

ICAR - CSWRI

भा.कृ.अनु.प.-केन्द्रीय भेड़ एवं ऊन अनुसंधान संस्थान, अविकानगर ICAR - CENTRAL SHEEP AND WOOL RESEARCH INSTITUTE, AVIKANAGAR ISO 9001 : 2015 certified



NEWS LETTER



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January - June 2021

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From the Director's Desk

Greetings to all

Last six months had been challenging for all of us due to covid-19 pandemic. The pandemic had led to global social and economic disruptions. Despite that, agriculture and animal husbandry sectors performed well and contributed immensely in surviving the economy and maintaining food security during this tough time. I appreciate all the farmers for their efforts. CSWRI countenanced all the covid-19 guidelines issued by the state and central government during time to time. The institute organized



three covid-19 vaccination camps for its staff and family members with the support of local administration of Malpura and Tonk. The sanitation staff at Avikanagar did a great job and kept us safe. They deserve a big applause.

It is my pleasure to inform that the institute celebrated its 60th foundation day on 4th Jan. 2021. Honorable Deputy Director General (Animal Science), ICAR, Dr. B.N. Tripathi was the chief guest. He appreciated the untiring efforts of all scientists and stake holders of the institute for their good work. The 59th foundation day of NTRS, Garsa on 9th Feb., 2021 and 48th foundation day of the ARC, Bikaner on 4th April, 2021 were also celebrated with full enthusiasm and gaiety following all precautions and guidelines of COVID-19.

Institute celebrated important occasions like Republic Day, World Water Day, World Environment Day, International Yoga Day, etc. Animal health camps were organized at the nearby villages under MSSP and Farmer first projects in which hundreds of different animals were treated. During last six months, institute was able to file four patents, sign four MOUs, and organize several training programs and farmer-scientist interactions. Keeping in view of covid-19 restrictions, this is a great achievement. I congratulate each one of the CSWRI family members for their commitment and passion.

(Arun Kumar Tomar)
Director



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Research Highlights

Potential of virophage and bacteriophage therapy to contain the COVID-19

G. G. Sonawane, S. R. Sharma, S. J. Pandian, C. P. Swarnkar & D. K. Sharma



The coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019. The drugs and vaccines against this deadly virus are not 100% effective which compelled researchers to find alternatives and newer approaches. The virophages are small ds-DNA viruses that infect cells in

association with another virus (called helper virus). Studies suggest that the Virophage invades and destroy the viral factories of helper viruses and they use these factories as transcription sites to multiply and also knocks down the helper virus genes, by deleting fragments of its RNA. On the basis of above concept, a synthetically engineered virophage-based treatment could be helpful against viruses like SARS-COV-2. Bacteriophages are viruses that infect and kill bacterial cells by attaching and injecting a viral genome into the cell. Bacteriophage therapy (PT) is currently being used to treat bacterial infections that do not respond to antibiotics and to prevent the antibiotic resistance. Several studies have confirmed that in addition to their antibacterial abilities, bacteriophages also show antiviral and antifungal properties and boosted immunity against viral pathogens by producing the antiviral protein phagicin. Water from Ganges river containing river phages has traditionally been considered a therapeutic agent for several diseases, therefore, using these phages would be helpful for treatment of the present COVID-19 pandemic.

Balanites aegyptiaca shrub with excellent anthelmintic property

F.A.Khan, C.P. Swarnkar & S.R. Sharma

Immature and mature fruits of shrub *Balanites aegyptiaca* (locally known as hingota in Rajasthan) have been found to have excellent anthelmintic properties against *Haemonchus contortus*. The crude methanol, hydro-alcohol and ethanol extracts of immature fruits and acetone, ethanol and hydro-



alcohol extracts of mature fruits had excellent embryonicidal effect.



All the extracts also showed excellent inhibition of egg hatching. The aqueous, acetone and hydro-alcohol extracts of immature fruits and all the extracts of mature fruits showed excellent larvicidal activity. Based on IC_{50} and LC_{50} value, methanol extract

of immature fruits possesses the highest embryocidal and ovicidal activities while acetone and hydroalcohol extracts possess the highest larvicidal activity. In case of extracts of mature fruits acetone extract possess the highest embryonicidal and ovicidal activities while aqueous and acetone extracts possess the highest larvicidal activity.

