



Pulses is a Single Way to Achieving Nutritional Security in India

(*Radheshyam Kumawat)

Sher-e-Kashmir University of Agricultural Science and Technology, Jammu (J&K)

* rds-kumawat7@gmail.com

India is the largest producer (25% of global production), Consume (27% of world production) and import 14% of pulses in India. Pulses account for around 20% area under food grain. Pulses play important role in improving soil fertility through Nitrogen Fixation bacteria. India is the major pulses growing and consuming country in the world. Gram (*Cicer arietinum*), Pea (*Pisum sativum*), Blackgram (*Vigna mungo* L.), Greengram (*Vigna radiata* L.), Rajma (*Phaseolus vulgaris*), Lobia (*Vigna unguiculata*) and Lentil (*Lens culinaris*) are major growing pulses in our country.

India's maximum population is vegetarian, so pulses is a major source of protein for the Indian vegetarian population. Pulses having great amount of micro nutrient (micronutrient are those nutrients which is needed in body in very few amount). Developing countries has more deficient in micronutrients availability. Developed countries able to fulfill their nutritional deficiency through medicinal tablets and capsules. But in developing countries like India, it is not practical approach because here large number of populations is already suffering from hunger. The safe protein requirements (0.83 g/kg/day) for healthy Indian adults, however, the average intake is about 0.6 g/kg/day (www.nin.res.in). Globally, protein consumption is on the rise, averaging at 68 g/person/day. India has the lowest average consumption 47 g/person/day as compared to other Asian countries as well as developed nations. (India's protein deficiency and the need to address the problem). India's global hunger index position 94th out of 107 countries in the world which is serious and can be accommodate by proper nutrition supply therefore pulses are the major sources for protein supply specially in the developing countries like India during 2021. So, pulses are only single way to achieving nutritional security for India and other developing countries.

Micronutrient's deficiency disease caused leading by dietary deficiency of vitamins and minerals in our diet. Pulses and millets have the potential to address and fulfil the deficiency micronutrients in Indian dietary system. The govt. of India continuous increases the Minimum Support Prize for Pulses and reduce the imports of pulses. Distribution of pulses under PMGKY during lockdown era for addressing the issue of small nutrition. NAFED and FCI always promote pulses production in India.

India already achieved the food security but in present era need for improving nutritional security through the increasing pulses production and consumption in India. The cost is very less of protein by the consumption of pulses. They are also producing carbohydrate and other minerals. Pulses having high amount of Lysin amino acid, Starch and Sugar, Minerals like- Calcium, Fe²⁺, Co, Mg²⁺, and Phosphorus etc. Pulses production lead food security to nutritional security. The 68th United Nation General Assembly declared 2016 the International Year of Pulses. The Food and Agriculture Organization (FAO) of the United Nations has been nominated to facilitate the implementation of the Year in

collaboration with Governments, relevant organizations, non-governmental organizations and all other relevant stakeholders. The International Year of Pulses 2016 heightened public awareness of the nutritional benefits of pulses as part of sustainable food production and their aimed towards nutrition and food security. Year 2016 created a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.



View of Blackgram (*Vigna mungo* L.) pulse crop field at ACRA-Dhainsar (SKUAST-Jammu)

Pulses are a vital source of plant-based proteins and amino acids for people around the world and should be eaten as part of a healthy diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions and cancer; they are also an important source of plant-based protein for animals. In addition, pulses are leguminous plants that have nitrogen-fixing properties which can contribute to increasing soil fertility and have a positive impact on the environment. Even poor peoples can afford the pulses because its availability is easy and cheap for nutritional prospects in India as compare to developed countries. That's why the **Pulses is a single way to achieving Nutritional Security in India.**