

CSIR in Media



75 Years of
CSIR Touching Lives

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Low GI bread, muffins, parotas, noodles etc

The institute has now developed the technology to prepare low GI bread, muffins, cookies, noodles and parotas for gastronomic indulgence by hyperglycaemic diabetes patients without worrying about further harming their health. While the low GI noodles technology has been

given to a company based in Odisha, the technology to prepare low GI bakery products has been transferred to a Bengaluru-based company, which are commercially making these products so people - diabetics or otherwise - can consume them with equal relish



CFTRI going all out in its effort to help malnourished

CSIR-CFTRI

1st March 2017



The Central Food Technological Research Institute (CFTRI) Mysuru which is a pioneering institution devoted to food technology research and development in the country is going all out in its efforts to help malnourished children. Last year, CFTRI had developed products with advanced nutrition value which are not only easy to use but also

delicious to combat malnutrition among children which yielded good results. Now to attract people from across the country, they will be conducting a two-day national conference on "Malnutrition: Challenges, Success Stories and Way Forward" at its premise on March 3 and 4.

To address malnutrition among children on State's request, CFTRI as a part of its pilot project, began distributing seven nutritious foods to 13 Anganawadi centres (Hegdalli, Ramapura and Chamalapurada Hundi villages) in Nanjangud Taluk. This programme was for about 100 undernourished children and an equal number of healthy children. The department of women and child development had found that the district has about 329 severely malnourished children and over 100 of them were in about 13 Anganawadi centres in Nanjangud Taluk. CFTRI developed seven advanced nutritious products: Rice mix, high protein rusk, energy food, nutria chikki with spirulina, nutria sprinkle, sesame paste and fortified mango bar containing macro and micro nutrients which were given to the children.

Malnutrition among children is a major health challenge the nation is facing. As per the National Family Health Survey (NFHS-3) carried out by the Ministry of Health and Family Welfare, Govt. of India, 42.5 percent of the children under 5 years of age are underweight. The government has accorded high priority to the issue of malnutrition and is implementing several schemes/programmes. The ministry is implementing Integrated Child Development Services (ICDS) Scheme, Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) namely SABLA, and Indira Gandhi Matritva Sahyog Yojna (IGMSY) as direct targeted interventions. However, incidence of high percentage of malnutrition among children is still prevalent in some of the major states of India including Maharashtra, Uttar Pradesh, Bihar and Rajasthan. These data indicate the need for development of implementation strategies to make the government programmes more effective to combat malnutrition among children.

The two-day national conference is aimed at deliberating various innovative public and private initiatives on combating malnutrition by bringing experts and representatives from government, private and NGOs onto a single platform. The conference will provide an opportunity to share the learnings and challenges faced on the ground, brainstorm and formulate an effective policy to combat malnutrition by adopting a coordinated and holistic approach. The session will specially focus on innovative ideas/concepts that have been effective in the field in terms of robustness and scalability in combating malnutrition. The proceedings and deliberations of the meeting will be brought out as a compendium that can serve as a reference document to fight against malnutrition across the country.

Published in:

[News Karnataka](#)

Food that even diabetics can dig in without a care

CSIR-CFTRI

1st March 2017



Central Food Technological Research Institute has developed low glycaemic index foods for diabetics, which they may not have been allowed to consume otherwise.

Diabetics suffering from high blood sugar can now relax on their stringent food restrictions. Mysuru-based Central Food Technological Research Institute (CFTRI) has developed a slew of dishes with low glycaemic index (GI), besides developing a mobile app to help people prepare healthy and delicious food scientifically at home.

GI of any food determines its effect on a person's blood sugar (also called blood glucose). Diabetes patients who suffer from high blood sugar – or hyperglycaemia – are generally advised to keep away from high GI foods as their body lacks the mechanism to produce adequate amount of insulin to keep their blood sugar in normal range.

Uncontrolled high blood sugar can lead to toxicity and build-up of acids in the blood which damage blood vessels supplying blood to vital body organs, increase the risk of disease of the heart and kidneys, cause strokes and problems concerning nerves and vision. Which is why hyperglycaemic diabetics are expected to refrain from eating foods high on the GI.

However, you may call this a gift from CFTRI to hyperglycaemic diabetes patients, who form a massive majority of the 40 million diabetes patients in India – set to be the diabetes capital of the world.

