

CALSHEUM

INTROSPECT, RETROSPECT AND PROSPECT

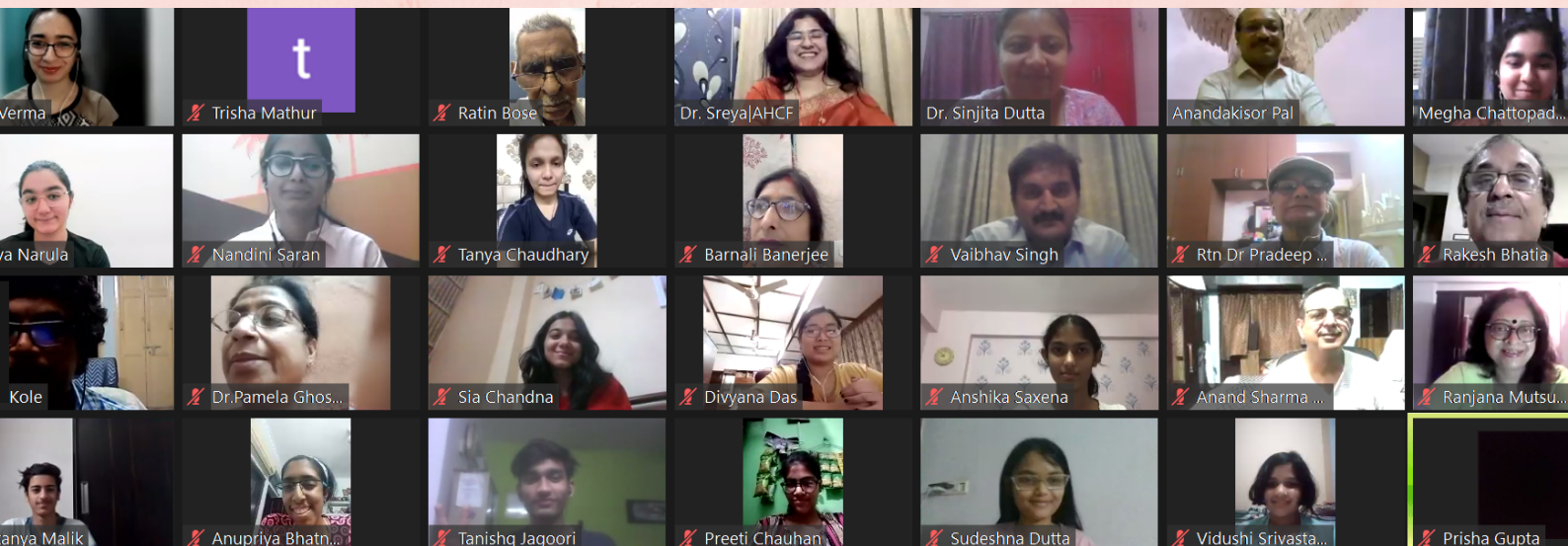


Table of Contents

Page 1- The Panelists & Guests

Page 2- Introduction

Page 3- Calcium Pe Charcha

Page 4- Vitamin D and Diseases

Page 5- Vitamin D and Children

Page 6- Hum, Tum aur Calcium

Page 7- Game Answers

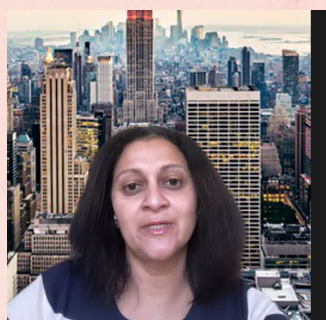
Page 8- Hall of Fame

The Panelists and Guests

By- Koyena Chatterjee



Our Chief guest for the evening was **Mr. Sudip Mukherjee, District Governor 20-21, Rotary International District 3291**. He talked about how important this topic was, and why it had to be kept in mind even in this pandemic situation. He also encouraged the audience to keep looking out for our new initiatives.

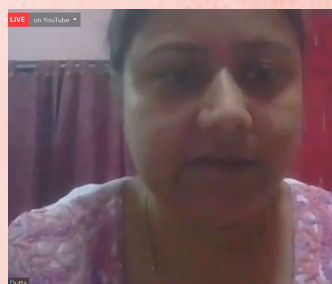


Our Guest of Honour for the evening was **Ms. Reshmi Bose, an Educational Entrepreneur** in New York, USA. She has collaborated with youth for many years and is a **Trustee on the Yorktown Central School District's Board of Education**.

She shared her views on Vitamin D and Calcium deficiency all over the world and encouraged the audience to stay healthy.