Melatonin and canthaxanthin enhance seminal quality of Magra ram semen

Ashok Kumar



Magra is one of the most important sheep breeds of western part of Rajasthan. There is a paucity of superior male germplasm of Magra breed in the field condition. The fresh semen can be used up to 24 hrs in field condition for higher conception. Semen has less antioxidant defence mechanism due

to low cytoplasm in spermatozoa and further dilution of semen with extender. Therefore, semen extender supplemented with antioxidants has encouraging results in enhancing storage life of semen at $4^{\circ}C$ up to 72 hrs. In our study, melatonin @1mM and canthaxanthin @25 μM as final concentration in semen extender had promising results.

Intellectual Property Rights (IPRs)

Patents filed

A complete feed block (Avi-batika) and a method for preparing the same

Inventors: R.S. Bhatt and A. Sahoo

Woven Cotton covered coarse wool needle punched ecofriendly quilt comforter for cold weather protection

Inventors: D.B. Shakyawar, N. Shanmugam, Ajay Kumar,

V. V. Kadam, S. Jose, Arun Kumar and A. Sahoo

Method for lustre evaluation of textile fibre

Inventors: Ajay Kumar, D.B. Shakyawar, Rajiv Kumar, A.S. Meena, N.L. Meena, A. Chopra, M. Uttam, P. Vishnoi, R. Sonkar, Raghvendar Singh and Arun Kumar

Engineered recombinant Kisspeptins

Inventors: V.K. Saxena and Raghvendar Singh

Trademark filed Avi-Cookies



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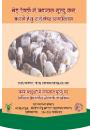


Publications

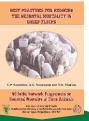


















Glimpses of Celebrations

Celebration of Institute Foundation Day



CSWRI, Avikanagar celebrated Foundation Day in the gracious presence of Dr. B.N. Tripathi, Hon'ble Deputy Director General (Animal Science). He also reviewed the progress of network programmes, 'NWPSI & MSSP. He appraised the research and development works of the institute. He released many publications along with a mobile application 'AVIKADIS'. He visited livestock and agricultural farm sectors and inaugurated 'Pashu-Aushadhiya Nirikshan Kutiya' and 'Farm Implementation Shed'.

NTRS, Garsa celebrates Foundation Day

59th Foundation Day of NTRS, Garsa was celebrated on 09.02.2021. On this occasion, the exhibition center was inaugurated by the chief guest Director Dr. A. K.Tomar and Mr. Suresh Chandel.



Dr. Om Hari Chaturvedi welcomed all the guests. Special guest Dr. H.K. Narula, Mr. C. L. Meena, and Dr. K. C. Sharma were present.

ARC, Bikaner celebrates Foundation Day



The 48th foundation day of the Arid Region Campus, Bikaner was celebrated on 4th April, 2021. Dr. N.P. Singh, Director, ICAR-IIPR, Kanpur, was the Chief Guest. Dr. P.L. Saroj, Director, ICAR-CIAH, Bikaner, Dr. A. Sahoo, Director, ICAR-NRCC, Bikaner were the guest of honour. The occasion was presided by Director Dr. A.K. Tomar. Dr. H.K. Narula welcomed the guests and briefed about the activities and achievements of the centre. A Kisan Sangosthi was also organized & 60 Sirohi goats were provided to 30 SC-BPL farmers under the SCSP. A MOU was signed between CSWRI and IIPR in the field of pulses for benefits of the farmers.

Institute celebrates 70th Republic Day



The 70th Republic Day was celebrated with much enthusiasm and joy in Avikanagar, witnessed by staffers and their family, State and Central School. Following tricolour hoisting, in his address, Dr. A.K. Tomar, Director remembered great leaders who had been inspiring and guiding the populace of this vast country. A friendly cricket match was also organized by Recreation Club between the youths of Avikanagar and the staff of CSWRI.