The institute has now developed the technology to prepare low GI bread, muffins, cookies, noodles and parotas for gastronomic indulgence by hyperglycaemic diabetes patients without worrying about further harming their health.

While the low GI noodles technology has been given to a company based in Odisha, the technology to prepare low GI bakery products has been transferred to a Bengaluru-based company, which are commercially making these products so people – diabetics or otherwise – can consume them with equal relish.

Briefing Bangalore Mirror about the low GI products, Manilal P, principal scientist at Director's office/ S&T Unit of CFTRI, said, "These products are largely going to help diabetic patients significantly. Usually, regular commercial noodles that are available in the market come with GI of 75 while for parota it is 72. But low GI are those that are below 55."

The app guides user on preparing 21 millets-based foods like ragi rusk, ragi vermicelli, ragi papad, convenience flour for mudde, decorticated ragi, instant beverage from ragi, ragi roti, ragi snack, ragi flakes, ragi murukku mix, malted ragi flour-enzyme rich, expanded ragi, germinated ragi drink mix, and puttu mix, among others.

The app is likely to be launched for the public by March 31.

Prof Ram Rajashekharan, CFTRI director, told this paper: “The main reason we came up with low GI noodles and bakery products was to deliver healthy and delicious food for diabetic patients. As the population in the country is increasing, India is going to be the diabetic capital of the world with 40 million patients. This will help people in the coming days. In another breakthrough, we are giving food technologies for free of cost to the entrepreneurs so that the research in food sector continues in a smooth manner. Adding to it, we are getting closer to the people by introducing the mobile app about preparing healthy and tasty food at home through videos and description support.”

Two new food technologies for free

With an overwhelming response from its past free technologies, the CFTRI is launching two new products on March 2 in its FreeTech Entrepreneurs Meet. The two new products are leg-operated papad making and rice mix milk. CFTRI, in 2013, released a total of 12 proven and successful technologies free of cost by means of publishing the detailed technology dossiers on the institute’s website.

The free technologies include amla candy, composite ragi bread, fruit spread, ginger dehydration and bleaching, green chilli sauce, protein enriched buns, ready-to-use dosa batter, turmeric ring and polishing cereal flakes rice and refining of millets. The CFTRI found that about 4,539 had registered on the website for downloading these free technologies. Later, it was found that 125 entrepreneurs were either in the stage of production or of launching these products that were taken from the website for free of cost, which helped the entrepreneurs in their commercialisation.

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[Bangalore Mirror](#)

CSIR labs open doors to children

CSIR-NBRI

1st March 2017



Differently abled children visit cactus park at NBRI on Tuesday.

Hundreds of specially abled children and students were acquainted with various scientific phenomena and their application in daily life at various institutes of CSIR to mark National Science Day. Themed around 'Science and Technology for specially abled persons', the day was observed as open day at NBRI. As many as 650 children, 300 of them specially-abled, spent the day at the institute, visiting its library, laboratories, tactile garden, jurassic gallery, cactus house, fern house and bonsai house.

An MoU was also signed with Dr. Shakuntala Mishra National Rehabilitation University that will provide an opportunity to students to register with NBRI for PhD programmes.

Around 350 students visited CDRI and interacted with scientists and learnt about the developments in

[Times Of India](#)

drug discovery. Later, they participated in a drawing and painting competition that was followed by a series of games. At IITR, special guest, Padma Shri Chewang Norphel, known as "Ice Man" of Ladakh, who created artificial glaciers, met students and spoke to them about the importance of water conservation.

Central Scientific Instruments Organisation celebrated “National Science Day”

CSIR-CSIO

1st March 2017



Central Scientific Instruments Organisation celebrated “National Science Day” today by holding an Open Day and organizing Exhibition on Science & Technology for Specially Abled Persons and National Science Day Lecture. All the labs of CSIO were kept open for general public in the forenoon. Around 1000 visitors including students from various schools, colleges, universities and general public went around the laboratories of the institute. They interacted with the scientists and were given exposure to the technologies available & being pursued at CSIO.

Later in the afternoon Dr. R. Chidambaram, Principal Scientific Advisor to the Government of India & Chairman Scientific Advisory Committee to the Cabinet delivered the National Science Day lecture on the topic “To Build an Excellent RDI Ecosystem“. He said that Research, Development and Innovation (RDI) is fundamental to growing the Indian economy. He said that the key components of RDI are : Talented young people, High quality faculty, Adequate funds, Strong infrastructure, including an e-science infrastructure, Appetite for risk taking, Strong academia industry interactions, International collaboration and Leaders. This is where he said organizations like CSIR-CSIO are instrumental in realizing this. He said that there is a dire need for make in India and CSIO has been playing a key role in this endeavor.

