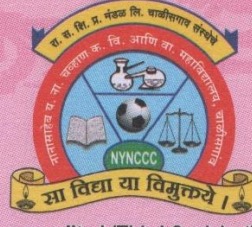


R. S. S. P. Mandal Ltd. Chalisgaon Dist. Jalgaon Sanstha's
Nanasaheb Y. N. Chavan Arts, Science &
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रा. स. शि. प्र. मंडळ लि. चाळीसगांव जि. जळगांव संस्थेचे
नानासाहेब य. ना. चव्हाण कला, विज्ञान आणि
वाणिज्य महाविद्यालय, चाळीसगांव जि. जळगांव

NAAC Re-accredited (Third Cycle) - 'B++' Grade

Dr. S. R. JADHAV
M.Sc., M.Phil., Ph.D.
Principal

फोन 02549-222601 (कार्यालय), 225212 (निवास) मो. 9822019409

Email :- rashtriyacollege@gmail.com
rashtriyacollege@rediffmail.com
http:-www.rashtriyacollege.com

डॉ. एस. आर. जाधव
एम. एस्सी., एम. फिल., पीएच. डी.
प्राचार्य

Outward No. / जावक क्र.

Date / दिनांक -

Notice

All the students of T.Y.B.Sc, MSc I and II are informed that on 10th Aug. 2019 Department of Botany has decided to organize '**Ranbhajya**'. Everyone should participate in the said exhibition.

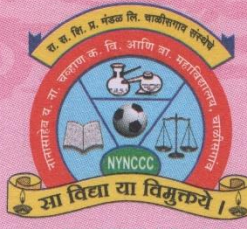
Venue: Department of Botany Laboratory

Date and Time: 10th Aug. 2019, 10.00 am

Chief Guest: Prin. Dr. S. R. Jadhav,

Inaugurator: Hon. Shri Arun B. Nikam (Vrukshamitra), Secretary, RSSP Mandal Ltd.
Chalisgaon

R. S. S. P. Mandal Ltd. Chalisgaon Dist. Jalgaon Sanstha's
Nanasaheb Y. N. Chavan Arts, Science &
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फोन 02549-222601 (कार्यालय), 225262 (निवास) मो. 9822969409

Email :- rashtriyacollege@gmail.com
rashtriyacollege@rediffmail.com
http:-www.rashtriyacollege.com

डॉ. एस. आर. जाधव
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प्राचार्य

Outward No. / जावक क्र.

Date / दिनांक -

सूचना

महाविद्यालयातील सर्व विद्यार्थ्यांना कळविण्यात येते की वनस्पतीशास्त्र विभागातर्फे दिनांक 10/08/2019 रोजी "रानभाज्यांचे" प्रदर्शन आयोजित केली आहे. तरी सर्वांनी सदर प्रदर्शनास भेट देऊन लाभ घ्यावा असे आव्हान करत आहोत.

ठिकाण : वनस्पतीशास्त्र विभाग

वेळ : सकाळी दहा

RSSPM Ltd. Chalisgaon Sanstha's

**Nanasaheb Y. N. Chavan Arts, Science and Commerce College,
Chalisgaon**

DEPARTMENT OF BOTANY

Activity Title: Ranbhajya (Wild greens) Exhibition

Date: 10/08/2019

Participation: Students of B. Sc., M. Sc. I and II (Botany)

Department of Botany decided to conduct the Exhibition of Ranbhajya as food is the basic need of human being. In this century of 'Pizza- Burger', we felt need to introduce the nutritional, medicinal importance of our rich heritage of Wild vegetables available in our locality.

Objectives:

1. Identifying nutritional and medicinal values of wild plants
2. Understand the heritage of vegetable cooking of our Khandesh
3. Introduce and propagate the knowledge of Ranbhajya to all

Introduction: Khandesh lies in valley of the Tapi river located between Ajantha and Satpuda ranges and separated from Western Maharashtra by the hills of Laling and Silvari. The hills are formed of Deccan traps and soils resulting from them. The only three districts in Khandesh are Dhule, Jalgaon and Nandurbar. Climate conditions of Khandesh are extreme, winter being very cold and summers very hot. Rains are confined to monsoon with short precipitation. Annual rainfall varies from place to place from 4-6 to 780.7mm. Humidity is highest in the months of July and August. Temperature varies from 33.5 to 38 C. Dust storms occur occasionally from April to June. Soils are alluvial on the banks of Tapi river, but black cotton soil is found in other parts. Farmers of Khandesh are hardworking. There was no major irrigation facility in Khandesh before the Girana and Hatnur dams were commissioned. Most of the Khandesh is arid or semi- arid. Despite limited water availability, Khandeshi farmers have mastered the art of cultivation of banana. Sixty percent of the total production of Banana in India is produced in Jalgaon district.

Diverse World of Ranbhajya in the Khandesh Region

The Khandesh region of Maharashtra, India, is renowned for its rich agricultural heritage and vibrant culinary traditions. One of the most celebrated aspects of Khandeshi cuisine is its diverse array of "Ranbhajya," a term that refers to a variety of traditional vegetable dishes often prepared with locally sourced or foraged ingredients. These dishes are a testament to the region's deep connection to its land and its resources, showcasing an incredible variety of flavors, textures, and

nutritional benefits. This article delves into the fascinating world of Ranbhajya in the Khandesh region.

Ranbhajya, which can be translated to 'wild greens' or "wild vegetables," reflects the traditional practices of the people of Khandesh who have long relied on nature's bounty for their sustenance. Historically, these dishes were made from vegetables and greens that were either foraged from the wild or grown in home gardens. They may be used fresh or sun dried to be used all year round. This practice not only provided nutrition but also ensured food security in times of scarcity. The preparation of Ranbhajya is deeply embedded in the cultural fabric of Khandesh. The simplicity and wholesomeness of Ranbhajya highlight the sustainable and eco-friendly practices of the Khandeshi people, making it a significant part of their culinary identity.

The diversity of Ranbhajya in Khandesh is vast, with each dish offering a unique blend of flavors and nutritional benefits.

1. Chiwad Plant: Botanical name: *Portulica quadrifida*

Family: Portulacaceae **Common name:** Chivali, Ghol (chicken weed)



Chiwad



Katurlya

2. Katurlya Plant: Botanical name: *Momordica dioica*

Family: Cucurbitaceae **Common name:** Kartoli, Rankarli, Wild Karela fruit

3. Katemath Plant: Botanical Name: *Amaranthus spinosus*

Family: Amaranthaceae **Common name:** Slender amaranth or prickly amaranth.



Katemath



Pathari

4. Pathari Plant: Botanical name: *Launaea procumbens*

Family: Asteraceae **Common name:** Moti bhonpatri, Creeping *Launaea*

5. Ambat chukka plant: Botanical name: *Rumex vesicarius*

Family: Polygonaceae **Common name :** Chuka

6. Gokharu Plant: Botanical name: *Tribulus terrestris*

Family: Zygophyllaceae **Common name:** Small caltrops



Ambat chukka



Gokharu

The exhibition was inaugurated at the auspicious hands of Hon. Mr. Arun Nikam, (Vruksha Mitra, Government of India) Secretary of our mother institution. Dr. K. B. Bendre gave introduction of the exhibition. The exhibition was open for all, all the students from various departments visited the exhibition and got enlightened by the knowledge of rich heritage of Khandeshi vegetables.



Prepared by: Dr. K. B. Bendre