Dr A K Pal is a **Professor at the Department of Orthopaedic and Traumatology**, IPGMER, SSKM Medical College and Hospitals from Kolkata, West Bengal. He is the mentor of the CalSHEum project and the moderator of the panel discussion. He answered all the questions aptly and made sure that the session turned out to be fruitful



Dr. Sinjita Dutta is an **Associate Professor, Department of Community Medicine**, IPGMER, SSKM Medical College and Hospitals from Kolkata, West Bengal.. She interacted with the audience wonderfully and answered all the questions related to dietary requirements for bone health.



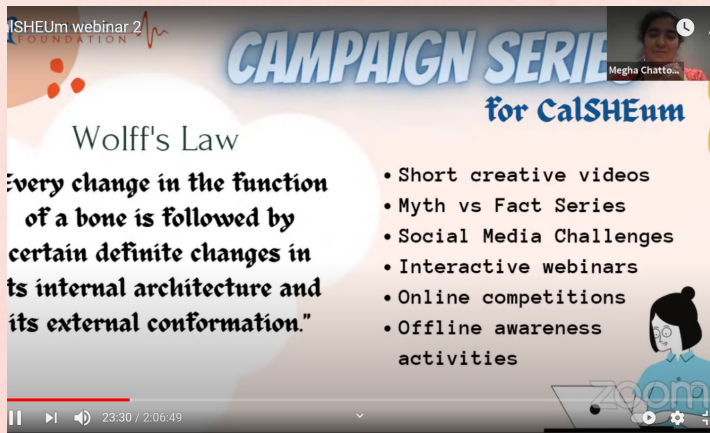
Dr. Vaibhav Singh is a **Senior orthopaedic surgeon from Varanasi**. He not only gave the audience a verified place to check their probability to get a fracture, but also answered questions related to bone health, dietary requirements. He actively engaged with the audience and answered all the questions concisely.



Dr. Saurabh Kole is a **Senior Cardiologist, ITU in charge, at the BelleVueClinic, Kolkata and the Chairman, Critical care society, Kolkata**. He informed us about the importance of calcium in our body and how one must take Vitamin D naturally in the form of sunlight to not only prevent bone-diseases, but also the other ones- like even the cardiovascular ones.

INTRODUCTION

By Divyana Das and Preeti Chauhan



Advance Health Care Foundation in association with Rotary International District 3291 conducted an interactive panel discussion on the 'Deficiency of Vitamin D and Calcium and their importance and the consequences of their deficiencies' under the **project CalSHEum on 18th April 2021.**

The event started with **Dr. Sreya Chattopadhyay**, Director of Advance Healthcare Foundation delivering the Welcome Address, followed by the **Rtn Mr. Sudip Mukherjee, Chief Guest of the event**, who congratulated Advance Healthcare Foundation for joining hands with them to work for such a noble cause.

Then we welcomed **Ms. Reshmi Bose, Guest of Honour for the event**, who said that the problem of Vitamin D and Calcium deficiency is prominent in all age groups irrespective of their geographical locations.

As aptly described during the Project Introduction by **Megha Chattopadhyay**, Adolescent Development Club Polymath, "The motive of CalSHEum is to bring awareness among the general public and healthcare providers about the **silent pandemic of deficiency of Calcium and vitamin D**, the consequences of deficiency and their importance, through various methods.

All of us are a part of the change that we wish to bring about".

She also gave the audience glimpses of the activities conducted in the course of this project since its launch on 8th March 2021.