Dr. R. Chidambaram also inaugurated the exhibition on Science and Technology for Specially Abled Persons in which various technologies developed for the specially abled persons were demonstrated like Divya Nayan, CSIR-CSIO, Tynor Orthotics (P) Ltd, Mohali, Virtual Rehab, CSIR-CSIO, Walnut Medicals, Ambala, Medicaid Systems, Chandigarh, Exoskeleton Device, CSIR-CSIO, Pentagon Rugged System, Hyderabad, Intelligent Patient Vehicle, CSIR-CSIO, Auxein Medical (P) Ltd, Sonapat, Orthopedic Implants, CSIR-CSIO, Low Vision Aid, CSIR-CSIO, LM Health Care, Panchkula

Prior to this Prof. R. K. Sinha, Director, CSIO welcomed the chief guest and said that National Science Day is celebrated in India on February 28 every year to mark the discovery of Raman Effect by C.V. Raman, for which he was awarded the Nobel Prize. He also introduced the Chief Guest and gave a brief overview of the National Science Day celebrations.

Published in:

[Newznew](#)

CSIR-IITR

1st March 2017

Water is the elixir of life, says Norphel

Lucknow (PNS): Water brings life, life brings hope and hope never dies. These views were expressed by the Padma Shri recipient, Chewang Norphel, popularly known as 'the Iceman of Ladakh.' He was delivering a popular science lecture as a part of the National Science Day celebrations at the Institute. Post-retirement from the Rural Development Department in the state of Jammu and Kashmir, Chewang Norphel took it upon himself to address the acute shortage of water in the Leh- Ladakh region of the state. He worked tirelessly in order to take his idea of creating artificial glaciers to its logical conclusion. For a region where 80 per cent of the farmers depend on water from the glacial meltdowns for their agricultural needs artificial glaciers are a blessing for them.



Earlier welcoming the gathering, Dr KC Khulbe, Senior Principal Scientist, also spoke about the genesis of National Science Day celebrations in the country to mark the discovery of the Raman Effect by Sir C V Raman.

Delivering his presidential remarks, Professor Alok Dhawan, Director, CSIR - Indian Institute of Toxicological

Research, stressed the need for every individual to believe in his, her own idea and work towards fulfilling it. "This has been very well demonstrated by Chewang Norphel, he said. The CSIR-IITR is privileged to host Chewang Norphel on a day celebrating science," he said.

The Institute also celebrated the day as an Open Day, throwing open its doors to the common citizenry to experience cutting-edge science first hand. An exhibition showcasing the services provided and technologies developed by the Institute was also organised on the occasion. More than 200 undergraduate and post-graduate students from the city-based colleges and universities were invited to visit the laboratories of the Institute and interact with the scientific staff there.

Published in:

The Pioneer, Lucknow

Also Published in:

Swatantra Bharat, Page 6

Navbharat Times

Amar Ujala, Page 7

Rashtriya Sahara, Page 5

Hindustan Live, Page 1

Dainik Jagran, Page 4

JanMorcha, Page 3

Spasht Aawaz, Page 5

Live Uttar Pradesh

Awadhnama

Chetna Vichardhara, Page 2

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Swatantra Chetna, Page 4

Rashtriya Swaroop, Page 4

Dainik Bhaskar, Page 2

Lokmat

Tarun Mitra, Page 3

Jansandesh Times, Page 5

Voice of Lucknow, Page 4

Aazad Aaina, Page 2

Hindustan, Lucknow Live, Page 3

CV Raman remembered, students honoured

CSIR-IIP

1st March 2017

The CSIR-Indian Institute of Petroleum celebrated National Science Day here today. The programme was inaugurated by chief guest Dr Lalji Dixit, former chief scientist, CSIR-IIP, Dehradun.

Dr Anjan Ray, Director, CSIR-IIP, spoke about National Science Day and its significance. He welcomed Dr Dixit and remembered his decades-old service as a scientist at the CSIR-IIP, besides his achievements in the form of patents, supervision of doctorates, research articles and various awards.

Dr Dixit spoke on the subject 'Raman Spectroscopy and its applications in petroleum,' and gave a brief life-sketch of Sir CV Raman.

