch' section which will help you to increase immunity and lastly don't forget to check out our photo gallery which consists of some amazing pictures submitted by students.

Happy reading!



## WHY PLANTS BASED DIET?

It supports your immune system. Plants have essential nutrients that you cannot get from other food. The vitamins and minerals, phytochemicals and antioxidants in plants help keep your cells healthy and your body in balance so that your immune system can function at its best. “Plants give your body what it needs to help fight off infection,” says Andrea Murray, MD Anderson health education specialist.



## Garlic

The most pungent of the plant kingdom inhabitants, garlic contains the immune-stimulating compound allicin, which promotes the activity of white blood cells to destroy cold and flu viruses. It also stimulates other immune cells, which fight viral, fungal, and bacterial infections. Garlic kills with near 100 percent effectiveness the human rhinovirus, which causes colds, common flu, and respiratory viruses.



## Ginger

Spicy, pungent, and delicious, ginger reduces fevers, soothes sore throats, and encourages coughing to remove mucus from the chest. Anti-inflammatory chemicals like shagaol and gingerol give ginger that spicy kick that stimulates blood circulation and opens your sinuses. Improved circulation means more oxygen is getting to your tissues to help remove toxins and viruses.





## Blueberries

Blueberries contain a flavonoid known as anthocyanin. Anthocyanin has antioxidant properties. As said before anti-oxidants are excellent for your immune system. They strengthen your defense against various diseases. Studies show that people who eat flavanoid-rich foods are less likely to have an upper respiratory tract infection. Blueberries also help against common cold and flu.



## Broccoli

Broccoli also boosts your immune system. It is supercharged with multiple vitamins and minerals. Broccoli contains vitamins A, C, and E. It is also rich in antioxidants and fiber. It is one of the healthiest vegetables. It will make your immune system super-strong. It is best for health to cook broccoli as little as possible. You may even eat it raw, which is even healthier.



## Red bell peppers

If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again. Ounce for ounce, red bell peppers contain almost 3 times as much vitamin C (127 mg) as a Florida orange (45 mg). They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help you maintain healthy skin. Beta carotene, which your body converts into vitamin A, helps keep your eyes and skin healthy.



## Citrus fruits

Citrus fruits are strong immunity boosters. They have vast amounts of vitamin C. Vitamin C increases the production of white blood cells, which play a vital role in fighting against infections. That is the reason most people turn to vitamin C after catching a cold. Citrus fruits are the likes of lemon and oranges. They are sour in taste and most often found in winters.



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# ORCHIDS



- Orchids (Orchidaceae family) are the largest and most diverse of the flowering plant families, with over 800 described genera and 25,000+ species.
- All orchids are perennial herbs that lack any permanent woody structure.
- Flower of orchid can survive from few hours to 6 months, depending on the species.
- Vanilla is one of the best known and widely used flavors. It is extracted from the pod of *Vanilla planifolia*, which is a species of orchid.
- The seeds are generally almost microscopic and very numerous, in some species over a million per capsule.

- World's smallest orchid flower is a little over 2 mm wide with transparent petals that are only one cell thick..
- Orchids can live on the ground (terrestrial forms), attached to woody plants (epiphytic types) or even thrive under the ground.
- Orchids do not have classic root. They have rhizome, tuber or aerial roots.
- The flowers are pollinated by insects, in some cases by birds, and it is common for flowers to have petals modified into perches or guides for their pollinators.
- Orchid seeds lack endosperm.
- Some orchids have single flowers, but most have a racemose inflorescence, sometimes with a large number of flowers.
- Orchids are famous for mimicry.
- Orchids have reputation for beauty and mystery.

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## GRANDMA'S POUCH

1. Ashwagandha root powder with milk
2. Basil leaves
3. Lemon and Honey water
4. Ginger water
5. Green tea
6. Turmeric powder with milk
7. Kaada: 2 cloves, cinnamon stick, fennel seeds, cardamoms, ginger, jaggery, black pepper, coffee powder and water.

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## FACT 'O' MANIA

- Watermeal is the world's smallest flowering plant.
  - The Arctic tundra hosts around 1,700 species of plants.
  - The coco de mer is the largest seed in the world.
  - White baneberries look like doll eyes.
  - Dandelions are edible.
  - Oak trees don't produce acorns until they are 50 years old.
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# PHOTO GALLERY



*Chrysanthemum* species.

Shubham Patkar (SY BSc)



*Hydrangea* species.

Shubham Patkar (SY BSc)



*Gomphrena florida*

Ms. Snehal Unde



*Gerbera* species.

Ruchika Dani (TY BSc )

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