

# Organic food, oriental diet culture, avoiding preservatives key to nutritional health: Dr Jitendra

**STATE TIMES NEWS**  
NEW DELHI: "Consumption of organic food, return to oriental diet culture and avoiding preservatives are the key to nutritional health".

This was the crux of the keynote address delivered by Union Minister of State (Independent Charge) for Science and Technology, Minister of State (Independent Charge) for Earth Sciences, MoS PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, Dr. Jitendra Singh at the "Economic Times Nutriwell Conclave 2024".

The Minister underlined the Government of India's commitment to fostering innovation and sustainability in nutrition. He outlined a multi-faceted approach to address India's nutrition challenges, focusing on cutting-edge research, public-private partnerships, and sustainable practices to ensure long-term food and nutrition security.

Dr Jitendra Singh enunciated about the health concerns that India had to face during past decades. Mostly these were born out of undernutrition, he observed.

Dr Jitendra Singh further talked about the complex food culture in India. Earlier depending on the particular region of India, the



Union Minister Dr. Jitendra Singh delivering Keynote address at the "Economic Times Nutriwell Conclave 2024" at Hotel Hyatt, New Delhi on Friday.

dietary patterns could be demarcated, but no longer so. For example, now South Indian dishes are being increasingly consumed even in North India and likewise North Indian dishes in South India, Northeast dishes in other parts of the country as well and added to this, Indians are simultaneously eating Italian pizza and Chinese noodles, he said.

Our Food Culture is evolving just as our society and nation are also in a stage of evolving at different levels, said the Minister.

Delving about the uniqueness of Indian fooding pattern and its impact on health, he mentioned how an Indian looks starkly different as compared to that of an European. Union Minister further outlined about the shifting disease pattern in the country. He mentioned the emergence of infectious diseases. Talking about the demo-

graphic situation in the country and given that India has a higher number of younger generations, he called for different sets of nutrition standards for different generations and age groups.

Among the initiatives underway at the Department of Science and Technology, the Union Minister highlighted the Young Scientist and Technologist Scheme (SYST) as a pivotal initiative in empowering innovators under the age of 35. By nurturing breakthrough solutions in nutrition, including the development of nutritional supplements and value-added food products for humans and animals, SYST aligns with India's long-term health and nutrition objectives. Dr. Singh stressed that such programs cultivate a generation of problem-solvers equipped to combat malnutrition effectively.

He also spotlighted the National Speed Breeding Crop Facility at the National Agri-Food Biotechnology Institute (NABI), which is advancing the development of climate-resilient, high-nutrient crop varieties through speed breeding technologies. This initiative is critical in addressing the impact of climate change on agriculture while meeting the nutritional needs of India's growing population.

Dr. Jitendra Singh noted that such innovations ensure food security and sustainability, contributing significantly to the nation's development goals. He also mentioned Reused Cooking Oil and how it can be a way forward for Biofuels and thereby, adding to the Circular Economy.

Emphasizing the importance of fostering partnerships, the Minister called for collaboration between public institutions, pri-

ivate enterprises, and research organizations to scale up innovations in nutrition. He underscored the need for robust support policies and funding mechanisms to advance scalable solutions like biofortified crops and value-added food products, ensuring their widespread adoption in India's nutrition agenda.

Dr. Jitendra Singh also highlighted the necessity of a strong framework to ensure the safety and efficacy of nutritional products introduced into the market. A balanced regulatory environment would facilitate innovation while safeguarding public health and fostering growth in the nutritional product market.

The Minister further advocated for sustainable, climate-resilient food systems that promote locally grown, nutrient-dense foods as a means to enhance national nutrition outcomes. He urged the need to ensure that nutritional solutions are accessible, affordable and sustainable for all sections of society.

In his concluding remarks, Dr. Jitendra Singh reaffirmed the government's resolve to drive India's nutrition revolution through innovation, collaboration, and sustainability. He expressed optimism that these concerted efforts would lead to a healthier and more nourished future for every Indian.



