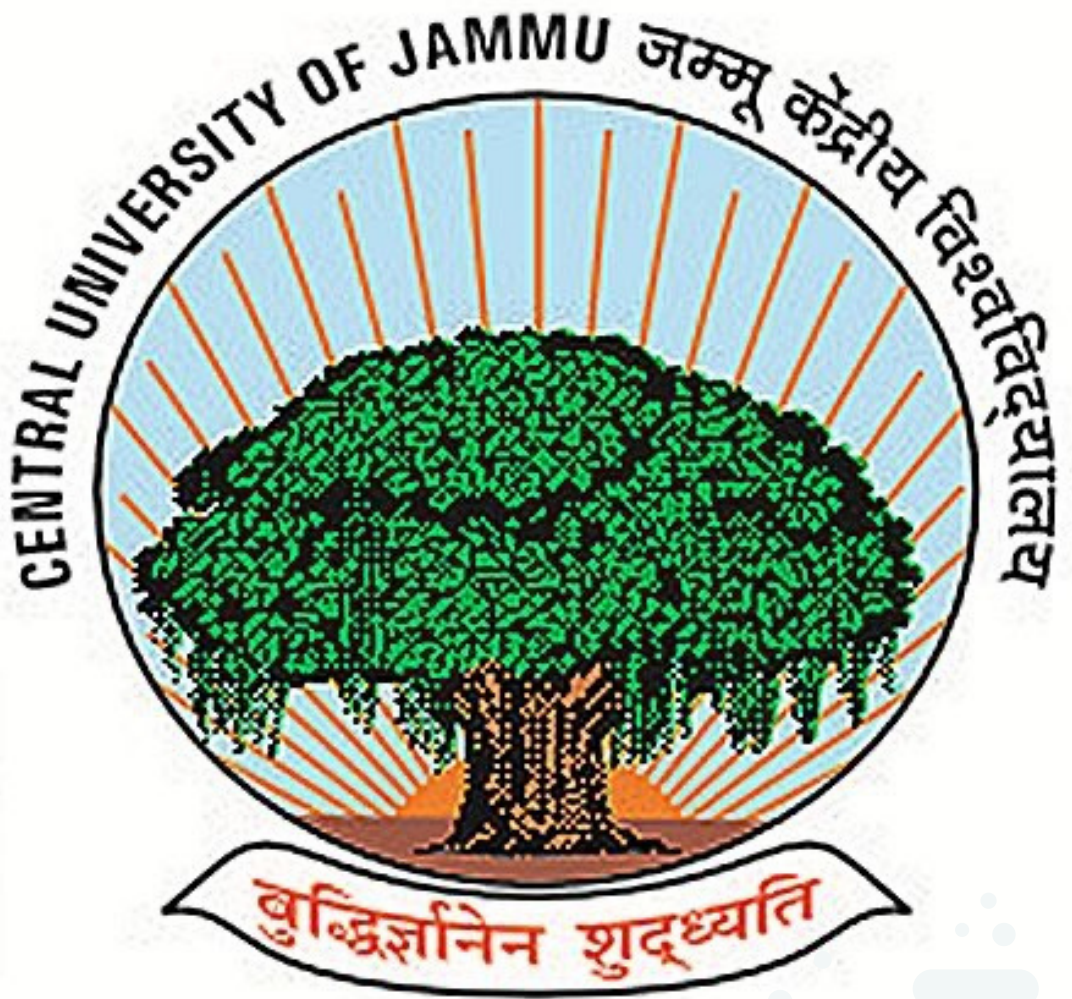


By Students of CMB (Centre for Molecular Biology)

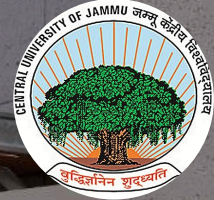
MONTHLY MAGAZINE 2025 EDITION



POWERED BY CURIOSITY
DRIVEN BY STUDENTS



CENTRAL UNIVERSITY OF JAMMU



December 2025 Edition BIOTECH GAZETTE

An Initiative by the students of Centre for Molecular Biology

Guided by the motto 'बुद्धिज्ञानेन शुद्ध्यति' (**Knowledge refines, purifies, and sharpens the mind**), Central University of Jammu celebrates a decade of academic excellence. Embracing NEP 2020, we prioritize high-quality teaching, impactful research, and community engagement to bridge the student-institution gap. Central University of Jammu empowers students with knowledge and skills to become critical thinkers, ethical leaders, and responsible citizens, contributing to a brighter future for India.



