



ONLY NEWS PAPER PUBLISHED IN INDIA FOR SCIENTIFIC COMMUNITIES

# NESSA

NATIONAL ENVIRONMENTAL SCIENCE ACADEMY

Vol. 20 Issue - 07 (MONTHLY)

July 2017



A Workshop on "Sustainable Development " was organized to celebrate "World Environment Day" under the aegis of Business & Employment Bureau, Hamdard National Foundation, Asaf Ali Road, New Delhi on June 5, 2017 in collaboration with National Environmental Science Academy, New Delhi

The Workshop started with the address of Prof. Javed Ahmad on "Implementation of Sustainable Development Goals".

Prof. Javed, President of National Environment Science Academy (NESSA) spoke on "Major Environmental Issues of the World and Their



Shri SHH Mufti, Executive Secretary of BeB (in the centre) introducing the representatives of NEESA Prof. Javed Ahmad (right side) and Mr. Gian Kashyap (left side).

Possible Solutions" Dr. Ahmad focussed on five major environmental issues like air pollution and climate change, deforestation, extinction of plant varieties, fertile soil erosion from agricultural land, population explosion and their possible solutions. He also discussed about Ex-situ

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## APPLICATIONS ARE INVITED

FOR THE AWARDS 2017

LAST DATE **31<sup>st</sup> JULY 2017**

### FELLOWSHIP AWARD

FELLOWSHIP is the highest award given by this Academy. The recipients shall get Citation, Certificate, Memento and a Gold plated medal, and can suffix F.N.E.S.A. after their names.

### BEST SCIENTIST AWARD

The Academy confers BEST SCIENTISTS AWARD every year. The recipient shall get Citation, Certificate, Memento and a Golden medal.

### EMINENT SCIENTIST OF THE YEAR

The recipient shall get Citation, Certificate, Memento and a Golden medal.

### SCIENTIST OF THE YEAR AWARD

The recipients shall get Citation, Certificate, Memento and a Golden medal.

### ENVIRONMENTALIST OF THE YEAR AWARD

The recipients shall get Citation, Certificate, Memento and a Golden medal.

### JR. SCIENTIST OF THE YEAR AWARD

The ACADEMY confers this award to Scientists below the age of 35. The recipients shall get Citation, Certificate, Memento and a Golden medal. Applicants should not be more than 35 years on 31-12-2017.

### PRESCRIBED APPLICATION FORMS

Separate application form should be used for separate awards. The forms are non transferable and it can be obtained by sending a bank draft of Rs. 1000-00/\$40 only (per form), drawn in favour of **NATIONAL ENVIRONMENTAL SCIENCE ACADEMY** payable at **NEW DELHI**.

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## Global heritage sites and opportunities

S. K. Basu

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Global heritage sites are unique with respect to different nations in terms of history, archaeology, ethnicity, natural beauty, unique landscape (landmass) with special physical geography or geological features and specialized ecosystems. The UNESCO international heritage sites dotted around the globe are unique locations connecting a particular nation to her unique history, archaeology, ethnicity, natural beauty, unique landscape or ecosystem. Every modern nation explores such opportunity to identify specific locations within her boundaries to showcase special historical, archaeological, ecological or unique landforms to be listed by UNESCO.

This not only builds or enhances natural prestige but also helps to showcase the national treasures of the nation in an international or global platform. This is also connected intimately with unique tourism opportunities as UNESCO heritage sites are visited both by regional and local; as well as international tourists throughout the year or during the tourist season as the case may be. This opportunity also places a particular nation on a global map with other such unique heritage sites across the world.

India has great potential to identify and develop more such sites within her national boundaries and apply for international UNESCO heritage site status based on the history, archaeology, ethnicity, natural beauty, unique landscape (landmass) features