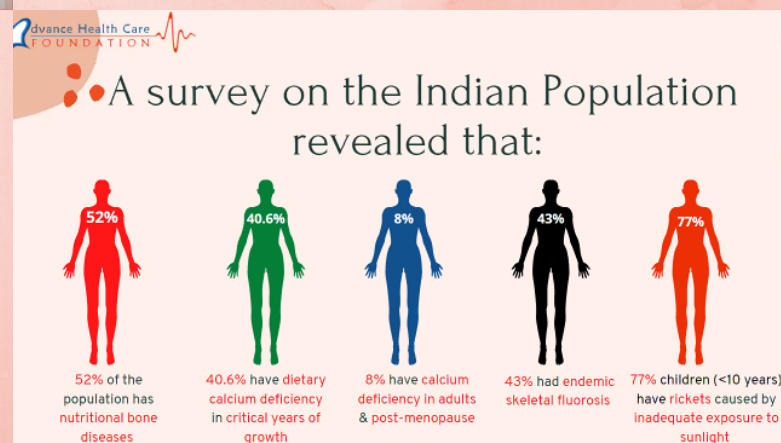
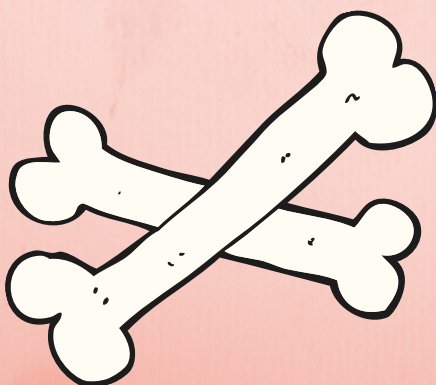
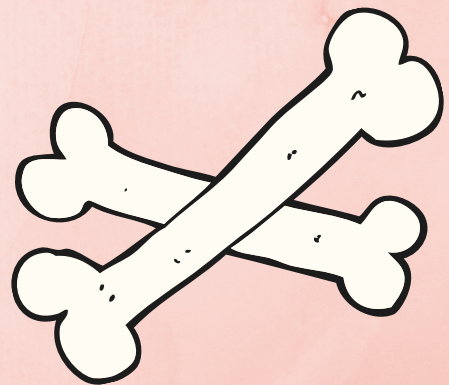
Soon after, **Dr. A.K Pal, mentor of the project CalSHEum and a panelist of the event** highlighted how the project aimed to get rid of the silent pandemic, and explained to the audience about how the sunlight vitamin and Calcium were absorbed in the body, and why they were important for many skeletal and non-skeletal functions.

Dr. Saurabh Kole, Director AHCF and a panelist of the event then discussed the purpose behind the launch of this project and its progress so far. He spoke that of the spreading of awareness as one of the key goals of this project so that many unwanted diseases could be prevented.

After our other **esteemed panelists Dr. Vaibhav Singh and Dr. Sinjitta Dutta** had given us their informative introductions and their viewpoints on the topic, there was an enthusiastic panel discussion catering to questions from the Rotarians present, other audience members on Zoom and YouTube live and our volunteers of the AHCF.

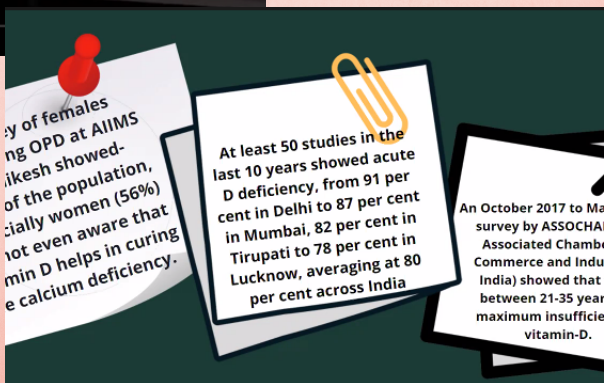
Then our **host for the evening, Ms. Khushi Verma, Colour Evangelist and Connoisseur of Pantone of the Club**, declared the winners of the competition and invited everyone for a group photograph.

Finally, the Vote of Thanks was proposed by Dr Saurabh Kole which brought this wonderful event to its closure.



By Sagnik Sarkar and Pranjal Agarwal

Dr. Saurabh Kole explained how levels of Calcium and Vitamin D were contributing factors to many paradox (non-bone) diseases as well. The viewers also found answers to their questions like how men were prone to calcium and vitamin D deficiency as well, or how taking blood thinners could affect the absorption of Calcium in our bodies.



Symptoms of vitamin D deficiency such as feebleness in bones, less muscle contraction and constantly complaint of indigestion. were also apprised by the panelists. The panelists informed the audience that calcium deficiency in women is linked to the sex hormone- Estrogen, whose level generally drops post menopause, and the absorption of calcium reduces in the female body.

To test their calcium level, a person may do a simple self-assessment test called the chair test. One needs to sit on the chair for 30 minutes and after 30 minutes if you use one of your hands to stand up it indicates that you may have calcium deficiency in your body.

Furthermore, they acquainted the audience that the daily dose of calcium has to be about 1000-2000 mg in adults and a higher quantity in adolescents.

