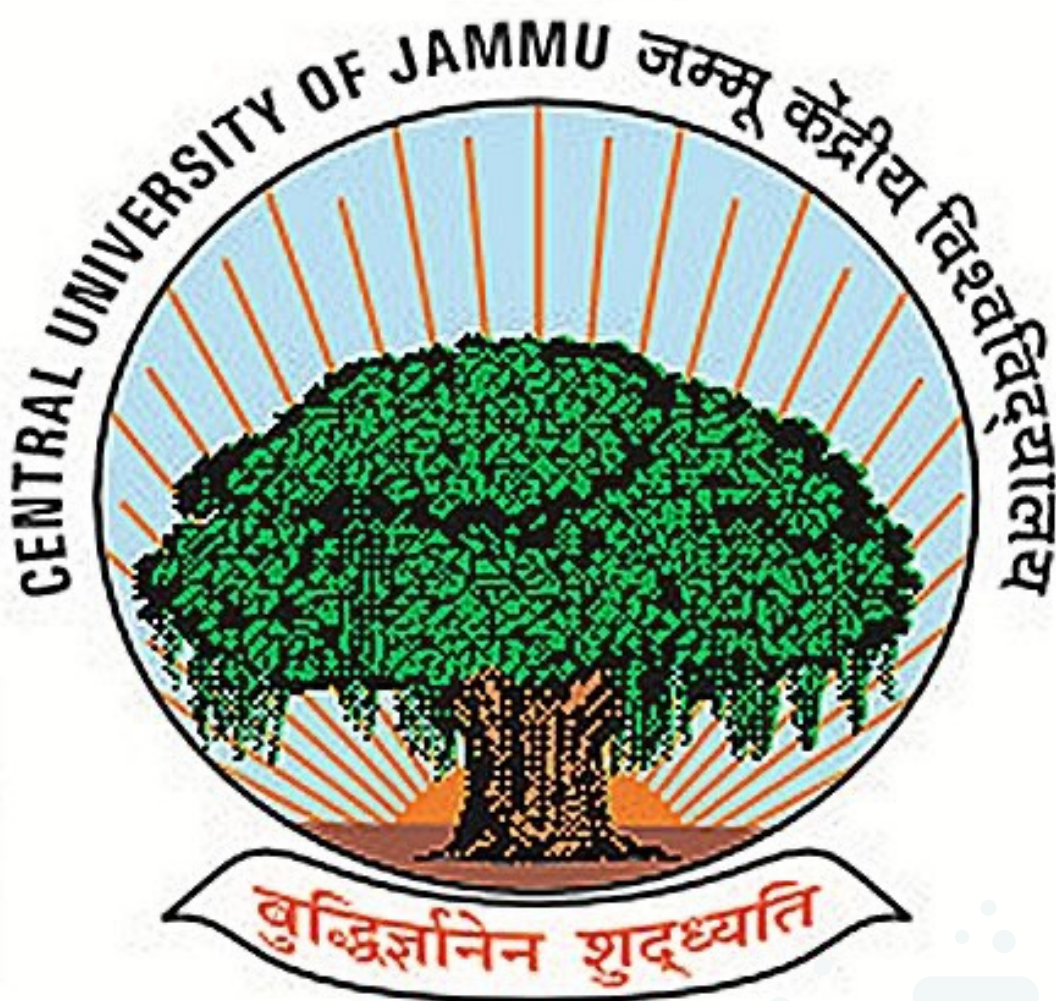


By Students of CMB (Centre for Molecular Biology)

MONTHLY MAGAZINE 2025 EDITION



POWERED BY CUROSITY,
DRIVEN BY STUDENTS

BIOTECH GAZETTE

June 2025 Edition

An Initiative by the students of Centre for Molecular Biology

Guided by the motto 'बुद्धिर्जनं 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



Dr. Sudhir Singh
(Assistant Professor)



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.

Team Genetic Guild

- Abhishek Kumar Verma



- Karanjot Singh



- Aditri Dixit



- Kumari Satya



- Amrita Banerjee



- Mithun Kumar



- Anjali Mishra



- Ruchika Sharma



- Ankita



- Saakkshi Sharma



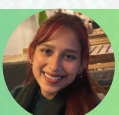
- Anshula Pal



- Sanskriti Jain



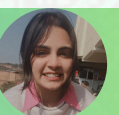
- Anushka Dobhal



- Siya Sharma



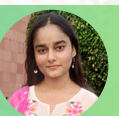
- Chesta Madan



- Smriti Sharma



- Isha Sharma



- Vidhi 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.

