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Energy and Wetlands Research Group
CES, Indian Institute of Science, India
<http://wqbis.ces.iisc.ac.in/energy/>

Green GDP

Protect Native forests for future

Energy and Wetland Research Group, Centre for Ecological Sciences, Indian Institute of Science, Bangalore 560012
Email: cestvr@ces.iisc.ernet.in, Phone: 080 22933099 , Web: <http://ces.iisc.ernet.in/energy>, <http://ces.iisc.ernet.in/biodiversity>

Adequate dietary treatment only is the major solution for many health problems like weakness, obesity, eyesight, anemia, fever, and so on and for increasing body's resistance to diseases. This is also appropriate time to review our traditional foods in terms of their role as immunity booster, especially as we are face to face with deadly diseases, notably like Covid-19, as the virus is sweeping through the world, including in India. The global patterns of Covid-19 infections show that it is not malnutrition that invites Covid virus, as the percentage of deaths of the affected people are much higher in the most well-fed countries like USA, Italy, England, Spain etc., than in India, which has a greater share of global poverty, whereas the Covid-19 caused deathrate currently stands at 1.4-15% only, at least currently, as the affected people recover in higher or bad taste plants also in his food for his health, which could not give the taste the mouth. Traditional food in Indian villages, has many ingredients from diverse species, to prevent/cure diseases and to give strength and immunity.