

1 **Persistence of Circannual Rhythms under Constant Periodic and Aperiodic Light**
2 **Conditions: Sex Differences and Relationship with the External Environment**

3

4 Puja Budki¹, Sangeeta Rani¹ and Vinod Kumar^{1,2*}

5 ^{1,2}DST IRHPA Center for Excellence in Biological Rhythm Research

6 ¹Department of Zoology, University of Lucknow, Lucknow 226 007

7 ²Department of Zoology, University of Delhi, Delhi 110 007

8

9

10 Running head: Circannual rhythms in a tropical finch

11

12 *Corresponding author

13 Email: drvkumar11@yahoo.com

14

15

16

SUMMARY

17 The timing and duration of gonadal phases in the year indicates that breeding cycles are
18 regulated by endogenous mechanisms. The present study on tropical Spotted Munia
19 (*Lonchura punctulata*) investigates whether such mechanisms are based on circannual
20 rhythms, and whether circannual rhythms between sexes differ in their relationship with the
21 light environment. Birds were subjected to 12 h light per day (12L:12D), alternate days of
22 light and darkness (24L:24D, LL/DD) and continuous light (LL), with L= 22 lux and D = <1
23 lux, for 28 months (mo) at constant temperature ($18\pm 1^\circ\text{C}$). Groups kept on natural day
24 lengths (NDL) served as controls. Measurement of body mass, gonads, and molts of the
25 primary wing feathers and body plumage at regular intervals showed that birds underwent
26 repeated cycles in gonads and molt, but not in the body mass. In NDL, gonadal phases in
27 both sexes cycled with 12 mo periods. In other conditions, males cycled with similar periods
28 of about 11 mo, but females cycled with relatively large period variations, about 10 to 13 mo.
29 Gonadal recrudescence – regression phase was longer in males than in females and, in both
30 sexes, in the second year as compared to the first year. The molt of wing primaries was more
31 closely coupled to gonadal maturation in groups on NDL and 12L:12D than in groups on LL
32 and LL/DD, but this relationship drifted apart in the second year. Body plumage molts were
33 relatively more highly variable in both the frequency and pattern. It is suggested that annual
34 breeding cycle in spotted munia is regulated by the self-sustained circannual rhythms, which
35 probably interact with the annual photoperiodic cycle to synchronize breeding cycles to
36 calendar year. Both sexes seem to have independent timing strategies, but females appear to
37 share a greater role in defining the reproductive season in relation with the environment.

38 Key words: circannual rhythm, molt, testes, ovary, spotted munia

39

40

INTRODUCTION

41 Animals time their annual (seasonal) activities such as reproduction to the time in the
42 year when conditions in the environment best favor the survival of their offspring. They
43 accurately anticipate a favorable season and physiologically prepare themselves well in
44 advance, since mistiming will have severe fitness consequences (Helm et al., 2009). Annual
45 life-history stages begin and end at optimal times, and do not last for shorter or longer than
46 the optimal durations (Gwinner, 1996a,b; Dawson, 2008; Budki et al., 2009).

47 Daily and seasonal rhythms are based on intrinsic timing mechanisms which integrate
48 with predictive temporal cues like the day length, while buffering organisms from an acute
49 change in the environment, such as a spell of high rise in temperature (Gwinner, 1986;
50 Prendergast et al., 2002; Bradshaw and Holzapfel, 2007). These rhythms are not reactions to
51 the light-dark (LD) cycle (Aschoff, 1981). This is evident from sustained rhythmic
52 expressions of physiological and behavioral functions with periods closely matching to 24 h
53 (circadian rhythms; *circa* = about, *dien* = day) or 12 mo (circannual rhythms; *circa* = about,
54 *annum* = year), when individuals are exposed to constant conditions.

55 Circadian rhythms have been well studied. A temperature compensated circadian
56 clock operating at the molecular level has been demonstrated in the suprachiasmatic nucleus
57 (SCN) as well as in other tissues in several vertebrate groups (Ruby et al., 1999; Reppert and
58 Weaver, 2002; Yasuo et al., 2003; Kumar et al., 2004; Tosini et al., 2006; Reyes et al., 2008).
59 A similar circannual clock is unknown, but various lines of evidence rule out the involvement
60 of circadian clocks in generation or expression of the circannual rhythms (Dark et al., 1985;
61 Pant and Chandola-Saklani, 1992; Kumar et al., 2004; Rani et al., 2006).

62 Circannual rhythms have been found persisting for several cycles in both birds and
63 mammals, suggesting that a circannual clock can function throughout the life of an individual
64 (Pengelley and Asmundson, 1969, 1974; Richter, 1978; Gwinner, 1986). The most
65 compelling evidence for circannual rhythms comes from experiments in which captive birds
66 kept on constant and 'neutral' photoperiods (e.g. 12 h or near 12 h light per day) exhibit
67 repeated circannual cycles in reproduction (e.g. gonadal maturation and regression) and other
68 phenotypic traits (e.g. body mass, feather molt, etc.) (Schwab, 1971; Gwinner, 1981, 1986;
69 2003; Gwinner and Dittami, 1990; Cad'ee et al., 1996; Dawson, 1997; Piersma, 2002;
70 Piersma et al., 2008; Wikelski et al., 2008; Helm et al., 2009). It has been argued, however,

71 that birds held under such constant LD cycles are not completely devoid of the temporal
72 information (e.g., see Dawson, 2007; Kumar et al., 2010).

73 A large body of evidence suggests that day length regulates annual reproductive cycle
74 in birds (Kumar, 1997; Dawson et al., 2001). Also, Dawson (2007) from his studies on
75 European starlings (*Sturnus vulgaris*), which do show repeated testicular cycles under
76 12L:12D (Gwinner, 1981), suggest that annual gonadal cycle in starlings is the direct
77 response to the prevailing photoperiod in the nature. However, several photoperiodic species
78 when kept on stimulatory daylengths undergo spontaneous gonadal regression (Nicholls et
79 al., 1988; Kumar, 1997; Dawson et al., 2001), and when kept on non-stimulatory daylengths
80 show changes in responsiveness to long day lengths (Misra et al., 2004). Therefore, the
81 mechanisms of photoperiodism and circannual rhythm generation appear mutually inclusive,
82 and possibly interacting in regulation of annual cycles in photoperiodic species (see Misra et
83 al., 2004). In fact, the persistence of circannual rhythms in gonadal cycles has been shown in
84 the photoperiodic, migratory Juncos (*Junco hyemalis*; Holberton and Able (1992)).

85 In seasonal breeders, the annual breeding cycle can be described by four gonadal
86 phases: recrudescence, breeding, regression and gonadal inactivity. The relative length of
87 each phase in the year is species specific, but recrudescence and regression are the longest
88 phases. Rigidly linked with gonadal phases, birds also exhibit seasonal cycles in phenotypic
89 traits like body mass and molt. Hence, the measurements of annual gonadal cycles and
90 associated phenotypic traits under constant conditions have been found as reliable markers of
91 the circannual rhythms.

92 The goal of the current study was to investigate the involvement of circannual
93 rhythms in regulation of annual gonadal cycle and associated phenotypic traits in the tropical
94 spotted munia (*Lonchura punctulata*). They are photosensitive, but are not categorized as a
95 typical photoperiodic species since they can respond to very short photoperiods as well, e.g. 1
96 or 3 h light per day (Chandola et al. 1975). Also, spotted munia are reported showing
97 circannual cycles in food intake, body mass and testicular activity under constant light
98 conditions (Chandola et al., 1982; Bhatt and Chandola, 1985). In this study, we in particular
99 investigated (i) the persistence of circannual rhythms in gonadal phases and phenotypic traits
100 under constant LD and light conditions, (ii) differences in the circannual rhythm
101 characteristics between males and females, since sexes can have independent timing
102 strategies, and (iii) the relationship of circannual rhythms to external environment, since

103 sexes can differ in using a temporal cue in synchronizing their circannual rhythms (Ball and
104 Ketterson, 2008). We made few general predictions in the present study. First, if spotted
105 munia directly responds to light, then exposure to LD or LL at the end of breeding seasons
106 will alter the course of gonadal regression. Alternatively, birds will continue showing
107 repeated gonadal and molt cycles regardless of the external conditions. Secondly, if the total
108 amount (hours) of light (or dark) received in the season/ year influenced the seasonal (annual)
109 timing, spotted munia presented with light regimes providing identical amounts of light and
110 dark periods in the year will exhibit similar circannual cycles. Finally, male and female birds
111 will show differences in circannual rhythm characteristics under given lighting environments,
112 if spotted munia were evolved with a sex-specific timing strategy. We measured changes in
113 body mass, gonadal recrudescence and regression, and feather molts in both sexes of spotted
114 munia kept for a period of more than two years in an outdoor aviary providing natural
115 conditions and in indoor aviaries providing controlled light (~22 lux) and temperature ($18 \pm$
116 1°C) conditions. Light at ~22 lux intensity was considerably low, as compared to that (100 to
117 300 lux or higher) applied in several other avian circannual studies (e.g. Bhatt and Chandola,
118 1985; Gwinner et al., 1995; Gwinner, 1996 a, b). We proposed that a weak light environment
119 will probably taper the direct effects of light, if any, on gonadal recrudescence – regression
120 cycle and, in turn, facilitate the expression of circannual rhythms in breeding cycle and
121 associated phenotypic traits in the spotted munia. We also analyzed if annual life history
122 traits in spotted munia are independent “phenotype cycles” (Wingfield, 2005), but occur in a
123 close temporal phase relationship in the natural environment.

124

125

MATERIALS AND METHODS

126 This study was done on adult spotted munia (*Lonchura punctulata*), a passerine finch
127 (family: Estrildidae) measuring about 11 cm in length. Munia are widely distributed
128 throughout the Indian subcontinent. They are a seasonal breeder with a long breeding season,
129 extending in between June and October (Ali and Ripley, 1974; Thapliyal, 1981). Juveniles
130 can easily be distinguished from adults (suppl. Fig. 1)

131

Experiment

132 It began in November 2007, when most birds had begun gonadal regression and the
133 postnuptial molt. Wild caught birds were initially kept in an outdoor aviary (size = 2.95 x
134 1.73 x 2.21 m) for one week where they received natural light and temperature conditions
135 (NDL). At this time, daylight and mid day temperature in Lucknow, India (26^o.55 N;
136 80^o.59 E) were about 10.9 h and 30^oC, respectively (suppl. Fig. 2). Acclimatized birds were
137 brought indoors and provided with controlled light and temperature conditions in
138 chronocubicles (size =2.2 x 1.8 x 2.8 m) located in the basement experimental facility. The
139 experimental chronocubicles located completely underground greatly reduced the possibility
140 of the effects of extraneous factors, if any, on the expression of annual cycles.

141 Birds were divided in three groups (groups 1 to 3) each of males and females (n = 14-
142 16 per group), and housed for 28 months in one of the three cubicles on programmed light
143 but identical temperature conditions. Experimental cubicles were enriched by several
144 perches, artificial creepers and regularly replenished fresh twigs of green plants (suppl. Fig.
145 3). Birds were un-caged, and so they freely moved in their experimental cubicles. Both males
146 and females were kept in the same cubicles. Artificial lighting was provided by a Phillips 40
147 watt fluorescent tube at an intensity of ~ 22 lux, obtained by covering the fluorescent tube
148 with narrow black sheet strips. We proposed that a light intensity of ~22 lux, which was
149 neither dim nor too bright, in constant illumination will disorganize circadian rhythms (Budki
150 et al., unpublished obs.), but not the circannual rhythms.