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संस्थान के बीकानेर परिसर में हिन्दी कार्यशाला



मरु क्षेत्रीय परिसर, बीकानेर में 25.01.2021 को "सरकारी कार्यालयों में हिन्दी की उपयोगिता एवं प्रासंगिकता" विषय पर कार्यशाला का आयोजन किया गया जिसमें राष्ट्रीय उष्ट्र अनुसंधान केन्द्र, बीकानेर के निदेशक ड़ॉ. आर्तबंधु साहू ने मुख्य अतिथि तथा राजकीय डुँगर महाविद्यालय के आचार्य डाॅ. ब्रजरतन जोशी ने विशेषज्ञ के रुप में शिरकत की। कार्यशाला में हिन्दी भाषा को वैज्ञानिकों एवं पशुपालको के मध्य एक सम्पर्क भाषा के रुप में स्थापित करने पर जोर दिया गया।

MP Smt. Meena visits institute



Smt. Jaskaur Meena, Honorable MP from Dausa, Rajasthan visited Avikanagar on 23rd Feb. 2021. After a warm welcome by the Director A.K. Tomar, she observed various sectors and units of the Institute. Scientists explained the work and progress to the visiting guest and she was keen and overjoyed to know the various schemes being implemented by the Institute.

संस्थान की प्रदर्शनी को प्रथम पुरस्कार



संस्थान, अविकानगर द्वारा कृषि विज्ञान केन्द्र, गुड़ामलानी, बाड़मेर में आयोजित कृषि विज्ञान मेले में संस्थान द्वारा विकसित तकनिकियों की प्रदर्शनी को प्रथम पुरस्कार से सम्मानित किया गया। मेले का उद्घाटन मुख्य अतिथि माननीय श्री कैलाश चौधरी, केन्द्रीय कृषि एवं किसान कल्याण राज्य मंत्री के द्वारा किया गया। संस्थान निदेशक डॉ. अरूण कुमार तोमर ने मुख्य अतिथि महोदय को संस्थान द्वारा विकसित उन्नत तकनीकों से अवगत कराया एवं अनुसूचित जाति उपयोजना के तहत् मारवाड़ी नस्ल के 20 मेंढ़े नस्ल सुधार हेतु किसानों को वितरित किये गये।

विश्व जल दिवस एवं किसान संगोष्ठी का आयोजन



संस्थान, अविकानगर द्वारा दिनांक 22.03.2021 को ''विश्व जल दिवस एवं किसान संगोष्ठी'' का आयोजन किया गया, जिसमें लगभग 60 से अधिक किसानों ने भाग लिया।

निदेशक डॉ. अरूण कुमार तोमर ने जल की आवश्यकता एवं जल संरक्षण पर प्रकाश डाला। मुख्य अतिथि श्री लक्ष्मण सिंह, सचिव, ग्राम विकास नवयुवक मंडल, लापोड़िया ने जल संरक्षण के तरीकों पर प्रकाश डाला। विश्व जल दिवस पर आयोजित निबन्ध तियोगिता में राजकीय विद्यालय एवं केन्द्रीय विद्यालय, अविकानगर के लगभग 55 बच्चों ने भाग लिया।

Visit of Sh. Stalin to SRRC, Mannavanur



DMK party leader and present Chief Minister of Tamilnadu, Shri. M.K. Stalin visited SRRC, Mannavanur, Kodaikanal along with his family members on 19th April 2021. At the outset, Dr. A.S. Rajendiran, Officer Incharge cordially welcomed the guests and briefed them about the activities of the centre. The leader visited the Rabbit and Sheep farms and profusely appreciated the staff for their role in catering the needs of sheep and rabbit farmers of southern peninsular India.

अन्तर्राष्ट्रीय योग दिवस का आयोजन



अन्तर्राष्ट्रीय योग दिवस का आयोजन 21 जून 2021 को किया गया। कोविड–19 मार्गदर्शन को ध्यान में रखते हुऐ संस्थान के वैज्ञानिकों,



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अधिकारियों एवं कर्मचारियों ने भाग लिया। डॉ एस. सी. शर्मा के मार्गदर्शन एवं श्री सी. पी. टेलर के प्रदर्शन अनुसार योग किया गया। संस्थान निदेशक डॉ. अरूण कुमार तोमर ने कहा कि योगासन व प्राणायाम द्वारा अच्छा शारीरिक एवं मानसिक स्वास्थ्य प्राप्त कर सकते है।

विश्व पर्यावरण दिवस का आयोजन



संस्थान, अविकानगर द्वारा विश्व पर्यावरण दिवस "भेड़—बकरी पालकों की वर्तमान चुनौतियाँ एवं उनका समाधान" विषय पर वर्चुअल किसान संगोष्ठी का आयोजन किया गया, जिसमें 150 किसानों, पशुपालकों एवं संस्थान के वैज्ञानिकों ने भाग लिया। निदेशक डॉ. अरूण कुमार तोमर ने पर्यावरण संरक्षण के विभिन्न उपायों से अवगत कराया एवं पशुओं में आने वाली समस्याओं का समाधान करने के लिए वैज्ञानिकों को निर्देशित किया। विषय विशेषज्ञ डॉ. एस. आर. शर्मा, डॉ. एस.सी. शर्मा एवं डॉ. एच.के. नरूला ने किसानों एवं पशुपालकों की कोरोना महामारी के दौरान आ रही समस्याओं का निराकरण किया।

