

Vitamin D is very essential for calcium absorption, for muscle contraction, signal transmission through nerves and hormones. In later life Osteomalacia and Osteoporosis may occur.

A reading of 30mg – 100mg for a healthy adult should be maintained and Tested Periodically. Exposure to SUN is very essential, between 11:00 AM – 3:00 PM during winters and morning and evening SUN during summers. Today all dairy products i.e. Milk, Ghee, juices, and packed foods are fortified with Vitamin D. There is Abundant Vitamin D in fatty fish, eggs, fruits etc.

(Dr. Mohan Gandhi is available for Free Consultation 10.00 am to 1.00 pm and on Nominal Fee 4.00 pm to 7.00 pm at Maharishi Dayanand Charitable Medical Centre, Arya Samaj Mandir, GK-I. Phone: 01146678389)



Local Student Awarded Grant From International Environmental Nonprofit Organization

by Shilpa Chandra

Ishan Kapur, a student at Wellington College, has received a \$800 grant from Bow Seat Ocean Awareness Programs (Bow Seat), an international nonprofit organization whose mission is to engage youth in ocean conservation and creative advocacy.

This grant is a part of the international Fellowship Program, a new by-youth, for-youth initiative created by Bow Seat's student leadership council that provides funding and mentorship to young people who are addressing water-related challenges in their local communities. Students ages 13-19 worldwide were invited to propose new or emerging projects that met the program goals of educating the public about a water-related problem, engaging others in activities to address the issue, and advocating for creative and realistic solutions.

Ishan was selected as a Fellowship grantee from nearly 70 applicants worldwide. The grant and ongoing mentorship will help support Ishan's project, Mats that Matter by The Blue Voice, which aims to reduce plastic pollution in local waterways while simultaneously aiding housing-insecure and other marginalized populations in the city. He will conduct a large-scale plastic bag collection drive through a network of volunteers, then employ disadvantaged women served by the non-governmental organization Hamari Asha to crochet the plastic bags into sleeping mats. The mats each use approximately 700 bags and are lightweight, transportable, waterproof, and do not attract lice or ticks. The mats will then be donated to the unhoused.

"Bow Seat's youth leadership council created the Fellowship Program with the goal of empowering their peers to advocate for our environment and for our collective futures," said Linda Cabot, founder and president of Bow Seat. "We are thrilled to welcome Ishan as a 2022 Fellowship grantee along with eight other grant recipients from around the world who are committed to and passionate about taking action to protect our blue planet, and we look forward to working with these inspiring young leaders in the new year to help their projects thrive and make a difference in their communities."

(For more information about the Future Blue Fellowship Program and the 2022 grant recipients, go to <https://bowseat.org/programs/future-blue-fellowship/2022-fellowship-grantees>.)



Amul Milk Booths in Parks -