4th JUNE

International Day of Innocent Children Victims of Aggression

Theme for 2025: "Protect Childhood, Preserve Humanity"

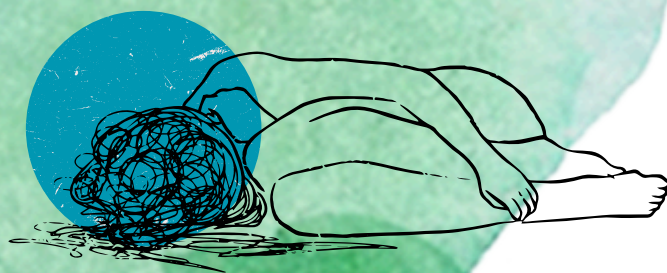
On June 4, the International Day of Innocent Children Victims of Aggression stands as a global cry—not a commemoration, but a reckoning.

First established by the UN in 1982, this day exposes a grim truth: in the chaos of conflict, children are not just collateral damage—they are deliberate targets. From bombed schools and forced displacement to psychological trauma and child conscription, war robs children not only of their homes, but of their futures, voices, and identities.

In 2025, with over 400 million children living in war zones, the world must confront its failure to protect its most innocent.



"In every war, it is the child who suffers twice—first in silence, then in the world's forgetfulness."



The 2025 theme, "Protect Childhood, Preserve Humanity," calls on us to act with urgency and compassion. We must begin by healing the invisible wounds of war—providing mental health support to children whose trauma runs deep. Justice must follow, with full accountability for those who commit violence against the innocent. Education, too, must be fiercely protected; schools and hospitals can never be treated as battlegrounds. But awareness alone is not enough—true change demands collective, sustained action at every level. Because to protect a child is to protect the very heart of humanity, and this day must mark not just remembrance, but a powerful turning point toward peace.

Let today not be a moment of mourning alone but a turning point. A day when we choose to see, to speak, and to stand for every child robbed of peace, of safety, of a future.



"Because when we protect childhood, we don't just heal broken lives, we rebuild the world."



WORLD FOOD SAFETY DAY 2025

Campaign theme: Science in Action

Campaign hashtag: **#WorldFoodSafetyDay**



Food safety is a shared responsibility — from producers to consumers, every step matters. World Food Safety Day 2025 reminds us that safe food saves lives, supports health, and builds a sustainable future. Let's commit to making every meal safe and trustworthy.

- The annual economic toll of foodborne illnesses in low- and middle-income nations totals an astonishing \$110 billion, underscoring the heavy burden on healthcare systems and economic stability.

World Food Safety Day is an important occasion to:

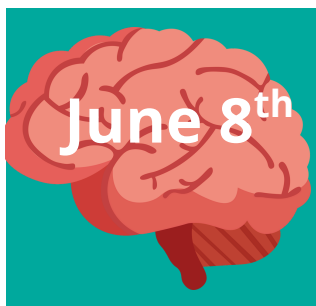
- Raise awareness about the various food safety challenges that impact public health and well-being on a global scale, emphasizing the significance of safe food handling and preparation.
- Offer practical advice on effective strategies and preventive measures to significantly reduce the likelihood of foodborne illnesses, ensuring access to safe and nutritious food for everyone.
- Foster meaningful dialogue and collaboration among governments, industry experts, and communities to promote a unified effort in enhancing food safety standards across all sectors, from farms to dining establishments.
- Advocate for innovative solutions and established practices that continuously advance food safety measures, empowering stakeholders to take proactive steps that safeguard consumers and promote overall health.



"World Food Safety Day is a reminder that the smallest safety step — washing hands, cooking thoroughly, storing wisely — can save the biggest things: lives."



"Food safety is a collective duty for everyone! Let's combine our efforts to ensure our meals are both safe and enjoyable."



WORLD BRAIN TUMOUR DAY 2025

Theme for 2025: “Brain Health for All Ages”

World Brain Tumour Day, observed annually on June 8, reminds us of the silent struggles of those battling brain tumours and the tireless support of families, caregivers, and medical professionals.

This year’s theme, “Brain Health for All Ages”, highlights that brain wellness is not age-dependent. From the womb to old age, the brain requires protection, care, and respect at every life stage



“Early awareness saves lives.”

This is a call to not dismiss signs—whether in a child having seizures, a teen hiding symptoms, a busy adult brushing off discomfort, or a senior whose decline is wrongly blamed on aging.

Not just for the elderly – Brain tumours can affect infants, teens, and young adults too.

- **Benign doesn’t mean safe** – Even non-cancerous tumours can be deadly if they press on vital brain areas.
- **Silent symptoms** – Headaches, mood changes, memory loss, or vision issues are often misdiagnosed or ignored.
- **No clear cause** – Unlike many cancers, brain tumours often appear without lifestyle or environmental triggers.
- **Recovery takes more than surgery** – Treatment can involve months of therapy, rehab, and emotional support.
- **Struggles don’t end with treatment** – Many survivors live with fatigue, confusion, or emotional shifts long after the tumour is gone.
- **Support matters** – Compassion and awareness can be as healing as medicine.



