Advertised under Rule 41 (1) of Geographical Indications of Goods (Registration & Protection) Rules, 2002 in the Geographical Indications Journal 166 dated November 30, 2022

#### G.I. APPLICATION NUMBER - 716

Application Date: 04-11-2020

Application is made by Jaya Seeds Producer Company Limited at Jayapur, Jakhini, District: Varanasi - 221 305, Uttar Pradesh, India for Registration in Part A of the Register of **Banaras Langda Aam (Mango)** under Application No. 716 in respect of Mango falling in Class - 31 is hereby advertised as accepted under Sub-section (1) of Section 13 of Geographical Indications of Goods (Registration and Protection) Act, 1999.

A) Name of the Applicant : Jaya Seeds Producer Company Limited

B) Address : Jaya Seeds Producer Company Limited,

Jayapur, Jakhini,

District: Varanasi - 221 305, Uttar Pradesh, India

Facilitated By:

Department of Agriculture and Farmers Welfare,

Government of Uttar Pradesh.

C) Name of the Geographical Indication:

# **BANARAS LANGDA AAM (MANGO)**



D) Types of Goods : Class 31 - Mango

# E) Specification:

Banaras Langda Aam has originated as a superior chance seedling near Banaras. The size of the Banarsi Langra is medium to large, ovate, base round to slightly flatten, shoulders equal. Beak minute but distinct, sinus slight to absence, skin green and thin, flesh fibreless, yellowish in color, scented, highly melting, very sweet.

The stone of Banaras Langda Aam is very small, flattened, and oval. Weight of an average Banarsi Langra Aam fruit is about ¼kg. Fruit quality of Banarsi Langra Aam is very good.Banarsi Langra Aam season is from early week of July to 3<sup>rd</sup> week of July. Banarsi Langra Aam is a heavy yielder.

Banaras Langra Aam is also a very good source of vitamin-B6 (pyridoxine), vitamin-C and vitamin-E. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals. Vitamin B-6 or pyridoxine is required for GABA hormone production within the brain.

Banaras Langra Aam composes moderate amounts of copper. Copper is a co-factor for many vital enzymes. Banarsi Langra Aam peel is also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols.

Morphology: Growth of Banaras Langra Aam Details:	
Tree Height	12.53 Meter
Trunk Girth	1.89 Meter
Fruit Weight	293.60 gm.
Fruit Length	9.63 cm
Fruit Breadth	7.70 cm
Leaf Specification of Banaras LangraAam	
Oval-lanceolate shape (flat to slightly folded)	
Length of Blade	21.93 cm.
Length of Lamina	18.95 cm
Breadth of Lamina	4.75 cm.
Length of Petioles	2.98 cm.
Length of Pulvinus region	1.20 cm
Length breadth of Lamina	4
Length of Petioles Pulvinus	0.42
Length of Lamina Petiole	6.67
Flowering behavior of Banaras LangraAam	
Date of First appearing Flower:	12th January
Date of 50% Flowering:	23rd February
Date of 100% Flowering:	10th March
Size of Panicle (cm):	15.41
Number of Male Flower:	254.38
Number of Hermaphrodite Flower:	503.59
No. of Hermaphrodite flower per panicle:	
North direction	656.13
South direction	498.50
East direction	394.38
West direction	465.00
Total No. of Flower	757.97
Genetic Resource and Pulp percentage and pulp stone ratio of Banaras Langra Aam:	
Pulp percentage	87.74
Pulp Stone Ratio	7.29
Total soluble solids	19.95
Reducing Acidity	0.34
Total soluble solids / Acid ratio	58.67
Yield (kg.)	97.3
Color of Fruit	Yellowish Green
Time of Maturity	2nd week of July

Fruiting behavior of Banaras LangraAam:	
Mustered size of Fruits/Panicle:	171.25
Pea size of Fruits/Panicle:	6.25
Marble size of Fruits/Panicle:	1.75
Matured Fruits/Panicle:	0.88
Fruit Drop (%):	87.05
Seed: Embryony	Monoembryonic

