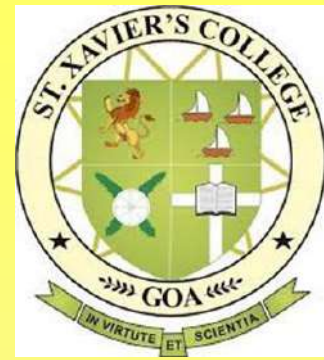


VOLUME - XI & XII
2022-2023 & 2023-2024



PLANTAE

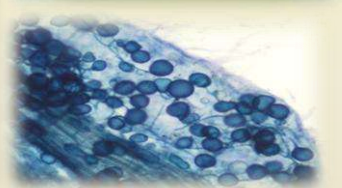
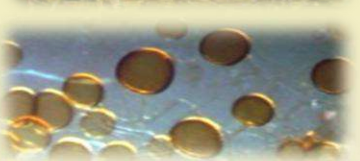
BOTANY NEWSLETTER

DEPARTMENT OF BOTANY

ST. XAVIER'S COLLEGE
MAPUSA - GOA



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St. Xavier's College

Mapusa-Goa



Department of Botany

PLANTAE

Volume – XI & XII

2022-2023 & 2023-2024

PLANTAE

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Dr. Suraksha S. Dongrekar

Dr. Seema Dessai e Fernandes

Dr. Roy Rodrigues (2022-2023)

Ms. Sukhada Salkar (2023-2024)

DEPARTMENT OF BOTANY

VISION

Integral and personal growth of young students, inculcating in them the attitude the mother nature is ours to use, not to abuse.

MISSION

To protect and to conserve the Mother Nature for better tomorrow and provide advisory and consultancy services.

PRINCIPAL's MESSAGE



My greetings to the Department of Botany on the release of the Newsletter 'Plantae'. Congratulations to the Editor Dr. Seema D. Fernandes, the Head of department Dr. Wendy Xavier Martins and the entire Team who have contributed by way of articles for this issue. I appreciate all the good work being done by the Botany Department of the College and for the student's community.

I wish you all continued success in everything you do.

Ms. Ursula Barreto

Acting Principal

St. Xavier's College, Mapusa-Goa

ADMINISTRATOR'S MESSAGE



It gives me a great pleasure to write these few words for 'Plantae', the newsletter of the Botany Department. A cursory study of the word 'Plantae', a plural form of the Latin word 'Plantae', suggests that it is more connected with the algae and its various forms that moved to the land becoming an important member of the terrestrial ecosystem. Botany is a subject that delves, among other topics, into the richness of this ecosystem. The ecosystem is simply not just part of the environment, but an important ally of mankind. But, sadly, we are so focussed on short time gains, that we take the environment for granted and even initiate steps that are detrimental to our very survival. The rapid changes taking place have serious consequences, which are not limited to any continent or country, but what happens in one continent has a domino effect on others. We all are witnesses to the devastation that has engulfed many countries of the world.

I am happy that the Botany Department is once again ready with yet another edition of the newsletter 'Plantae'. While it will let everyone know the work that is going in this

department, I presume that a deeper study, undertaken by the students to bring out this issue of Plantae, will have helped them to grow in their knowledge and understanding of how these small plants play a big role in our own existence. And share that knowledge with everyone else to ensure protection of the environment.

Congratulations to the HOD, staff and students of the Botany Department for all their efforts in making the study of Botany interesting to all and disseminating the knowledge about the importance of the ecosystem through its newsletter, Plantae.

God bless you all.

Fr Tony F. Salema

Administrator

St. Xaviers College, Mapusa-Goa

HEAD DEPARTMENT OF BOTANY MESSAGE



It gives me immense pleasure and great deal of satisfaction that we are releasing our second issue of e-newsletter for the Academic year 2022-23 and 2023-2024. The newsletter aims to provide a platform to students and faculty to share their knowledge, to express their artistic self and achievements. I am sure that we all will care to share the best of each one of us among others through this newsletter. I thank all the contributors for their articles and artworks for the newsletter. I am especially thankful to Dr. Seema Dessai e Fernandes the editor, the editorial team and students for their dedicated efforts for the newsletter.