## ANTF Jammu nabs notorious drug smuggler, over 15,000 intoxicating capsules recovered

**STATE TIMES NEWS**  
JAMMU: To wipe out the menace of drug abuse from society under the programme on Nasha Mukta Bharat Abhiyan, ANTF Jammu achieved a success by apprehending one smuggler named Raj Kumar, son of Kala Ram, resident of Shakti Nagar Jammu and recovered commercial quantity of consignment from his possession near

Railway line Narval Jammu. Trap was laid by team of Police Station ANTF Jammu headed by Tanweer Ahmed Dy SP ANTF Jammu under the supervision of SSP ANTF J&K Raj Kumar JKPS. In this regard case FIR No. 09/2024 under section 8/21/22 NDPS Act has been registered at P/S ANTF Jammu and investi-

gation is being carried out by inspector Nayat Ali of ANTF Jammu. Anti Narcotics Task Force "J&K" Jammu has appealed to the general public to come forward regarding any information related to drugs so that this menace could be uprooted completely from the society and our young generation could be saved from this deadly drug menace.

## IIM Jammu, Thalassemia Welfare Society, GMC Jammu organise blood donation camp

**STATE TIMES NEWS**  
JAMMU: The Indian Institute of Management (IIM) Jammu under the leadership of Prof. B.S. Sahay, Director, IIM Jammu, in collaboration with the Thalassemia Welfare Society, Jammu, and Govt. Medical College Jammu, conducted a successful Blood Donation Camp at its JagtCampus. The initiative reflected the institute's ongoing commitment to community service and its efforts to promote social responsibility among its members. The camp witnessed active participation from students, faculty, and staff, who came forward to contribute to this noble cause. With the expertise and support of the medical team from Govt. Medical College Jammu, all necessary safety measures were strictly followed, ensuring a smooth and secure process for donors. The event highlighted the importance of blood donation in saving lives and emphasized the role of individuals in addressing critical healthcare needs.



Prof. B.S. Sahay, Director, IIM Jammu, praised the IIM Jammu fraternity for their involvement in this important initiative. He remarked that the institute is focused on developing leaders who combine academic excellence with a deep sense of social responsibility. He noted that blood donation is a significant act of kindness, and the enthusiastic participation in this camp is a testament to the community's dedication to contributing meaningfully to society. The camp concluded with the collection of a substantial number of blood units, which will benefit patients in need across the region, particularly those suffering from conditions like thalassemia and other life-threatening illnesses. The participants expressed a sense of fulfillment in being part of this life-saving endeavour. The event was meticulously coordinated by the Student Affairs Office at IIM Jammu, ensuring its success. Through such initiatives, IIM Jammu continues to uphold its values of inclusivity, empathy, and societal contribution, reinforcing its position as an institution committed to creating a positive impact on the community.

## Dy CM reviews working of key departments in Nowshera

**STATE TIMES NEWS**  
NOWSHERA: Deputy Chief Minister, Surinder Kumar Choudhary, on Friday chaired a comprehensive review meeting of Public Works Department (PWD), Pradhan Mantri Gram Sadak Yojana (PMGSY), Labour, Industries & Commerce besides Geology & Mining departments at Nowshera.



The meeting was attended by senior officers of the respective departments. The Dy CM assessed scheme wise physical and financial progress on PMGSY projects in Rajouri and Budhal divisions. He directed the officers to expedite completion of ongoing projects while maintaining highest quality standards. Taking serious notice of reports about substandard work on some PMGSY projects, the Dy CM emphasised that no compromise with the quality of works will be tolerated. Regarding delay in work execution caused due to forest clearance issues, the Dy CM directed the concerned officers to coordinate effectively and ensure timely approvals. During review of the PWD sector, the Dy CM reviewed the physical and financial status of ongoing projects. He instructed the officers to strictly adhere to quality parameters and complete projects within the stipulated timeframe. Surinder Choudhary was apprised of the Sheshera Wildlife Sanctuary, home to leopards and other animals. He directed the Wildlife Warden to draft a proposal for developing the sanctuary into a prominent tourist destination in view of its potential to attract the tourists. Highlighting the Government's commitment towards promoting tourism,