- Banarsi Langra Aam is one of the leading commercial mango varieties of North India which is known for mildly flavored flesh and with a distinct pleasant taste, colour, quality and taste.
- Due to Banaras Langra Mango quality, flavor and taste, it has attracted many researchers for cloning of this variety.
- > Banaras Langra Mango is a delicious and widely cultivated fruit because of the flavor and nutritional quality.
- Banaras Langra fruit had the highest stone, peel, pulp and fruit.
- In an evaluation trial found high fruit yields in Banaras Langra 122.27kg/plant.
- ➤ Banarsi Langra weighs about 370g per fruit

### F) Description:

Nomenclature of Banaras Langra Mango: Different opinions are there regarding the name of Langra Mango partial lameness or deformity in one of his leg, and hence named Langra, meaning lame; (b) the mother tree of this variety is said to have been partially destroyed by a great storm that swept over Banaras with the result that it presented a lame appearance; (c) the mother tree first originated in a village named Langra near Banaras. It is also known as Banarasi Langra, Langarhi, David Ford, Ruh-e-afza, Tikari and Har-dil-aziz. Tree medium, moderately vigorous, spreading; top rounded. Fruit mediul, ovate; base rounded to slightly flattened; stalk inserted squarely, shoulders equal and level; beak slight but distinct; apex rounded; skin medium thick, smooth, green; flesh firm to soft, fibreless, lemon yellow; flavor strong, pleasant; taste sweet butwith a subacid tinge; juice moderately abundant; stolze medium, flattened, oval, covered with fairly dense, short and soft fiber all over. Fruit quality very good; bearing heavy but having irregular tendency, early to mid-season (end of May to end of July in Varanasi, Uttar Pradesh.

**Banaras Langra mango** is a high-quality mango fruit that should feature no or very less fiber content and minimal tartness. Langra Mango seed (stone) a single embryo. Health benefits of Langra Mangoes are rich in prebiotic dietary fiber, vitamins, minerals, and polyphenolic flavonoid antioxidant compounds.

According to a new research study, Langra mango fruit has been found to protect against colon, breast, leukemia and prostate cancers. Several trial studies suggest that polyphenolic antioxidant compounds in mango are known to offer protection against breast and colon cancers. Langra Mango fruit is an excellent source of Vitamin-A and flavonoids like beta-carotene, alphacarotene, and beta-cryptoxanthin. 100 g of fresh fruit provides 765 IU or 25% of recommended daily levels of vitamin-A. Together; these compounds have been known to have antioxidant properties and are essential for vision. Vitamin A is also required for maintaining healthy mucosa and skin. Consumption of natural fruits rich in carotenoids is known to protect from lung and oral cavity cancers. Fresh mango is a good source of potassium.

- It is one of the most popular varieties grown in India. It has a wide adaptability scion character, which are very much dominant. This makes fruit quality excellent.
- It is an important cultivar of North India. It began as a seedling in Banaras. Tree is exceptionally overwhelming and spreading.

- It is a substitute conveyor that requires all the more planting separation because of its life. It is an overwhelming yielder among all varieties.
- Natural product size is medium, light green at development. It is extremely solid in character with lovely flavor famous in the world and known for its sweetness, richness and unique flavor.
- Banaras Langra is the prominent variety of mango and one of the most superior varieties and known for its awesome taste and flavour with thin skin.
- Langra maintains its green color after it gets ripe.
- Mango cultivar Langra, primarily grown in northern India, is harvested during the 2nd week of July. Being climacteric fruit, mango ripens rapidly after harvest (Yadav and Patel 2014). India leads in production of mango worldwide. Under natural conditions, ripening of mango fruits produces heterogeneous batches, therefore, the major challenge is to ensure uniform ripening of mango and reduce post-harvest losses.
- The required optimum temperature for mango ripening varied from cultivar type and ecological conditions. Langra mango ripening takes place under variable temperatures.

**100g fruit provides 156 mg of potassium while just 2mg of sodium.** Potassium is an important component of cell and body fluids that helps in controlling heart rate and blood pressure.

