

Proceeding of Twenty Sixth Annual General Body Meeting

**Annual Meetings held at NBRI, Lucknow
17th -19th, March 2018**

The Annual General Body meeting was held on 17th and 18th March, 2018 in the NBRI auditorium. A total number of 82 delegates from Lucknow and CPWA Centres from all over India registered alongwith 37 students from the four local CSIR Laboratories. The students presented their posters at the Science exhibitions.

The Organizing Committee had aptly chosen to organize a symposium with the theme “Clean Environment and Health” to highlight the significance of national mission on “Swachh and Swastha Bharat”. A total of nine presentations were made in three sessions of 30 minutes each. The Directors from the local Laboratories delivered their addresses to highlight the commitments of respective laboratories towards the designated theme.

Saturday, March 17, 2018

Inaugural Session

The inauguration was held with the customary lighting of the lamp. Thereafter, the Chief Guest, Prof. (Dr) Nakul Sinha, Dr P. K. Seth, President CPWA; Dr V. P. Kamboj, President Emeritus; Prof. A. K. Tripathi, Director, CIMAP; Prof. S. K. Barik, Director, NBRI; Prof. Alok Dhawan, Director, IITR. Dr K. R. Bharadwaj, President, Dr P. K. Mehrotra, Secretary of Lucknow Chapter, Dr J. K. Johri, General Secretary, CPWA, were invited to take their seats on the dais. The meeting commenced with a welcome address by Dr Bhardwaj. He expressed his pleasure for reposing confidence in Lucknow Chapter by the CPWA and once again giving an opportunity to host this meeting of closing ceremony of Silver Jubilee Year at Lucknow. Dr P. K. Seth, in his presidential address appreciated the laudable work of the Association. He added that the CSIR pensioners with their vast experience and knowledge are a great asset to the society and are living up to it by organizing and delivering lectures and enlightening young minds, and also working towards social causes.

Dr R. P. Rastogi, Secretary General, appraised the gathering about the growth of CPWA; how a humble beginning which commenced with a few pensioners in 1992, is now flourishing with a number of offshoots and has completed twenty five years. At present, he informed, there are 11 Chapters and four Affiliates. He expressed his gratitude to all the members who have been instrumental in its growth.

The deliberations continued further with the first address by Prof. A. K. Tripathi. He stated that Lucknow is blessed with four Laboratories of CSIR Labs. Furthermore, he touched upon the fact that all the four Labs have a lot in common because they are biological labs and

hence the topic of the symposium was highly relevant to them. They are contributing to the cause of health and environment. Prof. Alok Dhawan, in his address stated that he felt like a student in the presence of a galaxy of senior scientists and senior colleagues. I am honoured to be present on the occasion. He said my responsibility is double at present since I am directing two labs i.e. IITR and CDRI and both the Institutes have a major role in protecting and improving environment and health. He concluded by wishing the symposium all success and that it will surely be of great help to the masses. Prof. S. K. Barik, Director NBRI stated that he is really blessed to host this symposium at the venue of NBRI. He added that we are the best mentors of the environment and we are also contributing towards its conservation and health. He also informed that NBRI has developed a number of herbal formulations and concluded his talk by extending good wishes and success to the conference.

Dr J. K. Johri presented a brief report of the Silver Jubilee Year. Some of the activities that are continuing were societal and social activities, awareness programmes through lectures delivered in schools and colleges at Lucknow and Kashipur. Other Chapters have also helped contact with the masses in villages. NER Chapter continued its stride in removal of superstitions, whereas Mysuru Chapter helped villages for clean water and ecofriendly management of plant diseases. Such programmes will continue in future.

Three publications were released on the occasion. Prof. Nakul Sinha, released the souvenir brought out by Lucknow Chapter, Dr P. K. Seth released the Newsletter No. 25, 2017 of CPWA and Prof A. K. Tripathi released a special pictorial volume, "25 years of CPWA – Glimpses". The programme was successfully compeered by Mr Pradeep Srivastava of CDRI.

