

Dr Jitendra inaugurates ‘National Biobank’, cites gene related personalised treatment regimens in future

■ STATE TIMES NEWS
NEW DELHI: Union Minister of State (Independent Charge) for Science & Technology and Vice President of CSIR, Dr. Jitendra Singh, inaugurated the state-of-the-art Phenome India "National BioBank" at the CSIR-Institute of Genomics and Integrative Biology (IGIB) in the capital on Sunday.

The newly launched facility marks a significant stride towards building India's own longitudinal health database and enabling personalised treatment regimens in future.

The Biobank will serve as the backbone of a nationwide cohort study, collecting comprehensive genomic, lifestyle, and clinical data from 10,000 individuals across India. Drawing inspiration from the UK Biobank model, the Indian version is tailored to capture the country's unique diversity-across geography, ethnicity, and socioeconomic backgrounds. Researchers believe the initiative will aid early diagnosis, improve therapeutic targeting, and bolster the fight against complex diseases such as diabetes, cancer, cardiovascular ailments, and rare genetic disorders.

"Today, we hold the promise of a future where every Indian may receive individualized treatment tailored to their genetic makeup,



Union Minister Dr. Jitendra Singh speaking after inaugurating the state-of-the-art "National BioBank" facility at the CSIR-Institute of Genomics and Integrative Biology (IGIB), New Delhi on Sunday.

lifestyle, and environment," Dr. Jitendra said while addressing the scientists and researchers at IGIB. "This transition to personalised healthcare is no longer theoretical-it is becoming reality, driven by indigenous innovations."

Reflecting on the unique health challenges faced by Indians, Dr. Jitendra noted the high prevalence of central obesity, a risk factor often underestimated.

He highlighted past research showing that seemingly lean Indians may carry disproportionate fat around their waist, underlining the need for population-specific health strategies. "Our conditions are complex and deeply heterogeneous. This is where the BioBank becomes vital-it allows us to decode that complexity," he said.

The Minister emphasised that India's scientific landscape is evolving rapidly, citing recent advances in quantum technology, CRISPR-based genome editing, and the fight against antimicrobial resistance (AMR). "India is no longer lagging behind-we are among the early adopters, sometimes even ahead," he said. The BioBank, he added, will complement these efforts by generating the kind of high-resolution data that can power AI-driven diagnostics and gene-guided therapies.

Dr. Singh also called for deeper collaboration between research institutions, government departments like the Department of Biotechnology, and industry partners, particularly in areas such as AMR and drug development. "Research

must extend beyond the lab-it must find takers in the market and beneficiaries in society," he noted.

The Phenome India Project, under which the BioBank has been launched, is designed to be a long-term, data-rich study tracking the health trajectories of individuals over several years. It will help scientists uncover disease patterns, gene-environment interactions, and response to therapies-all within the Indian context.

Dr. N. Kalaiselvi, Director General of CSIR and Secretary, DSIR, commended the launch of the BioBank as a bold step toward India's self-reliance in healthcare data. Describing the initiative as a "baby step" with the potential to evolve into a global benchmark, she noted that the diversity and depth of the Indian cohort data could one day rival or even surpass global counterparts like the UK Biobank.

Dr. Kalaiselvi highlighted CSIR's holistic efforts in areas like sickle cell anaemia through indigenous CRISPR-based therapies, affordable diagnostics, and collaborative interventions with tribal communities, while urging IGIB scientists to continue setting national examples in data-driven, people-centric research.

Speaking at the occasion, Dr. Souvik Maiti, Director of CSIR-IGIB, reflected on the

institute's pioneering role in genomics over the past two decades. "We were the first institute in India to begin decoding the human genome at a time when sequencing tools were practically nonexistent," he said.

Dr. Maiti also pointed to ongoing work on women-centric studies, breast cancer genomics, and the development of indigenous CRISPR-based therapies for sickle cell disease, adding that IGIB's research now extends to domains like space biology and AI-based pilot fitness assessments in collaboration with the Indian Air Force.