151 Group 1 was exposed to 12 hours light: 12 hours darkness (12L:12D; L = 22 lux; D =
152 <1 lux). This equinox light environment in square wave form with identical photorefraction
153 did not provide temporal information to birds about the seasonal environment. Group 2 was
154 similarly exposed to 24L:24D (L = 22 lux; D = <1 lux). In spite of being identical to
155 12L:12D in the total amount of light and dark periods that birds received during the entire

156 duration of the experiment, 24L:24D was neither a constant light or dark environment (LL or
157 DD), nor corresponded to a known natural light environment. We proposed that groups 1 and
158 2 will exhibit similar circannual cycles if the amount of light or dark influenced the annual
159 timing in spotted munia. Alternatively, group 2 subjected to repeated alternating days of light
160 and darkness (LL/DD) will exhibit responses significantly different from the group 1. Group
161 3 was exposed to constant light (L = 22 lux). In addition, beginning in March 2008, we kept
162 groups of male and female birds (n = 15 each) to natural light and temperature conditions
163 (suppl. Fig. 2) in the outdoor aviary (size = 2.95 x 1.7 x 2.2 m). At this time, birds were
164 reproductively quiescent, and daylight and mid day temperature were about 11.6 h and 31 °C,
165 respectively (suppl. Fig. 2). All experiments ended in March 2010.

166 Food (seeds of *Setaria italica* and *Oryza sativa*) and water were freely available and
167 replenished at intervals during the light phase. A supplement food, rich in protein and
168 vitamins and prepared by mixing bread crumbs, boiled eggs, crushed egg shells, cottage
169 cheese and multivitamin (Vimeral containing vitamin A, D3, E, and B12, marketed by Virbac
170 Animal Health India Pvt. Ltd, Mumbai), was also given on alternate days (Singh et al., 2010).
171 Birds also received an antibiotic (Tetracycline hydrochloride, Hoechst Roussel Vet Pvt. Ltd.)
172 for five consecutive days every month. A few birds died during the experiment, and the
173 mortality was especially high in LL/DD condition. Group size at the end of the study was as
174 follows: NDL (male, n=10; female, n=9), 12L:12D (male, n=14; female n=12), 24L:24D
175 (LL/DD: male, n=7; female, n=6) and LL (male, n=11; female, n=13).

176

177

Data recording

178 Observations on body mass, testes and ovary, and molt of wing primary feathers and
179 body plumage were taken at regular intervals of two or four weeks throughout the
180 experiment. The data from birds that died during the period of study were excluded from the
181 presentation and analysis. Also, we have not presented data on body mass since changes in
182 body mass over the experimental period in experimental groups did not show a regular cycle
183 (suppl. Fig. 4).

184

Testis size and follicle size

185 The testicular and ovarian responses were measured as testis volume (mm³) and
186 diameter of the largest follicle (mm), respectively. For this, birds were laparotomized at

187 monthly intervals under local anesthesia, as described in earlier studies (Kumar et al., 2001).
188 Briefly, gonads were located in the abdominal cavity through a small incision in between the
189 last two ribs on the left flank, and the size of the left testis or the largest ovarian follicle was
190 measured using a caliper with reference to accurate scales plotted on a graph sheet. The
191 procedure was quickly over, and the incision was sutured by the surgical thread. An
192 antibacterial skin ointment (Soframycin skin cream, Aventis Pharma Ltd.) was applied to the
193 wound. Healing was rapid; post-operative infections were generally absent. Testis volume
194 was calculated using formula $4/3\pi ab^2$, where a and b denote half of the long (length) and
195 short (width) axes, respectively.

196 **Molt: wing primary feathers and body plumage**

197 The wing primary feathers were scored in a range of 0-5, as described by Trivedi et
198 al. (2006). Briefly, this was done as follows: 0 = worn or old feather, 1 = missing feather (i.e.
199 just dropped), 2 = from the stage of emergence to one-third growth of a new feather papilla, 3
200 = a new feather papilla with two-third growth, 4=newly grown feather, but still incomplete,
201 5= fully grown feather. Thus, each primary could have a score of 0 to 5, and a primary wing
202 feather could have total score of 0 to 45. From this, a linear increase in new feather mass was
203 calculated, as per Dawson and Newton (2004).

204 The body plumage was recorded by dividing whole bird's body into twelve different
205 regions as follows: 1 - head, 2 - neck, 3 - shoulder, 4 - back, 5 - pelvic, 6 - caudal, 7 - throat,
206 8 - chest, 9 - abdomen, 10 - flank, 11 - shank, and 12 - sub-caudal. Any region could have a
207 score of 0 (no molt; i.e. the region has fully grown or old feathers) or 1 (molt; the region has
208 no feathers or new feathers emerging). Thus, plumage body molt score ranged in between 0
209 and 12 (Trivedi et al., 2006).

210 **Data presentation and analysis**

211 Data on testes and ovarian follicle were plotted against the time axis, which when
212 connected by a line revealed gonadal phases during the period of the experiment. To better
213 illustrate the growth-regression response curve for individuals and for the group, we also
214 calculated moving averages for the entire data set, by averaging three consecutive values for
215 each time point. The maximum value of testis size or follicle diameter attained in each cycle
216 was considered as the amplitude (peak) of the circannual cycle, and intervals between two
217 successive peaks gave the period of circannual rhythms.

218 The gonadal recrudescence - regression curve was also plotted along with wing
219 primaries molt, which indicated temporal relationship between gonadal cycle and an
220 associated phenotypic trait. For this, the peak gonadal response in an individual was given 0
221 on the time scale, and successive values preceding and following this maximum were plotted
222 at monthly interval on the scale of -12 to +12, respectively, until values reached minima at
223 both the ends. The timing of the onset of molt was plotted accordingly on the axis of the time
224 scale (-12 to +12). This represented overall distribution of the molt pattern in the year in
225 relation to gonadal growth- regression curve in the experiment.

226 We analyzed data using appropriate statistics that included t-test (both unpaired and
227 paired t-tests), one-way and two-way analysis of variances (ANOVA), and post-hoc tests.
228 Student's paired and unpaired t-tests were used to show differences between two values as
229 the function of time (e.g. day and night), respectively, in the same and different light
230 conditions. Similarly, one-way analysis of variance (1-way ANOVA) followed by Newman-
231 Keuls multiple comparison post-hoc test was used to determine significant changes in a
232 measurement among different groups in the experiment (e.g. significant difference in
233 circannual period or peak testicular response among the experimental groups at one time
234 point). A two-way analysis of variance compared responses of two sexes in different
235 experiments (factor 1: sex; factor 2: light condition). Significance was taken at $p < 0.05$. The
236 statistics was done using GraphPad Prism software, version 5.0, from San Diego, CA.

237

238

RESULTS

239

Cycles in gonadal phases and phenotypic traits in natural conditions (NDL)

240

(i) Testicular and molt cycles

241

242

243

244

245

246

247

248

249

250

251

252

In all experiments, males underwent two cycles of gonadal growth and regression (Fig. 1, upper panels; Fig. 5A). Testes in all groups started recrudescing in April/May, attained maximal growth by July/August, and regressed by the following January. The second testicular cycle followed a similar pattern (Fig. 5A). The recrudescence-regression phase lasted for 10.1 ± 0.4 mo in the first year and 11.1 ± 0.3 mo in the second year. Between two successive years, there was a significant difference in the duration of recrudescence-regression phase ($p = 0.0418$, paired t-test), but not in the amplitude ($p = 0.6541$, paired t-test), of the testicular cycle. The circannual period of the testicular cycle, the interval between successive testicular peaks, was 12.3 ± 0.2 mo (Fig.5G). Along with the testicular cycle, males underwent molts in wing primary feathers and body plumage (Fig. 1, upper panels). However, molt frequencies varied from two to three cycles in wing primary feathers and from two to four cycles in the body plumage (Fig. 1, upper panels).

253

(ii) Ovarian and molt cycles

254

255

256

257

258

259

260

261

262

263

264

265

266

Females in all groups also exhibited two cycles in growth and regression of the ovarian follicles (Fig. 1; lower panel, and 5A). The follicular growth was initiated in May/June 2008. The follicles grew largest by August/September 2008 and then regressed by the following January (3/9 birds) or March (6/9 birds). A second cycle followed similar pattern in timing, duration and the amplitude (Figs. 5A, H). The growth - regression phase of the annual ovarian cycle lasted for 9.8 ± 0.4 mo in the first year, and 10.6 ± 0.4 mo in the second year. There was no significant difference in the duration of growth-regression phase ($p = 0.1108$, paired t-test) or in the amplitude ($p = 0.3400$, paired t-test) of the follicular cycle between two successive years. The circannual period of ovarian cycle, the interval between two successive peaks in follicular growth, was 12.4 ± 0.3 mo (Fig. 5H). Similar to males, females underwent molt in their primary wing feathers and body plumage with frequency of one to three cycles in primaries and two to four cycles in body plumage (Fig. 1; lower panels).

267

Cycles in gonadal phases and phenotypic traits in artificial light (12L:12D, LL/DD and

268

LL) and temperature ($18 \pm 1^{\circ}\text{C}$) conditions

269

(i) Testicular and molt cycles

270 In experiments, testes, which were still large at the beginning of the experiment, were
271 fully regressed by the end of 4.2 ± 0.3 mo in group 1 on 12L:12D, 3.8 ± 0.3 mo in group 2 on
272 24L:24D, and 3.4 ± 0.2 mo in group 3 on LL. The next growth phase was initiated after $2.1 \pm$
273 0.3 mo, 1.3 ± 0.3 mo and 1.3 ± 0.3 mo in groups 1, 2 and 3, respectively. Irrespective of the
274 lighting conditions, all groups underwent two testicular cycles (Figs. 2-4, upper panels; Figs.
275 5 B-D). However, the duration of testicular growth-regression phase in groups on 12L:12D
276 and 24L:24D was significantly shorter ($p < 0.001$, paired t-test) in the first year than in the
277 second year (first year: 12L:12D - 9.0 ± 0.4 mo, 24L:24D - 9.0 ± 0.8 mo; second year:
278 12L:12D - 12.4 ± 0.4 mo, 24L:24D - 13.3 ± 0.5 mo). In group 3 on LL, however, the duration
279 of testicular growth-regression phase did not significantly differ ($p = 0.2085$, paired t-test)
280 between the first (11.2 ± 0.3 mo) and second years (11.9 ± 0.5 mo). A similar difference was
281 found in the testicular growth maxima between the first and second years in groups on
282 12L:12D ($p = 0.0004$, paired t-test) and 24L:24D ($p = 0.0117$, paired t-test), but not in the
283 group on LL ($p = 0.7538$, t-test) (Fig. 5E).

284 Among three experimental groups, a significant difference occurred in both cycles in
285 peak testicular response (Fig. 5E; first year: $F_{2,29} = 3.425$, $p = 0.0540$, second year: $F_{2,29} =$
286 3.979 , $p = 0.0297$; 1-way ANOVA), but not in the circannual periods (Fig. 5G; cf. $F_{2,29} =$
287 0.0057 , $p = 0.9943$, 1-way ANOVA). The latter, measured as intervals between two
288 successive peaks were (Fig. 5G): 11.1 ± 0.3 mo (group 1), 11.1 ± 0.5 mo (group 2) and $11.1 \pm$
289 0.4 mo (group 3). Interestingly, the circannual period of all three experimental groups was
290 significantly different from the “annual” period of the group on NDL (NDL vs 12L:12D: $p =$
291 0.0135 ; NDL vs 24L:24D: $p = 0.0233$ and NDL vs LL: $p = 0.0261$, unpaired t-test).