Dr Dixit explained the uses of 'Raman Effect' in various applications through a slide presentation.

The institute felicitated various students of the state from junior and senior groups who had attained first and second positions in the state-level camp, Uttarakhand Prant, called 'Vidyarthi Vigyan Manthan-2016' held on February 19, 2017, in Haridwar under the auspices of 'Vibha' (Vigyan Bharati).

Dr Anjan Ray, Director, CSIR-IIP, Dr DC Pandey, chairman, Celebrations Committee and Jaswant Rai, Controller of Administration, CSIR-IIP were also present on the occasion.

[Tribune India](#)

Also Published in:

Amar Ujala
UttaraVani



CSIR-CDRI

1st March 2017

दिव्यांगों की बेहतरी के लिए हों वैज्ञानिक शोध

दिव्यांग सशक्तीकरण थीम पर अंतरराष्ट्रीय विज्ञान दिवस पर शहर में कई जगह आयोजन, लगी प्रदर्शनी

अमर उजाला ब्यूरो
लखनऊ।

वैज्ञानिक शोध दिव्यांगों के सशक्तीकरण और उनकी मुख्यधारा से जोड़ने के लिए होना चाहिए। ऐसी तकनीक एवं सहायक उपकरणों का विकास हो, जिससे दिव्यांगों की जिंदगी बेहतर हो सके। ये बातें मंगलवार को डॉ. शकुंतला मिश्रा पुनर्वास विरूचविद्यालय में विज्ञान दिवस पर डॉन एकेडमिक्स प्रो. एपी तिवारी ने कही। इस बार अंतरराष्ट्रीय विज्ञान दिवस विशेष बच्चों को समर्पित रहा। उन्होंने कहा कि वैज्ञानिक शोध और नई तकनीक का लक्ष्य सभी का कल्याण होना चाहिए। इस दौरान साइंस एवं टेक्नोलॉजी के डॉन प्रो. सोके दीक्षित, सांख्यिकी एवं गणित विभाग के सहायक प्रो. डॉ. प्रवीण कुमार मिश्र, रसायन विभाग के प्रो. डॉ. विनय कुमार सिंह और विज्ञान संकाय के शोधार्थी कपिल पंडेय, रोशनी यादव व प्रदीप कुमार ने दिव्यांगों के हित में वैज्ञानिक शोध की बात कही।

जहाँ, सोमैय में ओपन डे रहा। दोपहर में नवंबर हाउस की भन्वतरि वाटिका के प्रभारी वैद्य डॉ. शिवशंकर त्रिपाठी ने लोगों को आयुर्वेद की महत्ता समझाई। सीडीआरआई में दिव्यांग बच्चों के लिए खेलकूद और शिबिरकला प्रतियोगिता का आयोजन किया गया। इसमें दुष्टि सामाजिक संस्थान के बच्चों ने अपनी रचनाशीलता के जरिये आसपास मौजूद विज्ञान के उपयोग पर पेंटिंग बनाई। निदेशक डॉ. मधु दीक्षित ने विजेता बच्चों को पुरस्कार भी दिए। भारतीय सर्वेक्षण विभाग, भू स्थानिक आंकड़ा केंद्र, मानचित्र भवन में यंत्रों की प्रदर्शनी और मैप सेल का काउंटर लगाया गया, जहां गांवजी बाल विद्या मंदिर के बच्चों ने पहले भू-सर्वे के यंत्रों प्लेन टेबलिंग, जीपीएस, डेटा रिसीवर, टोटल स्टेशन, डिजिटल लेवल की जानकारी ली। एलयू के भूगर्भ विज्ञान विभाग में बच्चों को म्यूजियम दिखाया गया। कार्यक्रम का उद्घाटन एलयू सीसी प्रो. एसपी सिंह ने किया। दिव्यशिक्षा ज्ञानपीठ इंटर कॉलेज, गोमती नगर



विज्ञान दिवस पर मंगलवार को सीडीआरआई में आयोजित कार्यक्रम के दौरान सांस्कृतिक प्रस्तुति देने विशेष बच्चे।