Prof. (Dr.) Sanjeev Jain
Hon'ble Vice Chancellor

We are immensely proud to have Prof. Sanjeev Jain at the helm of our institution. Under his visionary leadership, we have witnessed remarkable growth and progress in both academic and research excellence. His unwavering dedication to fostering a culture of innovation and inclusivity has significantly enriched our community. The Hon'ble Vice-Chancellor's commitment to nurturing young minds and promoting collaborative endeavors has set a high standard for all of us to aspire.

We are delighted to recognize the exceptional leadership of our esteemed Head of Department, Dr Narendra K Bairwa. His dedication to academic excellence and unwavering commitment to advancing our field have been truly inspiring. Through his innovative approaches and collaborative spirit, he has fostered a vibrant learning environment that encourages growth and discovery.



Dr Narendra K Bairwa
Director CMB

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We are deeply grateful for the invaluable guidance and unwavering support provided by our esteemed faculty mentors. Their commitment to sharing knowledge, offering encouragement, and inspiring the next generation has left an indelible mark on our community.

• Amrita Banerjee



• Mithun Kumar



• Anjali Mishra



• Prachi Sharma



• Anshula Pal



• Sanjukta Ray



• Fathimi N



• Sanskriti Jain



• Isha
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• Shaweta Barkulia



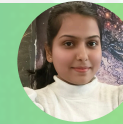
• Karanjot Singh



• Shibani Das



• Kumari Satya



• Vidhi Sharma



• Maira Sajawal Sharma



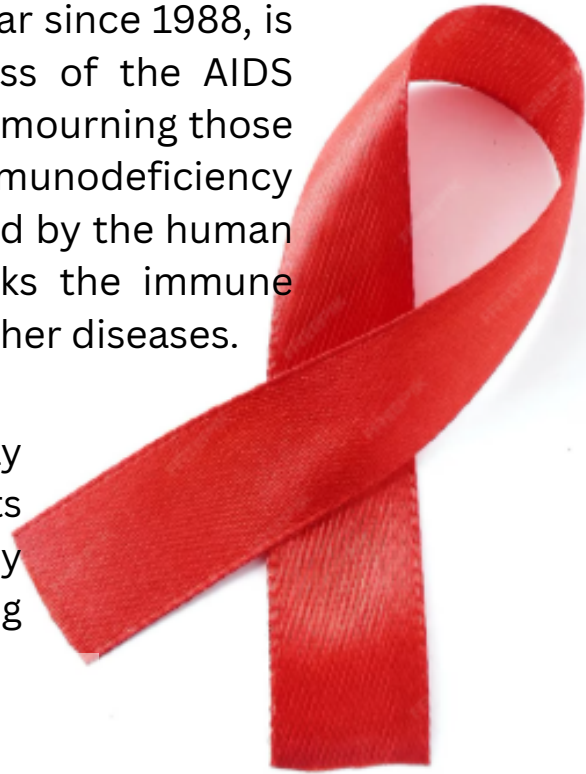
We are incredibly proud of the outstanding work done by our dedicated editorial team, Genetic Guild. Their passion for excellence and commitment to delivering high-quality content have been instrumental in shaping our newsletter. Through their meticulous attention to detail and unwavering dedication, they have ensured that every issue is both informative and engaging for our readers.

WORLD AIDS DAY

World AIDS Day, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. The acquired immunodeficiency syndrome (AIDS) is a life threatening condition caused by the human immunodeficiency virus (HIV). The HIV virus attacks the immune system of the patient and reduces its resistance to other diseases.

The Red Ribbon

One of the most recognized symbols of World AIDS Day is the red ribbon. Simple yet powerful, it represents love, compassion, and support for those affected by HIV/AIDS. Wearing a red ribbon is a quiet but strong statement against discrimination and ignorance. It says: "You are not alone."



The Ongoing Fight & Call to Action

- Not Over: Despite progress, HIV remains a significant global health challenge, requiring sustained efforts.
- Antiretroviral Therapy (ART): While there's no cure, effective ART allows people with HIV to live long, healthy, and productive lives.
- Prevention & Testing: Crucial for controlling the epidemic, including safe sex, sterile needles, and routine HIV testing (including self-testing) for early detection and treatment.
- Ending the Epidemic: A global goal (SDG target 2030) requiring international cooperation, political leadership, community empowerment, and human rights-centered approaches to eliminate new infections and AIDS-related deaths.