292 All groups irrespective of the light conditions underwent molt cycles in wing primary
293 feathers but with frequency varying from one to four cycles (Figs. 2-4, upper panel). Some
294 birds in each group were molting at the beginning of the experiment, and hence three
295 treatment groups did not differ from each other in the onset of molt ($F_{2,17} = 0.7008$, $p =$
296 0.5100 , 1-way ANOVA). For example, in group 1, 6/14 birds were molting at the beginning
297 and eight birds began molting after 4.0 ± 0.6 mo. Overall, there was no difference in the
298 frequency ($F_{2,29} = 2.891$, $p = 0.0716$; 1-way ANOVA) or period ($F_{2,28} = 2.765$, $p = 0.0802$, 1-
299 way ANOVA) of wing primary molts among three experimental groups. But, group
300 comparisons revealed a significant increase in molt cycle in the group on LL than in the

301 group on 12L:12D ($p = 0.05$, unpaired t-test), and a shorter molt duration in group on LL/DD
302 than in the group on LL ($p = 0.05$, unpaired t-test). Eight, five and one birds underwent molt
303 in primaries for two (8.1 ± 1.1 mo intervals), three (8.0 ± 0.5 mo intervals) and four ($6.0 \pm$
304 0.6 mo intervals) times, respectively. The pattern also varied from partial to complete molt
305 among individuals of the group 1. In group 2, 2/7 birds were in molt at the beginning of the
306 experiment and remaining five individuals underwent first molt after 5.4 ± 1.4 mo. In total,
307 6/7 birds had three molts, with second and third molts at the intervals of 7.8 ± 1.1 mo and 7.0
308 ± 1.0 mo, respectively. The remaining one individual showed molt after seven months. Group
309 3 of eleven birds had two ($n = 2$), three ($n = 5$) and four ($n = 4$) molt cycles. Four birds were
310 already in molt phase when the experiment began. Remaining seven individuals began first
311 molt after 3.7 ± 1.1 mo. The subsequent molt occurred after 10.5 ± 0.5 mo ($n = 2$), $12.3 \pm$
312 0.41 mo ($n = 5$) or 8.5 ± 0.6 months ($n = 4$).

313 Similar to wing primaries, body plumage molt varied in pattern (partial or complete)
314 and frequency (Figs. 2-4, upper panels; Figs. 5F-H). In all groups, all, but one, birds were in
315 molt at the beginning of experiment; one individual started molting after four (group 1), ten
316 (group 2) or two months (group 3). There was no significant difference among three groups
317 in the number of body molt cycles ($F_{2,29} = 1.701$, $p = 0.2003$, 1-way ANOVA) or the
318 duration of molt cycle ($F_{2,29} = 2.698$, $p = 0.0842$, 1-way ANOVA). In group 1 on 12L:12D,
319 nine, three and two individuals underwent three (11.1 ± 0.8 mo intervals), four (8.7 ± 0.5 mo
320 intervals) and five (6.1 ± 0.4 mo intervals) body plumage molts, respectively. Similarly, there
321 were two ($n = 1$, 8.0 mo intervals), three ($n = 2$; 7.5 ± 1.0 mo intervals), four ($n = 3$; 7.7 ± 0.2
322 mo intervals) and five ($n = 1$; 6.8 ± 0.3 mo intervals) body plumage molts in group 2 on
323 24L:24D. Group 3 birds also exhibited three ($n = 4$; 9.4 ± 0.9 mo), four ($n = 3$; 7.9 ± 0.6 mo),
324 five ($n = 2$; 6.4 ± 0.6 mo) and six ($n = 2$; 5.7 ± 0.3 mo) molts during their exposure to LL.
325 The intervals in body molts differed among three groups ($F_{2,29} = 3.944$, $p < 0.05$, 1-way
326 ANOVA). The interval period in the body molt in group on 12:12D was significantly longer
327 than in the group on 24L:24D (LL/DD) ($p < 0.05$, t-test), but not in the group on LL.

328

329

(ii) Ovarian and molt cycles

330 Similar to males, females in all experimental groups had fully regressed ovary by the
331 end of 5.0 ± 0.4 mo (group 1, 12L:12D), 2.3 ± 0.3 mo (group 2, 24L:24D) or 2.7 ± 0.4 mo
332 (group 3, LL). A subsequent follicular growth phase was initiated in these groups after $3.6 \pm$

333 0.4 mo of 12L:12D (group 1), 5.8 ± 0.8 mo of 24L:24D (group 2) or 4.5 ± 0.4 mo of LL
334 (group 3). During the experiment, all groups exhibited two ovarian cycles with follicular
335 growth - regression phase of 6.3 ± 0.4 mo (group 1), 6.5 ± 0.6 mo (group 2) or 8.5 ± 0.6 mo
336 (group 3) in the first year, and 10.8 ± 0.6 mo (group 1), 12.5 ± 0.9 mo (group 2) or 9.1 ± 0.8
337 mo (group 3) in the second year (Figs. 2-4 lower panel; Figs. 5 B-D). Thus, growth -
338 regression phase was significantly longer ($p < 0.01$, paired t-test) in the second cycle in groups
339 1 and 2, but not in the group 3 ($p = 0.5896$, paired t-test). When compared to controls (NDL),
340 the growth-regression phase was significantly shorter in the first cycle in groups 1 and 2, but
341 not in the group 3 ($F_{3,36} = 10.31$, $p < 0.0001$, 1-way ANOVA). Interestingly, in the second
342 cycle, the growth-regression phase was significantly longer in group 2 as compared to other
343 groups including the NDL ($F_{3,36} = 3.186$, $p = 0.0353$, 1-way ANOVA). A similar difference
344 was found in the follicular growth maxima among three experimental groups with
345 significantly smaller ($p < 0.01$, paired t-test, Fig. 5F) follicle in the first cycle as compared to
346 the second cycle. When compared with response in NDL, there was a significantly smaller
347 follicular growth among experimental groups in the first cycle ($F_{3,36} = 9.219$, $p < 0.0001$, 1-
348 way ANOVA) but not in the second cycle ($F_{3,36} = 2.401$, $p = 0.0837$, 1-way ANOVA). Further,
349 the periods of cyclicity, measured as the interval between two peaks, were 11.8 ± 0.4 mo
350 (group 1, 12L:12D), 9.8 ± 0.6 mo (group 2, 24L:24D) and 13.5 ± 0.8 mo (group 3, LL) (Fig.
351 5H). Thus, the circannual periods of groups 2 and 3, but not group 1, were significantly
352 different from that of the NDL group ($F_{3,36} = 4.705$, $p = 0.0072$, 1-way ANOVA; Fig. 5H).

353 Like males, females showed no difference among the three treatment groups in the
354 onset of the wing primary molts ($F_{2,21} = 2.178$, $p = 0.1381$, 1-way ANOVA). However, group
355 on 12L:12D molted slowly than the group on 24L:24D (LL/DD; $p = 0.05$, unpaired t-test).
356 All birds underwent molts in wing primaries irrespective of the light condition (Figs. 2-4,
357 lower panels), although with varying pattern (partial to complete) and frequency (1 - 4
358 cycles; Figs. 2-4 lower panels). The number of wing primary molts over the duration of study
359 did significantly differ among the treatment groups ($F_{2,28} = 2.030$, $p = 0.1502$, 1-way
360 ANOVA). A few birds in each group (8/12 in group 1, 3/6 in group 2 and 7/13 in group 3)
361 were in molt at the beginning of the experiment in November/ December 2007. In total,
362 group 1 molted once ($n = 2$) or twice ($n = 10$), beginning after 3.2 ± 0.7 mo of exposure to
363 12L:12D. The interval between two molts was 11.6 ± 1.0 mo. Similarly, group 2 molted once
364 ($n = 1$), twice ($n = 2$), thrice ($n = 2$) or four times ($n = 1$). In birds that were not in molt at the
365 beginning of the experiment, the first molt occurred after 6.3 ± 1.2 mo of exposure to

366 24L:24D. The subsequent molt occurred after 10.0 ± 2.0 mo, 9.0 ± 0.5 mo and 6.7 ± 0.9 mo
367 in birds showing two, three and four molts, respectively. Group 3 also molted once ($n = 3$),
368 twice ($n = 4$), thrice ($n = 2$) or four times ($n = 4$). Birds that were not in molt at the beginning,
369 initiated molt after 5.8 ± 1.6 mo of LL exposure. Subsequent molt occurred after 9.5 ± 1.2
370 mo, 7.0 ± 0.5 mo and 8.5 ± 0.3 mo in birds molting two, three and four times, respectively.
371 Unlike frequency, however, the period of wing primary molts was significantly different
372 among the three groups ($F_{2,22} = 4.341$, $p = 0.0258$, 1-way ANOVA). In particular, group on
373 LL had significantly shorter period than the group on 12L:12D ($p < 0.05$, t-test).

374 A similar pattern and frequency was found in the body plumage molt (Fig. 2-4, lower
375 panel). Like wing primaries, many birds (10/12 birds in group 1, 5/6 birds in group 2, 7/13
376 birds in group 3) were in molt of their body plumage at the beginning of the experiment. The
377 onset of the first body molt appeared to vary significantly ($F_{2,28} = 4.345$, $p = 0.0227$, 1-way
378 ANOVA). In particular, group on LL molted faster than the group on 12L:12D ($p < 0.05$,
379 unpaired t-test) Birds that were not in molt, initiated molt after two months (groups 1 and 2)
380 or 3.2 ± 0.4 mo (group 3). Also, most birds in all groups had partial body plumage molt with
381 2-7 cycles, as indicated above (Figs. 2-4, lower panels). In 12L:12D, birds molted twice ($n =$
382 1), thrice ($n = 4$), four ($n = 5$) or five ($n = 2$) times. The subsequent molts occurred after $9.0 \pm$
383 0.0 mo, 10.8 ± 0.3 mo, 7.6 ± 0.2 mo and 6.0 ± 0.3 mo in birds molting for two, three, four and
384 five times, respectively, during the experiment. Similarly, in 24L:24D, birds molted twice (n
385 $= 2$), four ($n = 2$), five ($n = 1$) and six ($n = 1$) times at intervals of 7.5 ± 0.5 mo, 7.7 ± 0.0 mo,
386 5.8 ± 1.0 mo and 5.0 ± 0.7 mo, respectively. In group on LL also, birds molted twice ($n = 2$),
387 thrice ($n = 1$), four ($n = 1$), five ($n = 5$), six ($n = 3$) and seven ($n = 1$) times at intervals of 8.0
388 ± 0.0 mo, 10.8 ± 0.3 mo, 9.0 ± 2.9 mo, and 5.7 ± 0.2 mo, 5.1 ± 0.2 mo and 5.0 ± 0.5 mo,
389 respectively. In spite of individual differences, the frequency of body molt was significantly
390 different among three groups ($F_{2,28} = 2.563$, $p = 0.0950$, 1-way ANOVA) with a particular
391 difference between the groups on 12L:12D and LL ($p < 0.05$, unpaired t-test); the latter
392 groups had more molts. The period of molt cycles also differed significantly in group 3 than
393 in group 1 ($F_{2,28} = 3.627$, $p = 0.0398$, 1-way ANOVA) indicating that birds molted faster and
394 at shorter intervals than other groups.