Mediterranean, planetary health diets promote longevity, Sustainability: Dr Sushil

■ STATE TIMES NEWS
JAMMU: To aware the common populace about the ill effects of cardiovascular diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac Awareness cum health Check up Camp in association with Punjab Kesari Group in memory of late Swadesh Chopra at Udas Marg Sanstha R S Pura, Jammu to educate people about importance of cardiac friendly diet so as to prevent future morbidity and mortality.

The Camp was inaugurated by Bhagwan Dass, Guru Mata Bimla Devi, Dr Sushil Sharma along with Gharu Ram Bhagat (MLA Suchetgarh), Ajay Sharma (Commandant 165 BT BSF) and prominent members of the Sanstha.

While interacting with the people, Dr Sushil stated that emerging insights in nutrition and preventive cardiology reveal that the Mediterranean diet and the planetary health diet despite their distinct cultural and philosophical foundations offer remarkably similar advantages for promoting longevity, metabolic health, and environmental sustainability.

Individuals who consistently follow either dietary pattern tend to experience lower rates of all-cause mortality, reduced incidence of cardiovascular diseases, improved glycemic control, and overall better health markers. These diets emphasize nutrient-dense, plant-forward eating: abundant in fruits, vegetables, legumes, whole grains, nuts, seeds, and healthy fats such as olive oil, while restricting red meat, processed foods, and added sugars. This balance of



Trump says he is about to Raise Tariffs as high as 70% on some Countries



Bhagwan Dass, Guru Mata Bimla Devi, Dr Sushil Sharma along with Gharu Ram Bhagat (MLA Suchetgarh) and Ajay Sharma (Commandant 165 BT BSF) inaugurating a camp.

macronutrients and micronutrients not only protects against chronic illnesses but also enhances gut health, reduces systemic inflammation, and supports healthy aging.

He elaborated that Beyond individual health, these dietary models are equally notable for their environmental impact. Both diets involve a significantly lower reliance on animal-based and highly processed food products, which are major contributors to greenhouse gas emissions, deforestation, and biodiversity loss. By prioritizing sustainable agriculture, seasonal produce, and mindful food consumption, they offer a blueprint for reducing one's ecological footprint. While the Mediterranean Diet has roots in centuries-old traditions of Southern Europe, centered on balance and community-based eating, the Planetary Health Diet is a modern framework informed by global sustainability goals. Yet both converge on the principle that what nourishes the human body can and must respect planetary boundaries.

He added that the Mediterranean model encourages shared meals, mindful eating, and cultural connection, which has been shown to improve mental

well-being and adherence. Similarly, the Planetary Health approach promotes awareness of food origins, ethical sourcing, and global responsibility encouraging individuals to see eating as a conscious act rather than a routine habit. Importantly, these diets are not exclusive or elitist, and can be adapted to suit a wide range of cultures, economic contexts, and culinary preferences. Whole grains, legumes, vegetables, and plant-based proteins are affordable and accessible components in most regions.

Moreover, the integration of these diets into healthcare systems, school programs, and public nutrition campaigns can play a transformative role in population-wide health outcomes. Physicians, dietitians, and policy makers have the opportunity-and responsibility-to lead this change by promoting food environments that make healthier, sustainable choices the default. This includes advocating for plant-based meals in hospitals, regulating misleading food marketing, and ensuring that vulnerable populations are not left behind in the transition toward dietary sustainability. He Said

In his final address, Dr Sushil Sharma told that Adopting either of these diets

offers a rare convergence of benefits: improved longevity, enhanced quality of life, and a tangible contribution to climate and ecological resilience. As the world faces a growing burden of lifestyle-related diseases and escalating environmental threats, encouraging a shift toward these dietary patterns presents a practical, science-aligned strategy for building a healthier, more sustainable future for both people and the planet.

Management Committee of the Udas Marg Sanstha Shri Bhagwan Dass, Guru Mata Bimla Devi, Daya Ram, H R Dogra, Tarsem Raj, Rajkumar, Harbans Lal, Dilip Chand and Ashok Sakolia appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum Health Check up camp in their locality.

Others who were part of this Camp includes Dr Venkatesh Yellupu.

Paramedics and volunteers include Kamal Sharma, Rajkumar, Ranjeet Singh, Rohit Nayyar, Rahul Vaid, Maninder Singh, Rajinder Singh, Paramveer Singh, Sanjay Singh, Vikas Kumar, Vijay Sharma, Mukesh Sharma, Nirvair Singh Bali and numerous Volunteers of the Sanstha.