**Dr. Wendy F. Xavier Martins
HOD
Department of Botany**

EDITOR'S Note



It is with immense pleasure that the Department of Botany releases eleventh and twelfth issues of 'Plantae', covering all the departmental activities for the academic year 2022-2023 and 2023-2024. This issue lists all the departmental achievements and events. I would like to express my gratitude to all my colleagues and students for their valuable contribution. Thank you to our HOD Dr. Wendy F. Xavier Martins for her encouragement and support to bring out this newsletter. I hope this issue gives readers the insight of mesmerizing world of plants, their benefits and importance of their survival for a better world.

Dr. Seema Dessai e Fernandes
Assistant Professor
Department of Botany

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EXPERIMENTAL LEARNING & EDUCATIONAL FIELD TRIPS

The MC Botany students of F.Y.B.A/B.COM. were taken for a field trip on 2nd October 2023 to Kuddem Kabderam farm. They were accompanied by two teachers Dr. Suraksha Dongrekar and Ms. Sukhada Salkar. The students learned about growing local vegetables and their seasonal plantation, the actual flowering and fruiting stages of many local vegetables and preparation of soil beds.



The SEC Botany students of class F.Y.B.Sc./B.A./B.Com visited Mr. Farmer Nursery at Guirim, Mapusa in the first semester on 29th September 2023. Students got opportunity to observe landscape designing, nursery layout of different types of plant arrangements, vertical gardens, green walls, rooftop gardens, ponds & water gardens. The teachers accompanying the students were Ms. Sabina Dias, Dr. Harshala Shetgaokar, Dr. James D' Souza, Dr. Maria D'Souza, Dr. Suraksha Dongrekar and Ms. Sukhada.



On the 12th October, 2023, department of Botany of St. Xavier's College organized a field trip to Mollem Biodiversity Park, Mollem for the First year B.Sc. (Major) students. To ensure a fruitful and safe trip of forty students Dr. Wendy Martins, Dr. Seema Fernandes and Ms. Sukhada Salkar had accompanied them. Different types of plants were seen at the park ranging from Algae, Fungi, Bryophytes, Pteridophytes, Angiosperms and Gymnosperms. At the end of the field trip the students observed the different type of plants, how they live in co-existence with other plants and animals, uses and importance of various plants.



Field trip for T.Y.B.Sc. students was organised on 6th October 2023, at Joggers Park, Altinho Panaji, accompanied by Ms Maria Beatriz, the students observed number of medicinal plants and learnt about its medicinal uses. Students also bought medicinal plants which were on sale.



Students of T.Y.B.Sc. Botany were taken for field excursion by Assistant Professor Dr. Harshala Shetgaokar on 05th October 2023, to study morphological characteristic features of flowering plants occurring on hill and plateau at Camurlim, Bardez, Goa.



A Field visit to hill at Camurlim, Bardez, Goa, was conducted by Assistant Professor Dr. Harshala Shetgaokar on 12th October 2022 for T.Y.B.Sc. Botany students to study morphological characteristics features of forest vegetation.



F.Y.B.Sc. GE Students were taken for field trip to Dr. Salim Ali Bird Sanctuary at Chorao island, Tiswadi goa on 30.03.23. Students learnt about the mangrove environment, different Mangrove species, their growth and germination of pods. The students were accompanied by Dr. Seema D. Fernandes and Dr. Roy Rodrigues.



F.Y.B.Sc., F.Y.B.Com and F.Y.B.A. SEC Botany Students were taken for the study fieldtrip on 27th March 2024, to Cazcar Distillery, Nanora Goa. Students were accompanied by Ms. Sabina Dias, Dr. Harshala Shetgaokar and Dr. Suraksha Dongrekar. Students were given explanation on the process of distillation which included collection of fruits to the final alcohol product using a video. Later students were shown electric distillation unit and traditional (Lawni) distillation unit. Students were shown three different types of Feni (2 Plain Feni and Masala Feni). Students were also shown bottling and packaging techniques.





RESEARCH OUTPUT

**PAPERS PRESENTED FOR NATIONAL SEMINAR
2022-2023 & 2023-2024**

Dr. James D'Souza attended and presented paper titled Status of Arbuscular Mycorrhizal (AM) Fungal Colonization in *Antigonon leptopus* at the **National seminar** entitled “Recent Trends in Plants sciences and Biotechnology was held at Goa University, Taleigao Goa on 3rd and 4th November 2022.

