

Story of the Lotus

Called **Pamposh** پمپوش in Kashmiri and **Kanwal** کنول in Urdu, **Asian Lotus** is one of the two species of Lotus found in the world.

How does the lotus grow in water?

Lotus has **rhizomes**- special root systems that anchor the plant and carry nutrients. This provides stability to the whole plant and prevents it from getting uprooted due to strong water or wind currents.

Activity

Have you seen how lotus rhizome or **nadru** is harvested from lakes? Go along with a farmer in a naav or shikara and see how they are collected, and help with the harvesting! Try and have a conversation about harvest techniques and how this has changed over the years. Was it different earlier? Write a story about this and share it with us.

Did you know?
Lotus is pollinated by **Bees** and **Beetles**!



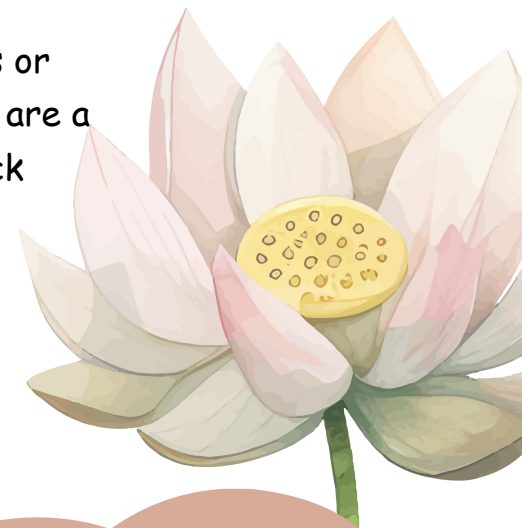
The leaves of a lotus are **ultra-hydrophobic**- they do not absorb water and dust. This has inspired many products, such as wall and car paints, stain and water repellent coatings for clothes, and umbrellas.

Eurasian Moorhen, called **Tyech** in Kashmiri is a common water bird seen around Lotus.

They walk on the lotus leaves looking for fish and insects to eat!



Lotus seeds or '**Pumm-Buchh**' are a tasty snack



Nature Walk Time!

Go on a walk around the lakes where lotus grows and see if you can spot any animals and make a list of the animals you see. They can be insects, birds, fish, anything.