Tributes to Kargil Martyr: GHS renamed in honour of Veer Udheyman Singh

■ STATE TIMES NEWS
JAMMU: To commemorate the supreme sacrifice of Kargil war hero Veer Udheyman Singh, Sena Medal, the Government Girls High School at Shama Chak was formally renamed as "Martyr Soldier Veer Udheyman Singh Memorial Government Girls High School" in a solemn ceremony held today.

The event marked the 26th Martyrdom Day of the brave soldier who laid down his life during the 1999 Kargil conflict while fighting valiantly at Tiger Hill.

The renaming was carried out in the presence of DDC Chairman Jammu Bharat Bhushan, DDC Vice Chairman Suraj Singh Bhatt, and Chairman Team Jammu & BJP leader Zorawar Singh Jamwal, along with the martyr's family members and a large gathering of locals, students, ex-servicemen, and social activists.

A grand "Shardhanjali



DDC Chairman Jammu Bharat Bhushan, Chairman Team Jammu Zorawar Singh Jamwal along with martyr's family members at a programme.

Samaroh" was organized by the family of the martyr, including Omkar Singh Langheh, Shanti Devi, Vandana, Kanchan, Rajesh Singh, and Darshan Singh.

A Guard of Honour was presented by soldiers and officers of the 13 Kumaon Regiment, Domana, as a mark of respect to the valiant soldier.

Prominent dignitaries such as Narinder Singh Bahu, President of All India Bahu Biradari, Ramesh Singh Langheh, President of All J&K Langheh Biradari, and

Retired Navy Officer Er. Lakhwinder Singh also paid floral tributes.

Addressing the gathering, DDC Chairman Bharat Bhushan said the renaming would serve as a lasting tribute to the martyr and inspire future generations. He announced that efforts would be made to upgrade the school into a Model Institution, ensuring quality education in a patriotic environment.

Chairman Team Jammu, Zorawar Singh Jamwal, paid rich tributes to the martyr

and emphasized the need for institutionalized commemoration of fallen soldiers in J&K. He said, "Martyrs like Veer Udheyman Singh are the real icons of our nation. Their courage must become part of our collective consciousness."

Zorawar Singh Jamwal further stressed that patriotism must be instilled in the younger generation, not just through textbooks, but by real-life stories of bravery and sacrifice. "Patriotism is not a slogan-it is a responsibility. When youth understand the price of freedom, they become its strongest defenders," he remarked.

Team Jammu chief Zorawar also questioned why martyrs memorial functions are not organized at government level in J&K where maximum sacrifices have been made by Indian Army, J&K Police and para military forces either by directly fighting with Pakistani Army or while neutralizing Pak sponsored terrorists.

Abrogation of Art 370 fulfilled Dr. S.P Mookerjee's dream of 'One Nation, One Constitution': Priya Sethi



Senior BJP leader Priya Sethi planting a sapling.

■ STATE TIMES NEWS
JAMMU: Senior BJP leader and former minister Priya Sethi on Sunday led a plantation drive at the historic Mubarak Mandi complex in connection with the 125th Birth Anniversary of Bharatiya Jana Sangh founder Dr. Syama Prasad Mookerjee.

The initiative, organised by Distt President Jammu Rajesh Gupta, Vice president Distt Ramesh Gupta and convener Arun Sethi as a tribute to the visionary leader who laid the foundation for "One Nation, One Constitution," witnessed enthusiastic participation from party workers, local residents, environmental activists, and students.

Speaking on the occasion, Priya Sethi said,

"Dr. Syama Prasad Mookerjee sacrificed his life for the complete integration of Jammu and Kashmir with the rest of India. It is our duty to honour his legacy not only by remembering his unmatched contribution but also by contributing positively to society."

The former minister Priya Sethi highlighted that Dr. Mookerjee's historic slogan "Ek Desh Mein Do Vidhan, Do Pradhan Aur Do Nishan Nahi Challenge" was not just a call for integration but a movement that shaped India's unity.

"The abrogation of Article 370 was the fulfilment of Dr. Mookerjee's dream of 'One Nation, One Constitution'. It ensured equal rights, equal opportunities, and a

common national identity for the people of Jammu and Kashmir," she said.