Training Programmes

MANAGE Training



A 15 days training program on Module-II of Certified Livestock Advisor (CLA) and themed, "Elements of Sheep Production System" was organized during 26-02-2021 to 12-03-2021. A total of 10 Veterinary Officers from Andhra Pradesh, Karnataka and Telangana participated in the program which was sponsored by MANAGE, Hyderabad. Dr. S. R. Sharma, I/c Head, Division of Animal Health coordinated this program.

आत्मा परियोजना द्वारा प्रायोजित प्रशिक्षण कार्यक्रम

संस्थान, अविकानगर में उन्नत भेड़–बकरी एवं खरगोश पालन विषय पर पांच दिवसीय कृषक प्रशिक्षण कार्यक्रम 16 से 20 फरवरी, 2021 के दौरान आयोजित किया गया, जिसमें चित्तौड़गढ़ जिले के 24 किसानों ने भाग लिया। प्रशिक्षण में



प्रशिक्षणार्थियों को भेड़—बकरी एवं खरगोश पालन की उन्नत तकनीकियों की जानकारी प्रदान की गई। डॉ. एल.आर. गुर्जर की देखरेख में सम्पन्न यह कार्यक्रम आत्मा परियोजना, चित्तौड़गढ़ द्वारा प्रायोजित था।

ATMA training at ARC, Bikaner



Two days training was organized under ATMA component for the benefits of the farmers in which 30 farmers participated from different villages of the Bikaner. The farmers were benefitted with multi nutrient mixture and feed manger.

SCSP training at SRRC, Mannavanur



A training program entitled "Entrepreneurial prospects and opportunities in sheep and broiler rabbit farming" was organized SRRC during 17 to 22 March, 2021. A total of 100 Scheduled Caste farmers participated in two batches and were trained in sheep and broiler rabbit farming.

SCSP training at ARC, Bikaner

संस्थान के मरू क्षेत्रीय परिसर, बीकानेर द्वारा अनुसूचित जाति उपयोजना के अन्तर्गत संवर्ग के बी.पी.एल किसानों के लिए 4—6 मार्च, 2021 को ''किसानों की आय बढोतरी में पशुओं का वैज्ञानिक तरीके से स्वास्थ्य प्रबंधन



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का महत्व'' विषय पर प्रशिक्षण कार्यक्रम ग्राम पल्लू जिला हनुमानगढ में आयोजित किया गया। इस कार्यक्रम के निदेशक डॉ. एच. के. नरूला तथा समन्वयक डॉ. चन्दन प्रकाश थे। समापन में सभी प्रशिक्षणार्थीयों को फीडिंग ट्रफ एवं अन्य दैनिक उपयोगी वस्तुएँ वितरित की गयी।

Training organized under TSP



Three training programmes about scientific livestock farming were organized on dated 21-22th January, 2021 and 24th February, 2021 under TSP Head of Magra and Marwari Network Project in collaboration with KVK, Badgaon, Udaipur. A Scientist-Farmers interaction chaired by Dr. A.K. Tomar, Director was also organised to aware the tribal farmers. A total of 150 tribal farmers participated and were provided with elite germplasm of sheep and goat along with shed materials. Dr. Ganesh Sonawane, PS & Nodal officer narrated the government schemes and mandates of TSP activities.