Dr. James D'Souza attended and presented paper titled Assessment of Arbuscular Mycorrhizal (AM) Fungal Colonization in *Acrostichum aureum* (Mangrove Fern), at the **National seminar** entitled “Recent Trends in Plants sciences and Biotechnology was held at Goa University, Taleigao Goa on 3rd and 4th November 2022.

Dr. James D'Souza attended and presented paper titled Status of Arbuscular Mycorrhizal (AM) Fungi in two climbing Species, at the **National seminar** entitled “Recent Trends in Plants sciences and Biotechnology was held at Goa University, Taleigao Goa on 3rd and 4th November 2022.

Dr. James D'Souza attended and presented paper titled Arbuscular Mycorrhizal (AM) Fungal Status in *Ipomoea pescarpae* (L). R.Br at the **National seminar** entitled “Recent Trends in Plants sciences and Biotechnology was held at Goa University, Taleigao Goa on 3rd and 4th November 2022.

Dr. James D'Souza attended and presented paper titled Status of Arbuscular Mycorrhizal (AM) Fungal Colonization in *Ampelocissus latifolia* (Roxb.) Planch. (Wild Grape Vine), at the **National seminar** entitled “Recent Trends in Plants sciences and Biotechnology was held at Goa University, Taleigao Goa on 3rd and 4th November 2022.

Dr. Suraksha Dongrekar attended and presented a poster “Temporal Distribution in Phytoplankton community along the Zuari estuary, Goa India. Poster presentation at **National Conference** on Recent Trends in Plant Sciences and Biotechnology, Organized by Department of Botany, Goa University, 3rd & 4th November 2022.

Dr. Maria D'Souza participated and presented paper titled “Reconnoitering micro fungal diversity from the tropics: Western Ghats forests in Goa, India. **ASM Seminar** on Microbial Diversity & Ecology – Tropics to the Polar Regions, held at National Centre for Polar and Ocean Research, Goa in association with American Society for Microbiology, CUSAT-NCPOR Centre for Polar Science and Goa University on 09th November 2022.

Dr. Wendy F. Xavier Martins participated and presented a poster titled ‘Algae: A Potential Source of making paper’ at the two day **National Seminar** of “Emerging Trends in Science and Technology: A Multidisciplinary Approach”, organized by St. Xavier’s College, Mapusa on 3rd and 4th March, 2023.

Ms. Sabina M. Sales e Dias Participated and presented a poster titled Formulation & Evaluation of Herbal Lip balm and Herbal lotion at the two day **National Seminar** of “Emerging Trends in Science and Technology: A Multidisciplinary Approach”, organized by St. Xavier’s College, Mapusa on 3rd and 4th March, 2023.

Dr. Seema D. Fernandes presented a paper, poster presentation entitled “Arbuscular Mycorrhizal (AM) Fungal Diversity in *Justicia adhatoda* and *Centella asiatica* of South Goa, India” in **National Conference** on Recent Trends in Plant Sciences & Biotechnology, organized by Department of Botany, Goa University, 26th and 27th of October 2023.

Glimpses of Paper Presentations



PAPERS PUBLISHED -2022 & 2024

Dr. Maria A. D'Souza published a research paper Vas. FJ, Gaonkar KP, Pooja CG, Teja RD and D'Souza MA. 2022. Diversity and Enzyme Screening of Culturable Endophytic fungi associated with *Cheilocostus speciosus* from Western Ghat forests, Goa, India. Spectrum: **Interdisciplinary Research Journal**, 14:52-69. ISSN 2348-4322 (Online Edition)

Dr. Wendy F. Xavier Martins published paper titled 'Role of Arbuscular Mycorrhizal (AM) fungi in crop plants – A review'. *Kavaka*, 59 (4): 62-74. DOI:10.36460/Kavaka/59/4/2024/62-74.

Dr. James D'Souza published paper titled "Establishment of invitro culture of *Glomus clarum* using vesicles". *Kavaka*. DOI:10.36460/Kavaka, 59 (4)/2024.