Banaras Langra Mango Origin and Adaptation: Langra a local selection from Banaras area, chance seedling, early to midseason, large scale popular commercial variety of the mango belt.

Tree: Medium large, moderately vigorous, spreading, rounded, tendency for alternate bearing high.

**Leaf:** Foliage medium dense, light green, leaf elliptical, midrib curvature medium, twisting absent to weak, medium concave, undulation medium, length 18-20, width 5-7, petiole 3-4 cm, tip acute, base broad, upper surface smooth, veins grooved, fragrance medium, new flush light pink.

**Inflorescence:** Medium to long, well branched, medium compact, medium pink, flower light pink.

**Mature Fruit:** Skin light green, size medium, ovate, neck absent, stalk medium to bold, cavity absent to weak, base obliquely round to flattened, apex round, left shoulder elevated, beak absent to weak, sinus weak to medium, fruit length 9-11, breadth 6-8, thickness 6-7 cm, weight 250-350g, skin medium smooth, bloom light to medium, lenticels density medium, size medium, conspicuous, whitish, store well.

**Ripe Fruit:** Light green turns yellow on over ripening, skin medium thin, flesh lemon yellow, texture firm, juice high, fibers scanty, fragrance medium, flavor good, very sweet, TSS 20-21%, acidity 0.18-0.19%.

**Stone and Seed**: Small, oblong, thin, medium rigid, fibers low, long, sparse on ventral edge, length 7-9, width 4-6, thickness 2-3 cm, seed medium, monoembryonic.

**Yield:** Good leading Characters of Banaras Langra: A chance seedling from Banaras area, medium early maturing mango, tree medium large, spreading, rounded, fruit medium, ovate, light green at maturity and ripening, sinus weak to medium, lenticels medium, conspicuous, skinsmooth, flesh lemon yellow, texture firm, fibers scanty, juice high, flavor good, sweet, mild aromatic, stone thin, medium rigid, store well.

# G) Geographical area of Production and Map as shown in page no:

Geographical area of demarcation for "Banaras Langda Aam(Mango)" is Varanasi, Mirzapur Chandauli, Sonebhadra, Ghazipur and Ballia. Major part of Banaras Langda Aam cultivation is existing under Banaras Division.

- (1) Varanasi District is situated 25°.20" N latitude &83°.00" E longitudes
- (2) Mirzapur District is situated 25°.15" N Latitude and 82.58" E longitude.
- (3) Jaunpur District situated 25°.46" N Latitude & 82°.44" East Longitude
- (4) Chandauli District is situated 26°.00" N latitude and 83°.16" E longitude.
- (5) Ghazipur District is situated 25°.19" North Latitude & 83°.40" E Longitude.
- (6) Ballia District is situated 28°.11' N Latitude &79°.22' E Longitude

# H) Proof of Origin (Historical records):

## **History and Culture of Varanasi:**

Varanasi, also known as Banaras or Kashi is a magnificent city on the bank of Ganga in Uttar Pradesh. Banarasi Langra Mango farming was an important grove in the Banaras division which was part of the United Province, many Gazetteers of the British period and after that U.P. Govt. has clearly mentioned the importance and Geographical area of Langra mango cultivation. Ghazipur, Ballia, Jaunpur, Sonebhadra, Mirzapur and Chandauli was part of Banaras Division at the time of United Province also is known as important mango cultivation area and famous for Langra mango which known for their unique taste, size, color, and specific feeling at the time of eating as its fragrance. Now the Banaras Langra mango is going abroad through the export initiative taken by Govt. of India, Ministry of Commerce, and APEDA. With the support of local Banaras Langra mango growers and District Administration.

