

Seminar and Poster making on

WORLD WATER DAY

22nd March 2018

To observe World Water Day, ICFAI Education School, The ICFAI University, Dehradun has organized a seminar and poster making on **22nd March 2018**. The theme for year 2018 is **“NATURE FOR WATER”** which explores how we could use nature to overcome the water challenges of 21st century.

While presenting the Seminar, **Ms. Mainsa Lama, B.Ed Batch (2016-18), Sem-IV**, highlighted the importance of water, availability of saline water, fresh water, underground water and surface water.

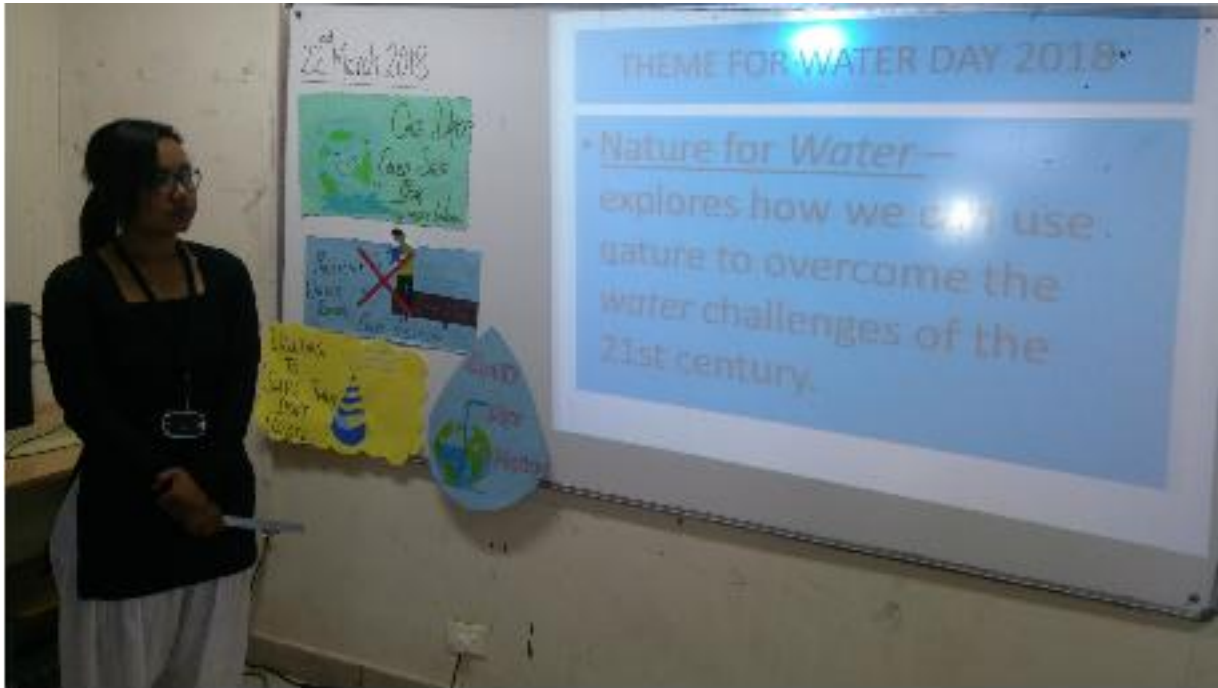
In one of the slides, she tells that WORLD WATER DAY is a day to tell people and show support and appreciate fresh water which is only 1% of the world water. Her focus was on the importance of water in our body, like, to carry nutrients and waste, to lubricate joints and digestive tracts, to cool the body and during the periods of physical activity.