Certificate Course Conducted



Dr. Maria A. D'Souza conducted a **short term certificate course** on **“Collection, Isolation and Identification of Microfungi”** from **25th to 28th October 2023** in the Botany department, of St. Xavier's College, Mapusa.

FACULTY IN VARIOUS ROLES OUTSIDE THE CAMPUS

Resource Person



Ms. Sabina M. Sales e Dias was a **Resource Person** for a Workshop on “**The Art of Wine Making**” organized by the **Department of Chemistry, Carmel Higher Secondary School, Nuvem** as part of academic activity ‘**Rainbow Fest**’ on **16th December 2022**.



Dr. Wendy F. Xavier Martins was a **Resource Person** at a Workshop on ‘**Career Guidance**’ organized by **Mapusa II school super school Complex, at St. Xavier’s College Higher Secondary School, Mapusa, Goa** on **26th August 2023**.

SHORT TERM COURSE ATTENDED

Dr. Harshala Shetgaokar

Participated in Short Term Course
(STC) on the topic '**Research**
Methodology', organized by **UGC-HRDC**
Goa University, Goa from 16/11/2022 to
22/11/2022.

Dr. Harshala Shetgaokar

Participated in Short Term Course
(STC) on the topic '**Ecotourism**' organized
by **UGC-HRDC, Goa University**, Goa
from 17/01/2023 to 23/11/2023.

Refresher Course In Life Science Attended

Dr. Maria A. D`Souza
participated in Refresher
Course In Life Sciences
(Inter-disciplinary) (Online)
held from **24-11-2023 to 08-12-**
2023 organised by **UGC-**
HRDC Goa University.

Dr. James D`Souza
participated in Refresher
Course In Life Sciences
(Inter-disciplinary) (Online)
held from **24-11-2023 to 08-**
12-2023 organised by **UGC-**
HRDC Goa University.

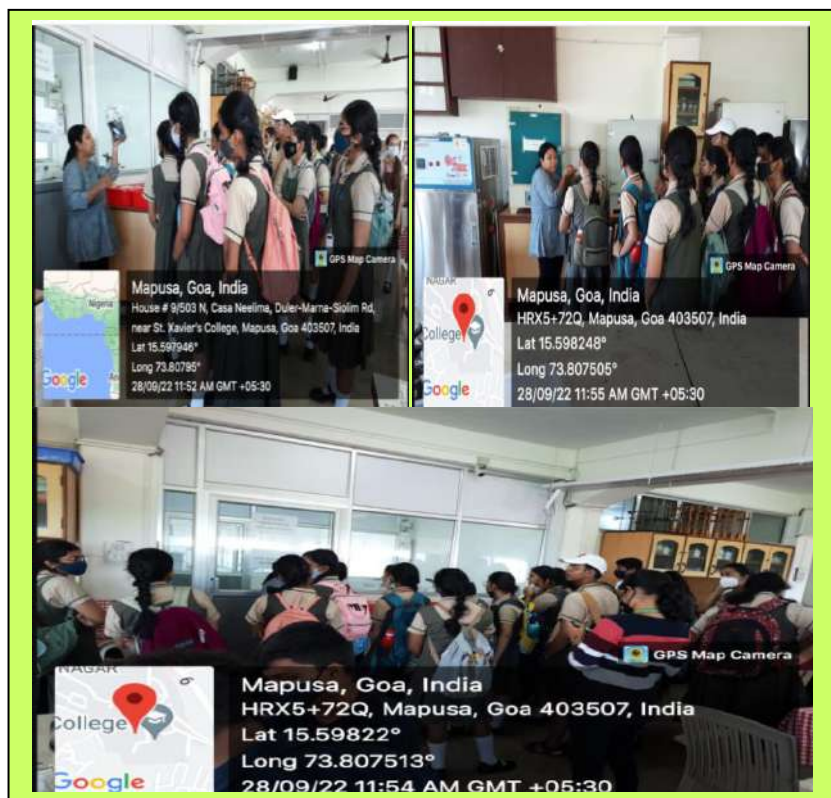
Dr. Suraksha Dongrekar
participated in Refresher
Course In Life Sciences
(Inter-disciplinary) (Online)
held from **10-01-2023 to 23-01-**
2023 organised by **UGC-**
HRDC Goa University.

