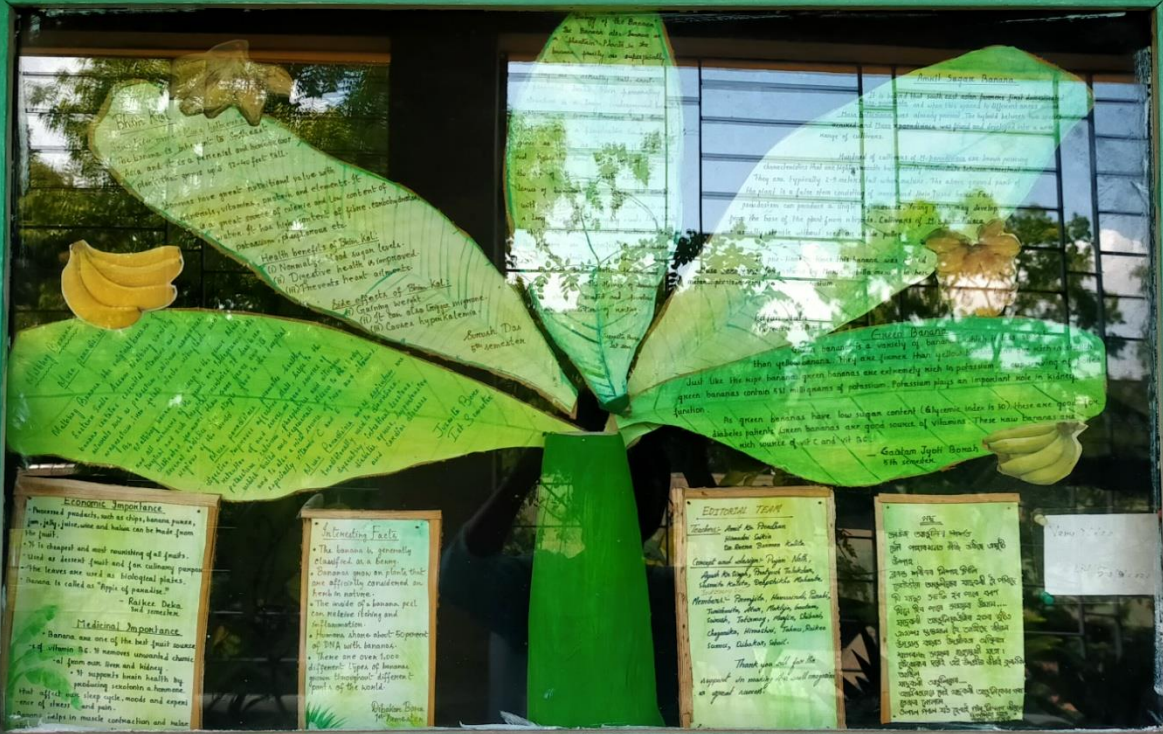


“BANANA” WALL MAGAZINE 2022

Department of Botany, Pragjyotish College

BANANA



DEPARTMENT OF BOTANY

BANANA

Phim Kol
 Scientific name: *Musa sapientum*
 The banana is native to Southeast Asia and it is a perennial and herbaceous plant that grows up to 12-16 feet tall.

Bananas have great nutritional value with minerals, vitamins, proteins and elements. It is a great source of calcium and low content of sodium. It has high content of fibre, carbohydrates, potassium, phosphorus etc.

Health benefits of Ban. Kol:
 (i) Non-cholesterol source
 (ii) Digestive health is improved.
 (iii) Treats heart ailments.

Side effects of Ban. Kol:
 (i) Gaining weight.
 (ii) It has also laxative response.
 (iii) Causes hypokalaemia.

Amrit Sagar Banana
 It is believed that south east Asian farmers first developed yellow bananas, and when they moved to different areas of Asia these bananas were already present. The hybrid between two sources occurred and these bananas were found and developed into a wide range of cultivars.

Hundreds of cultivars of 11 *Musa* species are known possessing characteristics that are highly variable but basically identifiable between structural groups. They are typically 2-9 meters tall when mature. The above ground part of the plant is a false stem consisting of leaves and their floral buds. Each pseudostem can produce a single inflorescence. Young plants may develop from the base of the plant from rhizomes. Cultivars of 11 *Musa* pseudostems are usually sterile without seed or viable pollen.

In pre-Bangkok times this banana was named *Musa sapientum* for instance by Marie-Anne Lecomte in her monograph *Monographie Sur le Bananier*.

Green Banana
 Green banana is a variety of banana, which is less sweet than yellow banana. They are firmer than yellow banana and are rich in starch. Just like the ripe banana, green bananas are extremely rich in potassium. 1 cup serving of boiled green bananas contain 531 milligrams of potassium. Potassium plays an important role in kidney function.

As green bananas have low sugar content (glycemic index is 30), there are good for diabetes patients. Green bananas are good source of vitamins. These raw bananas are rich source of vit C and vit B6.

Pran Nath
 8th semester, B.Sc.

