



Figure 3: Dragon fruit cultivation using advanced training and irrigation system.

Benefits of Dragon fruit on human health:

- Regulates blood sugar

- Prevents cancer causing free radicals, blocks tumour cells growth
- Reduce inflammation and reduce joint pain, nourish healing wounds
- Boosts immunity system, prevents disease
- Improves eyesight
- Aids in weight loss, increase metabolic rate
- Reduce cardiovascular disease, lowers cholesterol
- Reduces skin wrinkles, makes the skin smooth
- Anti-ageing
- Aids in formation of nerve cells, proper conductive signalling
- Improve bone mass and prevents osteoporosis
- High fibres helps in digestion

Due to these reasons, Dragon fruit is gaining popularity among nutrition lover peoples, as well the fruit growers. As after the period of COVID- 19, mankind became more conscious about health, daily routine as well as vitamins and anti-oxidants. Fruit crops are one of the major source for such of these components and dragon fruit can also prove the same thing with its nutritional aspects. Besides these the fruit has immense market value as well export value and this thing attract the farmers as well exporters. Cultivation of dragon fruit is not just adding benefit to farmers and exporters, but also adding a healthy diet to the routine life in human health.

NEW INITIATIVES FOR GROUND LEVEL SURVEY BASED RESEARCH AND DOCUMENTARY MAKING IS BOON FOR PROMOTING BIODIVERSITY CONSERVATION

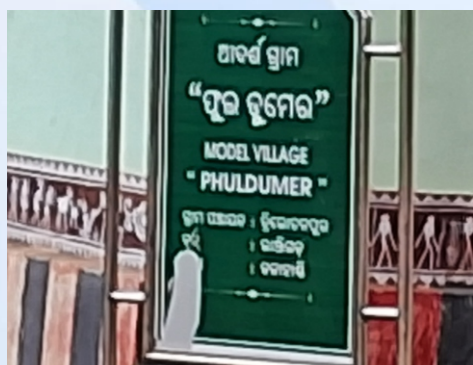
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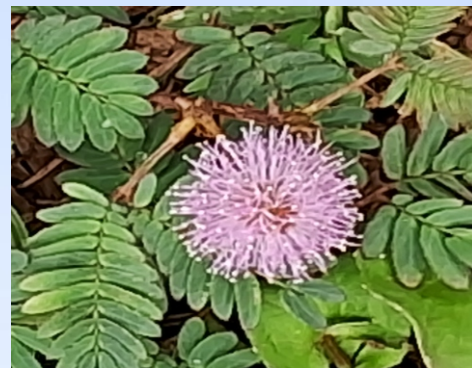
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Howrah Suparna, an NGO baed on Howrah district of West Bengal and Save the Environment (STE) has recently

partnered together in doing an extensive ground survey of medicinal plants and herbs across Odisha in eastern India. The major focus was on identifying medicinal plants and herbs from the remote forests of Western Odisha across the Raigad and Kalahandi district including herbs, shrubs, trees and medicinal mushrooms.

The groundsurveyvwas rewarding in thecsense many





species were recorded and their corresponding conservation status are now being investigated in the lab. The comprehensive survey recorded around 250 species across Odisha.

Howrah Suparna, under the leadership of Secretary, Prof. (Dr.) Suparna Sanyal Mukherjee and movie director Sourav Sarkar is working towards finishing a documentary on the socio-cultural, socio-economic and ethnographic elements

of the local Dongriya Khond primitive tribe from the Niyamgiri hills in Western Odisha. The documentary highlighting the tribal lifestyle, the role of the tribe in protecting the local forests, wildlife and biodiversity as well sustainable environment-friendly indigenous tribal technology important for their survival and sustenance.

Photo credit: Saikat Kumar Basu