395 Among experimental groups, in spite of the similar gonadal cycle, both sexes differed
396 in the duration of growth-regression phase, amplitude of cycle defined by testicular and
397 follicular maxima, and in the periods over two cycles. Two way ANOVA revealed a
398 significant effect of sex (factor 1) and light condition (factor 2) as well as interaction between

399 two factors (only in the first cycle) on duration of gonadal growth – regression phase (first
 400 cycle: factor 1- $F_{1,57} = 41.91$, $p < 0.0001$; factor 2- $F_{2,57} = 17.23$, $p < 0.0001$; factors 1x2- $F_{2,57}$
 401 $= 0.3499$, $p = 0.7062$; second cycle: factor 1- $F_{1,57} = 7.670$, $p = 0.0076$, factor 2- $F_{2,57} =$
 402 8.222 , $p = 0.0007$; factors 1x2- $F_{2,57} = 0.4401$, $p = 0.6461$) and circannual period (factor 1-
 403 $F_{1,57} = 1.478$, $p = 0.2291$; factor 2- $F_{2,57} = 4.123$, $p = 0.0210$; factors 1x2- $F_{2,57} = 4.405$, $p =$
 404 0.0166).

405 Two way ANOVA analyzed the effects of sex and light condition. The frequency of
 406 wing primary molt was significantly influenced by the sex ($F_{1,57} = 5.377$, $p = 0.0240$), light
 407 condition ($F_{2,57} = 4.449$, $p = 0.0160$) as well as by interaction between them ($F_{2,57} = 0.3663$, p
 408 $= 0.6949$). In general, females on LL underwent molt more frequently than the males on LL.
 409 Further, photoperiod ($F_{2,50} = 4.542$, $p = 0.0154$), but not the sex ($F_{1,50} = 0.05126$, $p = 0.8218$)
 410 had significant effect on the period of wing primary molt. Similarly, there was a significant
 411 effect of sex (factor 1) and light condition (factor 2) on the frequency (factor 1- $F_{1,57} = 11.16$,
 412 $p = 0.0015$; factor 2- $F_{2,57} = 5.474$, $p = 0.0067$) and period (factor 1- $F_{1,57} = 4.049$, $p =$
 413 0.0489 ; factor 2- $F_{2,57} = 6.627$) of body molts in this study.

414

415 **Relationship between breeding and wing primaries molt cycles**

416 Figure 6 shows two successive breeding cycles, plotted with reference to peak
 417 gonadal growth. The first breeding period reflected by gonadal growth – regression in males
 418 lasted for 10.7 ± 0.3 mo (NDL), 9.9 ± 0.2 mo (12L:12D), 10.8 ± 0.6 mo (24L:24D) or $10.9 \pm$
 419 0.5 mo (LL). Subsequent breeding season in these groups lasted for 12.0 ± 0.3 mo (NDL),
 420 12.0 ± 0.4 mo (12L:12D), 11.4 ± 0.6 mo (24L:24D) or 11.5 ± 0.5 mo (LL). Similarly,
 421 breeding periods in females lasted for 9.9 ± 0.2 mo (NDL), 6.8 ± 0.4 mo (12L:12D), 6.5 ± 0.6
 422 mo (24L:24D) and 8.2 ± 0.5 mo (LL) in the first cycle, and 12.0 ± 0.2 mo (NDL), 9.7 ± 0.5
 423 mo (12L:12D), 11.8 ± 0.5 mo (24L:24D) and 9.7 ± 0.5 mo (LL) in the second cycle. Overall,
 424 the breeding seasons appeared to range from 6 to 12 months, with second gonadal growth –
 425 regression phase being longer than the first one.

426 Also, plotted in Figure 6 is the distribution of wing primaries molts in different
 427 groups in relation to gonadal cycle. In NDL, wing primaries molt coincided with gonadal
 428 regression (Figs. 6A, E). This pattern was nearly maintained in 12L:12D, but got increasingly
 429 lost in 24L:24D and LL (Figs. 6B, F). When compared, the molt patterns were scattered and

430 more dissociated in females than in males, and in the second cycle as compared to the first
431 cycle (Fig. 6).

432

433

DISCUSSION

434 The present study demonstrates circannual rhythms in gonadal cycle in the tropical
435 spotted munia (Figs.1-5). Clearly, repeated cycles in gonadal phases (Figs. 1-5) are not the
436 consequence of the prevailing photoperiods, since exposure of birds to different light
437 conditions did not alter the course of gonadal regression. Birds exhibited two consecutive
438 gonadal cycles with circannual periods of 10-13 months under 12L:12D, 24L:24D and LL,
439 and with gonadal phases comparable to those in the control group on ND (cf. Figs. 1-5).
440 These results are in agreement with previously reported circannual rhythm in testicular cycle,
441 but not in body mass, in the spotted munia (see Bhatt and Chandola, 1985). Unlike those
442 reported by Bhatt and Chandola (1985) we did not find a circannual (or seasonal) rhythm in
443 body mass in experimental groups in the present study, although birds on ND underwent
444 seasonal cycle in body mass (suppl. Fig. 4).

445 The present study differs from previous studies on circannual rhythm in songbirds
446 (Gwinner, 1986), including the spotted munia (Chandola et al., 1982; Bhatt and Chandola,
447 1985). In particular, we included both sexes in the same sex ratio (1:1), whereas the study of
448 Bhatt and Chandola (1985) was done only on males. Also, we simultaneously measured
449 circannual cycles in groups kept on both constant periodic (12L:12D, 24L:24D) and
450 aperiodic (LL) light conditions, which addressed on the causal effect of the photoperiod, if
451 any, on circannual rhythm generation. Further, we housed un-caged birds in chronocubicles
452 (size = 2.2 m x 1.8 m x 2.8 m); so, each individual shared approximately 65 folds more space
453 in volume as compared to that they had in the study of Bhatt and Chandola (1985), in which
454 birds were housed in groups of 5 or 6 birds per cage (size = 25 x 48 x 28 cm). This could be
455 an important factor since social crowding is known to affect reproduction at various levels,
456 including the development of reproductive endocrine organs (Rahe et al., 1986). The onset
457 of breeding was delayed among crowded ptarmigans (*Lagopus lagopus*) subjected to
458 stimulatory increasing daylengths (Sharp and Moss, 1981). Some temperate birds remain
459 reproductively active during the second cycle when housed in pairs, but not when singly
460 housed (Schwab and Lott, 1971; Wingfield and Farner, 1979). Crowding extended the
461 duration of breeding in African village weaverbirds (*Ploceus cucullatus*; Collias et al., 1971).
462 Also, paired and unpaired African stonechats (*Saxicola torquata axillaris*) held for 29 months
463 under 12.25 h light per day at 300 lux light intensity differed in the reproductive
464 performance, but not in the duration of reproductive phases or circannual periods (Gwinner et
465 al., 1995).

466 An obvious advantage of the circannual rhythms in breeding cycles is to prepare two
467 sexes for synchronized reproductive processes. However, there can be sex differences in the
468 existence of the circannual rhythms. In humans, for example, a circannual rhythm of
469 prolactin secretion is found in females, but not in males (Touitou et al., 1983). If female
470 spotted munia lacked a circannual rhythm in breeding cycle, then the reported circannual
471 rhythm in testicular cycle (Bhatt and Chandola, 1985) may have much less of the
472 consequence unless it is assumed that males directly drive the female sexual state. This could
473 be a possibility for final stages of ovum maturation (called exponential growth phase), in
474 order to maximise the chances of successful reproduction at the most favourable time, but not
475 for the timing of the initiation of development of ovarian cycle. In all probability, it seems
476 much less likely that the timing of ovarian cycle is subservient to the male state. Regardless
477 of the underlying reasons, which is unclear at the present, we have observed repeated gonadal
478 cycles in spotted munia with circannual periods within the narrow range of ± 3.0 mo among
479 individuals of both male and female groups held under constant photoperiods (T=24,
480 12L:12D; T=48, 24L:24D) and LL (Fig. 5). The circannual periods in testicular and ovarian
481 cycle were close to 11 mo. and 10 -13 mo, respectively (Fig. 5). A similar repeated
482 circannual cycles in reproductive functions (e.g. gonadal maturation and regression) and
483 other phenotypic traits (body mass, molt and plumage) under constant photoperiods has been
484 reported in few other bird species (Schwab, 1971; Schwab and Lott, 1971; Gwinner, 1975,
485 1981, 1986; Gwinner and Dittami, 1990; Cad'ee et al., 1996; Dawson, 1997; Piersma, 2002;
486 Piersma et al., 2008). Also, reproductive asynchrony and population divergence between two
487 equatorial populations of rufous-collared sparrows (*Zonotrichia capensis*) has been found to
488 be associated with local weather and not the photoperiod (Moore et al 2005). It may be noted
489 that circannual rhythms can be very specific, as revealed by a study on closely related
490 subspecies of stonechats (*Saxicola torquata*; Helm et al., 2009). When *S. t. maurus* and *S. t.*
491 *torquata*, which breed at similar latitudes, were exposed to same annual photoperiodic cycle,
492 the two subspecies exhibited responses corresponding to their different natural breeding
493 schedules (Helm et al., 2009).

494 Our experiments allowed birds freer movement and close interactions within and
495 between sexes, a most likely situation the natural environment. If social interactions between
496 sexes affected the duration of gonadal recrudescence – regression phase, then the
497 consequence would be reflected on the entire breeding cycle, and hence on the circannual
498 reproductive rhythms. The present results do not exclude such a possibility. Birds (especially
499 males) on 24L:24D and LL underwent cycles with similar periods, and with some synchrony

500 among individuals of each group (cf. Figs. 1-4). It is not surprising since the effects of social
501 interactions between sexes on reproduction are well known across vertebrate taxa. In tungara
502 frogs (*Physalaemus pustulosus*), the interaction with males modulates reproductive hormone
503 levels in females (Lynch and Wilczynski, 2006). The male presence is required for the
504 progression of reproductive processes in female blood pythons (*Python curtus*; DeNardo and
505 Autumn, 2001) and female ring doves (*Streptopelia risoria*; Freidman, 1977). Similarly, the
506 female presence affects testosterone levels and male sexual behaviour in songbirds (Moore,
507 1982; Wingfield and Monk, 1994; Pinxten et al., 2003). Perhaps, male and female effects are
508 the components of a self-reinforcing cycle that results in the synchronized reproductive
509 activity (Walkden-Brown et al., 1999). We cannot eliminate the possible impact of living
510 together on gonadal cycles, and some could argue that our data set represent $n=1$ for a
511 condition, we would nevertheless like state that our results indeed showed difference between
512 two sexes in gonadal recrudescence-regression cycles (cf. Figs. 1-5). In all three experimental
513 groups, mean circannual testicular rhythm measured close to 11.1 mo, while mean circannual
514 ovarian cycles significantly varied among these groups ($p<0.05$, Fig. 5). Further, there were
515 sex differences in the circannual periods between groups on 24L:24D and LL, but not on
516 12L:12D (Fig. 5). Females exhibited greater variations in the period and frequency of the
517 seasonal cycles. Circannual periods in females on 24L:24D and LL were significantly shorter
518 and longer, respectively, than on 12L:12D (Fig. 5). The difference in circannual rhythms
519 between males and females in present experiments could be taken to suggest that spotted
520 munia is evolved with a sex-specific annual timing strategy, with females possibly sharing a
521 greater role in defining the reproductive season in relation to the environment. However, the
522 present conclusion on sex differences needs to be validated by experiments where two sexes
523 were kept separately and perhaps individuals were isolated.

