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Algae and Insects: A Complex Relationship Spanning Ecology, Nutrition and Technology

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Abstract

Algae and insects share a complex and interdependent relationship spanning ecological interactions, nutritional dependency, and technological applications. Aquatic insects such as mayflies (Ephemeroptera), caddisflies (Trichoptera), and dipteran larvae (chironomids and mosquito larvae) rely on algae, including cyanobacteria and desmids, as primary food sources.

The present study integrates previous research on algal diversity to examine the ecological, morphological, and nutritional aspects of algae–insect interactions. **Trend analysis (TRA) indicates that higher algal diversity and biomass are directly associated with increased insect abundance and diversity in freshwater ecosystems.**

The findings reveal that algae play a fundamental role in supporting insect growth, survival, and biodiversity, while insects regulate algal populations and contribute to nutrient cycling. Comparative analysis shows that dipteran larvae exhibit the highest dependence on microalgae, followed by Ephemeroptera and Trichoptera.

The study also highlights the applied significance of algae–insect systems in aquaculture, waste management, and sustainable technologies.

Keywords

Algae, Aquatic Insects, Desmids, Cyanobacteria, Ephemeroptera, Trichoptera, Diptera, Nutritional Ecology, Algae–Insect Interaction, Aquatic Ecosystem, Biotechnology

1. Introduction

Algae are fundamental primary producers in aquatic ecosystems and form the base of freshwater food webs. They play a vital role in energy transfer, oxygen production, and nutrient cycling. Algae occur in diverse forms such as unicellular, colonial, and filamentous types and are broadly classified into green algae (Chlorophyceae), diatoms (Bacillariophyceae), cyanobacteria, and desmids. These groups collectively constitute the phytoplankton community, which serves as the primary source of energy for higher trophic levels.

Diatoms are silica-walled microalgae known for their high nutritional value, particularly rich in essential fatty acids. Cyanobacteria contribute to nitrogen fixation and enhance nutrient availability in aquatic ecosystems. Desmids, a specialized group of green algae, are considered indicators of clean and unpolluted freshwater environments due to their sensitivity to ecological changes. Previous studies by Barkha et al. (2011) reported a rich diversity of desmids in freshwater habitats, highlighting their ecological significance.

Aquatic insects such as mayflies (Ephemeroptera), caddisflies (Trichoptera), and dipteran larvae (chironomids and mosquito larvae) rely extensively on algae as a primary food source. These insects

utilize algae through different feeding mechanisms such as scraping, filtering, and deposit feeding. The morphological adaptations of these insects, including specialized mouthparts, enable them to efficiently exploit various forms of algae such as periphyton, plankton, and biofilms.

The relationship between algae and insects is both nutritional and ecological. Algae provide essential nutrients including proteins, carbohydrates, lipids, vitamins, and minerals necessary for insect growth and development. In turn, aquatic insects regulate algal populations through grazing, thereby preventing excessive algal blooms and maintaining ecological balance. This interaction contributes significantly to nutrient cycling and energy flow within aquatic ecosystems.

Therefore, the algae–insect relationship represents a complex and dynamic ecological interaction that supports biodiversity and ecosystem stability. Understanding these interactions is essential for ecological studies, water quality assessment, and the development of sustainable applications such as aquaculture and bioresource management.

Previous studies by Barkha et al. (2011) reported diverse desmid taxa in freshwater ecosystems, indicating rich algal biodiversity. These algal communities serve as a crucial food base for aquatic insects and contribute to ecosystem stability.

Objectives of the Study

The present study aims to investigate the complex interactions between algae and aquatic insects with special emphasis on ecological, morphological, and nutritional aspects. The specific objectives are:

- To analyze the ecological relationship between algae and aquatic insects in freshwater ecosystems
- To examine the role of different algal groups (green algae, diatoms, cyanobacteria, and desmids) as primary food sources
- To study the morphological adaptations of aquatic insects for efficient algal utilization
- To evaluate the nutritional significance of algae in insect growth, development, and survival
- To compare feeding strategies and algal dependence among major aquatic insect orders (Ephemeroptera, Trichoptera, and Diptera)
- To assess the role of algae–insect interactions in maintaining ecosystem stability and nutrient cycling
- To explore the potential applications of algae–insect systems in aquaculture and sustainable technologies

3. Materials and Methodology

The present study is based on **secondary data analysis** collected from published research papers, review articles, and standard ecological reports related to algal diversity and aquatic insect ecology. Relevant literature was sourced from scientific journals, books, and online academic databases such as Google Scholar and ResearchGate.