Dr. Seema D. Fernandes
participated in Refresher
Course in Life Sciences
(Inter-disciplinary) (Online)
held from **10-01-2023 to 23-**
01-2023 organised by **UGC-**
HRDC Goa University.

COMPETITION ORGANISED/DAYS OBSERVED



On the occasion of the **'World Habitat Day'** the Department of Botany organized a **photography competition** titled **'Plant Habitat'**. The students had to submit a soft copy as well as a hard copy of post card size on the **3rd October 2023**. There were ten participants. **Mr. Conceicao De souza, Dr. Harshala Shetgaokar** and **Dr. James D'souza** were the judges. The **first place** was won by **Destiny D'souza (FYBA)** and the **second place** was shared by Ms. **Merlyn Fernandes (SYBSc.)** and Ms. **Kinoshha (SYBSc.)**. The program was **co-ordinated by Dr. Wendy Martins**.

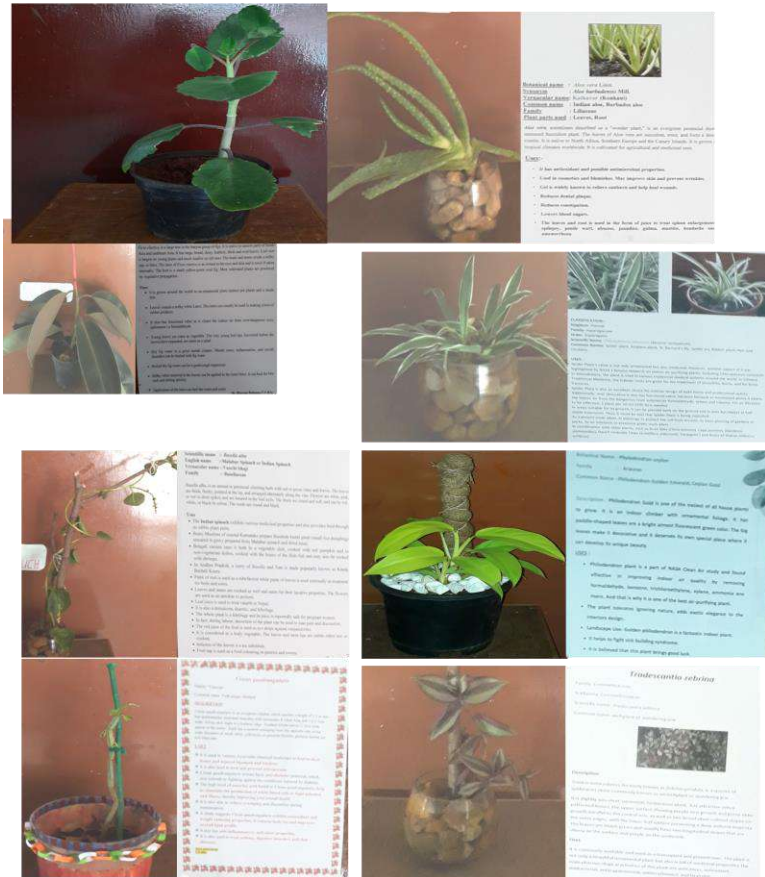


On the occasion of **National Science Day**, Students of std 8th, 9th and 10th from Vidya Vikas School, margao Goa, **visited Botany Department** of St. Xavier's College, Mapusa Goa on **28th September, 2022**. In this visit students were given demonstration on various research instruments and research techniques on mycorrhizal spore multiplication, Plant tissue culture techniques, micro and macro-algae. The activity was co-ordinated by **Dr. Seema Dessai e Fernandes** and helped by **Dr. Wendy Martins** and **Dr. James D'Souza**.

BEST PRACTICES OF DEPARTMENT

'PLANT OF THE WEEK'

Department of Botany



THE DEPARTMENT DISPLAYS
 A PLANT - '**PLANT OF THE WEEK**' SO THAT THE
 STUDENTS ARE AWARE OF
 THE PLANTS AND THEIR USES.
 THIS ACTIVITY WAS
COORDINATED
 BY DR. SEEMA D. FERNANDES.