Breaking the Chains of Stigma

Perhaps the greatest challenge associated with AIDS is not the virus itself, but the social stigma surrounding it. Fear, judgment, and misinformation often isolate individuals more painfully than the disease.

World AIDS Day calls upon society to:

- Replace fear with facts
- Replace judgment with understanding
- Replace silence with conversation

HIV is no longer a death sentence, but stigma still can be.

It urges us to see people living with HIV not as patients, but as individuals with dreams, talents, and dignity.

THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

THEME: "Fostering disability-inclusive societies for advancing social progress".

Why is International Day of Persons with Disabilities celebrated?

December 3rd is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

Core Messages:

- **Inclusion & Empowerment** : Creating a world where everyone is empowered to thrive.
- **Accessibility** : Working to remove barriers to access and participation.
- **Equal Opportunities** : Ensuring people with disabilities have the same chances as everyone else.

How to promote or spread disability awareness ?

- **Encourage Acceptance**
- **Don't stop at self-awareness, but work with your family, friends, and community on empathizing and accepting individuals with disabilities.** Teach others the value of diversity in our world, and try to answer any questions they may have about what you've learned.
- **Spread the word on social media.** Social media is a great place to share fundraising and awareness campaigns.
- **Host an awareness or fundraising event.** Hosting an awareness or fundraising event can be a multifunctional tool for supporting your cause.
- **Help recruit volunteers.**



The 4 Types of disabilities

- **Physical Disability:** Affects movement, stamina, or motor skills (e.g., spinal cord injury, muscular dystrophy).
- **Sensory Disability:** Relates to senses, primarily vision (blindness/low vision) and hearing (deafness/hard of hearing).
- **Intellectual/Developmental Disability:** Impacts learning, cognitive function, and adaptive skills (e.g., intellectual disability, autism spectrum disorder, ADHD, learning disabilities).
- **Mental/Behavioral Disability (or Psychiatric):** Affects mood, thinking, and behavior (e.g., depression, anxiety, bipolar disorder).

Conclusion

The International Day of Persons with Disabilities reinforces the importance of inclusive, accessible, and equitable societies. By promoting awareness, removing barriers, and ensuring equal opportunities, we advance social progress for all. Empowering persons with disabilities strengthens communities and reflects a collective commitment to dignity, rights, and sustainable development.

INTERNATIONAL ANTI-CORRUPTION DAY



Every year on 9 December, the world observes International Anti-Corruption Day, an initiative led by the United Nations to raise awareness about corruption and its far-reaching consequences. The day serves as a global call to action, emphasizing integrity, transparency, and accountability as foundations for sustainable development and good governance.

Understanding Corruption and Its Impact

Corruption undermines democratic institutions, weakens economic growth, and deepens social inequality. It diverts public resources away from essential sectors such as education, healthcare, and infrastructure, ultimately affecting the most vulnerable populations. Beyond financial loss, corruption erodes public trust and compromises the rule of law.

A Global Commitment

International Anti-Corruption Day highlights the importance of collective responsibility. Governments, international organizations, civil society, the private sector, media, and citizens all play a critical role in preventing and combating corruption. The United Nations Convention against Corruption (UNCAC) stands as a key global instrument guiding nations toward effective anti-corruption measures. Each year, the United Nations announces a theme to address emerging challenges and encourage global cooperation. These themes reinforce the idea that combating corruption requires not only strong legal frameworks but also ethical leadership and active citizen participation.

**UNITED
AGAINST
CORRUPTION**



The Role of Youth and Academic Institutions

Universities and young people play a pivotal role in shaping a corruption-free future. By promoting ethical values, critical thinking, and civic engagement, academic institutions can foster a culture of integrity. Awareness programs, debates, research, and student-led initiatives contribute meaningfully to transparency and accountability.

Conclusion

International Anti-Corruption Day reminds us that integrity is not optional; it is essential. By rejecting corruption and promoting honesty, fairness, and accountability, societies can strengthen institutions, protect human rights, and ensure inclusive growth. The fight against corruption begins with awareness and succeeds through collective action.