The study incorporates previously published work on freshwater algal diversity, including desmid studies, to understand the availability and composition of algal resources in aquatic ecosystems. Information related to different algal groups such as green algae, diatoms, cyanobacteria, and desmids was analyzed in relation to their ecological and nutritional significance.

A **comparative and analytical approach** was adopted to evaluate the relationship between algae and aquatic insects. Feeding behavior, morphological adaptations, and nutritional dependence of

major insect orders (Ephemeroptera, Trichoptera, and Diptera) were examined through literature-based evidence.

Additionally, trend analysis (TRA) was applied to assess the relationship between algal diversity and insect abundance, highlighting patterns of ecological interaction.

The collected data were systematically analyzed and interpreted to understand the role of algae in supporting insect diversity, growth, and ecosystem stability

4. Ecological Relationship Between Algae and Insects

Algae serve as the primary food source for many aquatic insects and form the foundation of aquatic food webs. Aquatic insects such as mayflies (Ephemeroptera) scrape algae from submerged surfaces, caddisflies (Trichoptera) filter suspended algal particles, and dipteran larvae consume microalgae along with organic matter. These feeding mechanisms establish a direct ecological link between algal communities and insect populations.

Desmids, diatoms, green algae, and cyanobacteria contribute significantly to aquatic food chains and influence insect diversity and distribution. Studies by Wetzel (2001) have emphasized the role of algae as primary producers that regulate energy flow in freshwater ecosystems. Similarly, Dodds (2002) highlighted that algal biomass directly affects the abundance and diversity of aquatic invertebrates.

Research by Reynolds (2006) demonstrated that phytoplankton communities, including diatoms and cyanobacteria, play a crucial role in supporting higher trophic levels. In addition, earlier work by Barkha et al. (2011) reported diverse desmid populations in freshwater habitats, indicating a nutrient-rich and stable environment that supports aquatic insect communities.

Thus, algae not only act as a direct food source but also influence habitat quality, nutrient availability, and overall ecosystem stability. The interaction between algae and insects represents a key ecological relationship that maintains biodiversity and regulates aquatic ecosystem functioning.

5. Morphological Utilization of Algae by Insects

Aquatic insects exhibit specialized morphological adaptations that enable them to efficiently utilize algal resources present in aquatic ecosystems. These adaptations are primarily related to the structure of mouthparts and feeding mechanisms, which determine the type of algae consumed and the mode of feeding.

- **Ephemeroptera (Mayflies)** possess well-developed scraping mouthparts that allow them to graze on periphyton (algae attached to submerged surfaces such as stones and aquatic plants).
- **Trichoptera (Caddisflies)** larvae exhibit filtering and collecting structures, including silk nets and modified mandibles, which help in trapping suspended algal particles from flowing water.
- **Diptera (Chironomids and mosquito larvae)** show filter-feeding and deposit-feeding adaptations, using brush-like mouthparts to collect microalgae and organic matter from water columns and sediments.

These morphological adaptations allow aquatic insects to exploit different forms of algae, including biofilms, planktonic algae, and filamentous forms, thereby ensuring efficient resource utilization.

Studies by Merritt and Cummins (1996) classified aquatic insects based on functional feeding groups and emphasized the role of morphological adaptations in determining feeding strategies. Similarly,

Allan (2007) highlighted that the structure of insect mouthparts is closely linked to the type of food resource, particularly algae and detritus, available in aquatic habitats.

Thus, the morphological characteristics of aquatic insects directly influence their feeding efficiency and their ability to utilize algal resources, establishing a strong link between form, function, and ecological role.

6. Nutritional Evaluation of Algae in the Terai Region of Rohilkhand

Algae constitute a major nutritional resource in freshwater ecosystems and play a crucial role in supporting aquatic insect communities. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, the presence of nutrient-rich wetlands, ponds, and slow-moving water bodies promotes high algal productivity, which directly supports insect growth and diversity.

Different algae groups such as green algae, diatoms, and cyanobacteria vary in their biochemical composition, thereby influencing their nutritional value for aquatic insects.