Green Banana
 Green banana is a variety of banana, which is less sweet than yellow banana. They are firmer than yellow banana and are rich in starch. Just like the ripe banana, green bananas are extremely rich in potassium. 1 cup serving of boiled green bananas contain 531 milligrams of potassium. Potassium plays an important role in kidney function.

As green bananas have low sugar content (glycemic index is 30), there are good for diabetes patients. Green bananas are good source of vitamins. These raw bananas are rich source of vit C and vit B6.

Graham Jyoti Bhatnagar
 8th semester.

Economic Importance

- Processed products such as chips, banana puree, jam, jelly, juice, wine and banana can be made from the fruit.
- It is cheapest and most nourishing of all fruits.
- Used as dessert fruit and for culinary purposes.
- The leaves are used as biological plates.
- "Banana is called as 'apple of paradise'."
- Raijee Deha, 8th semester.

Medicinal Importance

- Banana are one of the best fruit source of vitamin B6. It removes unwanted chemicals from our liver and kidney.
- It supports brain health by producing serotonin a hormone that affects our sleep cycle, mood and expression of stress and pain.
- Banana helps in muscle contraction and relaxation as well as protein synthesis which in turn increase muscle mass.
- Lakshmi Singh, 8th semester.

Interesting Facts

- The banana is generally classified as a berry.
- Bananas grow on plants that are difficult to cultivate in their native.
- The inside of a banana peel can release itching and inflammation.
- Bananas share about 80 percent of DNA with humans.
- There are over 1,000 different types of banana grown throughout different parts of the world.
- Divyanshu Datta, 8th semester.

EDITORIAL TEAM

Teacher: Anil K. Pradhan
 Harendra Saha
 Dr. Bhanu Sankar Kalita

Concept and design: Pooja Nath,
 Anjali K. Singh, Pratiksha Thakur,
 Ananta Kalita, Subhrajit Mishra

Members: Pranjali, Harmanvir, Rishi,
 Anshika, Anu, Anshu, Anshu,
 Sumit, Harshita, Anshu, Chaitan,
 Chayanka, Himanshu, Tanus, Shikha,
 Sumit, Akshat, Anshu.

Thank you all for the support in making this wall magazine a great success!

शुद्ध

किसी वस्तु को शुद्ध करने का प्रयास करना ही शुद्धता कहते हैं।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

शुद्धता ही हमारे जीवन की सच्ची सफलता है।

DEPARTMENT OF BOTANY

Economic Importance

- Processed products, such as chips, banana puree, jam, jelly, juice, wine and halwa can be made from the fruit.
 - It is cheapest and most nourishing of all fruits.
 - Used as dessert fruit and for culinary purposes.
 - The leaves are used as biological plates.
 - Banana is called as "Apple of paradise."
- Raike Deka
3rd semester

Medicinal Importance

- Bananas are one of the best fruit sources of vitamin B6. It removes unwanted chemicals from our liver and kidney.
 - It supports brain health by producing serotonin a hormone that affects our sleep cycle, moods and experience of stress and pain.
 - Bananas help in muscle contraction and relaxation as well as protein synthesis which in turn increase muscle mass.
- Ishita Dey (2nd sem)

Interesting Facts

- The banana is generally classified as a berry.
- Bananas grow on plants that are officially considered an herb in nature.
- The inside of a banana peel can relieve itching and inflammation.
- Humans share about 50 percent of DNA with bananas.
- There are over 1,000 different types of bananas grown throughout different parts of the world.

Dibakori Bana
1st Semester

Bhim Kol

Scientific name: *Musa balbisiana*
The banana is inherent to Southeast Asia and it is a perennial and herbaceous plant that grows upto 12-40 feet tall.

Bananas have great nutritional value with minerals, vitamins, protein and elements. It is a great source of caloric and low content of water. It has high content of fibre, carbohydrates, potassium, phosphorous etc.

Health benefits of Bhim Kol:

- (i) Normalize blood sugar levels.
- (ii) Digestive health is improved.
- (iii) Prevents heart ailments.

Side effects of Bhim Kol:

- (i) Gaining weight.
- (ii) It can also trigger migraine.
- (iii) Causes hyperkalemia.

Surush Das
5th semester

Malbhog Banana

Musa paradisiaca
Malbhog Bananas, the original bananas of Eastern India Assam Malbhog variety banana contains essential vitamins and minerals such as potassium, calcium, magnesium, iron, folate, niacin, riboflavin and so.

Malbhog banana is a crop in the genus *Musa* and all members of the genus are indigenous to the tropical and sub-tropical countries. It has been cultivated for more than 4000 years and is several varieties for staple food in the tropical regions of the world.

Musa paradisiaca promotes healthy digestion, improves effective stool, helps in the retention of our nerves as good source of potassium, calcium, phosphorous and nitrogen rich build and responsible fibres in the body. It is also a rich source of iron and vitamins, specially vitamin C and E.

Musa Paradisiaca and *M. sapientum* are traditionally used in diarrhoea, dysentery, intestinal tensions, diabetes, spasm, hypertension and cardiac diseases.

Jusmika Boro
1st Semester



Bhim Kol

scientific name: Musa balbisiana
The banana is inherent to South east Asia and it is a perennial and herbaceous plant that grows upto 12-40 feet tall.