VITAMIN-D AND DISEASES

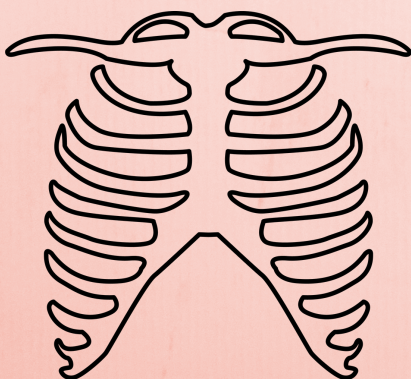
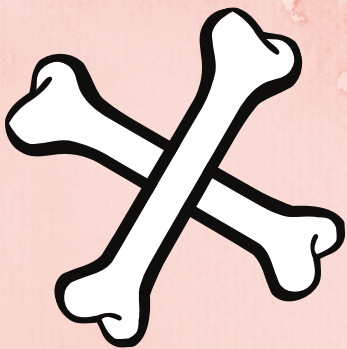
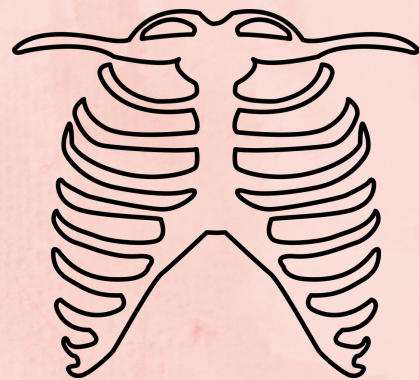
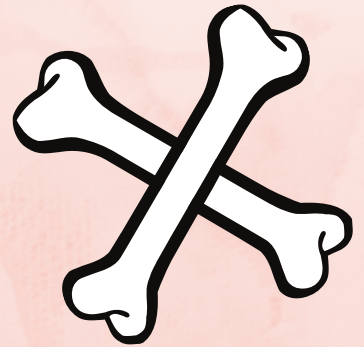
By Ahira Mendiratta and Arunava Dutta

BONE DISEASES

1- Vitamin D is essential for the development and maintenance of our skeleton system. These include **rickets** in children wherein the bones become soft and bendy, **Osteomalacia**, a disease that usually occurs in adults and causes bone pain, weak bones and muscle weakness.

2- Vitamin D is vital for proper bone mineral density and **Osteoporosis**, a bone disease that takes place when the body begins losing too much bone density, makes very little bone, or both. In such a case, bones become brittle and breaks very easily. Here, bone mineral density becomes an important factor to measure the amount of calcified bones and further diagnose **Osteopenia** and Osteoporosis.

3- Vitamin D can also help people with **Osteoarthritis**. Researchers suggest that in patients with knee osteoarthritis, higher intake with both Vitamins C and D is associated with less cartilage degeneration. Supplementation with vitamin D alone over 4 years is linked with significantly less progression of knee joint abnormalities.



NON-BONE DISEASES

1- Vitamin-D is also a factor for various non- bone disease and can help prevent **hyperparathyroidism** which in turn results in an excessive release of the parathyroid hormone in the bloodstream, leading to osteoporosis, joint pain, and other issues.

2- Vitamin D helps **Cancer** patients as research suggests that, patients taking Vitamin D supplements have a 25% less death rate compared to patients not taking Vitamin D supplements.

3- Vitamin D deficiency is linked to lower **lung functioning** and worse **asthma** control, especially in children. Vitamin D may improve asthma control by blocking inflammation-causing proteins in the lung, as well as increasing production of another protein which has anti-inflammatory effects.

VITAMIN D AND CHILDREN

By Anshika Saxena and Shhreya Anand

Today, when children are locked within the walls of their house, tired of hearing that they should consider the barriers of their home a 'Lakshman Rekha' a thought enters their mind about whether this lack of sunlight might affect their health adversely or not.

To address this question and spread awareness, Advance Healthcare Foundation's webinar stressed upon the need of Vitamin-D and Calcium, busting the myth that *bones can't become brittle at a young age*. Vitamin-D and Calcium should not be taken lightly because, it can lead to severe problems. Further, our panelists enlightened us by explaining that if the mother is deficient in calcium, her newborn child inherits her Calcium deficiency. The adolescent, adult and elderly stages are also found to be deficient in Calcium, thus creating a vicious cycle. The requirement of Vitamin-D and calcium increases as children grow and their intake should also increase accordingly.

Vitamin-D deficiency in children can lead to softening of their bones, fractures, delayed motor development, and result in more severe and acute forms of injury as they get older.

Sunscreen should be avoided whilst taking the exposure of sunlight as stressed by **Dr. A.K Pal**, because it blocks U.V rays, preventing the absorption of Vitamin-D by the body.

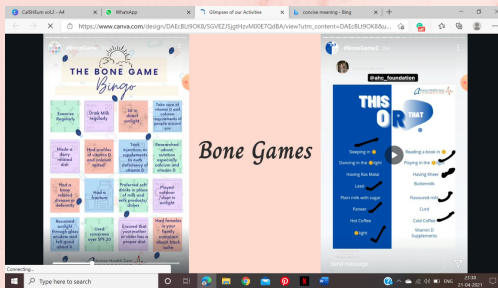
Furthermore, 20% of the body should be exposed to the sun for 20-30 minutes during 10 am to 3 pm.