COMPOST PREPARATION

PREPARATION OF COMPOST FROM BIODEGRADABLE WASTE OF THE DEPARTMENT, PREPARED AND MAINTAINED BY OUR DEPARTMENT.

ACHIEVEMENTS OF STUDENTS

Participation of events in other Institutions



Our students did us proud by securing the **FIRST PLACE** in the **Intercollegiate event “BOTANICA”** organized by Botany Department of **Goa University**. **Dr. Seema D. Fernandes** was the **teacher in-charge**.

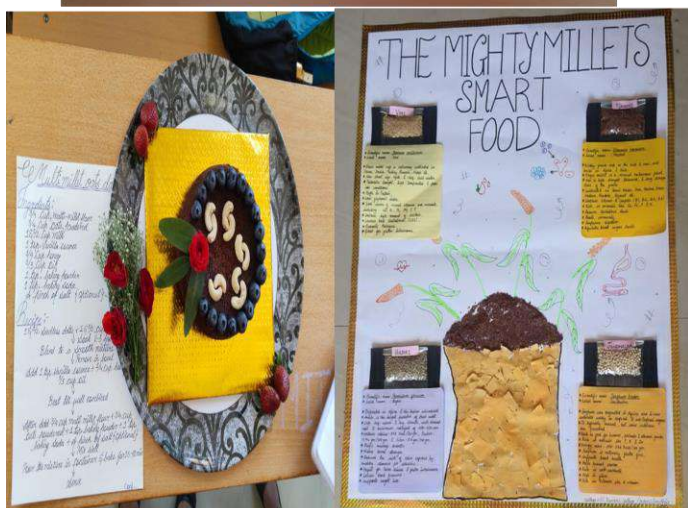
T.Y.B.Sc Botany students, Ms. Alima Fernandes and Ms. Canriya Coelho participated and **received 3rd prize** for **Milletts Cooking competition** in **“The 31st Annual Festival of Plant and Flowers in the year 2023”**, Organized by Green Heritage Eco Club of **ST. FRANCIS XAVIERS’ High School, Siolim Bardez Goa** on 26.08.23. **Dr. Seema D. Fernandes** was the **teacher in-charge**.



Inter-collegiate Interaction on Millets “Through Millets We Grow”



Two students of S.Y.B.Sc, Ms. Vaishnavi Chodankar and Ms. Divyanka Borkar from Botany department of St. Xavier’s College, participated in Inter-collegiate Interaction on Millets “**Through Millets We Grow**” In Observance of International Year of Millets, 23 March 2023 organized by St. Joseph vaz College, Cortalim - Goa. Ms. Vaishnavi Chodankar received **2nd prize for best poster presentation on Millets we grow.** Dr. Seema D. Fernandes was the teacher in-charge.



LAST WISH

"For that old tree that was abandoned when it was of no use"

My roots and your veins

My petals and your lips

My bark and your skin

My fruits and your kids

We have history together

Don't you think?

May be we are alike

I have a life

Simple like yours

Voice... perhaps you couldn't hear

If we are related, why is it so difficult to understand you ?

Don't you care the way I care for you ?

Or is it just for the sake ?

I listen to what you talk

Now you want to cut me down

Wasn't I one of your friends ?

You needed me for hide and seek

Now just like the adults

You've become selfish

But if you still ask me

I would prefer the younger you

Tomorrow the construction will start

My woods and my skin would be ruptured

Even if there's no blood I'll bleed with my tears

And I know still you won't care

Because it's just a tree

Even if our memories mean nothing to you

Tomorrow it will end for real

And if there's little bit of humanity

Don't do the same to others too.

Ms. Amisha Sakhalkar
(T.Y.B.Sc.), 2023-2024

Coleus amboinicus Lour.



Scientific name : *Coleus amboinicus* Lour. synonym *Plectranthus amboinicus*

Family : Lamiaceae

Common name : Indian borage, Indian mint, Mexican mint, Cuban oregano, soup mint (english), Vortelanv (Konkani), Patta ajwain (Hindi).

