



a green concern
Greenenergy

e-MAGAZINE

12TH YEAR 12TH EDITION

08.12.2020

PUBLISHED BY

ABHALMAYA FOUNDATION

CONTRIBUTED BY : STUDIO 888 ARCHITECTS

FROM EDITOR'S DESK

It is said that ,

Change is the law of nature. But I always say nature can only do it.

Changing colour's in various Moods, Seasons, Day – N – Night, Plants, altitudes can happen only in nature and by nature. Its always a lovely phenomenon to watch and experience it. Variety of those pleasure for colour's are the most exciting natural phenomenon and thus need to get feel of those regularly.

This issue must dedicated for THE COLOURS IN NATURE.

Right from VIBGYOR to black whole all in nature . Lets enjoy it continues till generations to come.

Ar. Pramod Chaugule

ADD COLOUR TO YOUR JOURNEY

Although India is a country of diverse landscapes, faiths and people, colour unites them. Colour brings people together with emotions more significant than any differences. Travelling across India, you will see vast differences in the landscape, the traditions and people, but the constant will be colour.

MASTER SAHIL S. CHOUGULE.

I
N
D
I
A

in
C
O
L
O
U

GREEN

India is largely an agricultural country, and the green of the harvest signifies happiness and new beginnings. The colour is considered a manifestation of god himself, as it epitomises nature. One of India's traditional folk tales tells of how the all-knowing blue of the sky came together with the golden yellow energy of the sun to create the emerald hue. Central to life and growth, after the dry summer, rain comes and brings new life in the colour green.

It is also the revered colour of Islam, a large religious presence in India. The prophet Muhammad named green as the colour of nature. It holds important significance in the faith and is widely used in the Koran in reference to paradise.

GREEN DOORWAY AT JAIPUR CITY PALACE



Known as 'Queen of the Spices', cardamom is the world's third most expensive spice and native to southern India.



Popular in all manner of Indian dishes, Okra is believed to increase brain power



Wearing green is believed to reinstate your energy and inspire harmony in others



A firm favourite in Indian cookery, coriander seeds are one of the main components of Gram Masala.

BLUE

Lord Krishna taught mankind the correct way to live, he is famous for his blue-toned skin. Blue represents power and life, it is also the colour of water. Water is a vital resource for an agricultural nation as it sustains all life on earth. Anything infinite is represented by blue, such as the ocean and sky, this is also why Krishna is depicted in blue.

Ringed by a high stone wall, Jodhpur rises out of the Thar Desert in Northern India and is the second largest city in Rajasthan. Known as the 'Blue City', Jodhpur stands in vibrant contrast to the surrounding scorched earth of the desert.

JODHPUR – THE BLUE CITY



Lord Krishna is believed to be the embodiment of divine joy and love, he destroys all pain and sin.



The national bird of India, the peacock is a symbol of beauty, grace, joy and love.



It's uncertain why the locals began painting their houses blue in the city of Jodhpur, but the city resembles an oasis in the desert.



The colour of peace and serenity, wearing blue is believed to have a calming effect.

YELLOW

Yellow is sacred and symbolises the balance of life, it is the centre colour between the shades of red and blue. The colour yellow shares the same healing qualities as the sun, emanating warmth, optimism and light. Yellow is the colour of spring and is worn to celebrate the Hindu festival Vasant Panchami. During this festival, celebrants wear yellow; the goddess Saraswati wears a yellow dress and yellow sweets and saffron rice are eaten.

The Harmandir Sahib, known as the Golden Temple, can be found in the city of Amritsar. It is the holiest Sikh Gurdwara, and welcomes people of all religions. Called India's Shining Star, the dome is gilded with 750kg of pure gold. This is a popular pilgrimage site rather than a tourist attraction and everyone is welcome to enjoy the serenity of the glistening temple.

GOLDEN TEMPLE - HARMANDIR SAHIB



The Amaltas Tree brings bright yellow to the landscape during India's dry season. The flowers are also an important part of religious festivals.



Lord Vishnu and his wife the Goddess Lakshmi, often called 'the ideal couple', are worshipped with marigolds.



Yellow is believed to have the same qualities as the sun, wearing yellow will rejuvenate and balance the mind.