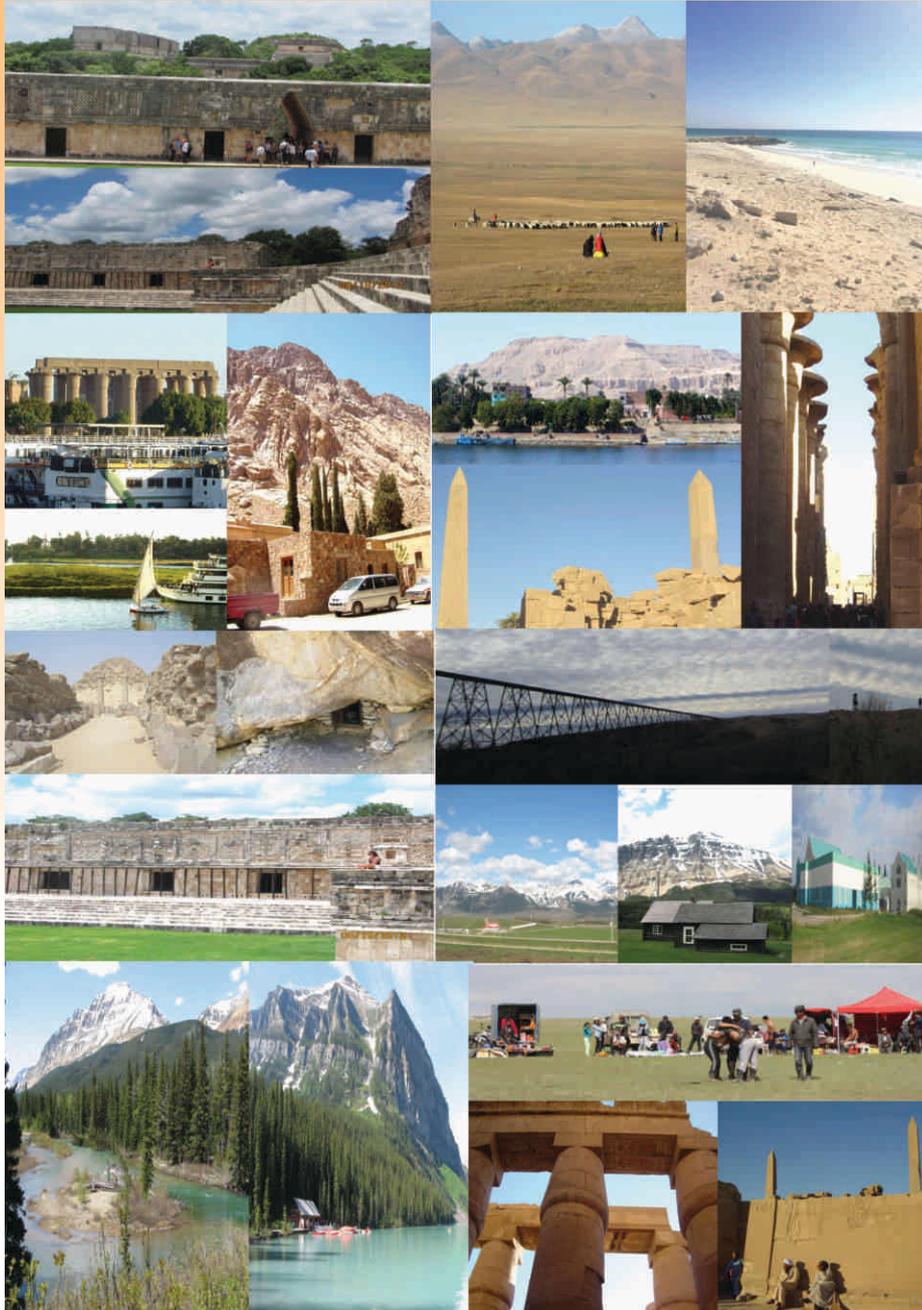
and/or for specialized natural ecosystems of the specific location. It is off course extremely challenging to get such highly prestigious global recognition. However, it is important to mention that the status, maintenance level and heritage qualities are critically reviewed by UNESCO appointed special review committee. Hence, it is important that the State, Union Territories and Union Governments be equally vigilant and supportive of such initiatives to build the profile of the nation, boost tourism and satisfy the stringent parameters set by the international review committee for gaining heritage site status of the UNESCO.

The Darjeeling Himalayan Railway, the Nilgiri Mountain Railway and the -- Kalka Shimla Railway are all listed as the Mountain Railways of India UNESCO World Heritage Site. However, due to improper maintenance, year wise failure in operating properly, accidents, mismanagement and poor funding has impacted the Darjeeling Himalayan Railway significantly. At one point of time even the UNESCO heritage site status of the Darjeeling Himalayan Railway was threatened due to poor management and maintenance. Hence it is not only important to apply for new sites; however, it is also important to protect the status of other sites following strict international guidelines. Loosing the status not only brings down the national prestige; but also reflects very poorly on the

administration, commitment and sincerity of a national in maintaining unique global heritage sites.