WHAT TO DO?



- Know the signs: headaches, vision issues, memory loss
- Don’t ignore symptoms—early action saves lives
- Talk about it: raise awareness at home & school
- Encourage check-ups for any brain-related changes
- Support with kindness—listen, help, care
- Take care of your brain: sleep, eat well, reduce stress
- Join awareness drives—share, donate, wear grey

“You’re never too young—or too old—to protect your brain.”

From infants to elders, every mind matters.

This June 8, let’s promise to see the signs, speak up, and support

15
JUNE

Father's Day

“The Strength Behind the Silence”

Sonora Smart Dodd is credited with founding Father's Day in 1910 in the U.S., to honor her Civil War veteran father who raised six children alone.

जो दर्द छुपा ले मुस्कान तले,
हर राह में बन जाए उजाले।
जो खुद जलकर दिया बन जाए,
बिन बोले ही सब समझ जाए।
कंधों पे सपना, आँखों में प्यार,
हर फ़िक्र छुपा ले, रहे बेखबर यार।
ना थकने की शिकायत, ना रुकने का
नाम,
पिता हैं तो पूरा है ये जहां तमाम।
वो दीवार नहीं, वो सहारा है,
हर आँधी में छाता हमारा है।
जो खुद टूटकर हमें संभालता है,
पिता ही तो है—जो सबसे कम बोलता
है, पर सबसे ज़्यादा निभाता है।

~Anonymous

This Father's Day, let's also check in on our fathers' mental and physical health. Because the strongest shoulders deserve rest, care, and support too.

“To every kind of father—thank you for being our anchor.”



World Day to Combat Desertification and Drought

17th JUNE 2025

This year's theme—"Restore the land. Unlock the opportunities."

"Where land heals, humanity thrives—restoration begins with us."

Observed every 17 June, this UN-designated day raises global awareness about the growing threat of desertification, land degradation, and drought. It supports the UN Convention to Combat Desertification (UNCCD)—the only legally binding international framework for sustainable land management.

The 2025 theme, "Restore the land. Unlock the opportunities," highlights how land restoration fuels economic recovery, boosts climate resilience, and protects the livelihoods of billions. With half the world's economy tied to healthy land, restoring it is no longer optional—it's essential.

We're halfway through the UN Decade on Ecosystem Restoration (2021-2030)—a critical turning point. Land degradation affects food, water, climate, and livelihoods globally. With over 1 billion hectares already pledged, now is the time to act boldly. Restoration isn't just an environmental fix—it's an investment in our future.

Success Stories:

- Great Green Wall (Africa): Restoring 100M ha, creating 10M jobs by 2030.
- Uganda (IFPRI): Links soil health, gender equity, and sustainable farming.



What We Can Do

- Plant trees or start a small garden
- Add restoration topics to class projects
- Post facts & photos using #RestoreLand
- Work with local NGOs or eco-clubs
- Join campus clean-up or soil care drives



Small actions add up. Let's start with what we have.

Restore today, and we don't just survive—we thrive. The land is waiting. Are we ready to answer its call?



18th
JUNE

AUTISTIC PRIDE DAY

The official theme for 2025 is “Unapologetically Autistic”



Autistic Pride Day, observed on June 18, is a powerful celebration of neurodiversity and the right of autistic individuals to exist, express, and thrive without apology. First initiated in 2005 by the group Aspies For Freedom, this global day centers the voices of autistic people and challenges the deficit-based narratives that often dominate public perception.

The 2025 theme, “Unapologetically Autistic,” emphasizes authenticity over conformity—encouraging autistic individuals to live proudly without masking their identities or behaviors to fit neurotypical norms.

This Year's Focus: From Awareness to Bold Action

- Demand policy changes that actively support the rights and needs of autistic individuals.
- Embrace identity-first language (e.g., "autistic person") to affirm pride and self-identification.
- Promote autistic-led leadership in areas like education, healthcare, and the justice system.
- Create inclusive spaces in campuses and communities that accommodate neurodiverse needs.
- Ensure accessible communication methods, including visual supports and sensory-friendly options.
- Organize events that center and elevate autistic voices, stories, and lived experiences.
- Celebrate neurodiversity through actions that respect, support, and empower autistic people every day.

As we mark Autistic Pride Day 2025, let this not be a moment that fades with the calendar. Let it spark lasting change—in attitudes, in policies, and in the way we build our communities. Being unapologetically autistic is a statement of power, of pride, and of presence. It's a call for a world where neurodiversity is not merely accepted but celebrated. Because when autistic individuals are empowered to be fully themselves, without shame or silence, everyone benefits. This is more than pride—it's progress.