Linked to fertility and the sun, turmeric is used in Indian wedding ceremonies to represent inner purity and pride.

RED

In Bengal, the colour red is symbolic of the Goddess Durga who is often seen draped in a red sari. The colour red can incite fear, but also stands for life giving purity; Indian brides often wear red on their wedding day. The colour also represents fertility and opulence.

The red tilak, a red mark placed on the forehead, is used universally across India as a ritual mark of welcome. The tilak symbolises the third eye of the Lord Shiva and is believed to protect the inner wisdom of those it is placed upon. The red bindi, a form of tilak, was traditionally a simple mark worn by married women. Believed to protect wives and their husbands, it is more common today as a decorative accessory.

Located in New Delhi, the Red Fort gets its name from its red sandstone walls. Built in 1638, it is surrounded by moats fed by the Yamuna River. Residence of the emperor of India for almost two hundred years, today visitors can get a taste for the splendour of the lives of the Maharajas.

THE RED FORT - NEW DELHI



Cultivated mainly in Jammu and Kashmir, saffron is a symbol of freshness and purity



Mace is derived from the lacy covering of the nutmeg shell, it is similar to nutmeg, but the flavour is stronger.



With many different varieties grown all over India, chilli is used by farmers to keep elephants away from crops.



Considered sacred throughout India, the Ashoka tree is often found in palace gardens and next to temples.

WHITE

White is a calm colour which represents serenity and spreads the message of peace. It is the colour from which all other colours emerge, and so stands for purity. The five main shades of white are represented in nature by the August moon, the conch shell, clouds when the rain is spent, the white surf of the sea and the fragrant white of Jasmine flowers. The colour softens the summer heat, reflects light and keeps the wearer cool.

Widows traditionally used to wear white, it is the colour worn at cremation ceremonies to say a peaceful farewell to the deceased. The colour marks the end of the human journey on earth and symbolises complete disconnection with the material world. The world's most iconic mausoleum, The Taj Mahal is crafted out of white marble as a memorial to Emperor Shah Jahan's beloved third wife, Mumtaz Mahal.

THE TAJ MAHAL – AGRA



The national flower of India, the Lotus signifies fertility, divinity, wealth, enlightenment and knowledge.



Jasmine is used in Indian wedding ceremonies to symbolise sensuousness and proximity between the couple.



White pepper is grown in southern India and has a warmer taste as it is left on the vine longer to mature.



Conch shells hold religious significance for both Hindus and Buddhists. Throughout Indian history it has been a symbol of power, authority and sovereignty.

The Importance of a Colorful Diet

Pack your plate full of color and boost your daily intake of important, and often overlooked, nutrients.

Colorful foods, which are generally fruits and vegetables, contain many of the vitamins and antioxidants we need – with few calories. Along with maintaining good health, the nutrients in vegetables and fruits work together to protect against cancer, heart disease, vision loss, hypertension and other diseases. Increasing fruits and vegetables in your diet is a great step to improve your health.

Red fruits and vegetables

Red fruits and vegetables protect our hearts. Red color in most fruits and vegetables contain antioxidants that reduce the risk of developing atherosclerosis, hypertension and high cholesterol. They also lower the risk of developing different types of cancer, including prostate cancer and protect against heart diseases and improve brain function.

Red Vegetables: tomatoes, radishes, red cabbage, beets

Red Fruits: red grapes, strawberries, watermelon, cherries, raspberries, pomegranates, cranberries, red apples

Blue and purple fruits and vegetables

Blue and purple fruits and vegetables help prevent heart disease, stroke and cancer. Blue and purple fruits and vegetables are very important for your memory and promote healthy aging. This food also protects urinary tract health and regulates healthy digestion.

Blue and Purple Vegetables: eggplant, purple cabbage, purple potatoes

Blue and Purple Fruits: blackberries, blueberries, purple grapes, plums, raisins, figs

Orange and yellow fruits and vegetables

Orange and yellow fruits and vegetables are packed with nutrients that are known to protect your nervous system promote eye health and prevent heart diseases. They also play an important role in maintaining skin health, boosting your immune system and helping build strong bones.