524 Further, the amount of light does not seem to affect the circannual programs in
525 spotted munia, since 12L:12D (T=24) and 24L:24D (T=48) conditions had identical total
526 hours of light and dark periods per year. However, we do not rule out if T=24 and T=48 light
527 regimes had differential energy turnovers, and affected the circannual timing by modulating
528 the speed of the circannual clocks, as proposed by Wikelski et al. (2008). Could it be that in
529 T = 48 light regimes, the alternate days of constant light and dark periods (LL/DD) had
530 opposing effects: LL lengthened and DD shortened the circannual period. This might explain
531 why circannual periods under 12L:12D almost averaged to that under LL/DD and LL. If that

532 were true, it could be argued that changing daily light and dark periods in the year impose
533 opposing effects, and thereby synchronize circannual rhythms to a period of 12 mo.

534 Linked with gonadal phases, spotted munia exhibited distinct cycles in phenotypic
535 traits, as measured in molts of the wing primaries (Fig. 6). Overall, wing primaries molts
536 were relatively synchronized with gonadal cycle during the first year, but were scattered
537 during the second year (Fig. 6). The gonadal and molt cycles drifted apart both under LL/DD
538 and LL (Fig. 6). Thus, the phase relationship between gonad and molt cycles in resident
539 spotted munia was not as close as in migratory stonechats in which two cycles remained
540 almost coupled for than 12 years (Gwinner, 2003). Could it be that the timing of annual
541 cycles is under the control of a more rigid circannual clock in migrants as compared to
542 resident species? Also, the possibility that such differences reflect species-specific adaptation
543 cannot be ruled out. For example, white-crowned sparrows (*Zonotrichia leucophrys*) held
544 under 12L:12D exhibit circannual rhythms in testicular size, but not in the post nuptial molt
545 of wing primaries (see Farner et al., 1983; Donham et al., 1983).

546 Cycle lengths of body plumage molts in spotted munia were highly variable as
547 reflected in molt frequencies during the 28 mo period (cf. Fig. 1-4). Overall, molt had more
548 individual variations than the gonad development, and of the two molts, body plumage molts
549 were more frequent and variable than the wing primaries molts (cf. Figs. 1-4). Furthermore,
550 the molt patterns were more variable in females than in males, in LL than in other light
551 conditions, and in the second cycle than in the first cycle (cf. Figs. 1-4; Fig. 6). It appears that
552 the experimental conditions affected body plumage molts more readily than they affected the
553 wing primaries molts. It is known that photoperiod, food and environmental stressors
554 including captivity influence the timing, rate, frequency and extent of molt in birds
555 (Swennen, 1977; Thompson, 1999; Thompson and Kitaysky, 2004). This seems adaptive
556 since birds require responding to demands of their surroundings, and one of the mechanisms
557 they might employ for metabolic adjustments is by changing their body feathers.

558 It is suggested that annual breeding cycles in spotted munia is regulated by self-
559 sustained circannual components, which is not the part of the circadian timing system, since
560 birds continued showing circannual cycles in 24L:24D and LL that might disrupt circadian
561 rhythmicity. This is consistent with evidence for the independence of circannual rhythm
562 generation from circadian rhythms in several species including the spotted munia. In spotted
563 munia, circannual rhythms in testicular size persisted in birds that were pinealectomized or
564 held under LL at 300 lux; both treatments abolished circadian activity rhythms (Pant and

565 Chandola-Saklani, 1992). Circannual rhythms also persist in SCN-lesioned ground squirrels
566 (Zucker et al., 1983; Dark et al., 1985). We would suggest that circannual rhythms are
567 intimately involved in temporal organization of the annual cycles in vertebrates, and provide
568 substrate for interaction with the environment. However, there can be species and sex
569 differences in the circannual rhythms, as well as in the response of circannual rhythms to
570 environmental regulating seasonal cycles (Ball and Ketterson, 2008). Possibly, circannual
571 rhythms in spotted munia are synchronized by social interactions among the members of the
572 groups, and this needs to be investigated in a future study.

573

574 **ACKNOWLEDGEMENTS**

575 The study was funded by a generous research grant from the Department of Science
576 and Technology, New Delhi, India, through IRHPA research funding (IR/SO/LU-02/2005),
577 and carried out at the Department of Zoology, University of Lucknow, Lucknow, India, as
578 per approval of the Institutional Ethics Committee. We sincerely thank Prof. Gerald A.
579 Lincoln for making valuable suggestions in analysis and presentation of the data.

580

581

582 **REFERENCES**

- 583 **Ali, S. and Ripley, S. D.** (1974). Handbook of birds of India and Pakistan. Vol **10**, Bombay:
584 Oxford University Press.
- 585 **Aschoff, J.** (1981). Handbook of behavioral neurobiology. Vol **4**, Biological Rhythms, pp.
586 545 ed. Plenum Press, New York.
- 587 **Ball, G. F. and Ketterson, E. D.** (2008). Sex differences in the response to environmental
588 cues regulating seasonal reproduction in birds. *Phil. Trans. R. Soc. B* **363**, 231–246.
- 589 **Bhatt, D. and Chandola, A.** (1985). Circannual rhythm of food intake in spotted munia and
590 its phase relationship with fattening and reproductive cycles. *J. Comp. Physiol. A* **156**,
591 429-432.
- 592 **Bradshaw, W. E. and Holzapfel, C.** (2007). Evolution of animal photoperiodism. *Annu.*
593 *Rev. Ecol. Evol. Syst.* **38**, 1-25.
- 594 **Budki, P., Rani, S. and Kumar, V.** (2009). Food deprivation during photosensitive and
595 photorefractory life-history stages affects the reproductive cycle in the migratory red-
596 headed bunting (*Emberiza bruniceps*). *J. Exp. Biol.* **212**, 225-230.
- 597 **Cadee, N., Piersma, T. and Daan, S.** (1996). Endogenous circannual rhythmicity in a non-
598 passerine migrant, the knot (*Calidris canutus*). *Ardea* **84**, 75–84.
- 599 **Chandola, A., Pavnaskar, J. and Thapliyal, J. P.** (1975). Scoto/photo-periodic responses
600 of a sub-tropical finch (spotted munia) in relation to seasonal breeding cycle. *J.*
601 *Interdiscipl. Cycle Res.* **6**, 189-202.
- 602 **Chandola, A., Pathak, V. K. and Bhatt, D.** (1982). Evidence for an endogenous circannual
603 component in the control of the annual gonadal cycle in spotted munia. *J. Interdiscipl.*
604 *Cycle Res.* **13**, 281-286.
- 605 **Collias, N. E., Victoria, J. K. and Shallenberger, R. J.** (1971). Social facilitation in
606 weaverbirds: Importance of colony size. *Ecology* **52**, 823-828.
- 607 **Dark, J., Pickard, G. E. and Zucker, I.** (1985). Persistence of circannual rhythms in ground
608 squirrels with lesions of the suprachiasmatic nuclei. *Brain Res.* **332**, 201-207.
- 609 **Dawson, A.** (1997). Plasma-luteinizing hormone and prolactin during circannual rhythms of
610 gonadal maturation and molt in male and female European starlings. *J. Biol. Rhythms*
611 **12**, 371–377.
- 612 **Dawson, A.** (2007). Seasonality in a temperate zone bird can be entrained by near equatorial
613 photoperiods. *Proc. R. Soc. B* **274**, 721–725.

- 614 **Dawson, A. (2008).** Control of the annual cycle in birds: endocrine constraints and plasticity
615 in response to ecological variability. *Phil. Trans. R Soc. Lond. B Biol. Sci.* **363**, 1621-
616 1633.
- 617 **Dawson, A. and Newton, I. (2004).** Use and validation of a molt score index corrected for
618 primary feather mass. *Auk* **121**, 372–379.
- 619 **Dawson, A. King, V. M., Bentley, G. E. and Ball, G. F. (2001).** Photoperiodic control of
620 seasonality in birds. *J. Biol. Rhythms* **16**, 365–380.
- 621 **DeNardo, D. F. and Autumn, K. (2001).** Effect of male presence on reproductive activity in
622 captive female blood Pythons, (*Python curtus*). *Copeia* **4**, 1138-1141.
- 623 **Donham, R. S., Moore, M. C. and Farner, D. S. (1983).** Physiological basis of repeated
624 testicular cycles on twelve-hour days (12L:12D) in white-crowned sparrows,
625 (*Zonotrichia leucophrys gambelii*). *Physiol. Zool.* **56**, 302-307.
- 626 **Farner, D. S., Donham, R. S., Matt, K. S., Mattocks, P. W., Moore, M. C. and**
627 **Wingfield, J. C. (1983).** The nature photorefractoriness. In *Avian Endocrinology:*
628 *Environmental and Ecological Perspective* (eds. S. Mikami, K. Homma and M. Wada),
629 pp. 149-166. Japan Sci Soc Press/ Springer Verlag, Tokyo/ Berlin.
- 630 **Freidman, M. B. (1977).** Interactions between visual and vocal courtship stimuli in the
631 neuroendocrine response of female doves. *J. Comp. Physiol.* **91**, 1408–1416.
- 632 **Gwinner, E. (1975).** Die circannuale Periodik der Fortpflanzungsaktivität beim Star
633 (*Sturnus vulgaris*) unter dem Einfluß [3 gleich- und andersgeschlechtiger Artgenossen. *Z*
634 *Tierpsychol.* **38**, 34-43.
- 635 **Gwinner, E. (1981).** Circannuale Rhythmen bei Tieren und ihre photoperiodische
636 Synchronisation. *Naturwissenschaften* **68**, 542–551.
- 637 **Gwinner, E. (1986).** Circannual Rhythms. Springer, Heidelberg.
- 638 **Gwinner, E. (1996a).** Circadian and circannual programmes in avian migration. *J. Exp. Biol.*
639 **199**, 39-48.
- 640 **Gwinner, E. (1996b).** Circannual clocks in avian reproduction and migration. *Ibis* **138**, 47-
641 63.
- 642 **Gwinner, E. and Dittami, J. P. (1990).** Endogenous reproductive rhythms in a tropical bird.
643 *Science* **249**, 906–908.
- 644 **Gwinner, E. (2003).** Circannual rhythms in birds. *Curr. Opin. Neurobiol.* **13**, 770–778.
- 645 **Gwinner, E., König, S. and Zeman, M. (1995).** Endogenous gonadal, LH and molt
646 rhythms in tropical stonechats - effects of pair bond on period, amplitude, and pattern
647 of circannual cycles. *J Comp Physiol A* **177**, 73–79.