It is a semi-succulent perennial plant with a pungent oregano-like flavor and odor. The stem is fleshy, either with long rigid hairs (hispidly villous) or densely covered with soft, short and erects hairs. Leaves are fleshy, undivided (simple), broad, egg/oval-shaped with a tapering tip (ovate). The aroma of the leaves can be described as a pungent combination of the aromas of oregano, thyme, and turpentine. The taste of the leaves is described as being similar to the one of oregano, but with a sharp mint-like flavor.

Our ancestors were smart and sly people who knew well how to incorporate healthy and medicinal things into their foods, whether it be refreshing herbal tea or delicious vegetables dishes. One such example we find in Goa is our evening delight, the crispy ‘vortelanv pakodas’. These delicious fritters are made from the leaves of *Coleus amboinicus* (vortelanv), commonly called ‘Vortelanv’ in Goa. It is known to have various health benefits. It is anti-inflammatory, and helps in reducing inflammation, making it potentially useful for conditions like arthritis. It also has antimicrobial properties and aids in treating various infections. It helps in relieving coughs and colds and is therefore used in making kadhas. It is also used to aid digestion and alleviate symptoms like indigestion bloating and gas. Adding a few leaves to your tea is also said to have anti-helminthic effects. So the next time you find yourself in the evenings confused with what to have for tea, don’t hesitate to grab a plate of these crispy pakodas along with its health benefits.

Merlyn Fernandes
(S.Y.B.Sc), 2023-2024

THE PLANT IS A SYMBOL OF LIFE

*In the garden,
a plant stands tall
Its leaves reaching for the sun
Roots buried deep in the soil
A life cycle just begun*

*From a tiny seed it grew
Pushing through the earth
Each day a new leaf unfurled
Proving its own worth*

*With each drop of rain that falls
It drinks in the nourishment
Growing stronger, reaching higher
In its own unique element*

*The plant is a symbol of life
Of resilience and growth
A reminder that even in darkness
There is always hope*

*It teaches us to stand firm
To weather the storms of life
To keep reaching for the light
Even in times of strife*

*So let us learn from the plant
And strive to be like it
Strong, resilient, and full of life
Standing tall, never to quit*

*For in the end, like the plant
We too will bloom and grow
A testament to the power
Of life's eternal flow.*

**Vaibhavi V. Shetgaonkar
(S.Y.B.Sc), 2023-2024**

CONTRIBUTION OF STUDENTS



**Gregor Mendel – Father of Modern Genetics
Sketched by T.Y.B.Sc. Student, 2023-2024 – Canriya
Coelho**

The Significance of Mangroves on Earth

Mangroves are one of the world's most vital and unique ecosystem, thriving in the intertidal zones of tropical and subtropical coastlines. These coastal forests, which grow in the brackish waters where land meets sea, are often overlooked but provide a vast array of ecological, environmental, and economic benefits. Despite covering less than 1% of the Earth's tropical forests, mangroves play an outsized role in maintaining the balance of coastal and marine environments.

One of the most significant functions of mangrove forests is their ability to protect coastlines. Their dense root systems stabilize the soil, reducing the risk of coastal erosion and preventing the loss of land due to rising sea levels. Mangroves also act as natural barriers, mitigating the impact of storm surges and extreme weather events like hurricanes and cyclones. Studies have shown that healthy mangrove ecosystems can reduce the strength of storm surges by up to 75%, protecting coastal communities from the devastating effects of these natural disasters.

In addition to safeguarding coastlines, mangroves are incredibly efficient at sequestering carbon, making them one of the most important tools in combating climate change. The mangrove soil traps and stores carbon at rates much higher than tropical rainforests, acting as a powerful carbon sink. This ability to absorb and store carbon helps mitigate global warming and regulate the Earth's climate. However, when mangroves are destroyed, the carbon stored in their soils is released back into the atmosphere, exacerbating the climate crisis.

Mangroves are also biodiversity hotspots, supporting a rich array of species. The roots of mangrove trees provide critical habitat for various marine organisms, including fish, crabs, and mollusks. Many commercially important fish species rely on mangrove habitats during their early life stages. These ecosystems also serve as breeding grounds for numerous bird species, making them key to maintaining global biodiversity. The loss of mangroves can disrupt marine food webs and harm local fisheries, impacting both wildlife and human livelihoods.