Alternate sources of Vitamin-D include fatty fish, fortified milk and eggs as explained by Dr Vaibhav Singh. Vitamin D and Calcium are salient nutrients that are essential for one's wellbeing, One must take care of one's wellbeing since a young age.

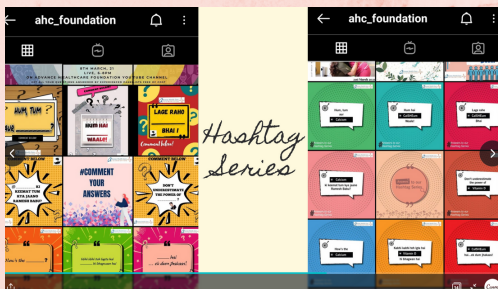


HUM, TUM AUR CALCIUM

Advance Healthcare Foundation recognizes Vitamin D and Calcium as an essential of good health. Under the CalSHEum program, we strive to spread awareness about Vitamin D, Calcium, their deficiency and their relevance in our lives. The Webinar and Panel Discussion held was just another feather in our cap. A series of interesting events was also held to spread awareness. They are as follows-



Bone Games



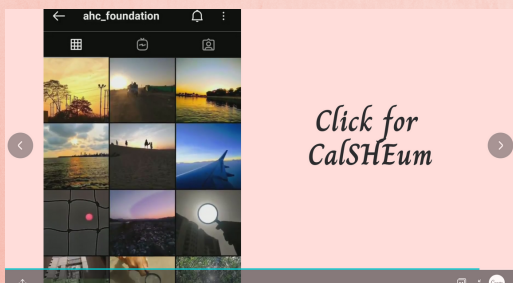
Hashtag Series



Write- A- Letter Saturday



Word Search Puzzle

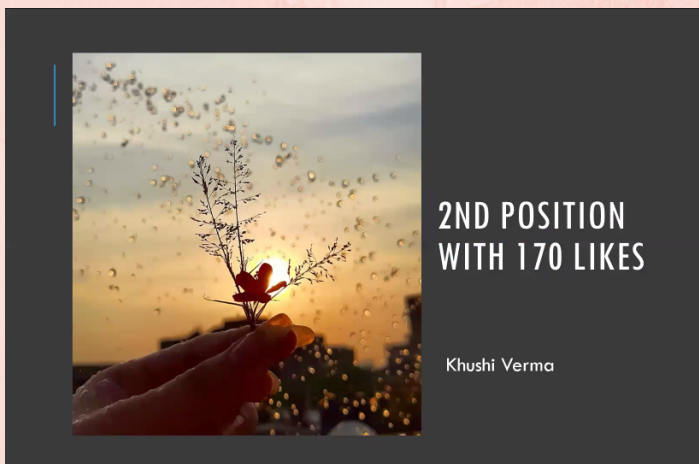


Photography Contest

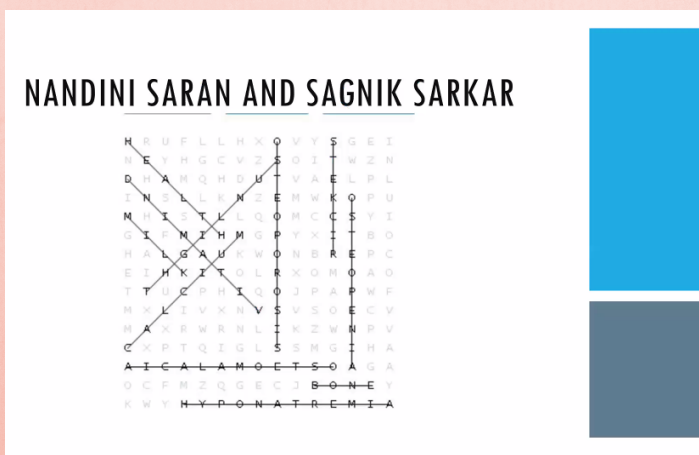
HALL OF FAME



Winner & First
Runner up of the
Photography



Contest-
Khushi Verma
Second Runner Up-
**Anupriya
Bhatnagar**



Winners of the
Word Search
Competition-
**Sagnik Sarkar and
Nandini Saran**



CALSHEUM



Connect with Us!



+91 9810366099 (For calling Dr. Sreya)



info@advancehealthcarefoundation.com



www.advancehealthcarefoundation.com



@ahc_foundation



Advance HealthCare Foundation



Advance Healthcare Foundation



@ahcfoundation



Advance Healthcare Foundation