Orange and Yellow Vegetables: carrots, pumpkin, sweet corn, sweet potato, yellow pepper, yellow tomatoes

Orange and Yellow Fruits: yellow apples, apricots, oranges, grapefruit, peaches, mangoes, papaya, pears, pineapple

Green fruits and vegetables

Green fruits and vegetables protect your eye health, lowering the risk of developing age-related macular degeneration. Green leafy vegetables also contain folic acid which is very important for pregnant women as it reduces the risk that their baby will develop a birth defect. The essential

nutrients found in green vegetables and fruits protect you from cancer and high levels of bad cholesterol, regulate digestion and improve immune system functioning.

Green Vegetables: broccoli, spinach, cabbage, lettuce, Brussels sprouts, green beans, cucumbers, zucchini, peas, green pepper

Green Fruits: green apples, kiwi, green grapes, lime, avocado

White fruits and vegetables

White fruits and vegetables contain nutrients known to lower the level of bad cholesterol in your body as well as lower high blood pressure. They also have a great immune boosting effect on your body. Nutrients found in white fruits and vegetables minimize the risk of colon, prostate and breast cancer as well.

White Vegetables: potatoes, onions, mushrooms, cauliflower, turnips

White Fruits: bananas, white nectarines, white peaches, pears

What Color Is Your Diet

By Lisa Schweitzer

The Promise

Author David Heber, MD, says Americans don't get enough [fruits and vegetables](#) in their diets. His category system of colors makes it easier to fill in the nutrient gaps. By eating a wide range of [fruits and vegetables](#), you'll improve your overall health and [lose weight](#).

What You Can Eat and What You Can't

On the plan, you'll likely eat a lot more [fruits and vegetables](#).

You'll be eating one serving (1/2 cup cooked or 1 cup raw) a day from each of the diet's seven color categories:

Red: Lycopene-rich tomatoes, pink grapefruit, watermelon

Red/purple: Anthocyanin-rich grapes, berries, prunes, red apples

Orange: Alpha- and beta-carotene-rich carrots, mangoes, apricots, cantaloupe, winter squash

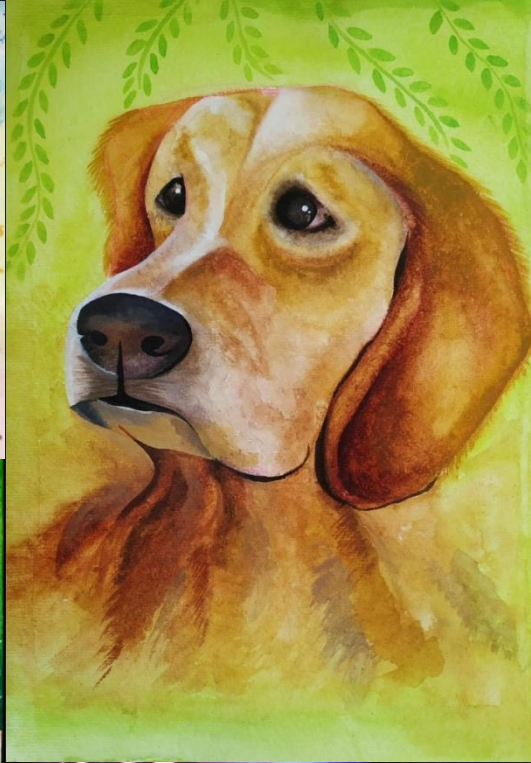
Orange/yellow: Carotenoid- and [vitamin C](#)-rich oranges, tangerines, peaches, nectarines, papaya

Yellow/green: [Lutein](#)- and zeaxanthin-rich spinach; collard, mustard, or turnip greens; corn; peas; avocado; honeydew melon

Green: Sulforaphane-, isothiocyanate- and indoles-rich broccoli, brussels sprouts, kale.

White/green: Flavonoid-rich garlic, onion, celery, pears, white wine, endive, chives.





Everyone has an opinion on colour, and each one is affected by it, as it is intimately tied to our entire lives. Light creates colour and form and is produced by the sun in different wavelengths.

When these light waves bounce off different objects, they create the sensation of colour.

This means that everything we see is **reflected light**.