ऊनी हस्तशिल्प उत्पाद निर्माण का प्रशिक्षण



संस्थान में 25 मार्च से 23 अप्रेल 2021 तक ऊनी हस्तशिल्प उत्पाद निर्माण का प्रशिक्षण दिया गया। उद्घाटन समारोह में राष्ट्रीय उष्ट्र अनुसंधान केन्द्र, बीकानेर के निदेशक डा. आर्तबन्धु साहू तथा राष्ट्रीय प्राकृतिक रेशों में अभियांत्रिकी एवं तकनीक संस्थान के निदेशक डा. डी. बी. शाक्यवार

विशिष्ठ अतिथि के रूप में सिम्मिलित हुये। राष्ट्रीय उष्ट्र अनुसंधान केन्द्र, बीकानेर द्वारा वित्त पोषित इस कार्यक्रम का आयोजन दोनों संस्थानों के मध्य MOU के तहत् किया गया। कुल 8 पुरूष व 2 महिला प्रशिक्षणार्थीयों ने प्रशिक्षण प्राप्त किया।

Workshop on Pasture Management



Institute organized a workshop on "Pasture Establishment and Management Techniques and Plantation Methods" for Panchayat Samiti field workers and Sarpanchs on 17th June, 2021 in collaboration with Panchayat Samiti, Malpura. The program chairman Dr. A.K. Tomar, Director, emphasized the need to develop barren lands into well-developed pasture. Sh. Sakram Chaupra, Pradhan, Panchayat Samiti was special guest. Sh. Satpal Kumawat, BDO explained different plans and programmes of State government. Dr. S. C. Sharma and Dr. R. P. Nagar elaborated crucial points to establish and manage pasture. The program was coordinated by Dr. L. R. Gurjar.

Meetings

Annual Review Meeting of NWPSI and MSSP



Annual Review Meeting 2020 for NWPSI and MSSP was held on 7th Jan., 2021 under the Chairmanship of Dr. B.N. Tripathi, Hon'ble DDG, (AS). It was co-chaired by Dr. V.K. Saxena, ADG, (APB), Dr. A.K. Tomar, Director and Dr. Vineet Bhasin, PS (AGB). The meeting was attended by PI/Co-PIs of 10 cooperating units of NWPSI and MSSP and In-Charge, PC Unit. Dr. Tomar presented the Project Coordinator's Report of projects and the Action Taken Report. Dr. Tripathi emphasized to include more sheep breeds under the platform and advised to devise mechanism for real time monitoring of field activities and impact assessment.



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Meeting of ICAR Regional Committee - VI



The 26th Meeting of ICAR Regional Committee - VI was organized virtually on 13th March, 2021, attended by participants from the states and Union Territories of Gujarat, Rajasthan, Dadra & Nagar Haveli and Daman & Diu. Sh. Parshottam Rupala, Union MoS for Agriculture & Farmers' Welfare emphasized on need of climateresilient agriculture and disease-resistant varieties of crops. Sh. Lal Chand Kataria, Cabinet Minister for Agriculture, Animal Husbandry & Fisheries, Rajasthan highlighted the progress and issues of Rajasthan's agriculture and allied sectors. Shri Jaydrathsinhji Chandrasinhji Parmar, MoS for Agriculture, Government of Gujarat stressed on the need of preparing an intensive plan for sustainable agriculture. Dr. Trilochan Mohapatra, Secretary (DARE) & DG, ICAR underlined the significant contributions of these states and outlined some of the key issues pertaining to micro-irrigation, valuechain formation, spice processing, organic farming and protected agriculture, etc. Earlier, in his welcome address, Sh. Sanjay Kumar Singh, Additional Secretary (DARE) & Secretary (ICAR) accentuated on the need-based agriculture. Dr. B.N. Tripathi, DDG (AS) and Nodal Officer of the Regional Committee-VI underlined the contributions of the Zone-VI in the field of agriculture and allied sector. Dr. A.K. Tomar, Director, ICAR-CSWRI, Avikanagar & Member Secretary, ICAR Regional Committee-VI presented the ATR on the recommendations.

IRC Meeting held on 22-23 April 2021



The Annual Institute Research Committee (IRC) Meeting of Institute held from April 22-23, 2021 under the chairmanship of

Dr Arun Kumar, Director, CSWRI. The Director welcomed Dr V. Bhasin from HQ, all the members of PMC and participants of IRC. He informed that this year also under guidelines for Covid-19, the pattern of conducting IRC has been kept in semiphysical mode.