Several Gazetteer of India, Government documents, articles, research papers, the Historians, travelers, media publications have prominently and exclusively mentioned about Langra Mango as such:

#### Gazetteers of India Uttar Pradesh Varanasi - 1965

The district of Varanasi (formerly known as Banaras or Benares) is named after the headquarters city which lies on the left bank of the river Ganga and has been held sacred by the Hindus since very early times. According to the Atharva Veda Varanasi (the chief city of the Kashi) was connected with the river Varunavatibut the name Varanasi is probably derived from a combination of the names of the Varuna and the Assi, affluents of the Ganga, between "which the city is situated, having been described thus in the Puranas. Varanasi is mentioned in the Ramayana and the Mahabharata as being the capital of the kings of the realm of Kashi. It has also been mentioned in Jain. Buddhist and classical Sanskrit literature. The appellation Varanasi seems to have been corrupted into Banaras, a name which continued in official use till May 24, 1956, when the State Government changed it back to Varanasi.

- (1) Langra Mango farming in the Varanasi division, has clearly mentioned in the Imperial Gazetteer Provincial Series Gazetteer References, Volume-II, 1908, Page No.125, 159, 175, The Benaras District contains many small marshy lakes or Jhils, some of which attain a length of several miles during the rains, but most of them are almost dry in the summer. Benares lies entirely in the Gangetic alluvium, and kankar is Geology the only stone found. Saline efflorescence called reh is not uncommon, especially in the Chandauli tehsil. Mango and bamboo are largely planted, and fine groves are numerous. Fruit is also largely grown, and Benares is famous for its mangoes and guavas.
- (2) It has also been mentioned in the Benares A Gazetteer, By H.R. Nevill, ICS, Volume-XXVI, 1909, Page No.15 The commonest tree is the mango, which does exceedingly well in this soil and climate. Banaras is particularly famous for its fruit. The other trees are those which are found everywhere throughout the Gangetic plain.

- (3) Uttar Pradesh District Gazetteer, Varaansi, 1965, Page No.121 In 1957-58 the total area covered by fruits like Bananas, Mangos, Guavas, Aonla etc. was 3127 acres and the area was covered by vegetables.
- (4) Ballia A Gazetteer, Volume-XXX, by H.R. Nevill, ICS, 1907, Page No.16 In the Ballia district mango cultivation which is prominently Banarasi Langra Mango due to the same climatic, soil, water, Gangetic plane condition and linking with the Banaras Division, Langra Mango farming has mentioned – The commonest trees seen in this district are the Bargad or banyan, the mango, kathal or jackfruit varieties.

It has also been mentioned in the various Gazetteers of the British period as well as Govt. of Uttar Pradesh and prominently mentioned in the many research articles, books, journals and newspapers.

- (1) Banaras Langda (**Ref.:** African Journal of Agricultural Research, Volume-9, Number-19, Dated 15<sup>th</sup> May,2014).
- (2) **Ref.:** Clonal variability studies in "langra" mango (Mangifera indica L.) using morphological, biochemical and molecular markers Ankita Anu1, Bishun Deo Prasad, Ravindra Kumar, Pankaj Kumar, Vishwa Bandhu Patel and Rudra Narayan Jha)
- (3) Langra is the prominent variety of mango and one of the most superior varieties of Mango from Northern India, Langra mangoes are originally from Varanasi, Uttar Pradesh. Most popular variety grown in India Wide (**Ref.:** IIVR, Varanasi.)
- (4) **Ref.:** Evaluation of Mango (Mang/fera indica Linn.) Varieties / Hybrids under Agro-Climatic Condition of Chhattisgarh Plains M.Sc.(Ag.) Thesis By Kadam Dattatraya Gowndrao Department of Horticulture College of Agriculture Indira Gandhi Agricultural University Raipur (C.G.).
- (5) **Ref.:** An evaluation of mango (Mangifera indica L.) germplasm for future breeding programme Manveen Kaur, J. S. Bal, L. K. Sharma and S. K. Bali Department of Horticulture, Khalsa College, Amritsar, Punjab, India.
- (6) **Reference** from APEDA Report about the status of Mango cultivation in India and in the Global context. It has clearly mentioned about the Varanasi district and most important area of production Page No.6.
- (7) Ref.: Journal of Experimental Biology and Agricultural Sciences Effect of The Height of Root-Stock on the success of Soft-Wood Grafting in Six Cultivars of Mango, By Deependra Yadav, A.K. Pal, S.P. Singh - Department of Horticulture, Institute of Agricultural Sciences, Banaras Hindu University, Varanasi-Uttar Pradesh.
- (8) Ref.: International Journal of Current Microbiology and Applied Sciences Effect of Pre-Harvest Foliar Spray of Micronutrients on Chemical Properties of Mango Cv. Langra at Ambient Storage Conditions By Rashmi Pawar1 , C.P. Singh1 , P.P. Singh2 and R. Meena3 \* - 3Department of Soil Science and Agricultural Chemistry, Institute of Agricultural Sciences, Banaras Hindu University, Varanasi-UP.
- (9) Ref.: International Journal of Bio-resource and Stress Management 2017 Evaluation of Mango (Mangifera indica L.) Cultivars for Flowering, Fruiting and Yield Attributes By T. S. Hada\* and A. K. Singh Dept. of Horticulture, Institute of Agricultural Sciences, BHU, Varanasi, Uttar Pradesh.
- (10) **Ref.:** Journal Evaluation of mango (Mangifera indica L.) cultivars for physical characteristics and quality parameters of fruit under indo-gangetic plains By Tejraj Singh Hada & Anil Kumar Singh Department of Horticulture, Institute of Agricultural Sciences, Banaras Hindu University, Varanasi- UP,