People experience light as having three features: **color, brightness, and saturation**.

The **color** or hue of light depends on its **wavelength**, the distance between the peaks of its waves.

The **brightness** of light is related to **intensity** or the amount of light an object emits or reflects.

Brightness depends on light wave **amplitude**, the height of light waves.

Wavelength	——>	Color
Amplitude	——>	Brightness
Complexity	——>	Saturation

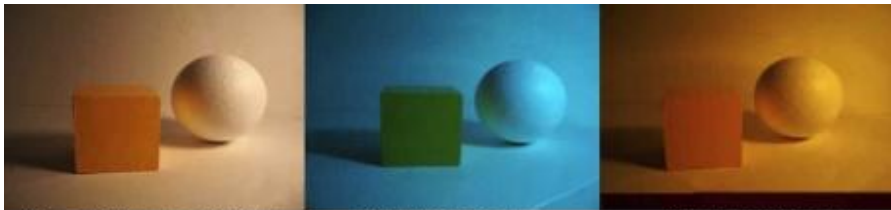
How does light affect colours?



Light is one of the many waves found on the electromagnetic spectrum. What differentiates light from the others is that it is the only one that can be detected by the human eye.

Objects appear different colours because they absorb some colours (wavelengths) and reflected or transmit other colours. The colours we see are the wavelengths that are reflected or transmitted.

White objects appear white because they reflect all colours. Black objects absorb all colours so no light is reflected.



Yellow Cube Reflected on a White Sphere

Yellow Cube, White Sphere and a Blue Light Source

Yellow Cube, White Sphere and a Yellow Light Source



Blue, Red, and Yellow Cubes Under a Standard Desk Lamp Light Source

Blue, Red, and Yellow Cubes Under a Blue Lamp



Blue, Red, and Yellow Cubes Under a Red Lamp

Blue, Red, and Yellow Cubes Under a Yellow Lamp

COLOUR OF OBJECTS

The value and intensity of a color are affected by the amount of light, too. In lower light, colors appear darker and less intense. As you increase the amount of light, the value lightens and the intensity increases until you reach its true color.

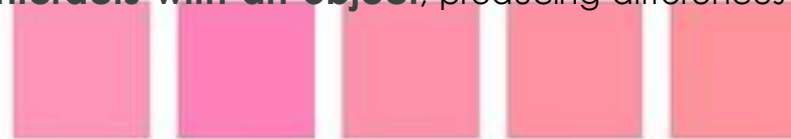
Light that comes from an eastern or western exposure is also warm. It cast a yellow to orange-yellow or red-orange tint that will change throughout the day as the sun moves across the sky. Light is softer and yellowish in the morning moving to intense and orange or reddish in late afternoon. Using colors that are warmer and less muted will help the color to work even when the sun is not streaming in.

Halogen lighting is nearly white and the closest to natural light on a clear day around noon. Fluorescent lighting is more bluish although now some fluorescent bulbs produce light band that is close to daylight. Incandescent lighting produces a yellowish light.

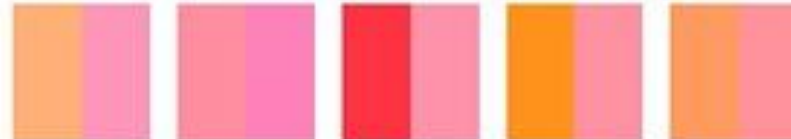
Illuminant metamerism describes the phenomenon in which two different colors appear to be identical within one lighting condition but not another and it presents special challenges for color matching.

For example, a sweater may appear to be a perfect match to a pair of pants under the fluorescent lights of the dressing room, but exposure to daylight reveals drastic chromatic differences. This is due to the fact that color perception is the product of how **light interacts with an object**, producing differences in how color information is interpreted based on illuminant source.

Sunlight (D65)



Phosphorus (SP30)



White RGB LED



Fluorescent (F4)



Incandescent



This chart illustrates how metameric colors appear the same under certain illuminants and drastically different under others.



1 Blue

Natural fancy blue diamonds are very rare, and nothing to feel blue about.

They often appear with grey, black and green secondary hues, due to the presence of trace elements of boron (in the case of the former two secondary hues) and nitrogen (in the case of the latter).