Several of India's under explored or rarely explored natural, ecological, historical, archaeological and unique landmass and/or ecosystems spread across the Ladakh region in the state of Jammu

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and Kashmir, northern under explored areas of the states of Uttarakhand, Lahaul and Spiti district of Himachal Pradesh, west and northern Sikkim and North East Indian states like Arunachal Pradesh, Meghalaya, Mizoram, Manipur, Nagaland, Tripura and Assam has huge potential to develop into internationally famous global heritage sites. Both the State and Union Governments need to seriously explore and survey these localities for identifying potential heritage sites and build them stepwise for the recognition and develop them for both national as well as international tourism.

Not every such site(s) developed or promoted will be successful in gaining UNESCO World Heritage site status. However, even if the process transforms a particular location into a regional tourist hub; it is still important in building local economy, earning foreign

exchange, helping in creating local jobs and employment opportunities to mention the least available success. India as a vast nation with complex ethnic distribution and her unique history, diversity and spectacular natural beauty has the potential and the opportunity to project more such sites and/or locations for global recognition. It is worth attempting to identify, promote and develop local infrastructure, build better connectivity and establish global heritage sites for international recognition. The task is challenging and needs substantial effort, money and manpower; but the reward is also equally great.

*Photo credits: S. K Basu, R. Sengupta, J. Nasker, F-J. Solorio-Sanchez, W. Cetzal-Ix, H. Elasmr, X. Wu, C. Yau, P. Zandi & R. Calvert*

## ABSTRACTS INVITED

National Conference on  
**IMPACT OF ENVIRONMENTAL CHANGES ON INDIAN ECOSYSTEMS**  
and XXIX Annual Conference of National Environmental Science Academy

*Jointly organised by:*

**NATIONAL ENVIRONMENTAL SCIENCE ACADEMY (NESA)**

&

**Department of Environmental Sciences & Limnology  
Barkatullah University, Bhopal, Madhya Pradesh**

**on 23-24 December, 2017**

**at Barkatullah University, Bhopal, Madhya Pradesh**

**Abstract Submission Deadline 05.12.2017**

**Last date of Registration 15.12.2017**

### CONFERENCE THEMES & SUB THEMES

- ❖ Changing Environment and Indian Biodiversity
- ❖ Changing Environment and Indian Forestry
- ❖ Changing Environment and Indian Crops
- ❖ Changing Environment and Indian Water Bodies
- ❖ Changing Environment and Indian Climates
- ❖ Changing Environment and Indian Food Security
- ❖ Changing Environment and Indian Soil & Microflora
- ❖ Changing Environment and Health
- ❖ Changing Environment and Seed Production
- ❖ Changing Environment and Marine Flora & Fauna

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Students of Business & Employment Bureau attending the World Environment Day 2017 at Hamdard National Foundation, N.Delhi



Students of Business Employment Bureau attending the talk of Prof. Javed Ahmad, President, NESA



Students of Business & Employment Bureau listening the talk on Sustainable Development Goals by Prof. Javed Ahmad, President, NESA



Shri Hammad Ahmed receiving the memento and a shawl from Prof. Javed Ahmad, President, NESA on the occasion of the World Environment Day 2017



Audience view of the Business & Employment Bureau Hall on the occasion of the World Environment Day 2017



Shri Hammad Ahmed and Shri SHH Mufti (in the front row) in the hall during the lecture with students of BeB.

conservation of medicinal plants like Ginkgo biloba, Rauvolfia serpentina etc. He explained in detail about the Sustainable Development.

He explained about the effects of various pollutants on human health and functioning of our body parts. He said that people should realize their duties towards the environment. He also focussed on the growth of urbanization and increase in registered vehicles which have led to environmental pressure and traffic congestion. He also explained how air pollution is attributed to traffic. He emphasized that public awareness is an important factor for addressing air pollution problems. He also pointed out that ozone level in Delhi air is at danger level in April - May 2017.

He told about emissions from coal based power plants. He laid

emphasis on monitoring of mercury emitted from thermal power plant. He explained that mercury affects neuro-system of our body. He said government must join hands with N.G.Os like Hamdard National Foundation / Jamia Hamdard and conduct research to come up with the ideas of monitoring the pollutants in the air of Delhi. Stringent actions have become inevitable.