## I) Method of Production:

The Banarsi Langra Aam cultivators have been practicing traditional methods from the early age of mango cultivation. The techniques adopted by the Banarsi Langda cultivation are as follows:

**Land Preparation**: Land is ploughed, cross-ploughed and then leveled before preparatory tillage and layout. The land is then leveled, thoroughly ploughed and divided with blocks.

The planting distance varies according to the vigour of the cultivars, fertility status of the soil and general growth and conditions in the area. Where excessive growth of the tree is expected, a spacing of 10x10 meter is suggested.

There are two planting seasons for mango namely spring and monsoon. The best time for planting in the plains is during the monsoon when there is sufficient humidity in the atmosphere.

Planting is done during the wet season while there is an adequate supply of moisture for quick establishment of roots. While planting, the vigour and growth pattern of the trees is considered. Grafted trees tend to be shorter than seedling trees. Generally, however, plants are spaced 20-25ft apart giving approximately 75-100 trees per acre. The planting should be done in the cool hours of the evening.

**Irrigation**: No watering is required during the monsoon except in the intervening spells of dry weather. From the second year, during the winter, water may be given to the young trees at intervals of a week and during the hot weather at intervals of four to six days or even at shorter intervals depending upon the nature of the soil and severity of the weather.

After five years, the mango trees will grow and bear fruits satisfactorily without irrigation. Irrigation should be stopped at least 2-3 months before flowering, because this period usually promotes vegetative growth and adversely affects flowering.

**Pruning**: Pruning is the art of removing scientifically certain portions of a plant with a view to producing superior quality of fruits. Pruning of any kind, according to its severity, changes the nutritive condition within the tree. It has been reported that pruning can be helpful in overcoming the problem of irregular bearing in mango.

**Manuring**: Manures are applied in September - October. The application of manure to mango trees depends upon factors such as climatic conditions, and above all, the nutrient status of the soil. It is recommended to get the soil tested at regular intervals before giving a dose of manure. Nitrogen is the most important nutrient required. Regular applications of nitrogen promote healthy growth of flushes and flower production especially if potash and phosphorus are present in sufficient quantities.

### Canopy management:

- Remove root stock sprouts and low lying branches nearer to ground to facilitate easy cultural operations.
- Remove overlapping, intercrossing, diseased, dried and weak branches in old trees to get good sunlight and aeration.
- Carry out judicious pruning of the internal branches during August September, once in three years.
- Avoid flowering upto three years by removing the inflorescences as and when they appear. Retain two healthy shoots by trimming away the weak shoots among the crowded terminal shoots during August-September annually. Prune back 20 cm of annual growth of the terminals immediately after harvest.