Bananas have great nutritional value with minerals, vitamins, protein and elements. It is a great source of calories and low content of water. It has high content of fibre, carbohydrates, potassium, phosphorous etc.

Health benefits of Bhim Kol:

- (i) Normalize blood sugar levels.
- (ii) Digestive health is improved.
- (iii) Prevents heart ailments.

Side effects of Bhim Kol:

- (i) Gaining weight.
- (ii) It can also trigger migraine.
- (iii) Causes hyperkalemia.

Surush Das
5th semester

The 'Biology of the Banana'

The Banana also known as a 'plantain' plants in the banana family are superficially tree like in appearance. However, they are actually tall, erect, perennial herbs. Their perennating structure is a large, underground, branched rhizome or corm. Bananas and their relatives have a pseudostem. Bananas can grow as tall as 19.7-23 ft (6-7m) and typically have a crown of leaves at the top of their greenish stem. The leaves of bananas are large and simple, with a petiole, a stout mid-rib, and a long expanded, roughly oval, leaf blade which can reach several meters in height. The flowers are imperfect (that is unisexual) and the plants are monoecious, meaning individual plant both female and male flower. The flower of bananas are strongly scented and produce large quantities of nectar.

Jusmika Bora
1st year

M
metar

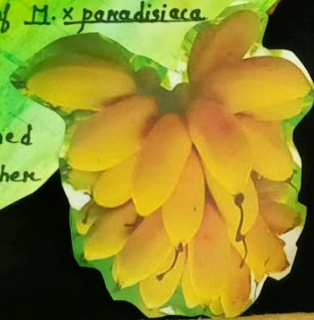
Amrit Sagar Banana

It is believed that south east asian farmers first domesticated Musa acuminata and when this spread to different areas where Musa balbisiana was already present. The hybrid between two species occurred and Musa x paradisiaca was found and developed into a wide range of cultivars.

Hundred of cultivars of M. paradisiaca are known possessing characteristics that are highly variable but broadly intermediate between ancestral species. They are typically 2-9 meters tall when mature. The above ground part of the plant is a false stem consisting of leaves and their fused bases. Each pseudostem can produce a single inflorescence. Young plants may develop from the base of the plant from rhizoids. Cultivars of M. x paradisiaca are usually sterile without seed or viable pollen.

In pre-linnear times this banana was named Musa sapientis for instance by Maria sybilla mexia in her metamorphosis insectorum Surenamensium.

Pujan Nath
5th semester, B.sc



Green Banana

Green banana is a variety of banana, which is less sweet than yellow banana. They are firmer than yellow banana and are rich in starch. Just like the ripe banana, green bananas are extremely rich in potassium. 1 cup serving of boiled green bananas contain 531 milligrams of potassium. Potassium plays an important role in kidney function.

As green bananas have low sugar content (Glycemic index is 30), these are good for diabetes patients. Green bananas are good source of vitamins. These raw bananas are rich source of vit C and vit B6.

— Gautam Jyoti Borah
5th semester



EDITORIAL TEAM

Teachers:- Amit Kr. Pradhan
Himadri Saikia
Dr. Reena Barman Kalita

Concept and design:- Pujan Nath,
Ayush Kr. Singh, Pratyush Talukdar,
Susmita Kalita, Deepshikha Mahanta,
Joyimoy Das

Members:- Pranjita, Hamsaindi, Purabi,
Tushmita, Atur, Muklija, Gautam,
Sunush, Totirmog, Marfin, Shibani,
Chayanika, Himashwi, Tahnu, Raikee
Sumu, Dibakar, Sohail.

Thank you all for the
support in making this wall magazine
a great success.

গছ

জেউজ আমুলিৰ ক্ষমতা
জোঁ পদাৰখনত গঁজি উঠিছে অমুটি
উল্লাহ।
স্বগত শৰীৰৰ নিশাহ ঠিলি
সেউতীয়া আমুলিৰোৰ ফাদুকৰী হৈ পৰিছে
যি ফাদুত সলনি হ'ব পাৰে বৰণ
যিনে দিব পাৰে সন্মানৰ উল্লাহ....
ফাদুকৰী আমুলিৰোৰে হাতৰ স্মৃতি
সংগ্ৰহ: স্মৃতিমান হৈ আহিছে জীৱন
উদ্বোধন কৰাত উদ্বোধিত অস্থিৰ।
শ্ৰাৱণৰ সন্মানৰ স্মৃতিগুহী ফাদু।
কৈজোৰৰ দৰেই এই উদ্বোধিত জীৱন বুকুৰ
আছিল
ফাদুকৰী আমুলিৰোৰ....
আমিৰোৰে জেই ফাদুকৰী আমুলিৰোৰে দৰা
তেজৰ নেলাল....
ওলাল গৰল য'ত বেৰাৰ গাঁৱ নিখাল জীৱন
দ্বিপশিখা স্মৃতি
স্বৰ্গীয় স্মৃতিগুহী

Very Nice

KANAKA
23/9/2020