In the last Prof. Javed Ahmad, President, NESA also presented a shawl and memento to Shri Hammad Ahmad, Business & Employment Bureau, Hamdard National Foundation, New Delhi on behalf of the Academy. **The work of BeB was appreciated by the NESA under "Sustainable Development Goals"**

At the end of program Mr. S.H.H. Mufti thanked Prof. Javed Ahmad for his talk and other participants.

## Ornamental Fishes

S. K. Basu

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Raising and selling ornamental fishes is a lucrative commercial enterprise that has the potential to generate local self-employment, help in earning foreign exchanges, build small local economic units and is an excellent hobby for lovers of colored fish species. Ornamental fish business is a global industry that has outlets in almost all countries across the globe and has huge turnover worth millions of US dollars. Large number of people is employed in the industry including collectors, producers, suppliers, whole sellers, retailers,

importers and exporters. The customer base include individuals ranging from six to sixty indicating a broad base; and one which is increasing every year as more and more people are turning into customers for their passion for various ornamental fish species. Collectors are ready to pay big money for

prized and rare species with unique fish morphology, shapes color, spots and forms.

Three distinct types of ornamental fishes are available in the market: freshwater, brackish water and marine. Of these three the cost and maintenance of marine ornamental fishes are highest and most profitable. However the management of freshwater species is the easiest and most cost effective both for producers as well as the customers and hence is the cheapest available in the market. However, it is important to note that the profession also needs some moderate to high quality education and training for producing, rearing and maintaining ornamental fishes. The maintenance of exotic marine species needs the highest investment, training and facilities for even a small or moderate size business operation. Unless fully well informed and well trained with adequate experience; venturing into

marine ornamental fish business is not advisable. However if executed properly; it is one of the most lucrative business sector within the ornamental fish industry.

Many high profile government buildings, corporate houses, elite hospitals, nursing homes and health centers, high end resorts, hotels, restaurants, pubs, eateries and shopping complexes are now opting for ornamental fish display on their facilities and campuses in addition to ornamental trees, shrubs and herbs; for recreational and beautification purposes. This has expanded the scope of the ornamental fish industry across the globe many folds. From a minor hobby centric operation; ornamental fish industry has been rapidly transforming into a major global,

profitable and expanding commercial business enterprise that has impressive turnovers. Bank loans, private funding and financing as well as short term local government supports are now being made available across the planet for establishing and promoting ornamental



fish business for self-employment and developing local economy.

However, it is important to note that the ornamental fish industry has also been criticized for the negligence and illegal harvesting of rare freshwater, marine and brackish water fish species without proper authorization and permission. Often the industry has been involved in exploiting wild species illegally harvested from various natural ecosystems and then illegally bred or hybridized to generate commercially desirable varieties impacting indigenous species populations, loss of rare endemic species, accidental introduction of predatory exotic species into local water bodies and also in pollution of local water bodies through improper and irresponsible management and handling of fish wastes.

Photo credit: S. K. Basu

## Awareness towards Elimination of Open Defecation

Dr. AK Gupta

General Secretary

National Environmental Science Academy, New Delhi



Open defecation refers to the practice whereby people go out in fields, bushes, forests, open bodies of water, or other open spaces rather than using the toilet to defecate. The practice is rampant in India and the country is home to the world's largest population of people who defecate in the open and excrete close to 65,000 tonnes of faeces into the environment each day.

Around 564 million people, which is nearly half the population of India, defecate in the open. India accounts for 90 per cent of the people in South Asia and 59 per cent of the 1.1 billion people in the world who practise open defecation.

Open defecation poses a serious threat to the health of children in India. The practice is the main reason India reports the highest number of diarrhoeal deaths among children under-five in the world. Every year, diarrhoea kills 188,000 children under five in India. Children weakened by frequent diarrhoea episodes are more vulnerable to malnutrition, stunting, and opportunistic infections such as pneumonia.

About 43 per cent of children in India suffer from some degree of malnutrition. Diarrhoea and worm infection are two major health conditions that affect school-age children impacting their learning abilities. Open defecation also puts at risk the dignity of women in India. Women feel constrained to relieve themselves only under the cover of dark for reasons of privacy to protect their dignity.