- 648 **Helm, B., Schwabl, I., and Gwinner, E.** (2009). Circannual basis of geographically distinct
649 bird schedules. *J. Exp. Biol.* **212**, 1259-1269.
- 650 **Holberton, R. L. and Able, K. P.** (1992). Persistence of circannual cycles in a migratory
651 bird held in constant dim light. *J. Comp. Physiol. A* **171**, 477-481.
- 652 **Kumar, V.** (1997). Photoperiodism in higher vertebrates: an adaptive strategy in temporal
653 environment. *Indian J. Exp. Biol.* **35**, 427-437.
- 654 **Kumar, V., Singh, S., Misra, M., and Malik, S.** (2001). Effects of duration and time of
655 food availability on photoperiodic responses in the migratory male blackheaded
656 bunting (*Emberiza melanocephala*). *J. Exp. Biol.* **204**, 2843-2848.
- 657 **Kumar, V., Singh, B. P. and Rani, S.** (2004). The bird clock: A complex multi-oscillatory
658 and highly diversified system. *Biol. Rhythm Res.* **35**, 121-144.
- 659 **Kumar, V., Wingfield, J. C., Dawson, A., Ramenofsky, M., Rani, S., and Bartell, P.**
660 (2010). Biological clocks and regulation of seasonal reproduction and migration in
661 birds. *Physiol. Biochem. Zool.* **83**, 827-835.
- 662 **Lynch, S. K. and Wilczynski, W.** (2006). Social regulation of plasma estradiol
663 concentration in a female anuran. *Horm. Behav.* **50**, 101-106.
- 664 **Misra, M., Rani, S., Singh, S. and Kumar, V.** (2004). Regulation of seasonality in the
665 migratory male blackheaded bunting (*Emberiza melanocephala*). *Reprod. Nutr. Dev.*
666 **44**, 341-352.
- 667 **Moore, M.C.** (1982). Hormonal response of free-living male white-crowned sparrows to
668 experimental manipulation of female sexual behavior. *Horm. Behav.* **16**, 323-329.
- 669 **Moore, I. T., Bonier F., and Wingfield J. C.** (2005) Reproductive asynchrony and
670 population divergence between two tropical bird populations. *Behav. Ecol.* **16**, 755-
671 762.
- 672 **Nicholls, T. J., Goldsmith, A. R. and Dawson, A.** (1988). Photorefractoriness in birds and
673 comparison with mammals. *Physiol. Rev.* **68**, 133-176.
- 674 **Pant, K. and Chandola-Saklani, A.** (1992) Effects of thyroxine on avian moulting may not
675 involve prior conversion to tri-iodothyronine. *J. Endocr.* **137**, 265-270.
- 676 **Pengelley, E. T. and Asmundson, S. M.** (1969). Free-running periods of endogenous
677 circannian rhythms in the golden-mantled squirrel (*Citellus lateralis*). *Comp. Biochem.*
678 *Physiol.* **30**, 177-183.
- 679 **Pengelley, E. T. and Asmundson, S. M.** (1974). Circannual rhythms in hibernating
680 mammals. In *Circannual Clocks* (ed. E. T. Pengelley), pp 95-160. Academic Press,
681 New York.

- 682 **Piersma, T.** (2002). Energetic bottlenecks and other design constraints in avian annual
683 cycles. *Integr. Comp. Biol.* **42**, 51–67.
- 684 **Piersma, T., Brugge, M., Spaans, B. and Battley, P.** (2008). Endogenous circannual
685 rhythmicity in body mass, moult, and plumage of Great knots (*Calidris tenuirostris*).
686 *Auk* **125**, 140-148.
- 687 **Pinxten, R., Riddler, E. D. and Eens, M.** (2003). Female presence affects male behaviour
688 and testosterone levels in the European starling (*Sturnus vulgaris*). *Horm. Behav.* **44**,
689 103-109.
- 690 **Prendergast, B. J., Nelson, R. J. and Zucker, I.** (2002). Mammalian seasonal rhythms:
691 behaviour and neuroendocrine substrates. In *Hormones, Brain and Behaviour* (ed.
692 D.W. Pfaff), Vol. **2**, pp. 93-156. Elsevier Science, Amsterdam.
- 693 **Rahe, C. H., Jungst, S. B., Maple, D. N. and Kuhlers, D. L.** (1986). Effect of animal
694 diversity on endocrine development in gilts. *J. Anim. Sci.* 65:439-444.
- 695 **Rani, S., Malik, S., Trivedi, A. K., Singh, S. and Kumar, V.** (2006). A circadian clock
696 regulates migratory restlessness in blackheaded bunting (*Emberiza melanocephala*).
697 *Current Sci.* **91**, 1093-1095.
- 698 **Reppert, S. M. and Weaver, D. R.** (2002). Coordination of circadian timing in mammals.
699 *Nature* **418**, 935-941.
- 700 **Reyes, B. A., Pendergast, J. S. and Yamazaki, S.** (2008). Mammalian peripheral circadian
701 oscillators are temperature compensated. *J. Biol. Rhythms* **23**, 95–98
- 702 **Richter, C. P.** (1978). Evidence for existence of a yearly clock in surgically and self-blinded
703 chipmunks. *Proc. Natl. Acad. Sci. USA* **77**, 3517-3521.
- 704 **Ruby, N. F., Burns, D. E. and Craig-Heller, H.** (1999). Circadian rhythms in the
705 suprachiasmatic nucleus are temperature-compensated and phase-shifted by heat pulses
706 *in vitro*. *J. Neurosci.* **19**, 8630–8636
- 707 **Schwab, R. G.** (1971). Circannian testicular periodicity in the European starling in the
708 absence of photoperiodic change. In *Biochronometry* (ed. M. Menaker), pp. 428–447.
709 National Academy of Sciences. Washington, DC.
- 710 **Schwab, R. G. and Lott, D. F.** (1971). Testes growth and regression in starlings (*Sturnus*
711 *vulgaris*) as a function of the presence of females. *J. Exp. Zool.* **171**, 39-42.
- 712 **Sharp, P. J. and Moss, R.** (1981). A comparison of the responses of captive willow
713 ptarmigan (*Lagopus lagopus lagopus*), red grouse (*Lagopus lagopus scoticus*), and
714 hybrids to increasing daylengths with observations on the modifying effects of nutrition
715 and crowding in red grouse. *Gen. Comp. Endocrinol.* **45**, 181-188.

- 716 **Singh, J., Rani, S. and Kumar. V.** (2010). Presence of a conspecific renders survival
717 advantages in the migratory redheaded bunting: Test through the effects of restricted
718 feeding on circadian response and survivorship. *Chronobiol. Intl.* **27**, 111-127.
- 719 **Swennen, C.** (1977). Laboratory research on sea birds. Netherlands Institute for sea research,
720 Texel, The Netherlands.
- 721 **Thapliyal, J. P.** (1981) Endocrinology of avian reproduction. Presidential address, pp. 1-30,
722 ISCA session, Varanasi , Indian Science Congress Association, Kolkata, India.
- 723 **Thompson, C. W.** (1999). Molt and nuptial color. In *Encyclopedia of Reproduction* (eds. E
724 Knobil and J. D. Neill), pp. 285–295. New York: Academic Press.
- 725 **Thompson, C. W. and Kitaysky, A. S.** (2004) Polymorphic flight feather molt sequence in
726 tufted puffins (*Fratercula cirrhata*): A rare phenomena in birds. *Auk* **121**, 35-45.
- 727 **Tosini, G., Bertolucci, C., and Foà, A.** (2006). The circadian system of reptiles: a
728 multioscillatory and multi photoreceptive system. *Physiol. Behav.* **72**, 461-471.
- 729 **Toutou, Y., Carayon, A., Reinberg, A., Bogdan, A., and Beck, H.** (1983). Differences in
730 the seasonal rhythmicity of plasma prolactin in elderly human subjects: detection in
731 women but not in men. *J. Endocr.* **96**, 65-71.
- 732 **Trivedi, A. K., Rani, S., and Kumar, V.** (2006). Control of annual reproductive cycle in the
733 tropical house sparrow (*Passer domesticus*): Evidence for conservation of
734 photoperiodic control mechanisms in birds. *BMC: Front. Zool.* **3**,12.
- 735 **Yasuo, S., Watanabe, M., Okabayashi, N., Ebihara, S. and Yoshimura, T.** (2003).
736 Circadian clock genes and photoperiodism: Comprehensive analysis of clock gene
737 expression in the mediobasal hypothalamus, the suprachiasmatic nucleus, and the
738 pineal gland of Japanese Quail under various light schedules. *Endocrinology* **144**,
739 3742-3748.
- 740 **Walkden-Brown, S. W., Martin, G. B., and Restall, B. J.** (1999). Role of male and female
741 interaction in regulating reproduction in sheep and goats. *J. Reprod. Fert. Suppl.* **52**,
742 243-257.
- 743 **Wikelski, M., Martin, L. B., Scheuerlein, A., Robinson, M. T., Robinson, N. D., Helm,
744 B., Hau, M. and Gwinner, E.** (2008). Avian circannual clocks: adaptive significance
745 and possible involvement of energy turnover in their proximate control. *Phil. Trans. R.
746 Soc. Lond. B Biol. Sci.* **363**, 411-23.
- 747 **Wingfield, J. C.** (2005). Flexibility in annual cycles of birds: implication for endocrine
748 control mechanisms. *J. Ornithol.* **146**, 291–304.

- 749 **Wingfield, J. C. and Farner, D. S.** (1979). Some endocrine correlates of reneating after loss
750 of clutch or brood in the white-crowned sparrow, (*Zonotrichia leucophrys gambelii*).
751 *Gen. Comp. Endocrinol.* **38**, 322-331.
- 752 **Wingfield, J.C. and Monk, D.** (1994). Behavioral and hormonal responses of male song
753 sparrows to estrogenized females during the non-breeding season. *Horm. Behav.* **28**,
754 146-154.
- 755 **Zucker, I., Boshes, M., and Dark, J.** (1983). Suprachiasmatic nuclei influence circannual
756 and circadian rhythms of ground squirrels. *Am. J. Physiol.* **244**, R472-R480.
757

758

759 FIGURE LEGENDS

760 Fig. 1. Changes in testis volume and diameter of the largest follicle (open circles, left axis)
761 and the occurrence of molt in wing primaries (solid circles, right axis) and body plumage
762 (solid horizontal bars along the x-axis) in spotted munia (n = 10 males, top two panels; 9
763 females, bottom two panels) kept in an outdoor aviary at Lucknow, India (26⁰,55'N;
764 80⁰.59'E) for 25 months, March 2008 to March 2010. All the birds receiving natural day
765 length and temperature cycles showed repeated cycles of gonadal recrudescence – regression
766 and molts. Asterisks on gonadal cycle indicate the times of peak gonadal growth in an
767 individual bird.

768 Fig. 2. Changes in testis volume and diameter of the largest follicle (open circles, left axis)
769 and the occurrence of molt in wing primaries (solid circles, right axis) and body plumage
770 (solid horizontal bars along the x-axis). Fourteen males (top two panels) and twelve females
771 (bottom two panels) spotted munia were moved indoors in experimental rooms, located
772 underground) to a photoperiodic regime of 12 h light: 12 h darkness (12L:12D; L = 22±1 lux;
773 D = <1 lux) at 18±1⁰C temperature. Data for only ten individuals of each sex are shown;
774 remaining birds responded similarly. All the birds showed repeated cycles of gonadal
775 recrudescence – regression and molts during 28 months of exposure to 12L:12D, beginning
776 from November 2007. Asterisks on gonadal cycle indicate the times of peak gonadal growth
777 in an individual bird.