अनुसूचित जाति उपयोजना के अन्तर्गत विभिन्न कार्यक्रम एवं किसान संगोष्ठी का आयोजन



संस्थान में चल रही अनुसूचित जाति उपयोजना के अन्तर्गत ग्राम चान्दसेन में 01.02.2021 को खरगोश तथा बकरा वितरण कार्यक्रम एवं किसान संगोष्ठी का आयोजन किया गया जिसमें लगभग 50 पशुपालकों ने भाग लिया। कार्यक्रम में मुख्य अतिथि डा. एम.के. श्रीवास्तव, कुलसचिव, केन्द्रीय कृषि विश्वविद्यालय, झाँसी एवं संस्थान के निदेशक डा, अरूण कुमार तोमर थे। चयनित किसानों को जीविकोपार्जन हेतु खरगोशों की एक यूनिट (8 मादा, 2 नर) एवं 6 पशुपालकों को सिरोही नस्ल के बकरे दिये गये।



इसी प्रकार दिनांक 26.06.2021 को मूंग फसल बीज वितरण कार्यक्रम एवं किसान संगोष्ठी का आयोजन किया गया जिसमें लगभग 40 किसानों ने भाग लिया। संस्थान के निदेशक डॉ. अरूण कुमार तोमर ने किसानों को सम्बोधित करते हुये बताया कि पशुपालकों को पशुओं से अधिक उत्पादन लेने हेतु अच्छी नस्ल के पशु पालने चाहिए।



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Institute Activities

पशु स्वास्थ्य शिविर एवं रात्रि चौपाल का आयोजन



संस्थान में संचालित फार्मर फर्स्ट परियोजना के अन्तर्गत 24.03.2021 को ग्राम ढेंचावास में पशु स्वास्थ्य शिविर एवं किसान संगोष्ठी का आयोजन किया गया, जिसमें लगभग 55 किसानों ने भाग लिया एवं 348 भेड़—बकरी, गाय—भैंसों का ईलाज किया गया। निदेशक डॉ. अरूण कुमार तोमर ने उन्नत नस्लों के पशुओं एवं उन्नत किस्म के बीजों का महत्व बताया। भेड़पालकों को मालपुरा एवं पाटनवाड़ी नस्ल के 09 मेंढ़े व भेड़ तथा 16 किसानों को फिडिंग ट्रफ एवं 25 किसानों को मूंग की उन्नत किस्म के बीज वितरित किये गये। इसी प्रकार दिनांक 26.03.2021 को ग्राम गरजेडा में पशु स्वास्थ्य शिविर एवं रात्रि चौपाल का आयोजन किया गया जिसमें लगभग 587 भेड़—बकरी, गाय—भैंसों का ईलाज किया गया।

गड़सा केंद्र द्वारा चिकित्सा औषधि किट का वितरण



संस्थान के उत्तरी शीतोष्ण क्षेत्रीय केंद्र गड़सा द्वारा अनुसूचित जाति उप—योजना के अंतर्गत 01.04.2021 को कुल 13 खरगोश पालकों को जर्मन अंगोरा खरगोश, गोलीय खरगोश आहार एवं पशु चिकित्सा औषिध किट का वितरण किया गया। केंद्र के अध्यक्ष डॉ. ओमहरी चतुर्वेदी ने खरगोशों के समुचित पोषण एवं पालन के बारे में उन्नत तकनीकों की जानकारी दी।

Animal health camp cum Farmer-Scientist Interactive Meet



Animal health camp cum Farmer-Scientist Interactive Meet was conducted under MSSP Malpura sheep at Lava village of Malpura tehsil on 09.04.2021. A total of 35 progressive sheep from project attended the camp. A total of 830 animals (570 sheep and 260 goat) with different diseases were treated. Dr. A.K. Tomar, Director and other scientists Drs S.R. Sharma, S.J. Pandian, D.K. Sharma, L.R. Gurjar, R.L. Meena, A.S. Meena, P.K. Mallick and PI, MSSP Malpura unit were present in the programme.

News and Media Coverage







COVID-19 advisory

Mental Health during COVID-19

Dr. A.S. Mahla & Dr. Arvind Soni

spend quality time with family and get involved in family discussions

Involve in activities like gardening, cooking, playing, music etc.

Connect to loved ones through phone / video calls to keep the stress at bay

Make some time for exercise, yoga to boost physical and mental health

Cut down on listening to news; seek information from credible sources

Don't use smoking, alcohol or other drugs to deal with your emotions

If you feel extreme depression or anxiety, talk to a doctor or counsellor



भा.कृ.अनु.प.-केन्द्रीय भेड़ एवं ऊन अनुसंधान संस्थान अविकानगर - ३०४५०१

दूरभाष : 01437-220162, फैक्स : 01437-220163

ईमेल: director.cswri@icar.gov.in • website: www.cswri.res.in