Prof. Nakul Sinha, an eminent Cardiologist, delivered the Inaugural Address "**Healthy Heart for Healthy Living**". He stated that beyond the age of sixty, cardiac problems are the biggest concern and most of the deaths (35% of total) are due to cardiac arrest. Although, it is said that men are biggest sufferers of cardiac diseases, but the fact is that the number of women suffering from heart problems is higher. He said that anxiety, stress, danger and acute exercise induce certain hormones that lead to increased blood pressure and heart rate. Therefore, as a precautionary measure, one must have sufficient rest, sleep and life style modifications which help in preventing this. Concluding his talk, he said that there are "immune prone" personalities that do not suffer stress and that emotions play a key role in recovery.

The session ended with the presentation of vote of thanks by Dr P. K. Mehrotra. He expressed his gratitude to Prof. S. K. Barik for allowing the meeting to be held at the NBRI auditorium. He thanked all the sponsors, press and media, the speakers and the students who participated in poster exhibition. He acknowledged full support of all the members of all the Organizing Committee and also to those who were indirectly concerned with successful

organization of the meetings.

Symposium:

“CLEAN ENVIRONMENT AND HEALTH”

Symposium Session-I

Theme: Environment and Health

The first session began after the lunch break. Chairman: Dr V. P. Kamboj, Former Director, CDRI; Co-Chairman: Dr N. S. Mahendrakar, Former Chief Scientist, CFTRI. Dr Kamboj introducing the theme of the session said that clean environment is essential for human health and well-being. He emphasized that environment in this context means elements in the natural environment like air, water and soil and all the physical, chemical and biological features of our surroundings. The growing evidence of impact of hazardous environment on human health has necessitated the discussions to bring this agenda in the forefront.

First speaker Prof Anil K. Tripathi, Director CIMAP, Topic: **‘Plant derived naturals for Health, Nutraceuticals and Cosmetics’**. Dr Tripathi highlighted the contributions of the institute in commercialization of several plant derived products for the benefit of masses. He stated that there has been an unprecedented increase in the use of natural products particularly used in health foods and cosmetics. Natural products have gained popularity not only in India but worldwide because of their proven beneficial efficacy in enhancing immunogenicity, stress tolerance, endocrine functions. Since majority of the products are poly-herbal, including rare and threatened herbs, there is a need to bring these under organized cultivation in farmers’ field to ensure their availability besides maintaining genotypic and chemotypic purity. CSIR-CIMAP, is taking active lead in improving the quality and yield of traditionally used phytomolecules besides assigning new bioactivities to several traditional plants thus paying rich dividends for the farmers associated in the cultivation.

Second Speaker Prof Alok Dhawan, Director, IITR, Lucknow, Topic: **‘CSIR Contributions towards Safe Drinking Water’**. Dr Alok Dhawan informed that due to increasing demand and changing climatic scenario, the availability of water resources in the country is under great threat and stress and CSIR institutions have enormously contributed towards developing clean water technologies. These include technologies by CSIR-CSMCRI, CSIR IITR and CSIR NCL for indigenously manufacturing membranes to recover water from sewage. Technology for ‘Oneer’ from CSIR IITR and for ‘Terafil’ from CSIR IMMT are examples of cost effective water purification technologies for use at community scale. CSIR NEERI has developed nano-materials based technology for purifying contaminated water. CSIR-IITR has also launched Portable Water Testing Kit for monitoring physico-chemical and bacteriological contaminants. He also narrated the

contributions of CSIR-IITR in missions like Ganga Action plan, Yamuna river program, Gomti river program to assess pollution levels. Since, he is also officiating as Director CDRI Lucknow, he also briefed the audience about the major activities of the institute and its valuable contributions towards discovery and development of indigenous drugs for infectious diseases, family planning and bone health. He informed that CSIR-CDRI has recently commercialized a new natural product-based formulation 'Joint fresh' for management of joint pain.

Third speaker Dr Ashu Gulati, Chief Scientist, IHBT Palampur. Topic: **“Nutraceuticals from the Himalayan Plant Resources for Healthy Living.”** Dr Ashu Gulati mentioned that Himalayan region is a rich source of exclusive medicinal plants with diverse activities and institute has elucidated quality parameters and geographical indications for several agents including Kangra tea. The institute has also developed value added products like tea concentrates and tea wines from low grade teas and developed process for extraction of catechin from coarse leaf. She also informed about the significant contributions in initiating and boosting commercial floriculture in Himachal Pradesh , and popularization of stevia cultivation in the country by providing large scale planting materials and technical advice to the farmers and entrepreneurs.

