Union Health Secretary Smt. Punya Salila Srivastava inaugurates India’s first dedicated Human Metabolic Chamber Facility at Christian Medical College (CMC) Vellore

Smt. Srivastava calls for robust, India-specific research to strengthen understanding of metabolic risks and inform preventive healthcare

Over 7.8 crore yoga sessions conducted at Ayushman Arogya Mandirs to promote healthier lifestyles and preventive healthcare: Union Health Secretary

Union Health Secretary highlights initiatives to take forward Prime Minister Shri Narendra Modi's call for 10 per cent reduction in oil consumption, including Sugar and Oil Boards and 'Aaj Se Thoda Kam' campaign

Tata Institute of Fundamental Research (TIFR) and CMC Vellore collaborate to advance research on nutrition, diabetes, obesity and metabolic health

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Union Health Secretary Smt. Punya Salila Srivastava today inaugurated India's first dedicated Human Metabolic Chamber Facility at Christian Medical College (CMC), Vellore. Established jointly by the Tata Institute of Fundamental Research (TIFR) and CMC Vellore, the facility will strengthen research into human metabolism, nutrition, diabetes, obesity and other metabolic conditions. The initiative is in line with the vision of Hon'ble Prime Minister Shri Narendra Modi to strengthen prevention and healthcare for all, and create a Swasth and Viksit Bharat.

Addressing the gathering, Smt. Srivastava congratulated TIFR, the Advanced Research Unit on Metabolism, Development & Aging (ARUMDA) and CMC Vellore on the initiative and acknowledged the Department of Atomic Energy for supporting the collaboration. She

underscored the importance of generating evidence that reflects the diversity and specific risk profiles of India's population, noting that findings from other countries may not adequately capture them.



The Human Metabolic Chamber is a room-sized calorimeter that measures oxygen consumption and carbon dioxide production while a volunteer lives, eats and sleeps inside for 24 hours or longer. The measurements help determine total energy expenditure and how the body uses fat and carbohydrates across meals, physical activity and sleep. The facility complements ARUMDA's National Analytical Facility for Nutrition and Metabolism Research, established last year, enabling researchers to link molecular and biochemical measurements with the body's energy utilisation.

The collaboration also draws on CMC Vellore's clinical expertise in diabetes and other endocrine and metabolic disorders, including its past studies on insulin sensitivity and energy expenditure in individuals with a history of undernutrition and low birth weight. The facility was set up with funding from the Department of Atomic Energy and Corporate Social Responsibility support from Hindustan Unilever Limited, with expert advice from NUTRIM at Maastricht University and network support from the Embassy of the Kingdom of the Netherlands in India.



Smt. Srivastava highlighted the Government's efforts to strengthen prevention under the Ayushman Bharat Yojana, with 1.87 lakh Ayushman Arogya Mandirs providing primary healthcare and population-based screening for non-communicable diseases and three types of cancers, including a community-based assessment of all individuals above 30 years of age. She said over 781 district NCD clinics and 6,489 NCD clinics at Community Health Centres ensure follow-up and continuum of care, and that the Rashtriya Bal Swasthya Karyakram (RBSK) 2.0 enables early identification of at-risk children. She added that five more diseases, including chronic obstructive pulmonary disease (COPD), stroke and chronic kidney disease (CKD), will also be covered under the National Programme for Non-communicable Diseases.

Taking forward the Hon'ble Prime Minister's call for a 10 per cent reduction in oil consumption, she noted, initiatives have been rolled out, including Sugar and Oil Boards, awareness interventions in schools, the 'Aaj Se Thoda Kam' campaign and outreach through social media, radio and videos. Yoga and wellness activities have also been integrated into services at the Mandirs, with over 7.8 crore cumulative yoga sessions conducted so far. She added that institutes such as ICMR-NIN are using technology to make healthy choices easier, including an AI-powered tool being developed to help consumers understand the nutritional value of packaged foods.



Underscoring institutional collaboration, Smt. Srivastava encouraged TIFR, ARUMDA and CMC Vellore to work with the Ministry of Health and Family Welfare and other national institutions on a focused research agenda addressing the country's health needs. She also pointed to the potential of the Pan-AIIMS Research Consortium, working with research facilities such as the Human Metabolic Chamber, to strengthen research capabilities and contribute to robust, evidence-based national datasets.

The programme was attended by Prof. Biju George, Director, CMC Vellore; Prof. Jayaram Chengalur, Director, TIFR; Prof. Ullas Kolthur, Director, BRIC-Centre for DNA Fingerprinting and Diagnostics; Prof. Mahendra Sonavane, ARUMDA-TIFR; Prof. Nihal Thomas, Head, Stem Cell Centre, CMC Vellore; Mr. Nico Schiettekatte, Health Counsellor, Embassy of the Kingdom of the Netherlands; representatives of Hindustan Unilever Limited; and Prof. Felix Jebasingh, Department of Endocrinology, Diabetes and Metabolism, CMC Vellore, among other faculty members and officials.



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