Furthermore, mangroves contribute to water quality by filtering out pollutants and trapping sediments, preventing these harmful substances from reaching coral reefs and other sensitive marine habitats. Their roots play a crucial role in improving water clarity and supporting the health of nearby ecosystems, including seagrass meadows and coral reefs, which rely on clean, nutrient-balanced water to thrive.

Despite their importance, mangrove ecosystems face significant threats, primarily from human activities such as coastal development, deforestation, and pollution. Climate change, with its associated rise in sea levels, also poses a serious challenge to the survival of mangroves. Urgent action is needed to conserve and restore these vital ecosystems. Protecting existing mangrove forests, coupled with active restoration efforts, can help ensure they continue to provide their invaluable services for generations to come.

In conclusion, mangroves are indispensable to the health of our planet. They protect coastlines from natural disasters, store carbon, support biodiversity, and enhance water quality. Given the multiple benefits they offer, it is critical that we prioritize the preservation of mangrove forests to protect both the environment and the communities that rely on them.

Dr. Seema Dessai e Fernandes
Assistant Professor
Department of Botany

Potatoes: The Unsung Hero of Your Beauty Routine

When we think of potatoes, the first things that come to mind are probably golden fries, creamy mashed potatoes, or hearty stews. But beyond being a versatile kitchen staple, potatoes are also a powerhouse ingredient for natural beauty remedies. Packed with nutrients and skin-friendly properties, this humble tuber can transform your skincare routine. Let's explore how potatoes can enhance your beauty regime.

The Nutritional Profile of Potatoes

Potatoes are rich in essential vitamins and minerals, including vitamin C, potassium, and B vitamins. They also contain antioxidants and enzymes that are beneficial for the skin. These nutrients make potatoes effective for treating a range of skin concerns, from dullness to blemishes.

Benefits of Using Potatoes in Skincare:

1. Brightening Skin Tone

The natural bleaching properties of potatoes can help reduce dark spots, pigmentation, and uneven skin tone. Vitamin C and catecholase enzyme in potatoes promote a brighter complexion, leaving your skin looking fresh and radiant.

2. Reducing Dark Circles and Puffiness

Potatoes are very good remedy for tired eyes. The cooling and anti-inflammatory properties help soothe puffiness and reduce the appearance of dark circles. Simply placing chilled potato slices over your eyes can work wonders.

3. Acne and Blemish Treatment

The antibacterial and anti-inflammatory properties in potatoes make them effective for treating acne. Potato juice can help reduce redness, calm inflammation, and even fade acne scars over time.

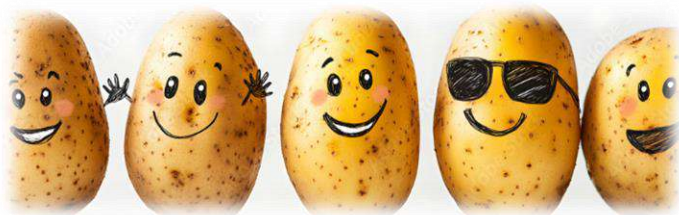
4. Moisturizing Dry Skin

Potatoes' natural starch content helps retain moisture, making them an excellent choice for hydrating and softening dry skin. When combined with honey or yogurt, potato masks can deeply nourish the skin.

5. Soothing Sunburns

Potato juice acts as a natural cooling agent for sunburned skin. Its anti-inflammatory properties help reduce redness and irritation, promoting faster healing.

Final Thoughts: Potatoes may not be the first ingredient you'd think of for your beauty routine, but their countless skin benefits make them a must-try for anyone seeking natural remedies. Affordable, easily accessible, and highly effective, potatoes can elevate your skincare game without breaking the bank. Give these remedies a try and discover the glowing potential of this unassuming tuber.



STUDENTS PURSUING MASTERS DEGREE IN 2022-2023



Mr. Akhil Kalangutkar



Mr. Vallanco Fernandes



Mr. Jerald Rodrigues



Ms. Sejal Halankar



Ms. Rashveeta Gadekar



Ms. Alliyah Fernandes



Ms. Deepashri Bandodkar



Ms. Divina Fernandes



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If Jewels are
your accessory
Then
We are of
the
Earth