Symposium Session - 2

The second session started after Tea Break. It was chaired by Dr P. V. Sane Former Director NBRI. He said that air, soil and food contaminants are major environmental hazards affecting the health of individuals and talks during this session will to highlight their impacts and innovative solutions.

Fourth speaker Dr J. S. Pandey, Chief scientist from NEERI spoke on **“Swachh Bharat Abhiyan, Climate change and Environmental Protection”**. Dr Pandey emphasized that although food, clothing and shelter are our primary requirements, they all are significantly contributing towards environmental pollutants including greenhouse gases. There is urgent need to moderate life style changes to control two important parameter viz. production and consumption that would help in regulating the climate and controlling pollution. He also discussed about the activities which need regular refinement and modification with regard to evolving site specific, region specific and ecosystem specific environmental management plans aimed at combating the climate regulated environmental crisis.

Fifth speaker Dr V. R. Balasubrahmanyam, from Jain Irrigation Systems Ltd, Jalgaon, spoke on **“Technological Interventions in Agriculture to double the Farmers' Income.”** He listed organization's achievements leading to increased yield and quality of several economically important crops by employing technological innovations like micro irrigation system, fertigation and precision farming technologies which have benefitted more than five million farmers. The application of high density planting system for fruit varieties like mangoes, oranges.

Pomegranate and banana has more than doubled the yield and improved fruit quality. He also described how their efforts in processing of fruits as puree, concentrates and dehydrated onions in large volumes has enabled thousands of farmers to get enhanced returns for their crops.

Sixth speaker Er Navjot Kumar from CEERI. He spoke on **“Artificial Sensing Systems”**. He highlighted the technological innovations made at CEERI for assessment of feed quality using sensor-based machines. These tools referred as electronic nose and electronic tongue efficiently assess the aroma of the food to detect quality. He gave specific details on development of electrochemical and IR-based technologies related to detection of milk adulteration and milk content measurements and demonstrated models of handheld ‘milk adulteration detector’ and ‘milk fat detector.’

Sunday, March 18, 2018

Symposium Session -3

Theme: Health and Wellness

The third session of the symposium held on 18th March, was chaired by Dr Y. R. Rao, Former Chief Scientist IMMT and co-chaired by Dr Rakesh Shukla Former Chief Scientist CDRI. Dr Shukla introduced the session by highlighting the importance of individual’s sound health in overall personal wellness and wellness of society.

Seventh speaker Prof S. K. Barik, Director, NBRI; Topic: **“Plant Diversity and Utilization Perspectives”**. Prof Barik enlightened the audience with significant achievements of NBRI in the areas of plant diversity, prospection, exploitation of microbial diversity, floriculture, genomics and plant biotechnology. He said that several products and technologies have been transferred to the industry for commercial production and to convert the precious plant resources into economic wealth. These include technologies for biofertilizers, biopesticides, Bt cotton etc., and products like herbal wound-healing ointment, anti-cough formulation, herbal formulation for diabetes, herbal health drinks and herbal colours etc. Thereafter, speaking on plant diversity; conservation and utilization perspectives, he emphasized that biodiversity conservation is a major aspect of resource management and is essential for maintaining ecological balance and self-sustaining growth of plant resources. Forests are major repositories of biodiversity and the Northeast India, part of Indo-Burma biodiversity hotspot, is one of the still relatively undisturbed regions of the world harboring almost 50% of the flowering plants of the Indian subcontinent. Prof Barik highlighted the conservation of biodiversity strategies in the Northeast India. He emphasized that India is recognized as the ‘mega biodiversity country’ due to wide variations in climatic conditions. Its conservation strategies are of prime concern because the loss of biodiversity resources would threaten our food supply chain, sources of wood, medicine,

energy and most precious ecosystem services. He concluded that conservation and sustainable use of biodiversity as an integral component of economic development, is the need of the hour.