Human Rights Day

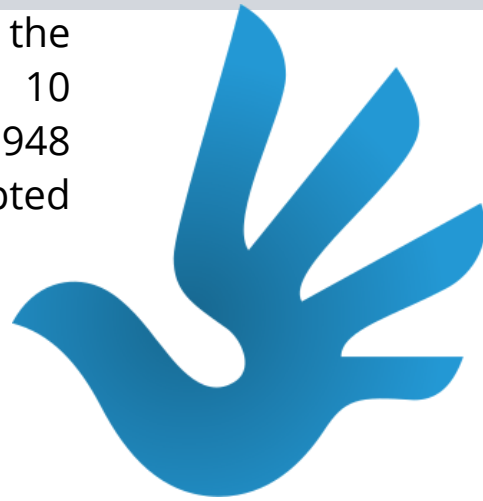
Human Rights Day is observed by the international community every year on 10 December. It commemorates the day in 1948 the United Nations General Assembly adopted the Universal Declaration of Human Rights.

National Human Rights Commission of India

1. India's National Human Rights Commission is a statutory body established in October 1993. It is an establishment set up to protect human rights throughout incredible India.
2. The commission has its headquarters in New Delhi and is currently headed by the former judge of the Supreme Court, Justice Arun Kumar Mishra.
3. The National Human Rights Commission's functions are to monitor and review human rights violations and take appropriate remedial measures. It is also empowered to investigate complaints and conduct inquiries into related matters.

Conclusion

Human rights day reminds us that human rights are the part of our daily life, not just big ideas. When we show kindness, respect others, and speak up for what is right, we help protect these rights for everyone.



THEME OF 2025

Human rights our everyday essential

Focusing on showing how human rights underpin daily life, connecting principles like equality, dignity, and freedom to tangible needs like clean water, healthcare, education, and safety, and encouraging their integration into local policies and communities.

- Key aspects of the theme:
 1. Reconnecting with Basics: The campaign aims to show that human rights aren't just abstract legal concepts but are fundamental to everyday well-being.
 2. Tangible Examples: It highlights rights such as access to food, water, education, healthcare, secure housing, decent work, and a say in community decisions.
 3. Beyond Courts & Crises: The goal is to recognize human rights in daily life, not just in legal battles or emergencies.
 4. Positive & Achievable: The theme frames human rights as positive, necessary, and achievable, forming the foundation of a joyful and secure life.



NATIONAL FARMER'S DAY (KISAN DIWAS)



Farmers' Day in India was celebrated on **December 23, 2025**, honoring the birth anniversary of former Prime Minister Chaudhary Charan Singh and recognizing farmers' vital role in the nation's food security and development, with various events highlighting farmer empowerment and government schemes.

Celebrations

ICAR institutes, NGOs, and government bodies held seminars, discussed innovation, and highlighted schemes like Nammo Drone Didi and Soil Health Card, reaffirming commitment to sustainable agriculture.

Theme of 2025

Viksit Bharat 2047
– The Role of FPOs in
Globalising Indian
Agriculture.



Key Themes & Focus Areas for Kisan Diwas 2025:

FPOs & Globalisation: Leveraging Farmer Producer Organizations to boost farmers' collective strength, improve market linkages (domestic & international), and integrate into global value chains.

Science & Technology: Promoting digital tools, AI, drones, and research to enhance farm productivity, resilience, and sustainable practices.

Viksit Bharat 2047: Connecting farmers' empowerment with India's vision for a developed nation by 2047, focusing on self-reliance (Atmanirbhar Bharat).

Climate Resilience & Sustainability: Highlighting millets, natural resource conservation, and eco-friendly farming for a resilient agricultural future.

SIGNIFICANCE



- Recognizes farmers' hard work, resilience, and crucial role in feeding the nation and strengthening the economy.
- Promotes policies and support for sustainable agriculture and farmer empowerment.

IN ESSENCE, 2025 CELEBRATED EMPOWERING FARMERS THROUGH INNOVATION AND COLLECTIVE ACTION (FPOS) TO ACHIEVE NATIONAL DEVELOPMENT GOALS.

