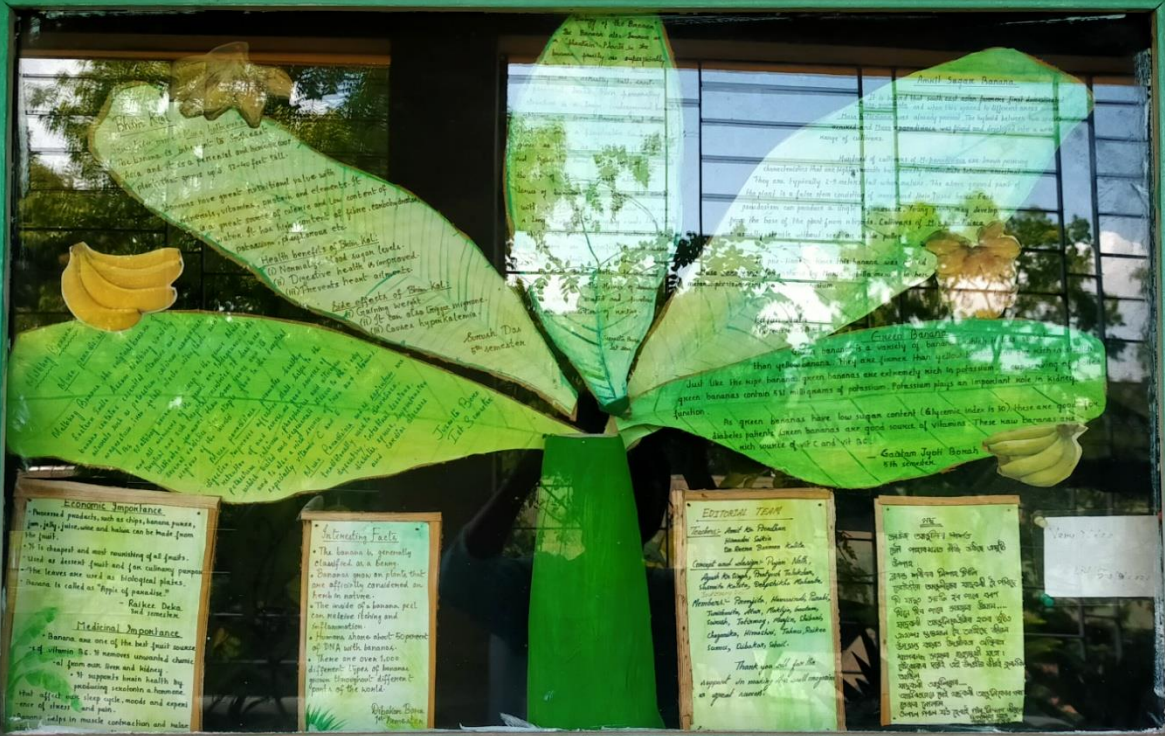


# **“BANANA” WALL MAGAZINE 2022**

**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, protein and elements. It is a great source of calories and low content of sugar. It has high content of fibre, carbohydrates, potassium, phosphorus etc.

**Health benefits of Ban.kol:**  
 (i) Non-cholesterol and low sugar levels  
 (ii) Digestive health is improved.  
 (iii) Treats heart ailments.

**Side effects of Ban.kol:**  
 (i) Gaining weight.  
 (ii) It has also lesser immune.  
 (iii) Causes hypokalemia.

Rohini Das  
 5th semester

**Amit Sagar Banana.**

It is believed that south east asian farmers first domesticated the banana, and when they moved to different areas of the world, these bananas were already present. The hybrid between two species, wild and Musa sapientum was found and developed into a wide range of cultivars.

Hundreds of cultivars of 11 subspecies are known possessing characteristics that are highly variable but basically identifiable between structural features. 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 M.s. sapientum are usually sterile without seed or viable pollen.

In pre-1950s times this banana was named *Musa sapientum* for instance by Marie Thérèse Moench. In her monograph *Monographia Surinamensis*.

Pujari Nath  
 6th semester, BSC

**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. A 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), they are good for diabetics patients. Green bananas are good source of vitamins. These raw bananas are rich source of vit. c and vit. bc.

Graham Jyoti Bhatia  
 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 plastics.
- "Banana is called as 'apple of paradise'."
- Raiheer Deha, 3rd semester.

**Medicinal Importance**

- Banana 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, 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.
- Ishika Singh, 2nd year.

**Interesting Facts**

- The banana is generally classified as a berry.
- Bananas grow on plants that are difficult to cultivate in farms in nature.
- The inside of a banana peel can release fibron and inflammation.
- Bananas share about 90 percent of DNA with bananas.
- There are over 1,000 different types of bananas grown throughout different parts of the world.
- Drigashree Datta, 3rd semester.

**EDITORIAL TEAM**

Teacher: Anil K. Prasad  
 Hindi Teacher  
 Dr. Binay Kumar Saha

Concept and design: Pooja Nelli,  
 Anmol K. Singh, Pratik Kumar,  
 Kavya K. Singh, Sushmita Mishra.

Members: Anshu, Ashu, Anshu,  
 Anshu, Anshu, Anshu, Anshu,  
 Anshu, Anshu, Anshu, Anshu,  
 Anshu, Anshu, Anshu, Anshu,  
 Anshu, Anshu, Anshu, Anshu,  
 Anshu, Anshu, Anshu, Anshu,

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

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# DEPARTMENT OF BOTANY

## Economic Importance

- Processed products, such as chips, banana pukee, 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."
- Raikee 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.

Jusmils Boro  
1st Semester



# Bhim Kol

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Surush Das  
5<sup>th</sup> 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

and mangroves, waxy leaves and the genus Musa is indigenous to the tropics and subtropics.

healthy for the body

M  
metar

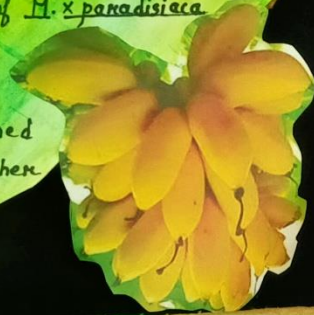
## Amrit Sagar Banana

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



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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 উন্নয়ন....  
ফাদুকৰী আমুলিৰোৰ হাতৰ স্মৃতি  
সংগ্ৰহ: স্মৃতিমান হৈ আহিছে জীৱন  
উদ্বোধন ব্যৱহৃত উদ্বোধন অস্থিৰত,  
শ্ৰাৱণৰ সন্মানৰ স্মৃতিস্থায়ী যোগ।  
কৈজোৰৰ দৰেই এই উদ্বোধন তীব্ৰই সুখকি  
আছিল  
ফাদুকৰী আমুলিৰোৰ....  
আমিৰোৰে জেই ফাদুকৰী আমুলিৰোৰ দৰা  
তেজৰ নোলাল....  
ওলাল পৰল য'ত বেৰাৰ গাঁৱ নিৰ্মাণ কৰিলে  
দ্বিপক্ষীয় সহ  
স্বৰ্গীয়

Very Nice

Kanishk  
23/9/20