धन्वतरि वाटिका का अवलोकन करते स्कूली बच्चे।

स्वतंत्र सोच ही नवाचारों की जननी

लखनऊ। इंदौर विरूचविद्यालय में राष्ट्रीय विज्ञान दिवस पर भारतीय कृषि अनुसंधान परिषद के निदेशक डॉ. कुलदीप कुमार लाल ने कहा कि स्वतंत्र सोच ही नवाचारों की जननी होती है। उन्होंने कहा कि हमारे देश के लिए ये सकारात्मक बात है कि अब हम विकलांग लोगों को विशेष रूप से अशक्त व्यक्ति कहने लगे हैं। समारोह को आयोजित कर रहे कुलपति प्रो. एस डब्ल्यू अख्तर ने कहा कि जो कुछ विज्ञान ने आज हासिल किया है वो सब आज से 50 साल पहले अप्रत्याशित लगता था। उन्होंने इंसान और समाज के विकास के लिए विज्ञान और प्रौद्योगिकीय नवाचारों की भूमिका पर बल दिया। इस अवसर पर प्रो वाइस चांसलर प्रो. जमाल अरिफ, रजिस्ट्रार, प्रो इफ्तखार अली खान, डॉन विज्ञान, प्रो अब्दुल रहमान आदि उपस्थित थे। विधि की ओर से कुशभार को लालबाग नूर मंजिल के पास निःशुल्क स्वास्थ्य जांच शिविर का आयोजन किया गया है।



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CSIR-NML

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प्रयोगात्मक प्रतिभागिता से बढ़ेगी रुचि

राष्ट्रीय विज्ञान दिवस पर 152 सरकारी स्कूल के बच्चों ने किया एनएमएल का भ्रमण

जागरण संवाददाता, जमशेदपुर : छात्रों में विज्ञान के प्रति रुचि किताब से नहीं बल्कि प्रयोगात्मक प्रतिभागिता से बढ़ाई जा सकती है। खेल खेल में ही विज्ञान के नियमों को समझना होगा।

यह बातें राष्ट्रीय विज्ञान दिवस पर मंगलवार को आयोजित कार्यक्रम में सरकारी स्कूल के शिक्षकों व छात्रों को संबोधित करते हुए राष्ट्रीय धातुकर्म प्रयोगशाला (एनएमएल) के निदेशक डॉ. इन्द्रनील चट्टोराज ने कही। इस दौरान वरीय वैज्ञानिक डॉ. अरविंद सिन्हा ने कहा कि नासी और एनएमएल के मार्फत बच्चों को जानकारी वैज्ञानिक देते रहेंगे।

स्कूल में जाकर भी वैज्ञानिक छात्रों को प्रोत्साहित करते रहेंगे। इस दौरान जिला शिक्षा पदाधिकारी राजकुमार प्रसाद सिंह ने एनएमएल परिवार को सहयोग के लिए धन्यवाद दिया। इससे पहले राष्ट्रीय धातुकर्म प्रयोगशाला में मंगलवार को आयोजित विज्ञान दीपावली कार्यक्रम के तहत 152 सरकारी विद्यालयों में पढ़ने वाले नौवीं के लगभग 350 छात्रों ने शैक्षणिक भ्रमण किया। इस दौरान विद्यार्थियों ने वैज्ञानिकों से कई प्रश्न पूछे और उनके जवाब पाए। सरकारी स्कूल के ये बच्चे विज्ञान के नये उपकरण को देख पाये और उन्हें समझने की कोशिश की।



एनएमएल में उपकरणों की जानकारी लेते सरकारी स्कूल के विद्यार्थी • जागरण

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Dainik Jagran

Also Published in:

Hindustan, New Ispat Live, Prabhat Khabar, Dainik Bhaskar

From the edge of India's deepest pit

CSIR-NGRI

25th February 2017

Koyna, Maharashtra. For the first time in its life, 'Shivganga', the 90-tonne, 80-feet-high drilling rig found itself perched on a hill. Used to combing India's western coasts—sometimes inside the sea—for crude oil, this time it has an unusual task: to plumb depths, yet unachieved on mainland India, and in the process, bring seismologists nose-pressingly-close to watching an earthquake come to life. Were everything to go to plan, in the next three months, the Indore-based Shivganga drilling company will have managed to get its rig to burrow 3 km deep. If

successful, this would pave the way for a future, deeper dive—this time 5 km—into India's innards. That's approximately like going from Connaught Place to Nizamuddin.

The Indian project, when done, will rival previous excursions by China and an earlier one by Germany to tunnel 6-8 km into the earth. Unlike commercial wells, the holes being dug in Maharashtra will be a permanent edifice to science in India and the proposed 5 km hole will retain that depth "for centuries", say scientists involved in the project.

[The Hindu](#)

