

## **WORLD PULSES DAY : 10/02/2021**

Sree Narayana College Chengannur NSS Unit no.49a&b celebrated World Pulses Day on 10<sup>th</sup> February 2021. February 10 is considered World Pulses Day all over the World. It is a designated United Nations global event to recognize the importance of pulses as global food. Pulses are vital for our health and nutrition. World Pulses Day is a great opportunity to increase public awareness about nutritional benefits of eating pulses. Pulses are low in fat and rich in soluble fiber, which can low cholesterol & helps in the control of blood sugar.

The NSS Unit of our college also celebrated the World Pulses day on 10<sup>th</sup> February itself. We conducted several programs on the topic 'Importance of Pulses' through social media due to Covid-19 restrictions.

World pulses day is an opportunity to raise awareness of the nutritional benefits of pulses and their contribution to sustainable food systems and a world without hunger. It is also critical in addressing the challenges of food security, soil health and nutrition, thereby contributing to the Sustainable Development Goals and the Food and Agriculture Organization (FAO) Hand-in-Hand Initiative.

On the success of the International Year of Pulses in 2016 led by FAO, the United Nations General Assembly designated 10 February as World Pulses Day.

February 10<sup>th</sup> is considered as the 'World Pulses Day' all over the world. It is a designated United Nations global event to recognize the importance of pulses as global food. Pulses are vital for our health and nutrition. The purpose of World Pulses Day is to raise awareness of the importance of pulses in contributing to sustainable food production aimed at healthy diets. Pulses are low in fat and rich in soluble fibre, can lower cholesterol and help in the control of blood sugar. In many countries, pulses are part of the cultural diet and are consumed on a regular or even daily basis. In parts of our world, they hardly get a mention except served in a soup on a cold winter's day. However, these multi-colored seeds have been one of nature's nutritious gifts since time began. World Pulses Day is a great opportunity to heighten public awareness of the nutritional benefits of pulses. They contribute to sustainable food systems.