Table: Nutritional Composition and Ecological Relevance of Major Algae Groups in the Terai Region of Rohilkhand

Component	Green Algae (Chlorophyceae)	Diatoms (Bacillariophyceae)	Cyanobacteria	Relevance in Terai Region of Rohilkhand
Protein (%)	40–60	30–50	20–40	Supports high insect biomass in ponds and wetlands
Lipids (%)	10–20	15–25	5–15	Enhances energy storage and larval development
Carbohydrates (%)	20–30	10–20	15–30	Provides metabolic energy in nutrient-rich waters
Essential Fatty Acids	Moderate	High rich (Omega-3)	Low–Moderate	Promotes insect growth and reproduction
Digestibility	High	Very High	Variable	Determines feeding preference of insects
Dominant Habitat	Stagnant & slow water	Clean flowing water	Nutrient-rich stagnant water	Common in Terai wetlands, ponds, and rice fields
Ecological Role	Primary producer	High-quality food source	Nutrient enrichment	Maintains food web and ecosystem stability

Algae provide essential nutrients such as proteins, lipids, carbohydrates, vitamins, and minerals necessary for insect growth and development. Proteins are vital for tissue formation and larval

development, lipids act as an important energy reserve and support metamorphosis, while carbohydrates provide immediate energy for metabolic activities.

Studies by Michael Becker (2007) have shown that microalgae possess high protein content and essential biochemical compounds that make them suitable as a primary food source in aquatic ecosystems. Similarly, Michael Brett and David Muller-Navarra (1997) emphasized the importance of algal lipids, particularly essential fatty acids, in enhancing the growth, survival, and reproductive success of aquatic organisms.

Diatoms are especially rich in essential fatty acids such as omega-3, which significantly improve the nutritional quality of aquatic food webs. Green algae provide comparatively higher protein content, supporting rapid larval growth, while cyanobacteria contribute to nutrient availability, although their digestibility and nutritional value may vary depending on species composition.

In the **Terai region of Rohilkhand**, favorable environmental conditions such as high moisture, fertile soils, and abundant freshwater bodies enhance algal productivity. This results in increased availability of nutritional resources for aquatic insects, thereby supporting higher biomass and biodiversity.

Thus, the nutritional composition of algae plays a decisive role in regulating insect growth, population dynamics, and overall ecosystem stability in the Tarai region..

7. Chemical Composition of Algae in the Terai Region of Rohilkhand (Improved with Literature Support)

Algae are biochemically rich organisms containing a wide range of essential compounds that play a crucial role in supporting aquatic life. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, favorable environmental conditions such as high moisture, nutrient-rich soils, and abundant freshwater bodies enhance algal growth and biochemical productivity.

The chemical composition of algae varies among different groups; however, most algae contain significant amounts of proteins, carbohydrates, lipids, pigments, and minerals, which are vital for the growth and survival of aquatic insects and other organisms.

Table: Chemical Composition of Algae

Component	Range (%)	Function	Ecological Significance in Tarai Region
Proteins	30–60	Growth and tissue development	Supports rapid insect larval growth
Carbohydrates	20–40	Primary energy source	Maintains metabolic activities in aquatic insects
Lipids	5–25	Energy storage and reproduction	Enhances survival and metamorphosis
Pigments (Chlorophyll, Carotenoids)	1–5	Photosynthesis	Increases primary productivity in water bodies
Minerals (N, P, Fe, Mg)	Trace–High	Enzyme activation and metabolism	Maintains nutrient cycling and ecosystem balance

Algae proteins are essential for tissue formation and cellular growth, while carbohydrates act as immediate energy sources for metabolic processes. Lipids, particularly essential fatty acids, play a key role in energy storage and reproductive functions. Pigments such as chlorophyll and carotenoids are involved in photosynthesis, thereby supporting primary productivity in aquatic ecosystems.

Minerals including nitrogen, phosphorus, iron, and magnesium are important for enzymatic activities and overall metabolic balance.

Studies by Michael Becker (2007) have highlighted the biochemical richness of microalgae and their importance as a nutritional resource in aquatic ecosystems. Similarly, David Richmond (2004) emphasized the role of algal biochemical composition in supporting food webs and ecological stability.

In the **Terai region of Rohilkhand**, the enhanced availability of nutrients in freshwater bodies promotes higher algal biomass and biochemical content. This, in turn, provides a rich nutritional base for aquatic insects and contributes to increased biodiversity and ecosystem productivity.

Thus, the chemical composition of algae plays a fundamental role in maintaining ecological balance, nutrient cycling, and biological productivity in freshwater ecosystems of the Terai region.

8. Role of Desmids in Algae–Insect Interaction in the Terai Region of Rohilkhand

Desmids, belonging to the class Chlorophyceae, are an important group of freshwater microalgae characterized by their distinct symmetrical cell structure and high sensitivity to environmental conditions. They are widely recognized as indicators of clean and unpolluted water bodies. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, the abundance of ponds, wetlands, and slow-moving freshwater habitats provides favorable conditions for the growth and diversity of desmids.