778 Fig. 3. Changes in testis volume and diameter of the largest follicle (open circles, left axis)
779 and the occurrence of molt in wing primaries (solid circles, right axis) and body plumage
780 (solid horizontal bars along the x-axis). Seven males (top two panels) and six females
781 (bottom two panels) spotted munia were moved indoors in experimental rooms, located
782 underground) to a photoperiodic regime of 24 h light: 24 h darkness (24L:24D; L = 22±1 lux;
783 D = <1 lux) at 18±1⁰C temperature. Thus, these birds received alternating days of light and
784 darkness. All the birds showed repeated cycles of gonadal recrudescence – regression and
785 molts during 28 months of exposure to 24L:24D, beginning from November 2007, albeit with
786 an attenuated amplitude, especially in females. Asterisks on gonadal cycle indicate the peak
787 gonadal growth in an individual bird.

788 Fig. 4. Changes in testis volume and diameter of the largest follicle (open circles, left axis)
789 and the occurrence of molt in wing primaries (solid circles, right axis) and body plumage
790 (solid horizontal bars along the x-axis). Eleven males (top two panels) and thirteen females
791 (bottom two panels) spotted munia were moved indoors in experimental rooms, located
792 underground, to a constant light regime (LL, L = 22±1 lux) at 18±1°C temperature. Data for
793 only ten individuals of each sex are shown; remaining birds responded similarly. All the birds
794 showed repeated cycles of gonadal recrudescence – regression and molts during 28 months of
795 exposure to LL, beginning from November 2007, albeit with an attenuated amplitude. The
796 cyclicity was relatively less pronounced in females, but still in most individuals the timing of
797 peaks could be discerned. Asterisks on gonadal cycle indicate the peak gonadal growth in an
798 individual bird.

799 Fig. 5. The recrudescence - regression cycle in testis (solid circles, left axis) and ovary (open
800 circles, right axis) in spotted munia subjected to natural conditions (NDL, A) and
801 photoperiodic regimes (12L:12D, B; 24L:24D, C; LL, D) for the period of 25 (NDL) or 28
802 months, ; group 3) from November 2007 to February 2010. The data plotted in this figure is
803 the moving average of the group. The peak response for both cycles has been plotted as Ist
804 and IInd peaks in the figure 5E (testis volume) and 5F (follicle diameter). The intervals
805 between two peaks gave the period of annual/ circannual cycle, plotted as mean ± SE in 5G
806 (male) and 5H (female). The annual/ circannual periods are as follows: NDL - 12.3±0.2 mo
807 (males), 12.4±0.36 mo (females); 12L:12D - 11.14±0.33 mo (males), 11.8±0.4 mo (females);
808 24L:24D - 11.1±0.46 mo (males), 9.83±0.6 mo (females); LL - was 11.1±0.4 mo (males),
809 13.5±0.8 mo (females). Bars with identical alphabets - no difference; bars with different
810 alphabets – $p < 0.05$. Asterisks indicate significance of difference between two peaks ($p <$
811 0.05)

812 Fig. 6. The relationship between gonadal cycles and wing primaries molt in male (left panels)
813 and female spotted munia under natural (NDL) and artificial lighting conditions (12L:12D,
814 24L:24D, and LL). The peak gonadal response in an individual during the first and second
815 cycle was given the value zero on the time scale (x axis), and successive twelve months
816 before and after the time of peak responses were accorded values from -12 to +12,
817 respectively. The frequency of the onset of wing primaries molts in individual birds was
818 plotted on the timescale by different open symbols (first molt, inverted triangle; second molt,
819 diamond; third molt, triangle; fourth molt, circle). The number of each symbol denotes the

820 number of birds in molt, but at several places these symbols overlap which is indicated by a
821 number.

822

Figure 1

Natural condition (26⁰.55' N; 80⁰.59'E)

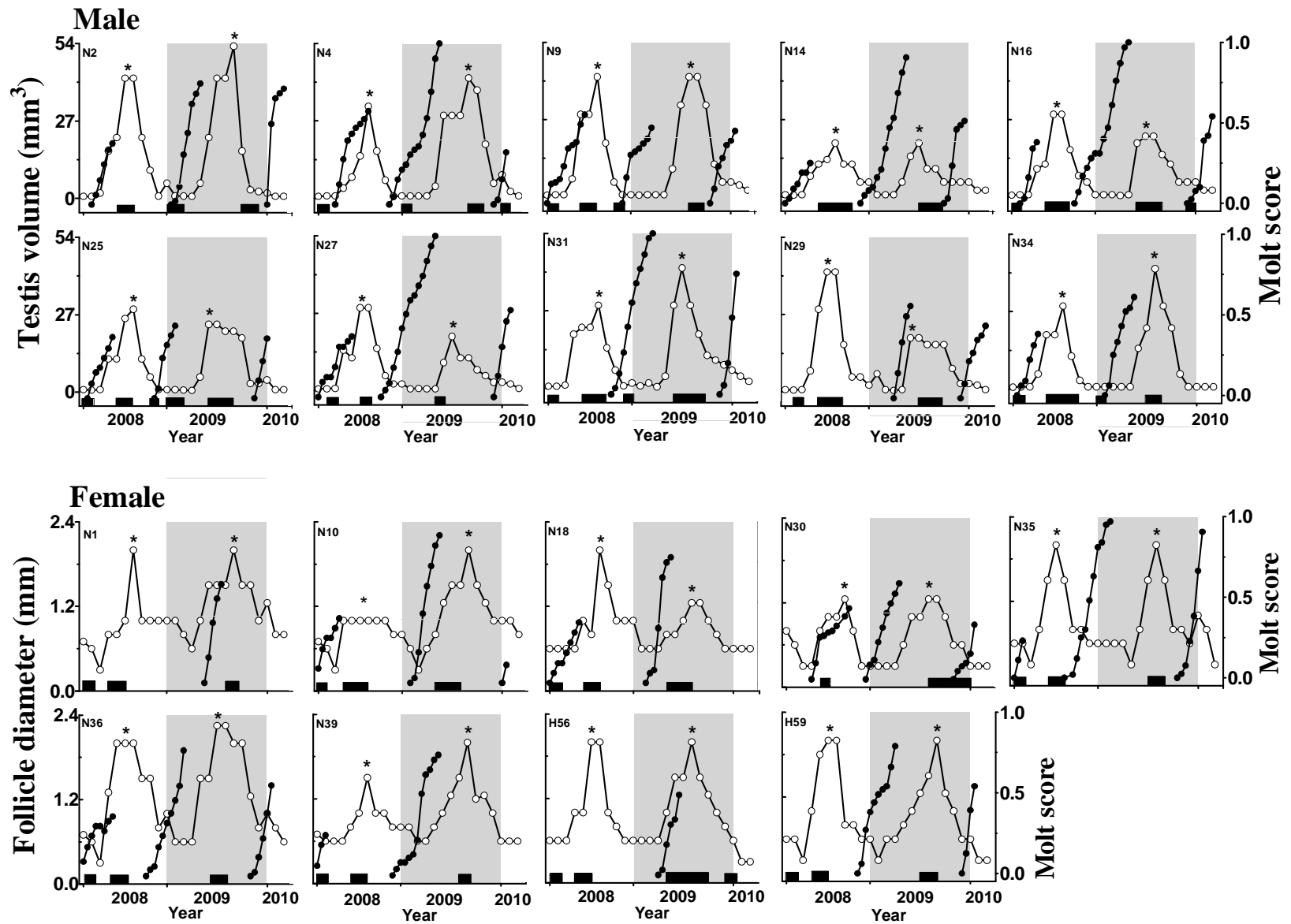


Figure 2

12L:12D

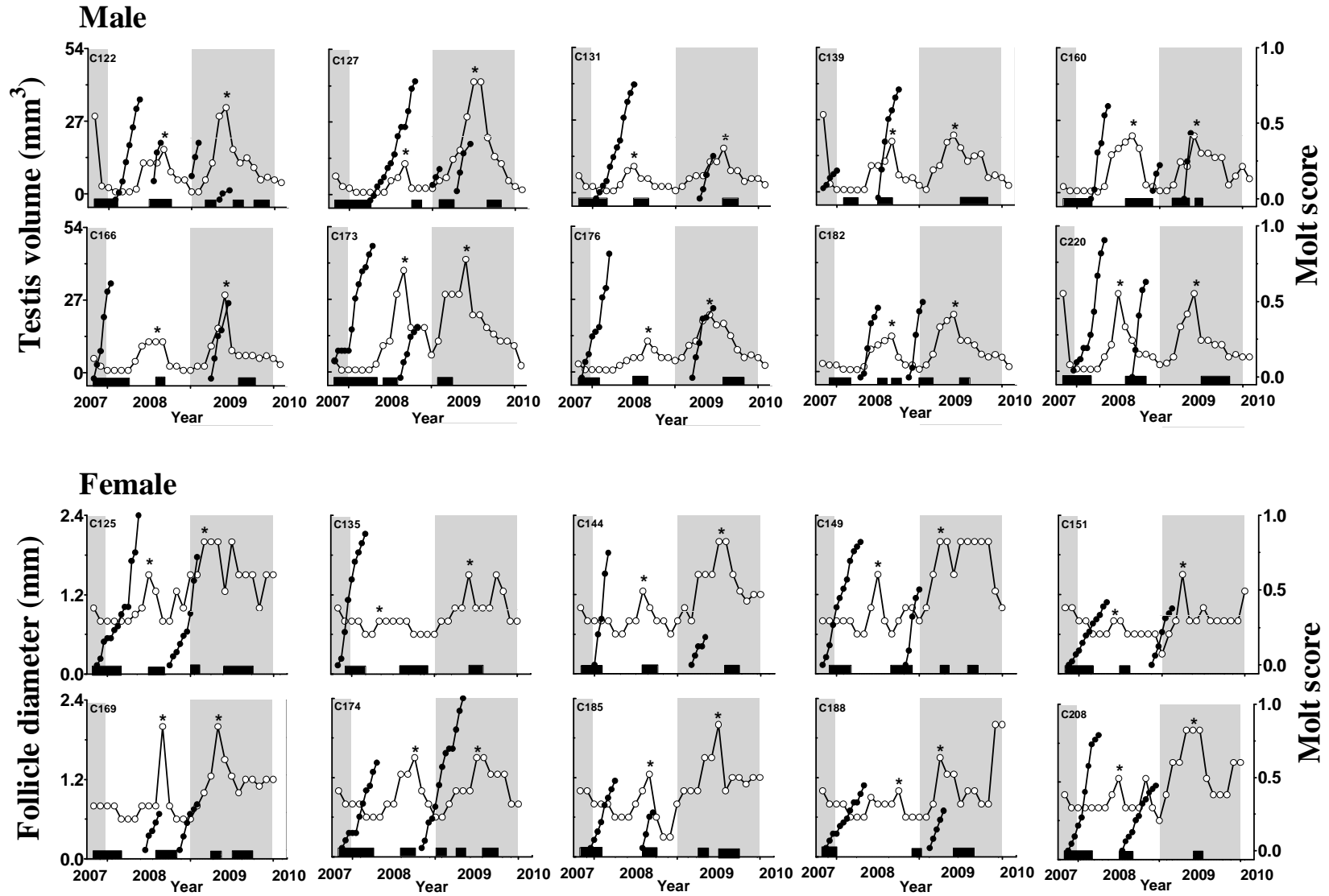


Figure 3

24L:24D (LL/DD)