The eight presentation by Dr A. K. Saxena, Chief Scientist CDRI; Topic: **“Chemistry in Health care, Drug Discovery and Development”**. Dr Saxena discussed the role of chemistry-based synthetic drugs in upkeep of health by prevention and treatment of diseases. He explained the complexity of drug discovery process which is indeed a challenging, expensive and time-consuming task and described how the recent developments in areas of genomics, proteomics and computational technologies have significantly contributed in understanding of the molecular mechanism of drug discovery process. The discovery of a new drug molecule is identical to locating a ‘needle in the haystack’ and availability of technologies for computer-aided drug design, 3D crystal structure of biomolecules and implementation of docking tools, have profoundly assisted the drug discovery process and time saving in process of lead identification. Dr Saxena demonstrated how these approaches have been applied in the development of neuroleptic drug Centbutindole and novel leads for Alzheimer and Cardiovascular diseases at CDRI, Lucknow.

Ninth presentation in the scientific sessions was a special talk on relationship between **“Medical Astrology and Healthy Living”** by Dr Satya Prakash Dwivedi, Director Adhyatam Evam Jyotish Shodhsansthan, Lucknow. Dr Dwivedi described how astrology has long been used in health profession for the diagnosis and to identify illness. He explained that Ayurveda literally means the ‘Science of life’ and Ayurvedic treatment takes the physical, mental, emotional and spiritual well being of the individual into consideration, to cure a disease. Medical astrology is the missing link between the recorded state of the patient, his/her current therapy and the future pattern of illness. According to Dr Dwivedi, medical astrology relates the influence of planets, along the zodiac signs, to different parts of the body, diseases and drugs. He concluded that medical astrology can provide knowledge for prevention and progression of diseases, thus contributing towards healthy living.

Valedictory session

Immediately after lunch, the valedictory session of the symposium, was chaired by Prof P K Seth. The **valedictory address** was delivered by Prof S. K. Tiwari, Head, Department of Geriatric Mental Health, KGMU, Lucknow. Prof Tiwari informed that KGMU is among the very few medical colleges where a separate Department of Geriatric Mental Health has been established and he has observed that about 20% of the population of above 60 year old persons, suffer from mental illness which is linked to constant stress caused by chronic diseases like dementia, diabetes or cardiovascular disorder. Prof Tiwari discussed mental stress related issues faced by geriatric population, and advocated the importance of positive thinking and simple living to reduce stress. He also discussed the impact of human behavior on health and

emphasized the importance of health care services and its promotional activities to modify unhealthy behavior and inculcate healthy behavior which co-relates to decrease in health morbidity.

Prof S. C. Tiwari presented cash prizes to the best four posters from amongst 35 which were presented during poster exhibition during the symposium. The eminent jury comprised of Prof (Mrs) Beena Tandon, Scientist, Biotech Park and Prof Sudhir Mehrotra, Biochemistry Department, Lucknow University.

Thereafter, the business session was devoted to the **Twenty Sixth Annual General Body Meeting of CPWA**. The proceedings of the AGB meeting have been separately issued.

Monday, March 19, 2018

The third & last day was devoted to excursion to Ayodhya with 87 participants. The team left for Ayodhya from the NBRI Guest House at 9:30 am and reached Manas Bhavan where tea and snacks were served. Visit was arranged to see the artisans carving and stacking stones for building the Ram Mandir. Post lunch, the excited group paid obeisance to Ram Lala Mandir, Hanuman Garhi, Ram Darbar and Ram Ghat etc.. On way back, tea and snacks were served at Manas Bhawan. Although hectic, this was a well deserved trip and the buses returned to Lucknow by 9:30 pm.

Proceedings of the 26th AGM Held at NBRI Auditorium 18th March, 2018

The twenty sixth Annual General Body meeting started with welcome address by the President Dr P. K. Seth. He informed the house that 48 of our colleagues have left for their heavenly abode during the year 2017. General Secretary, Dr J. K. Johri briefly described biodetails of the deceased members and the house observed two minutes silence in their memory, after which the meeting was adjourned. The meeting was reconvened by President, Dr P. K. Seth. He then requested the President Emeritus to address the members. Dr V. P. Kamboj welcomed all the members who have come to participate in the AGM and Symposium from different parts of the country. He expressed happiness that the point raised by Hyderabad Centre has been satisfactorily resolved with the active participation of all the members in the Special General Body meeting and henceforth all branches/affiliates will be called as Centres. This reflects the maturity of the members. The President also thanked the members for amicably resolving the matter and whole-heartedly supporting the decision of the Special General Body Meeting.