2 Pink

- We feel pink about pinks, which acquire their color due to a naturally-occurring realignment of the diamond crystal during its formation.
- They are often accompanied by secondary hues such as red, orange and purple, making purely pink diamonds very rare. Most pinks originate in Rio Tinto's Argyle mine in Northwest Australia.



3

Yellow

Greenenergy a green concern

Natural yellow diamonds are popular the world over due to their pleasing hue and “sunny” disposition. Also known as canary diamonds (without the chirp of a real canary), their intensity spans seven steps from faint to deep.

They acquire their yellow color because of the presence of nitrogen during their formation.



4

Orange

Natural orange diamonds, unlike natural oranges, do not have vitamin C; but they are extremely rare and acquire their color due to a particle structure of the carbon atoms that make up the stone, as well as the presence of nitrogen.

Orange diamonds often have secondary hues, including red and yellow, making a pure natural orange diamond a true collector’s item.



You'll be green with envy gazing at natural green diamonds, which acquire their color because of exposure to radiation during their formative process.

Green diamonds of pure color (no secondary hue) are extremely rare, second only to pure natural red diamonds as the most exotic stones in the world.



Natural brown diamonds occupy a more affordable position on the color diamond value spectrum. At one time, these stones were less popular, but thanks to a marketing effort spearheaded by Rio Tinto, whose Argyle mine is their predominant source, they have soared in desirability, and in value.

Natural brown diamonds are playfully identified as cognac (for light brown), champagne (for medium brown) and chocolate (for dark brown) diamonds, and if you owned one, there would definitely be something worth toasting.



7 Black

These stones are the unicorns of the fancy color diamond family because they defy one of diamonds' ironclad properties: the immutability of their color. Chameleon diamonds have the ability to temporarily change their color, catalyzed by either a reaction to temperature or light, depending on the type of Chameleon stone in question.

Chameleon diamonds always appear in some sort of color combination (usually some combination of green, yellow, brown and/or gray) and are never found in either a pure color or marked as intense or vivid. For all our science, we still do not know exactly why this phenomenon occurs, making Chameleons extremely rare and valuable.



