



‘Shift morning assembly to noon for ample sunlight’

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New Delhi, April 9: To ensure sunlight — a natural source of vitamin D — becomes a regular feature in the diet of schoolchildren, Project Dhoop — a joint initiative of FSSAI, NCERT, NDMC and North MCD, launched today encourages schools to shift their morning assembly to noon between 11 am and 1 pm.

The initiative is being undertaken in around 24 government (NDMC and North MCD) and private schools in the NCR with an aim to address rising incidents of vitamin D deficiencies and create awareness around it.

Vitamin D is an essential micronutrient helpful in the absorption of calcium for strong bones and its deficiency in children may result in rickets and adults may suffer from osteomalacia (softening of bones).

As per endocrinologist (Retd) Major General Dr RK Marwaha, nearly 90 per cent of Vitamin D requirement is met by adequate exposure to sunlight and only 10 per cent is met through diet.

CEO (FSSAI) Pawan Agarwal said, “The noon assembly is an innovative and effective concept to ensure that school students get adequate Vitamin D through sunlight, while also opting to choose food products like milk and edible oils that are fortified with Vitamins A and D.”