1. Dr Johri presented the minutes of 25th AGM held at Bengaluru which were approved by voice vote. Treasurer Mr. M.S. Mehrotra then presented the audited financial Statement for the FY 2016-2017 which was approved by the house.
2. Dr Johri then read out the Annual Report for the year 2017. He informed that 71 new members have joined during this year. A new Centre at Pune has also been formed which will be officially declared soon. He added that a humble beginning in 1992 to form CPWA by a handful of pensioners has now gained a strength of approximately four thousand members in 25 years.

Dr Johri elaborated on the implementation of the 7th Pay Commission and getting arrears and called it as our significant achievement. Dr Seth pointed out that CSIR was the first organization to approve the 7th Pay Commission in toto.

3. Next on the agenda was presentation of Annual Reports by different Centres, but Dr Seth pointed out that since these presentations have already been made yesterday in the MC meeting, this exercise may not be repeated.
4. The local Lucknow Chapter President, Dr K. R. Bhardwaj and Secretary, Dr P. K. Mehrotra were felicitated for successful organization of 26th AGM at an interval of just one year with the last meeting having been held in 2016 at Lucknow. The CPWA Headquarter and members appreciated their efforts. A bouquet and a shawl was presented to our Vice-President, Dr P.V.Sane on attaining 80+ years.
5. The biennial election of office bearers of the Management Committee for the years 2018-2020 was conducted by the Electoral Officer, Mr K. K. Gupta. He announced that duly proposed and seconded nominations for different positions were: President, Dr P. K. Seth; Vice-Presidents (3), Dr P. V. Sane, Mr Y. S. R. Rao, Mysore, Mr K. V. R. S. Murthy, Hyderabad; General Secretary, Dr J. K. Johri; Secretaries (5), Dr (Mrs) F. N. Jaffery, Dr A. K. Agarwal, Dr (Mrs) Shashi K. Bajpai, Mr G. P. Singh, Mr M. S. Singh; Treasurer, Mr M. S. Mehrotra; Members (7), Mr Deepak Wahal, Mr Nirmal K. Saxena, Mr B. D. Bhattacharji, Dr S. K. Puri, Dr Rakesh Shukla, Dr P.B. Khare and Mr H. C. Bhatt.

He further announced that all the nominations were in order and there was only one nomination for each post. Therefore, all the nominated persons are declared as elected. The G.B. approved the results and congratulated the new Executive members.

6. The members may kindly recall that appeals have been made in MC meetings to contribute to the Corpus Fund as and when all 7th CPC recommendations are implemented. This has now happened and all the pensioners have received their respective dues in full w.e.f. Jan.1, 2016.

CPWA Vice President, Mr Y. S. R. Rao, has taken an initiative by suggesting that one month's enhanced pay (difference between earlier pay and present pay, i.e. post-7th Pay Commission) should be donated to CPWA Corpus Fund by members and has also appealed for the adoption of the same by the GB, to which the house agreed. It was also proposed that the President may issue appeal to all Centres and members to this effect.

Some Centres have already come forward to contribute towards the Headquarters' Corpus Fund. Mr Y. S. R. Rao, patron of Mysuru Chapter presented a cheque of Rs. 50,000/- (fifty thousand). It was followed by presentation of a cheque of Rs. 25,000/- (twenty five thousand) by Dr (Mrs) Vaishali Nashikkar of the Maharashtra Centre. Dr S. S. Iyer stated that members of his Centre have come forward to contribute, although it has a strength of 50 members only.

Dr Iyer presented two photographs of Lucknow city for the HQ Office. Mysuru Centre also presented a plaque for the successful organization of 26th AGM at Lucknow to CPWA, Lucknow.

7. Mr K. V. R. S. Murthy announced an invitation of the Hyderabad Centre to host the 2019 AGM subject to the approval of its Executive Committee. This was followed by invitations from Chennai Centre for 2020 and Mysuru Centre in 2021.
8. The President, Dr Seth summed up the fruitful decisions taken at the meeting and invited Dr D. Lakshmanan, Secretary Chennai Centre for his presentation. Dr D. Lakshmanan gave a power point presentation of smart colonies which should be at the borders of rural & urban areas. These will not only be self sufficient but will also serve the cause of clean and green environment.

The meeting concluded with a vote of thanks by Dr J. K. Johri.

J. K. Johri