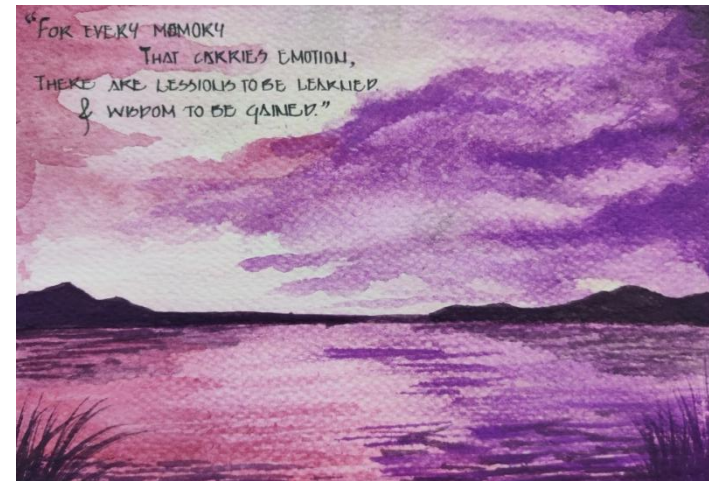
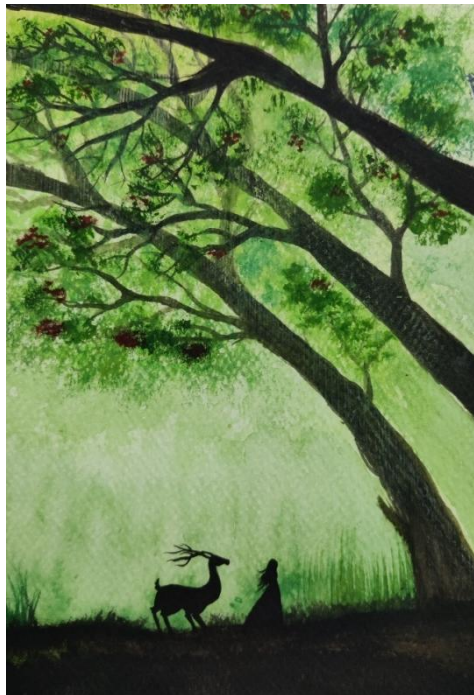
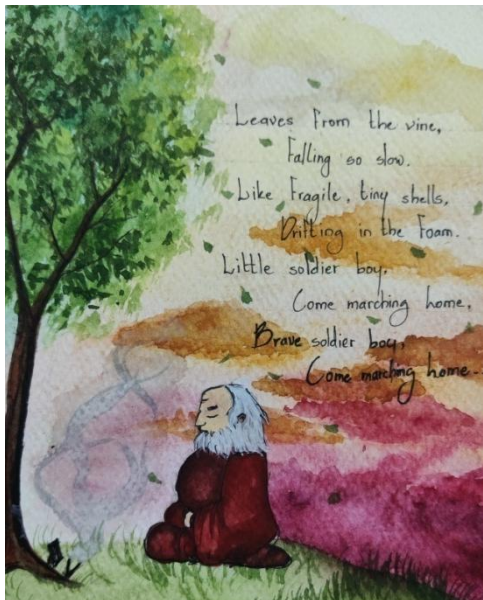
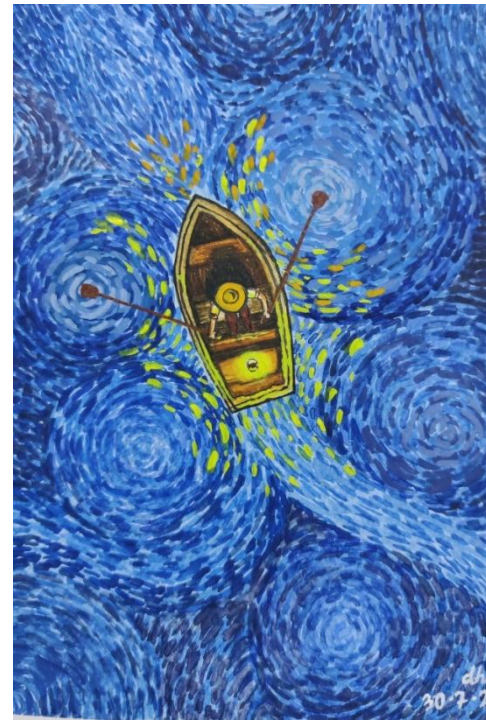
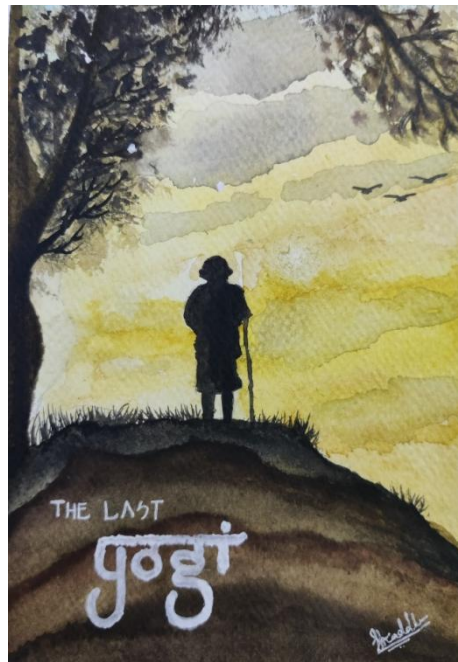
Er. Mukul Satpute

8 Violet/Purple

Natural violet, or purple, diamonds are extremely rare in their pure color form, and almost always appear with a secondary hue, usually blue or grey.

Their unique color occurs because of the presence of hydrogen during their formation. These rare gifts of nature originate in Australia's Argyle mine.





Monochromaticity in paintings

COLORS OF MOUNTAINS

Ar. Ankita Hinjalagi


THERE ARE DIFFERENT COLORS OF MOUNTAINS ON THE PLANET EARTH AS WELL IN THE UNIVERSE.

- The mountains differ in color and in some of them there are ways of different colors as **white, various shades of red and dark black.**

- The colors of the mountains change as they are affected by water and its nature and the nature of the surrounding environment , temperature , the weather conditions like rainfall , humidity ,typology and geography.