She further added that this constitutional integration brought an end to decades of discrimination and paved the way for development, dignity, and democracy in the region.

Highlighting the importance of environmental protection, the senior BJP leader added that the plantation drive is a symbol of commitment towards a cleaner, greener, and more sustainable Jammu. "Let us plant more trees and nurture them as Dr. Mookerjee nurtured the spirit of nationalism and unity," she remarked.

Priya Sethi also called upon the youth to follow Dr. Mookerjee's ideals of nationalism, integrity, and service, and to actively participate in such initiatives that combine social responsibility with national pride.

The event concluded with the pledge to continue such drives across Jammu & Kashmir in the coming weeks as part of the 125th Birth Anniversary celebrations of Dr. Mookerjee.

Prominent among those present during the plantation drive were BJP leaders, members of civil society, and representatives of local organizations.

ICAI J&K Branch celebrates 77th CA Day with grandeur

■ STATE TIMES NEWS
JAMMU: The Jammu & Kashmir Branch of the Northern India Regional Council (NIRC) of the Institute of Chartered Accountants of India (ICAI) celebrated the 77th Chartered Accountants Day with zeal and enthusiasm at Royal Park, here.

The evening commenced with a seminar on Financial Reporting Practices, under the aegis of Financial Reporting Review Board, ICAI.

The session brought together professionals to reflect on the evolving landscape of accounting and the role of Chartered Accountants in strengthening financial transparency.

CA Sourav Pargal, Chairman of the J&K Branch, delivered a welcome address at the event. In his speech, he celebrated the Institute's distinguished legacy, applauded the resilience and contributions of its members, and outlined a forward-looking vision aligned with technological innovation and ethical leadership.

He extended warm congratulations to the newly qualified Chartered Accountants and acknowledged their remarkable journey to becoming part of the world's largest accounting body.

CA Sourav Pargal also paid a special tribute to the parents and families of the new members, recognizing their silent sacrifices and unwavering support as the foundation of their children's success. "Behind every successful Chartered Accountant stands a family that has believed, supported,



J&K Branch of NIRC of ICAI members during 77th Chartered Accountants Day celebration.

and endured. Today, we celebrate not just the students, but their parents as true partners in achievement," he remarked.

CA Suhel Gupta, CA Shivang Sharma and CA Anmol Gupta were the guest speakers for the seminar, they enlightened the members with their insights on Overview of FRRB and commonly found non-compliances of AS, Sch-III and SAs and other provisions of Companies Act, and CARO.

The executive Committee of J&K Branch felicitated the newly qualified Chartered Accountants while some were given cash awards for their exceptional academic performance these includes "Late Sh. CA. R.C. Gupta Memorial" award, "Late Smt. Sudesh Sawhney Memorial" award, "Late Sh. Omesh Gupta Memorial" award, "Late Sh. Vinod Gupta Memorial" award, "Late Sh. And Smt. Indu and Om Parkash Gupta Memorial" award & "Late Sh. Mela Ram Pargal Memorial" award to the meritorious students of CA

Final examination during 2024.

The proceedings of the events were coordinated by RJ Tani,

Dy CM flags off bus service from Jammu to Kalasara via Sunderbani

■ STATE TIMES NEWS

JAMMU: Acting promptly over the long pending demand of people living in far flung area of village Kalasara regarding transport facility, Deputy Chief Minister Surinder Choudhary on Sunday flagged off a bus from Jammu to Daddal Kalasara via Sunderbani Bajabhain.

While speaking on the occasion, the Dy CM said that this daily bus service will benefit thousands of people who faced difficulties in up-down travel from the designated area earlier. He said that the service will cater to the transportation needs of the people travelling to the far flung areas of the constituency.



Dy CM Surinder Choudhary flagging off bus from Jammu to Daddal Kalasara via Sunderbani Bajabhain.

Surinder Choudhary emphasized that J&K government is committed to establish a sustainable public transportation system in UT. He also exhorted that the government intended to improve transportation in

Jammu, especially in far flung and border areas with the aim to enhance mass mobility, providing increased safety and sustainability, along with greater access and convenience for commuters.