

Report on ‘Swachhta Pakhwada’
at
ICAR – Indian Institute of Oilseeds Research, Hyderabad
(December 28, 2020)

As per the directions from the council, ‘Swachhta Pakhwada’ activities are being conducted at ICAR-IIOR. The activities scheduled for December 28, 2020 were conducted at IIOR: **Video conference on linseed nutraceutical and fiber properties by Dr. Suma Mogali (2.00 PM), Senior Scientist, AICRP-Linseed from UAS-Dharwad.** IIOR scientists, AICRP scientists and others were participated in the program and informative discussions on fiber quality, polite project and value addition were held. Swachhta Pakwada posters were also displayed to create awareness of Swachhta.

Video conference: linseed nutraceutical and fiber properties

The image shows a screenshot of a video conference presentation. The main slide is titled "Genetic enhancement of linseed for nutraceutical and fibre properties" and is presented by Dr. Suma Mogali, Senior Scientist (Plant Breeding) at AICRP on MULLAP, MAES, University of Agricultural Sciences, Dharwad 580 005. The slide features several images: a linseed plant, a bottle of linseed oil, a field of linseed plants, and a close-up of a linseed seed. Below the title, there are smaller images of linseed plants and a "View Slides" button.

The second screenshot shows a slide titled "Natural phenolic glucosides..." with a list of compounds and their properties:

- **P-Coumaric acid.** This polyphenol is one of the main antioxidants in flax seeds.
- **Ferulic acid.** This antioxidant may help prevent several chronic diseases
- **Phytosterols.** -cholesterol-lowering effects
- **Lignans.** acting as both antioxidants and phytoestrogens. (up to 800 times more than other foods)

✓ Rich source of protein, 18 % fat, fibre and dietary minerals, thiamine, magnesium, potassium Phosphorous.

Brown flax seeds have slightly higher antioxidant activity than yellow varieties

- **Anti nutritional factors**
- **Cyanogenic glycosides.** thiocyanates -impair thyroid function in some people

phenolics, tannins