“No Masks, No Apologies — Just Autistic and Proud.”

"Autistic pride isn't quiet anymore—and it never will be again."



INTERNATIONAL YOGA DAY

Theme for 2025- “Yoga for One Earth, One Health”

The idea of International Yoga Day was first proposed by India’s Prime Minister, Shri Narendra Modi, during his speech at the United Nations General Assembly (UNGA) on September 27, 2014. In his address, he said:

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action... a holistic approach to health and well-being.”

Responding to this proposal, the United Nations declared June 21 as International Day of Yoga through a historic resolution passed on December 11, 2014. The resolution received unprecedented global support—177 countries co-sponsored it, the highest ever for any UNGA resolution on a cultural issue.

- This marked the first time an Indian spiritual practice was globally acknowledged at such scale.
- Since 2015, India has hosted large-scale celebrations featuring mass yoga sessions, demonstrations by the Prime Minister, and AYUSH ministry-led campaigns.
- Over the years, India has taken yoga from local ashrams to UN headquarters, Times Square, Eiffel Tower, and villages across the world.
- India also established Common Yoga Protocols (CYP) to ensure uniformity in global observance.



“Aatmavishuddhaye yogaḥ.”
(Yoga is for the purification of the self.)
— Mahabharata, Shanti Parva

“Yoga doesn’t take you away from the world—it brings you back to yourself.”



References

International Day of Innocent Children Victims of Aggression-

- <https://www.vaticannews.va/en/world/news/2024-06/international-day-of-innocent-children-victims-of-aggression1.html>
- <https://www.un.org/en/observances/child-victim-day>

World food safety day-

- <https://www.who.int/campaigns/world-food-safety-day/2025>
- <https://www.fao.org/fao-who-codexalimentarius/world-food-safety-day/en/>
- <https://www.who.int/campaigns/world-food-safety-day>

World Brain Tumor day-

- [https://doi.org/10.1016/S1474-4422\(21\)00444-8](https://doi.org/10.1016/S1474-4422(21)00444-8)
- <https://wfneurology.org/world-brain-day> Website:
- <https://www.ninds.nih.gov/> Website: <https://www.abta.org/>

World Day to Combat Desertification and Drought-

- https://unric.org/en/desertification-and-drought-day-2025-restore-the-land-unlock-the-opportunities/?utm_source
- [https://www.unccd.int/land-and-life/drought/toolbox?](https://www.unccd.int/land-and-life/drought/toolbox?utm_source)
- https://www.unccd.int/our-work/ggwi?utm_source

Autistic Pride Day-

- https://autisticprideday.org/?utm_source=chatgpt.com
- https://autisticprideday.org/about-us/what-is-autistic-pride/?utm_source=chatgpt.com
- https://autisticprideday.org/get-involved/start-here/?utm_source=chatgpt.com

CONTRIBUTORS



Team head

Karanjot Singh

Editor
Proof reader

Vidhi Sharma
Anjali

World Day to combat
desertification and drought

Anshula Pal

World food safety day

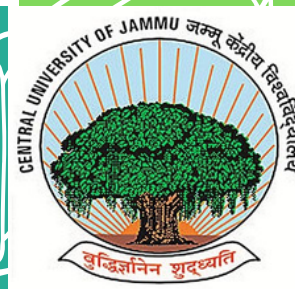
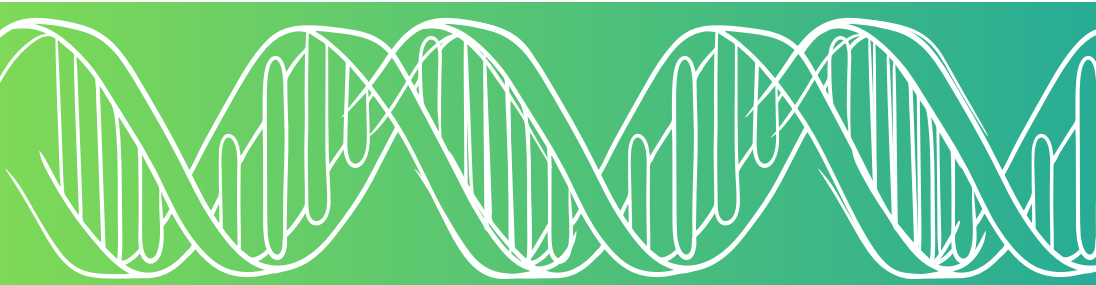
Amrita Banerjee

Autistic Pride day

Sanskriti Jain

Victims of aggression

Isha Sharma



We would appreciate it if you could provide us with constructive and relevant feedback by scanning the following QR code.