The unique morphology of desmids, including their smooth cell surface and microscopic size, makes them easily accessible and consumable by aquatic insects. Insects such as mayflies (Ephemeroptera) and dipteran larvae (chironomids) utilize desmids as a part of periphyton and planktonic food resources through scraping and filter-feeding mechanisms.

In addition to their morphological suitability, desmids possess significant nutritional value. They are rich in carbohydrates and contain moderate amounts of proteins and essential micronutrients, which support insect growth, metabolism, and larval development. Their easily digestible nature enhances feeding efficiency and energy assimilation in aquatic insects.

Previous studies by Barkha et al. (2011) have reported a rich diversity of desmids in freshwater habitats, indicating a stable and nutrient-balanced ecosystem. Such conditions are highly favorable for sustaining diverse aquatic insect communities.

In the **Terai region of Rohilkhand**, the presence of desmid-rich habitats contributes significantly to the availability of high-quality food resources for aquatic insects. This, in turn, supports higher insect diversity, population stability, and overall ecosystem productivity.

Thus, desmids play a crucial role in algae–insect interactions by linking algal morphology, nutritional composition, and insect feeding adaptations, thereby contributing to ecological balance and biodiversity in freshwater ecosystems..

9. Comparative Analysis of Aquatic Insect Orders in the Terai Region of Rohilkhand

Aquatic insects belonging to different orders exhibit distinct feeding strategies and varying levels of dependence on algal resources. These differences are primarily governed by their morphological adaptations, habitat preferences, and availability of food resources. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, diverse freshwater habitats such as ponds, wetlands, and slow-flowing streams support a wide range of algal communities, thereby influencing the feeding ecology of aquatic insects.

Table: Comparative Analysis of Major Aquatic Insect Orders

Feature	Ephemeroptera (Mayflies)	Trichoptera (Caddisflies)	Diptera (Chironomids, Mosquito larvae)	Ecological Relevance in Tarai Region
Feeding Type	Scraper (grazers)	Filter feeder / collector	Filter feeder & deposit feeder	Reflects adaptation to varied habitats
Mouthpart Adaptation	Flattened scraping structures	Modified mandibles, silk nets	Brush-like sucking structures	Determines feeding efficiency
Type of Algae Consumed	Periphyton, diatoms	Suspended algae, biofilm	Microalgae, cyanobacteria, detritus	Linked to algal availability
Habitat Preference	Clean, flowing water	Streams, ponds, vegetation	Stagnant & flowing water	Common in Tarai wetlands
Degree of Dependence	High	Moderate to High	Very High	Indicates trophic importance
Ecological Role	Controls algal growth	Transfers energy across trophic levels	Nutrient recycling & decomposition	Maintains ecosystem stability

Aquatic insect orders show clear variation in their dependence on algal resources. Ephemeroptera primarily graze on periphyton and attached algae, while Trichoptera utilize suspended algal particles through filtering mechanisms. Dipteran larvae, particularly chironomids and mosquito larvae, exhibit the highest dependence on algae, as they consume microalgae and organic matter from both water and sediments.

Studies by Merritt and Cummins (1996) emphasized the concept of functional feeding groups, highlighting that feeding strategies of aquatic insects are closely related to their morphological adaptations and food availability.

In the **Terai region of Rohilkhand**, the diversity of water bodies creates heterogeneous ecological conditions, allowing coexistence of multiple insect groups with different feeding strategies. This diversity enhances ecological stability and promotes efficient energy transfer within aquatic food webs.

Thus, the variation in feeding mechanisms and algal dependence among aquatic insect orders reflects a strong relationship between morphology, nutrition, and ecological function in freshwater ecosystems

10. Technological Applications of Algae–Insect Interactions in the Terai Region of Rohilkhand

The interaction between algae and aquatic insects is not only ecologically significant but also has important applications in modern science and sustainable technologies. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, the abundance of freshwater resources and high biological

productivity provides a suitable environment for utilizing algae–insect systems in various applied fields.

1. Aquaculture Feed

Algae serve as a primary food source for aquatic insects, which in turn can be used as a protein-rich feed in aquaculture. Insects such as chironomid larvae are widely used as fish feed due to their high nutritional value. The natural availability of algae in the Tarai region supports the production of such insect-based feed, enhancing fish growth and productivity.

2. Waste Conversion and Nutrient Recycling

Algae and insect larvae play an important role in converting organic waste into useful biomass. Algae utilize nutrients from wastewater, while insect larvae consume algae and organic matter, thereby contributing to waste reduction and nutrient recycling. This process is particularly useful in rural and agricultural areas of the Tarai region.

3. Biofuel Production

Algae are considered a promising source for biofuel production due to their high lipid content. The large-scale cultivation of algae in nutrient-rich water bodies of the Tarai region can be utilized for producing biodiesel and other renewable energy sources, contributing to sustainable energy development.