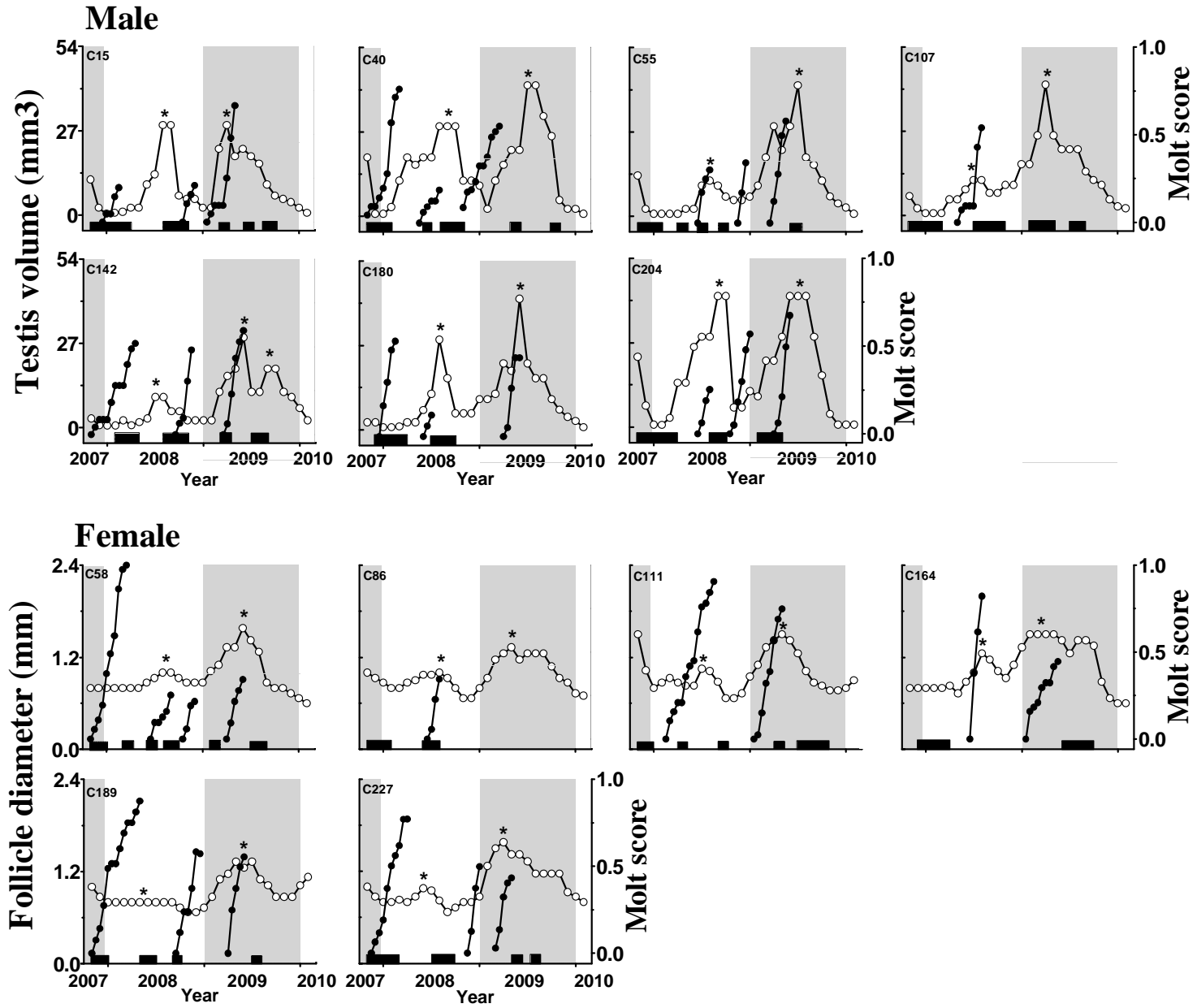


Figure 4

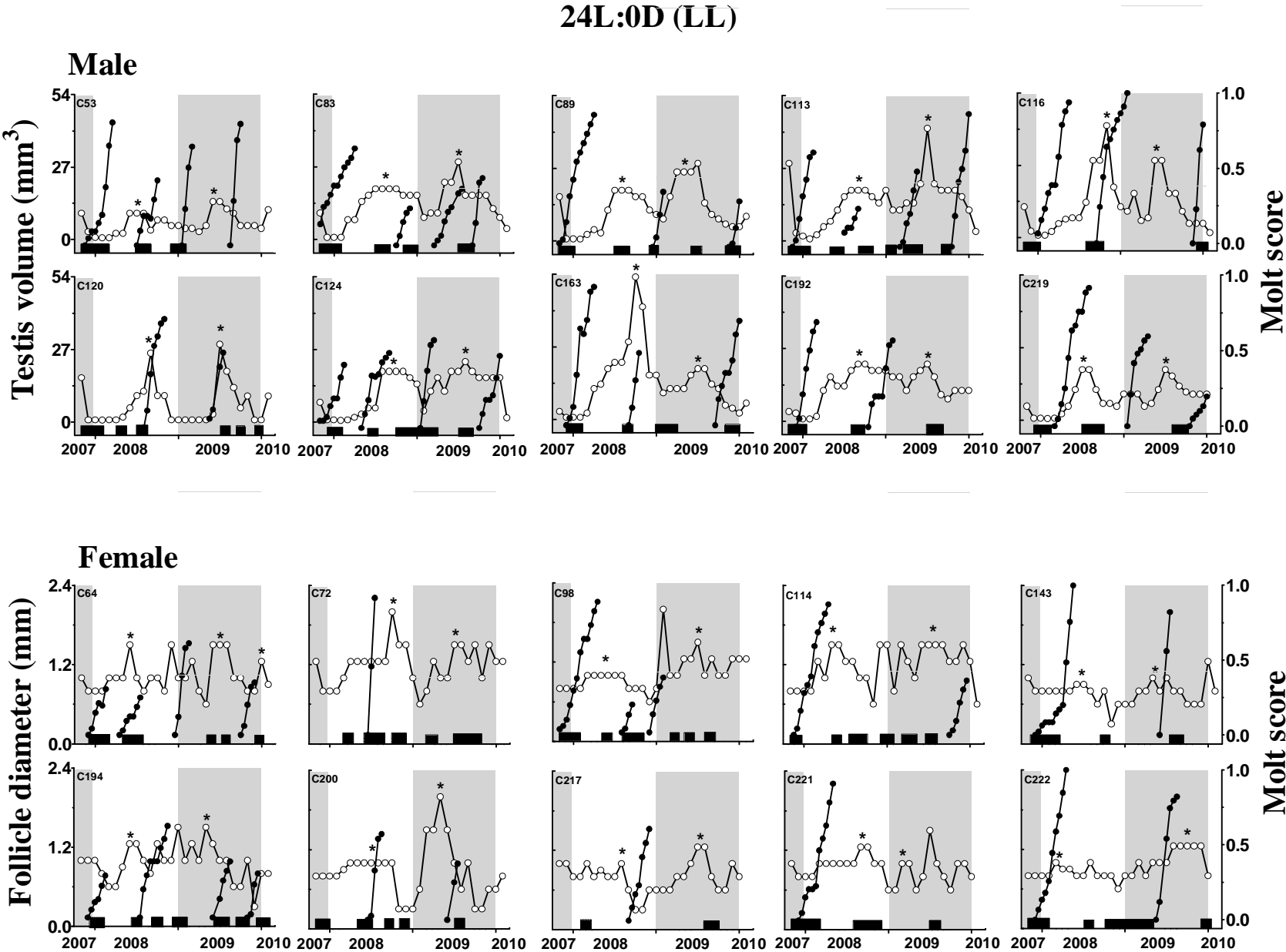


Figure 5

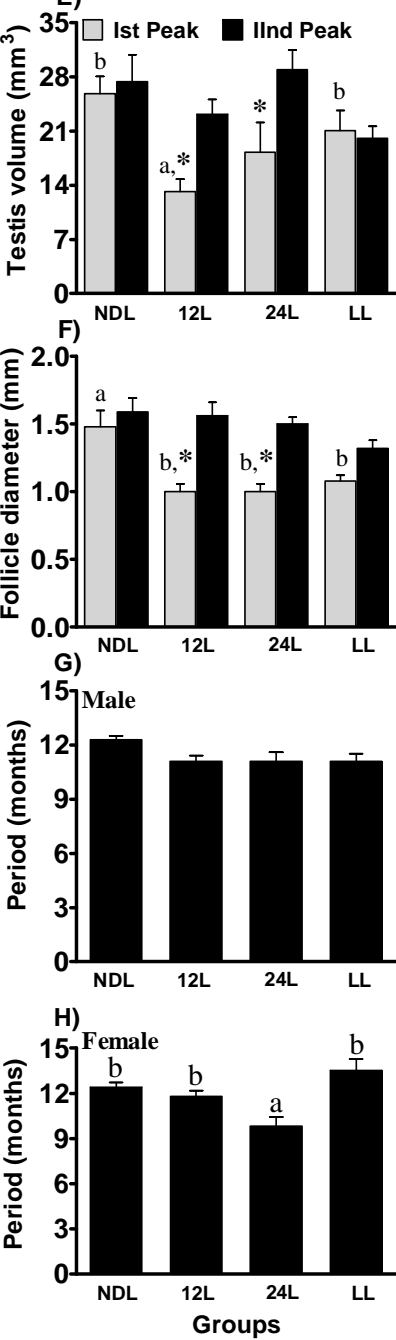
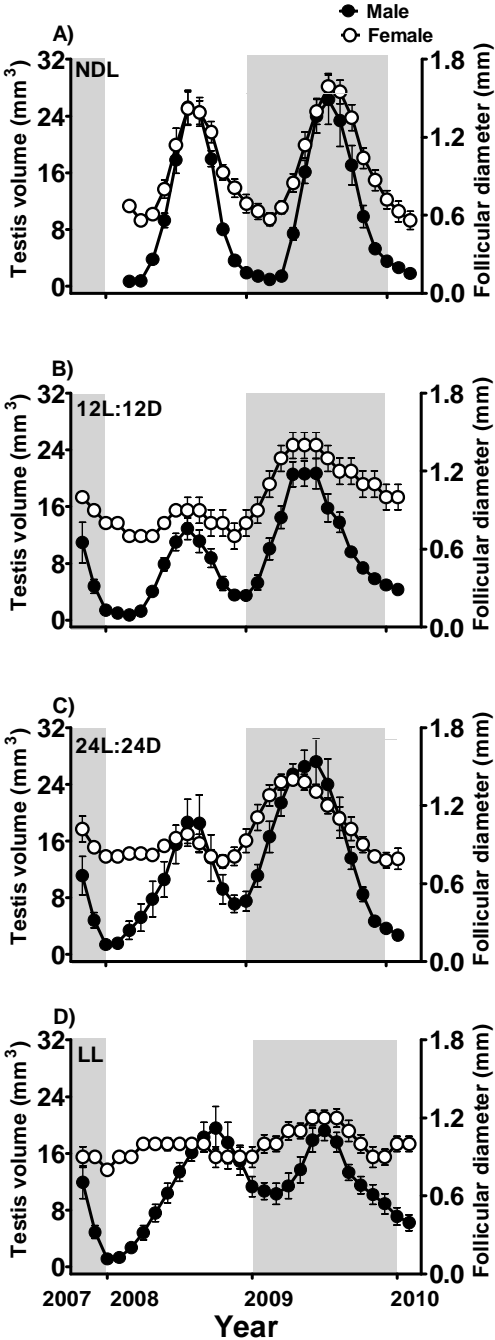


Figure 6