### Top working of senile orchards for rejuvenation:

Behead the trees to be the top worked portion during July- August leaving the main trunk at a convenient height and allow for new shoots to develop. Adopt cleft method of grafting or softwood grafting on the emerging shoots on the main stem from the cut end during September- October.

Fruit fly Spraying of Fenthion 2 ml/lit or malathion 2 ml/lit will control the pest. Ploughing the inter spaces will expose the pupae. Pheromone trap with methyl eugenol 1 ml in 1 litre of water + 1 ml of malathion solution will attract and kill the female insects. Take 10 ml of this mixture per trap and keep them in 25 different places in one hectare between 6 a.m. and 8 a.m. Collect and destroy the fallen fruits.

**Harvesting**: Various non-destructive indices can be used to determine Banarsi Langda mango fruit harvest maturity for the fresh market, including external color, size, changes in appearance in the fruit shoulder area, and waxiness of the skin.

Destructive indices used for determining harvest maturity include internal pulp color and % soluble solids content. Grower experience, which uses a combination of these indices, is also a reliable way to determine when to harvest.

The most obvious index of fruit maturity is external skin color. As the fruit matures, the skin color will change from green to yellow. Normally sized fruits which have started to turn yellow are ripe and ready for immediate harvest.

**Grading:** The harvested fruits should first be graded according to size and appearance, although this is not the usual practice.

Ripe fruits and damaged fruits of relatively poor quality are usually retained for local markets and better types are packed for distant places.

**Packaging** is an essential prerequisite for maintaining good appearance and quality of the produce on reaching the marketing centers. The most common practice in Varanasi is to pack the fruits in bamboo baskets of 50 to 100 fruits capacity.

**For Export:** Each individual fruit of mango will be enclosed in a clean, white, soft, expandable and netted type polystyrene sleeve to prevent bruising before packing in a box.

- The mangoes must be packed in insect-proof boxes. If ventilated boxes are used, all the ventilator openings of the box should be covered with insect-proof screen and all the sides of the box should be sealed with adhesive tape to prevent any entry of pests.
- The materials used inside the package must be new, clean, and of a quality such as to avoid causing any external or internal damage to the product.
- The use of materials, particularly of paper or stamps bearing trade specifications is allowed, provided the printing or labeling has been done with non-toxic ink or glue.
- Mangoes shall be packed in each container in compliance with the Recommended International Code of Practice.

### J) Uniqueness:

Banaras Langra Mango has mentioned in the various important records of Govt. of Uttar Pradesh and prominently mentioned in the many research article, books, journals and newspapers including various Gazetteers of the British period with the concern geographical area of Banaras Division. Now the Banaras Langra mango is going abroad mainly in Gulf countries and Landan through the export initiative taken by Govt. of India, Ministry of Commerce, and APEDA with the support of local Banaras Langra mango growers and District Administration. This Banaras Langra mango has

known fortheir unique taste, size, color, and specific feeling at the time of eating as its fragrance. The people were waiting for the whole year for this unique mango of the Banaras division.