Open defecation exposes women to the danger of physical attacks and encounters such as snake bites. Poor sanitation also cripples national development: workers produce less, live shorter lives, save and invest less, and are less able to send their children to school.

### Combatting a culture of Open Defecation

In India, open defecation is a well-established traditional practice deeply ingrained from early childhood. Sanitation is not a socially acceptable topic, and as a result, people do not discuss it. Consequently, open defecation has persisted as a norm for many Indians. In addition to tradition and the communication taboo, the practice still exists due to poverty; many of the poorest people will not prioritise toilets and besides, many are living in rented homes without toilets.

Society does not view the lack of a toilet as unacceptable. Building and owning a toilet is not perceived as aspirational. Construction of toilets is still seen as the government's responsibility, rather than a priority that individual households should take responsibility for. The challenge is to motivate people to see a toilet as fundamental to their social standing, status and well-being.

A significant gap also exists between knowledge and practice. Even when people are aware of the health risks related to poor sanitation (specifically of not using a toilet and practising good hygiene), they continue with unhealthy practices.

The practice of open defecation is not limited to rural India. It is found in urban areas too where the percentage of people who defecate in the open is 12 percent, while in rural settings it is about 65 percent.

Open defecation in urban areas is driven by a number of reasons including, lack of space to build toilets in high-density settlements and tenants unwilling to invest in toilets where landlords do not provide them.

In rural India, open defecation is prevalent among all socio-economic groups although the bottom two wealth quintiles practice it most.

One of the main challenges faced in the drive to eliminate open defecation is the inadequate human resource base for sanitation. In sub-districts where they are most needed, there are no dedicated frontline workers to promote and implement sanitation strategies. While some states have now begun to recruit frontline workers, there are still no mechanisms for their training, management, and supervision.

Another key requirement is to integrate Social and Behaviour Change Communication (SBCC) elements into the government programme, Swachh Bharat Mission (SBM). Gram Panchayats (village governments) who receive resources from the SBM do not benefit from an SBCC drive to stimulate demand for toilets.

Equally, community approaches that involve systematic and structured Information, Education, and Communication (IEC) and Inter-Personal Communication (IPC) elements are not yet integrated in the SBM. The absence of SBCC activities means that many households that receive toilets have not demanded them. As a result, not all members of the household use the toilets because they do not know their benefits. In a small number of cases, no members of the household use the toilets, illustrating the need for more community-level information about sanitation.

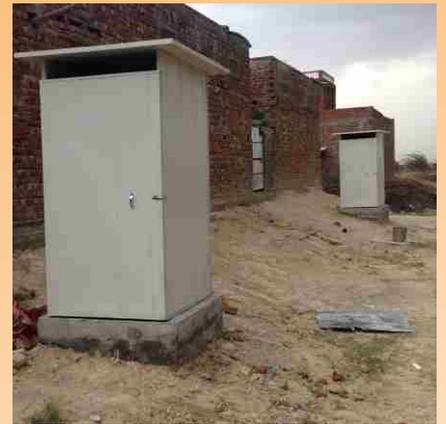
### Silver lining in recent years

In spite of the large number of people still practising open defecation, the Government of India has made progress in reducing the practice. The 2010 JMP report showed that 54 per cent of people were practising open defecation, translating to around 637 million people. According to the April 2014 update, this figure has come down to 48 per cent, or 595 million people, after taking into account population growth.

Although access to sanitation in rural India is improving, the increase is not equitable. Open defecation is still almost universal among the poorest 20 per cent of the population.

Progress has also been made in creating awareness about the many benefits of toilets, but many barriers to uptake still remain in rural India. A study by consulting firm Monitor Deloitte in 2012 in Bihar state showed that the majority of people interviewed wanted a toilet and a number had taken steps to find out how to get one.

Awareness campaigns, media exposure, and pressure from school-age children, are some of the drivers of this awareness. Further, with a growing population and increasing agricultural cultivation and urbanization, the number of spaces available for open defecation continues to reduce.



## Yoga Does Wonders for Your Body

Dr. AK Gupta

General Secretary

National Environmental Science Academy, New Delhi



Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most

well-known types of yoga are Hatha yoga and Rāja yoga.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra.

Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process. On December 1, 2016, Yoga was listed as UNESCO's Intangible cultural heritage.