he urged the officers to publicise the district's scenic locations to draw more visitors. The Dy CM also reviewed the status of Kheora Industrial Estate, which houses 51 industrial units, out of which 31 are operational. He directed the department to provide a detailed report on the 20 non-functional units. He was apprised that two new industrial estates at Kuldabi and Qila Darhal are also in the proposal stage. Addressing the Geology and Mining sector, Surinder Choudhary instructed the department to intensify vigilance to curb illegal mining. He emphasized zero tolerance for illegal practices and stressed systematic and scientific mining to conserve resources. Coordination among enforcement agen-

cies was also highlighted to ensure strict action against the violators. Later, the Dy CM interacted with the public, who apprised him of various issues. He assured them of prompt action and resolution of their concerns. The meeting was attended by Executive Engineer PWD (R&B) Rajouri Sardar Khan, Executive Engineer PWD Koteranka Mohammad Qasim, Executive Engineer PWD Nowshera and Kalakote Mohd Aftab, Executive Engineer PMGSY Rajouri, Shahid Mustafa, Executive Engineer PMGSY Budhal, Imtiyaz Mir, Assistant Labour Commissioner Pradyot Gupta and Assistant Director Handicrafts Abhinandan Mangotra, along with other officers of PMGSY and PWD.

## Satish reviews functioning of FCS&CA, Transport Department

**STATE TIMES NEWS**  
SRINAGAR: Minister for Transport, FCS&CA, Information Technology, Science & Technology, Satish Sharma on Friday convened separate meetings with senior officers to review the functioning of Food, Civil Supplies & Consumer Affairs and Transport Department. The meetings aimed to review the preparedness of both the departments for the winter season.



FCS&CA Minister Satish Sharma during visit to Regional Science Centre at Lal Mandi.

While reviewing the functioning of FCS&CA, the Minister reviewed the stock and supply position of essentials in Kashmir division besides assessing

extra arrangements made by the department for winter season. He cautioned the officials that the government would not tolerate any lapse in making available sufficient stock supply of essential commodities, especially food grains in Kashmir division for the winter months. He directed them to always dump stocks in advance so that people do not face difficulty in case the National Highway gets closed due to bad weather.

Expressing satisfaction over the functioning of the department, the Minister said that FCS&CA department is directly linked with the people and it becomes mandatory on its functionaries to take

every possible step to ensure that consumers do not face any difficulty, especially during winter months. The Minister instructed the officers to address the issues related to ration cards on priority basis. He also asked them to ensure proper internet connection in far flung areas so that people don't face any kind of inconvenience to get food grains while marking their biometric.

The Minister appealed people to get their children enrolled who are born between 2011 to 2016 under Public Distribution System (FCS &CA) as per their eligibility, as it will benefit such households for additional entitlement as per the group to which they belong.

The Minister also reviewed the functioning of Transport Department in view of winter season. The Minister enquired about the maintenance of buses, revenue generation,

transport services to remote areas etc.

Expressing satisfaction over revenue generation, the Minister stressed the need for adopting and incorporating innovative ideas for further improving and streamlining functioning of the Transport Department. He said besides bringing efficiency and transparency in working of the department, there is a need for providing better and efficient transport facilities to the public, especially people living in far flung areas and patients.

The Minister asked the officers to work in unison to improve and strengthen public transport system in Jammu and Kashmir. The Minister also inspected ongoing construction works being executed on upcoming Sub Regional Science Centre at Lal Mandi here.

During inspection, Satish Sharma directed the concerned authorities to complete the work in

stipulated time frame ensuring quality of work. He said that laxity on part of quality will be dealt with strictness.

The Minister exhorted upon that main objective of the Centre is to provide activity based learning environment to inculcate a spirit of inquisitiveness, foster creative talent and create scientific temper in the community as a whole.

Pertinently, JK Science, Technology and Innovation Council, Department of Science and Technology, is establishing Sub Regional Science Centre at Lal Mandi, Srinagar, in collaboration with National Council for Science Museums (NCSM), Union Ministry of Culture, with an estimated cost of Rs 20.00 crore.

Commissioner Secretary FCS&CA Zubair Ahmad, Joint Director Bilal Ahmad, RTO Kashmir Syed Shahnaawaz Bukhari besides senior officers of FCS&CA, Transport and R&B were present during their respective meetings.