- 1) Banarasi Langra contains highest pulp stone ratio
- 2) Maximum fruit weight is recorded in Banarasi Langra
- 3) The fruits from this tree were sweet and fleshy. The tree and its fruits, and over a period of time this variety, became famous as the 'langra' variety.
- 4) Banaras Langra maintains its green color after it gets ripe, while other mangoes change into yellow-reddish color.
- 5) Banarsi Langra Aam is the prominent variety of mango and one of the most superior varieties and known for its awesome taste and flavour with thin skin.
- 6) Banarsi Langra Aam maintains its green color after it gets ripe, while other Langra aam is believed to have originated in Banaras for Langra aam majorly.
- 7) Maximum volume of fruit recorded in Banarsi Langra Aam
- 8) Maximum Sugar recorded in Banarsi Langra Aam
- 9) The highest ascorbic acid recorded in Banarsi Langra Aam Langra is medium in size, has an oval shape and is green in color
- 10) The bright lemon-yellow flesh of the Langra is super juicy and flavorsome
- 11) Langra, which is medium in size, has an oval shape and is green in color. The bright lemonyellow flesh of the Langra is super juicy and flavorsome and is scarcely fibrous. Many of us may wonder the reason behind this strange name
- 12) Banarsi Langra mango is a good source of Vitamin-A, C & E with the combination of sugar juice and helpful in increasing sex power. It not only tastes good but has many health benefits.
- 13) It helps in fighting cancer: Banaras Langra mango contains antioxidants gallic acid and methyl gallate. All these properties protect our body against breast cancer, colon cancer, prostate cancer and leukaemia.
- 14) **Helps in maintaining cholesterol level:** Banaras Langra mango contains high levels of vitamin C, fibre and pectin making it a perfect fruit that helps in controlling high cholesterol level.
- 15) It helps in cleansing skin: Another benefit of eating mangoes is that it cleanses your skin from deep inside your body. It treats pores and gives a glow to your skin. Hence, eat mangoes to get flawless skin.
- 16) **Helps in regulating diabetes:** Eating mango leaves are great to regulate diabetes. So, people suffering from diabetes should boil 5-6 mango leaves in a vessel. Soak it overnight and drink the filtered decoction early in the morning. Also, mango has a low glycemicindex, eating mango in moderation will not increase your blood sugar level.
- 17) Helps in alkalizing your body: As Banaras Langra mangoes are enriched with tartaric and malic acid and contain traces of citric acid, it helps in maintaining the alkali reserve of our body.
- 18) A way to lose weight: As mango contains a lot of vitamins and essential nutrients, eating one mango makes you feel fuller. Also, as it is loaded with fibrous content, it boosts the digestive function and burns unwanted calories from the body. This, in turn, helps in losing extra weight.
- 19) An Aphrodisiac fruit: Banaras Langra mango is also known as the "love fruit". It has the aphrodisiac qualities which also increase virility in men. So, have mangoes and enhance your love and passion.
- 20) **For healthy eyes:** Banaras Langra mangoes are also loaded with vitamin A, making it a perfect fruit to improve eyesight. It also prevents night blindness and dry eyes.
- 21) Aids good digestion: The enzymes in mangoes help in breaking down protein content in the body. Enriched with fibre, mangoes aid good digestion and prevent many stomach related diseases.

- 22) **Prevents heat stroke:** This summer fruit also helps in preventing heat stroke. Eating it cools you down instantly and hence refreshes you. Add this "super fruit" in summer and stay cool during the hot weather.
- 23) Help in strengthening the immune system: Banaras Langra mangoes also contain vitamin C, A and other different kinds of carotenoids. All these essential nutrients are beneficial for your immune system keeping it strong and healthy.
- 24) **Use it as a body scrub:** Apart from eating, applying mango scrub on your body gives you a smoother and tender skin. A paste by mashing Banaras Langra mango and adding honey and milk to it. Gently massage and leave on for 10-15 minutes and then wash it offto get a great skin.
- 25) Contains high iron content: The high iron content in mango is a natural remedy for anemic people. Also, women should eat mangoes to increase iron level and calcium content in their bodies.

# K) Inspection Body:

Following internal watchdog is an independent and neutral agency which will maintain the quality of the GI product and authorized to regulate the use of Geographical indications.

- 1. One Representative from Department of Horticulture, Government of Uttar Pradesh having office at Varanasi,
- 2. One Representative from District Administration.
- 3. Representative of NABARD, Uttar Pradesh
- 4. One Representative from Human Welfare Association, Varanasi
- 5. One Representative from Traders and Exporters of this GI Product.
- 6. Representative of related Applicant FPO (Farmers) and concern NGO.
- 7. Representative of related Producers / cultivators / farmers and related Awardees.

## L) Others:

Now the Banaras Langda Aam is exporting from Varanasi and in this summer season, it has exported to Gulf countries and London International market with the support of APEDA and District Administration, Varanasi.



Gi Journal No. 166 November 30