GITA JAYANTI



THE CENTRAL THEME OF GITA JAYANTI 2025 IS:
MIND MASTERY + ETHICAL ACTION + DEVOTION + SEVA



श्रीमद् भगवद् गीता जयंती

INTRODUCTION

Gita Jayanti day symbolizes the birth of Srimad Bhagavad-Gita, the sacred text of the Hindus, a guiding light for inner peace, duty, and devotion. It reminds us that timeless wisdom still speaks directly to the modern soul.

A RELEVANT GITA VERSE FOR GITA JAYANTI

A Relevant Gita Verse for Gita Jayanti
यदा यदा हि धर्मस्य ग्लानिर्भवति भारत |
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ||
YADĀ YADĀ HI DHARMASYA GLĀNIR BHAVATI
BHĀRATA ABHYUTTHĀNAM ADHARMASYA
TADĀTMĀNAṀ SṚJĀMYAHAM
This verse teaches that God descends whenever there is disharmony to restore righteousness. On Gita Jayanti, devotees meditate on this divine promise.

Every year Gita Jayanti is observed as a sacred day of remembrance for the day Lord Krishna imparted the timeless knowledge of living a fruitful and meaningful life.

In 2025, Gita Jayanti 2025 falls on Monday, **December 1, 2025.**

Gita Jayanti celebrates the birth—not of a person, but of divine knowledge—the celestial song given by Krishna to humanity. The wisdom of the Bhagavad Gita is not limited to any particular religion, community, or time period. It is eternal, universal, and relevant for all.

Swami Mukundananda Ji often says: “The Gita is not a book to be worshiped; it is wisdom to be lived.”

As charioteer, Krishna held Arjuna's reins. Today, He holds ours too—if we let Him.

WHAT EXACTLY IS GITA JAYANTI 2025?

A scripture spoken on a battlefield to end inner wars forever Gita Jayanti commemorates the world's most compassionate life-coaching session ever given—spoken by Lord Krishna to Arjuna, whose heart was shattered and clouded with doubt.

- The Gita was delivered in Margashirsha Shukla Ekadashi (also called Mokshada Ekadashi).
- It is not just a lecture—it's a conversation between God and a confused soul.

WHY GITA JAYANTI IN 2025 FEELS MORE RELEVANT THAN EVER

Because new pressure found new generation but old wisdom still wins.

Today we have:

- Smart phones, smart careers, smart home
- But not always a smart mind.

Gita offers solutions for modern problems like:

21ST CENTURY PROBLEM	Gita's Timeless Solution
Anxiety & stress	Detach from outcome, attach to God
Identity confusion	Follow your own dharma, not others' lives
Comparison-maya	You are unique, your path is sacred

WORLD AIDS DAY

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- <https://www.who.int/campaigns/world-aids-day/2025>

THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

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INTERNATIONAL ANTI-CORRUPTION DAY

- <https://share.google/Xw7LGV1XAYf7HpfsX>
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HUMAN RIGHTS DAY

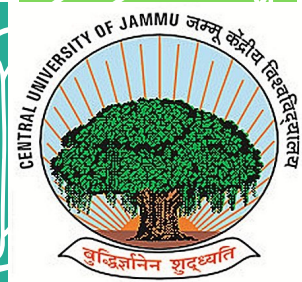
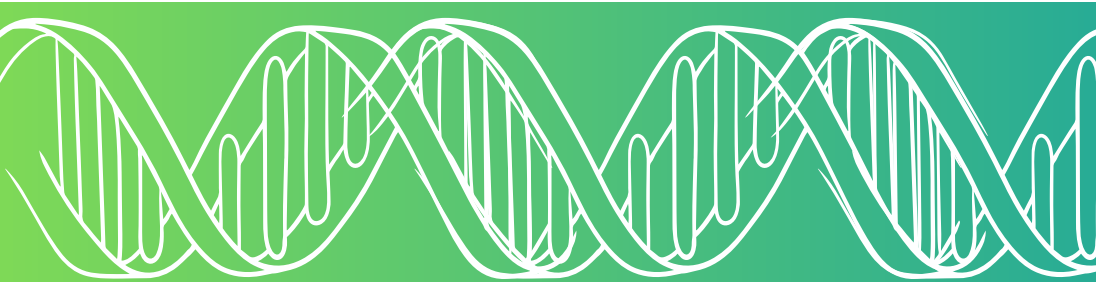
SANJUKTA RAY

FARMERS DAY

FATHIMI

GITA JAYANTI

SHAWETA BARKULIA



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