

SEED

1102.90.00.05.2018

ALBUM



# RAGAB MORAN GROUP

## 3rd Semester

- Sumitra Chetia
- Chayanika Nath
- Anshu Sah
- Laxmi Priya Dutta
- Chitraranjan Sonowal
- Manashjyoti Buragohin
- Monika Halowa
- Jita Sonowal

## 1st Semester

- Rima Das
- Deboshree Bora
- Chinmoyee Saikia
- Deepjyoti Sonowal
- Durga Chettri
- Somen Dutta
- Deepsiha Hazarika
- Kisholoy Tamuly

School Stamp

Date

Drawing teacher

## Bottle Gourd

Scientific Name :-

Lagenaria Siceraria

Benefits :-

- 1) Reduces Stress.
- 2) Weight Loss.

## Pumkin

Scientific Name :-

Cucurbita Moschata.

Benefits :-

- 1) decreasing Sodium
- 2) Good for the heart.



## Chick Peas

Scientific Name:

Cicer arietinum.

### Benefits

- 1) Helps lose weight.
- 2) Boost digestive health.



## Bengal Gram

Scientific Name:

Cicer arietinum

### Benefits:

- 1) Treat Anemia.
- 2) Helps the digestive B System.



## Split Bengal Gram

Scientific Name :-

Cicer arietinum.

### Benefits

- 1) Low in fat.
- 2) High in fibre and help to lower cholesterol.

## Mung bean

Scientific Name

Vigna radiata.

### Benefits

- 1) Weight Loss
- 2) Helps to maintain bone density.

## Mustard Seeds

Scientific Name.

Brassica nigra

Benefits

1) Cancer treatment.

2) Dietary Fibre.



## Pea

Scientific Name

Pisum Sativum.

Benefits

1) Deficiencies of Se or folate.

2) Ant-Ageng.





## Black Pepper

Scientific Name

Piper nigrum.

Benefits

- 1) Weight Loss
- 2) Skin Care.



## Fenugreek.

Scientific Name:-  
Trigonella foenum-graecum.

Benefits

- ① Reduces inflammation inside the body.
- ② Promote Milk flow in Breast feeding.



## Red Lentils

Scientific Name:-

Lens Culinaris

### Benefits

1) Nourishes Teeth and Bones.

2) Keep the heart healthy by Lowering cholesterol.



## Ridge gourd

Scientific Name:-

Luffa acutangula

### Benefits

1) Lower in blood Sugar.

2) weight Loss.



## Rice

### Scientific Name

Oryza Sativa

### Benefits

- 1) Relieve constipation.
- 2) Reduce blood pressure.

## Bitter Gourd

### Scientific Name:-

Momordica charantia

### Benefits

- 1) Diepary Fiber
- 2) Relieving asthma



## Yardlong bean

Scientific Name :-

Vigna unguiculata  
Sesquipedalis.

Benefits :-

- 1) Skin health.
- 2) Cancer prevention



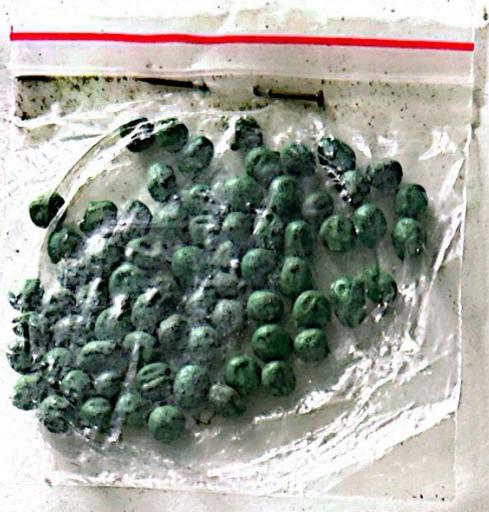
## Papaya

Scientific Name :-

Carica papaya.

Benefits

- 1) Good of diabetics.
- 2) Great for your eyes.



Ladi's Finger.

Scientific Name:

Abelmoschus  
esculentus.

Benefits

1) Weight Loss.

2) Helps in  
controlling blood  
sugar and  
diabetes.

Vegetable mustard

Scientific Name:

Brassica Juncea

Benefits

1) Helps Strengthen  
teeth.

2) Helps prevent  
Cancer.