- And we couldn't see these changes immediately because it occurs at intervals of time ranging from thousands of years to million of years.

It was recently shown that there is a continuous change in the mountains colors due to the rain that falls on it, even that some scientists say that the change in the color of rocks in mountains is due to the nature of rain and their interaction with this rain.



MOUNTAINS WITH GREENERY



- There are maximum amount of **biodiversity** found in these ranges.
- These mountains are generally made up from volcanic activities and having heavy rainfall

BRIGHT RANGES



- The sea level of these mountains are higher .
- Heavy snowfall during all over the seasons gives the bright and snowy color to the mountains.

SHADES OF BROWN



- The desert mountains have various colors of brown rocks and cliffs all over the ranges below the clean blue sky.
- Rainfall is very low and you will found a plant just like a **mirage**.

RAINBOW MOUNTAINS

■ The rainbow mountains are a geological wonder of the world. These mountains are known for their otherworldly colors that mimic a rainbow painted over the tops of rolling mountains.



■ The sand and silt was deposited with iron and trace minerals that provided it with the key ingredient to form the colors we see today

COLOURS OF BREAD (ROTI) :

Er. Ujwala Rupanar

Roti is a healthy and regular Indian diet dish. There are many ways in which rotis are prepared. Regular roti is made with whole wheat flour which is rich in carbs, fiber and protein. This helps boost your body energy. According to ayurveda roti helps you to balancing vata, pitta and cough. There are many more benefits of consuming Indian roti.

DIFFERENT COLOURS OF ROTI :

Different ingredients are used to make roti which gives different and unique colour to it.

MAKKI ROTI :

Makki means corn and this roti is made using maize flour or yellow corn flour. This gives a yellow hue to this roti.

It is made on tawa and is served with piping hot sarson ka saag. Makki ki roti and sarson da saag is a classic dish of Punjab.



THALIPITH :

This Maharashtrian chapati is made with two different kinds of flours- bajra and jowar. Along with flour it also has rice, chickpea, chana and spices in it. Some people also add vegetables in this which makes it wholesome and healthy. Thalipeeth is served with yogurt or ghee. It is also very popular in some parts of Karnataka



CHAPATI :

This is prepared everyday in many of the households, especially in North India. It is made using whole wheat flour and is cooked on the tawa which is a flat skillet. The word chapati comes from the Hindi language which means a slap. It is called chapati because the dough is slapped between the hands during the preparation. It is a round, flat unleavened bread.

PARATHA :

These are made with wheat flour and are a meal in itself. There are two types of parathas plain and stuffed. The stuffings can be of any vegetables but the most common is aloo paratha, other stuffings include cauliflower, onion, radish, egg and paneer. You can have it with butter, curd or just as it is.



NAAN :

A variant of roti made using refined flour(maida) the same maida dough when deep fried is known as bhatura.

RAGI ROTI :

A popular dish in southern India, ragi roti is made with veggies, spices, chillies and onions and is also called 'ragi adai'. A stuffed and healthy roti recipe that is perfect to pack for lunch or serve in dinner.



ROOMALI ROTI :

Another very distinctive among the numerous types of rotis in the Indian food pantheon is the roomali roti that is exactly what it sounds like. Thin and soft like rumals or handkerchiefs, rumali roti indeed comes folded like one and does up curries so brilliantly that you could go on and on about them forever. In fact with their light essence, both to the appearance and to the stomach, these rotis can be gulped up numerously at once.



TIKKAR :

Made of wheat and maize flour, tikkars are dry and chewy unleavened rotis that come from the desert regions of Rajasthan. Made with ghee and flavoured with ginger, garlic, coriander et all, these rotis are crisp enough to harden quite fast. Also called crunchy rotis, tikkars make for humble snacks that are done up with just some pickle and curds for accompaniment.

PCPC : TRUPESH PATEL

Studio 888, C S No 13700
Local Board Colony, Near Udyog Bhavan
SANGLI-416416
MAHARASHTRA, INDIA
[+91 888 842 4888](tel:+918888424888)
abhalmaya888@gmail.com