



## Students will get rid of Vitamin D deficiency 'project sunshine'

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New Delhi, April 9 (IANS) In view of the growing problem of vitamin D deficiency among the people, especially the school students in the country, FSSAI has created NCERT, NDMC, Northern MCD and Quality Ltd. Together with the urging to do the morning assembly from 11:00 to 1:00 pm, a unique initiative has been launched 'Project Sunshine'.



India has seen a considerable reduction in vitamin D, especially in children and pregnant women, which is a major threat to their health and development.

Vitamin D mainly receives exposure to sunlight, without which there is a possibility of depletion. On cholesterol, sunlight transforms cholesterol into vitamin D through liver and kidney extra-conversion.

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In most parts of India, people get plenty of sunshine for the whole year. Studies have shown that 90 percent of boys and girls have a deficiency in vitamin D. In Delhi alone, 90 to 97 percent of school children (6-17 years of age) lack vitamin D deficiency.

Inaugurating the project sunshine, FSSAI CEO Pawan Agrawal said, "The reality is that most children are suffering from vitamin D deficiency in India, even then most of us are not aware of its serious consequences."

He told that a simple and cheap way can be used to meet the shortage of micro nutrients without making any changes in the behavior of nutritious foods or eating patterns. He told that both the nutritious milk and edible oils are now easily available in the whole country.

Scientific Advisor and Senior Consultant Indokolinology (Retd) Major General Dr. R.K. Marwah said, "There is a need of adequate vitamin D to strengthen the bone of the human body and to make other systemic functions of the body. About 90 percent of the body's vitamin D requirement is met from sunlight and only 10 percent Get through the diet. "

He said, "Contrary to popular belief that morning sunlight is best for our bones, it is actually sunny from 11 a.m. to 1 a.m., which is the most beneficial for increasing the level of vitamin D in the human body. Therefore, it is extremely important that children be exposed to sunlight for strong bones and immune system. "

NCERT, NDMC and North MCD schools and school officials and representatives said, "We will definitely see this opportunity seriously. We will advise all schools to change the assembly of the morning to noon assembly. Can help grow in adults. "