SARBANANDA
SINGHA GROUP

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GROUP MEMBERS –

1. Sunmoni Chamuah (UP. Arts)
2. Saurav Moran (UP. Science)
3. Rakhi Rai (LP.)
4. Padmawati Dahal (UP. Arts)
5. Mary Lakra (UP. Arts)
6. Pallavi Duwarah (UP. Arts)
7. Arun Kumar (LP.)
8. Minuprabha Regon (LP.)
9. Dhanyamoni Gohain (UP. Arts)

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10. Raj Kishur Phukan (L.P.)

11. Rajat Mahato (L.P.)

12. Loren Sonowal (UP. Science)

13. Aarti Mishra (UP. Arts)

14. Bidisha Handique (L.P.)

15. Priyanka Dangoria (L.P.)

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WHITE KIDNEY BEANS

Benefits -

1) Reduces Heart attack.
2) Stabilizes blood Sugar.

SCIENTIFIC NAME → Phaseolus Vulgaris

RED KIDNEY BEANS

Benefits -

1) Lowers Cholestrol and reduces Heart disease risk.
2) Combets Diabetes.

SCIENTIFIC NAME → Phaseolus Vulgaris

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CHICK PEAS

Benefits -

1) Helps Lose Weight.
2) Boost digestive health.

SCIENTIFIC NAME → Cicer arietinum

BENGAL GRAM

Benefits -

1) Treat Anemia
2) Helps the digestive System.

SCIENTIFIC NAME → Cicer arietinum

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SPLIT MOONG DAL

Benefits -

1) It is easy to digest as compared to other pulses.
2) It is low in fat and rich in Potassium.

SCIENTIFIC NAME → Vigna radiata

RED LENTILS / MASOOR DAL

Benefits -

1) Nourishes Teeth and Bones.
2) Keep the heart healthy by lowering cholesteral.

SCIENTIFIC NAME → Lens Culinaris

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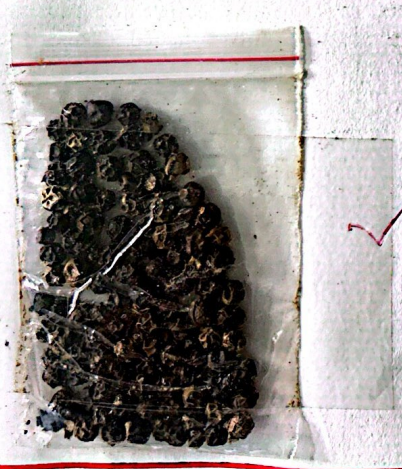
BLACK PEPPER

Benefits –

1) Weight Loss.
2) Skin Care.

SCIENTIFIC NAME → Piper nigrum



CARDAMOM

Benefits –

1) Helps fight Depression.
2) fight Asthma.

SCIENTIFIC NAME → Elettaria Cardamomum

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MUSTARD SEEDS

Benefits -

1) Cancer treatment.
2) Dietary fibre

SCIENTIFIC NAME → Brassica nigra

FENUGREEK

Benefits -

1) Reduces Inflammation Inside the body.
2) Promote Milk flow in Breastfeeding.

SCIENTIFIC NAMA → Trigonella Foenum graecum

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BOTTLE GOURD SEEDS

Benefits -

1) Reducess Stress.
2) Weight Loss.

SCIENTIFIC NAME → Lagenaria Siceraria

SPLIT BENGAL GRAM

Benefits -

1) Low in fat.
2) High in fibre and Help to Lower Cholesterol.

SCIENTIFIC NAME → Cicer arietinum

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CUMIN SEED

Benefits -

1) Reduces Blood Sugar levels.
2) Promotes Weight loss.

SCIENTIFIC NAME → Cuminum Cyminum

PADDY

Benefits -

1) Control Blood Pressure.
2) High Nutritional Value.

SCINTIFIC NAME → Oryza Sativa

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