## J&K Bank commissions ATM at IIDC SICOP Complex Govindsar



MLA Kathua Dr Bharat Bhushan and others after inaugurating ATM.

**STATE TIMES NEWS**  
KATHUA: In line with its mission to extend banking facilities to every corner of the Union Territory, J&K Bank on Friday commissioned an off-site ATM at SICOP Complex, Integrated Industrial Development Centre (IIDC) Govindsar in Kathua, Jammu.

MLA Kathua Dr Bharat Bhushan inaugurated the teller machine in the presence of the Bank's Zonal Head (Kathua) Sanjeev Kumar, BDO Kathua, prominent industrialists, SICOP officials besides a vibrant gathering of valuable customers, local residents, and Bank officials.

Speaking on the occasion, Dr. Bharat Bhushan expressed his gratitude to J&K Bank for providing world-class banking facility to the people of the area. He congratulated the local population for gaining a doorstep banking touch point, emphasizing that the new ATM will address the cash-related needs of industrialists, their employees, laborers, and residents of the nearby villages. He also commended J&K Bank for its pivotal role in strengthening the economy of Jammu and Kashmir especially for catering to the banking requirements of people in remote areas.

Thanking the dignitary and the gathering, Zonal Head Sanjeev Kumar said, "We are pleased to dedicate this ATM to the industrial area, fulfilling a longstanding demand of the industries association. We believe this facility will benefit not just the industrialists and their employees but also the residents of adjoining areas, thanks to its strategic location." He further assured the gathering of the Bank's commitment to providing the best possible services to its customers. Following the inauguration, Dr. Bharat Bhushan and the Zonal Head interacted with industrialists and customers, who expressed their appreciation for the Bank's efforts in addressing their needs. They assured their full cooperation in supporting the Bank's growth in the region.

## Power shutdown

**STATE TIMES NEWS**  
JAMMU: Executive Engineer, Electric Division-I, JPDCL, Parade Jammu has informed that the power supply to New Krishna Nagar will remain affected on December 04 to December 10 from 10 am to 4 pm. Similarly, the power supply to Near Petrol Pump ITI College Patel Nagar will remain affected on December 03 to December 08 from 10 am to 4 pm. Likewise, the power supply to Kabadi Kothi Patel Nagar will remain affected on December 04 to December 08 from 10 am to 4 pm. Similarly, the power supply to Patoli Chowk (72) will remain affected on December 03 to December 05 from 10 am to 4 pm.

Likewise, the power supply to Patoli Chowk-Ist (67) will remain affected on December 06 to December 08 from 10 am to 4 pm. Similarly, the power supply to Patoli Morh Park Indira Vihar (138) will remain affected on December 02 and December 04 from 10 am to 4 pm.

Likewise, the power supply to Ram Vihar (42) will remain affected on December 05 to December 07 from 10 am to 4 pm. Similarly, the power supply to Moti Bazar, Matador Stand Parade, Rani Park, Rani Park Left Side, Post Office-1st, Post Office-2nd, Raj Tilak Road, Kalijani near Children Park, Kalijani near sub division-I and Jain Bazar will remain affected on December 07 to December 31 from 9 pm to 4 am.

## DM Jammu sets deadline for surrendering excess firearm(s) by licensees

**STATE TIMES NEWS**  
JAMMU: District Magistrate Sachin Kumar Vaishya has issued an order directing all firearm license holders of Jammu district to comply with the provisions of the Arms (Amendment) Act 2019. As per the Act, no individual is permitted to possess more than two

firearms. According to the order, the identified license holders owning more than 2 firearms must surrender their additional weapons within one week. These license holders are instructed to deposit their other firearm at the nearest police station or authorized unit armory, in

case of Armed Forces members of the Union. Upon surrender, they must also ensure proper endorsement on their licenses, to avoid cancellation and further legal action under the Arms Act. This step follows previous directives issued on June 28, 2022 and July 18, 2022, requiring

licensees to reduce their firearms to permissible limits. Non-compliance of the order will lead to immediate cancellation of licenses, with stringent action initiated against defaulters. The order also applies to anyone holding more than two firearms in the district.