In Sanskrit, the word yoga comes from the root yuj which means "to add", "to join", "to unite", or "to attach" in its most common senses. By figurative extension from the yoking or harnessing of oxen or horses, the word took on broader meanings such as "employment, use, application, performance" (compare the figurative uses of "to harness" as in "to put something to some use"). All further developments of the sense of this word are post-Vedic. More prosaic moods such as "exertion", "endeavour", "zeal", and "diligence" are also found in Indian epic poetry.

According to Dasgupta, the term yoga can be derived from either of two roots, yujir yoga (to yoke) or yuj samādhai (to concentrate). Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi (may be applied to a man or a woman) or yogini (traditionally denoting a woman).

The ultimate goal of Yoga is moksha (liberation), although the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

### "Yoga has five principal meanings"

1. Yoga, as a disciplined method for attaining a goal;
2. Yoga, as techniques of controlling the body and the mind;
3. Yoga, as a name of one of the schools or systems of philosophy (darśana);
4. Yoga, in connection with other words, such as "hatha-, mantra, and laya-," referring to traditions specialising in particular techniques of yoga;
5. Yoga, as the goal of Yoga practice."

According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time:



1. Yoga, is a meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation; illustration of this principle is found in Hindu texts such as the Bhagavad Gita and Yogasutras, in a number of Buddhist Mahāyāna works, as well as Jain texts.
2. Yoga, as the raising and expansion of consciousness from oneself to being coextensive with everyone and everything; these are discussed in sources such as in Hinduism Vedic literature and its Epic Mahābhārata, Jainism Praśamarati-prakarana, and Buddhist Nikaya texts.
3. Yoga, as a path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusive, delusive) and permanent (true, transcendent) reality; examples are found in Hinduism Nyaya and Vaisesika school texts as well as Buddhism Mādhyamaka texts, but in different ways.
4. Yoga, as a technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments; these are, states White, described in Tantric literature of Hinduism and Buddhism, as well as the Buddhist Sāmaññaphalasutta; James Mallinson, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

White clarifies that the last principle relates to legendary goals of "yogi practice", different from practical goals of "yoga practice," as they are viewed in South Asian thought and practice since the beginning of the Common Era, in the various Hindu, Buddhist, and Jain philosophical schools.

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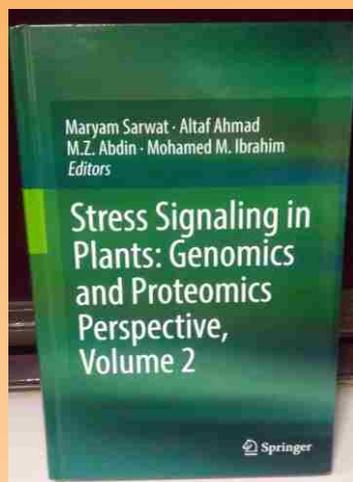
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## Stress Signaling in Plants: Genomics and Proteomics Perspective (Vol2)

Published by: Springer

Editors: Maryam Sarwat, Altaf Ahmad, M.Z. Abdin, Mohamed M. Ibrahim



This two-volume set takes an in-depth look at stress signaling in plants from a uniquely genomic and proteomic perspective and offers a comprehensive treatise that covers all of the signaling pathways and mechanisms that have been researched so far. Currently, plant diseases, extreme weather caused by climate change, drought and an increase in metals in soil are amongst the major limiting factors of crop production worldwide. They devastate not only the food supply but also the economy of a nation. With

global food scarcity in mind, there is an urgent need to develop crop plants with increased stress tolerance so as to meet the global food demands and to preserve the quality of our planet. In order to do this, it is necessary to understand how plants react and adapt to stress from the genomic and proteomic perspective. Plants adapt to stress conditions by activating cascades of molecular mechanisms, which result in alterations in gene expression and synthesis of protective proteins. From the perception of the stimulus to the transduction of the signal, followed by an appropriate cellular response, the plants employ a complex network of primary and secondary messenger molecules. Cells exercise a large number of noticeably distinct signaling pathways to regulate their activity. In order to contend with different environmental adversities, plants have developed a series of mechanisms at the physiological, cellular and molecular levels that respond to stress. Each chapter in this volume provides an in-depth explanation of what we currently know of a particular aspect of stress signaling and where we are heading. Together with the highly successful first volume, Stress Signaling in Plants: Genomics and Proteomics Perspective, Volume 2 covers an important aspect of plant biology for both students and seasoned researchers.

To,

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From

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