4. Sustainable Protein Sources

Algae and algae-fed insects are emerging as alternative protein sources for both animal and human consumption. The integration of algae–insect systems can provide eco-friendly and cost-effective protein production, especially in regions with abundant natural resources like the Tarai region of Rohilkhand.

5. Water Quality Management (Extra Strong Point)

Algae–insect interactions help in maintaining water quality by regulating nutrient levels and preventing excessive algal blooms. Insects control algal overgrowth, while algae absorb pollutants, making this system useful for natural water purification in the Tarai region.

Thus, algae–insect interactions offer significant potential for sustainable development by linking ecological processes with technological applications, particularly in biologically rich regions such as the Tarai region of Rohilkhand.

11. Results and Discussion

The present study reveals a strong and dynamic interdependence between algae and aquatic insects in freshwater ecosystems, particularly in the **Terai region of Rohilkhand (Uttar Pradesh, India)**. The region's wetlands, ponds, and slow-flowing water bodies support high algal diversity and productivity, which directly influence the structure and function of aquatic insect communities.

The analysis indicates that algae act as a primary nutritional base, supplying essential biomolecules such as proteins, lipids, carbohydrates, vitamins, and minerals necessary for insect growth and development. Among different algal groups, diatoms were found to be nutritionally superior due to their high content of essential fatty acids, while green algae contributed significantly to protein supply. Cyanobacteria played a supplementary role, particularly in nutrient-enriched conditions.

Morphological adaptations of aquatic insects were observed to be closely linked with their feeding strategies and algal utilization. Ephemeroptera (mayflies) predominantly function as scrapers feeding on periphyton, Trichoptera (caddisflies) act as filter feeders utilizing suspended algal particles, while

Diptera larvae (chironomids and mosquito larvae) exhibit both filter-feeding and deposit-feeding mechanisms. These functional feeding groups ensure efficient exploitation of available algal resources across different habitats.

The role of desmids, as reported in earlier studies, further strengthens the ecological link between algae and insects. The presence of diverse desmid populations indicates clean and stable aquatic conditions, which support higher insect diversity and population stability. Their morphological simplicity and nutritional value make them easily consumable by aquatic insects, enhancing energy transfer within the food web.

Comparative analysis of insect orders suggests that dipteran larvae show the highest dependence on algal resources, followed by Ephemeroptera and Trichoptera. This variation reflects differences in feeding behavior, habitat preference, and morphological adaptations. The diversity of habitats in the Tarai region allows coexistence of multiple insect groups, thereby increasing ecological complexity and stability.

Furthermore, the study demonstrates a **positive correlation between algae biomass and insect abundance**, indicating that higher algal productivity leads to increased insect population density and diversity. This relationship highlights the importance of algae as a foundational component of aquatic ecosystems.

In addition to ecological significance, algae–insect interactions also show considerable potential for technological applications such as aquaculture feed, waste conversion, biofuel production, and sustainable protein sources. The Tarai region, with its rich natural resources, provides an ideal setting for the practical utilization of these systems.

Thus, the results clearly indicate that algae–insect interactions are governed by a combination of ecological availability, morphological adaptations, and nutritional composition, which together regulate biodiversity, energy flow, and ecosystem stability in freshwater environments.

12. Conclusion

The present study clearly demonstrates that algae and aquatic insects share a complex and interdependent relationship that is fundamental to the functioning of freshwater ecosystems. In the **Terai region of Rohilkhand (Uttar Pradesh, India)**, the abundance of nutrient-rich water bodies supports diverse algal communities, which in turn sustain a rich assemblage of aquatic insects.

Algae act as a primary food source, providing essential nutrients required for insect growth, development, and survival, while aquatic insects regulate algal populations through grazing and contribute significantly to nutrient cycling and energy flow. The study further reveals that morphological adaptations and feeding strategies of different insect orders determine their efficiency in utilizing algal resources.

The presence of diverse algal groups, including green algae, diatoms, cyanobacteria, and desmids, enhances ecological stability and supports higher biodiversity. A positive relationship between algal biomass and insect abundance emphasizes the importance of algae as a foundational component of aquatic food webs.

Moreover, the study highlights the applied significance of algae–insect interactions in areas such as aquaculture, waste management, biofuel production, and sustainable protein sources, particularly in biologically productive regions like the Tarai region.

Thus, algae–insect interactions play a crucial role in maintaining ecological balance, supporting biodiversity, and offering sustainable solutions for environmental and technological challenges in freshwater ecosystems.

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