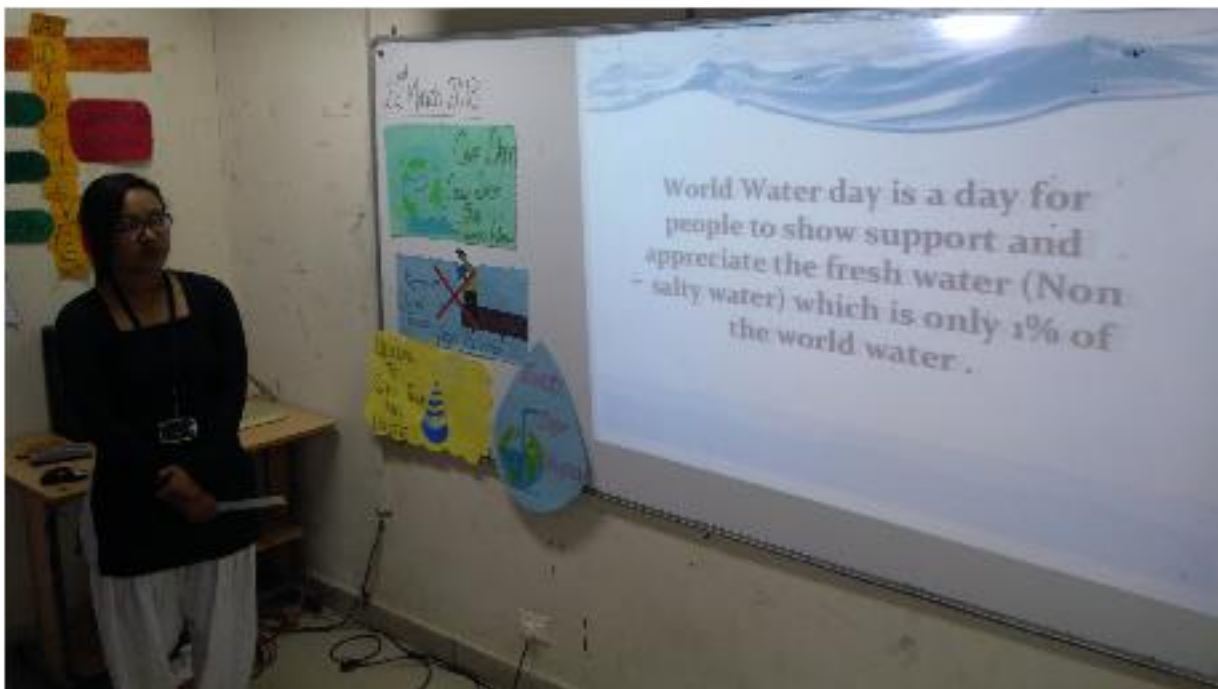
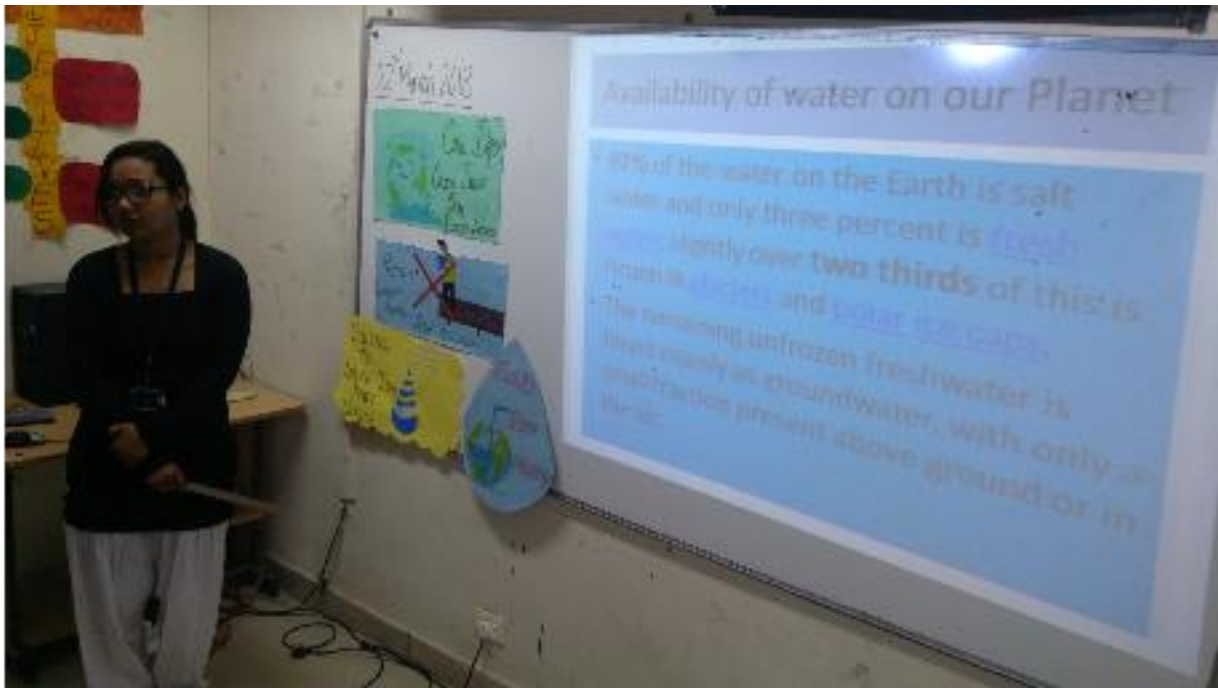
She also revealed the fact that three gallons of water is required by a healthy person per day. Few tips to save water outdoor like, using bucket instead of hose, watering the garden early in the morning or late in the evening were pointed by her. She also

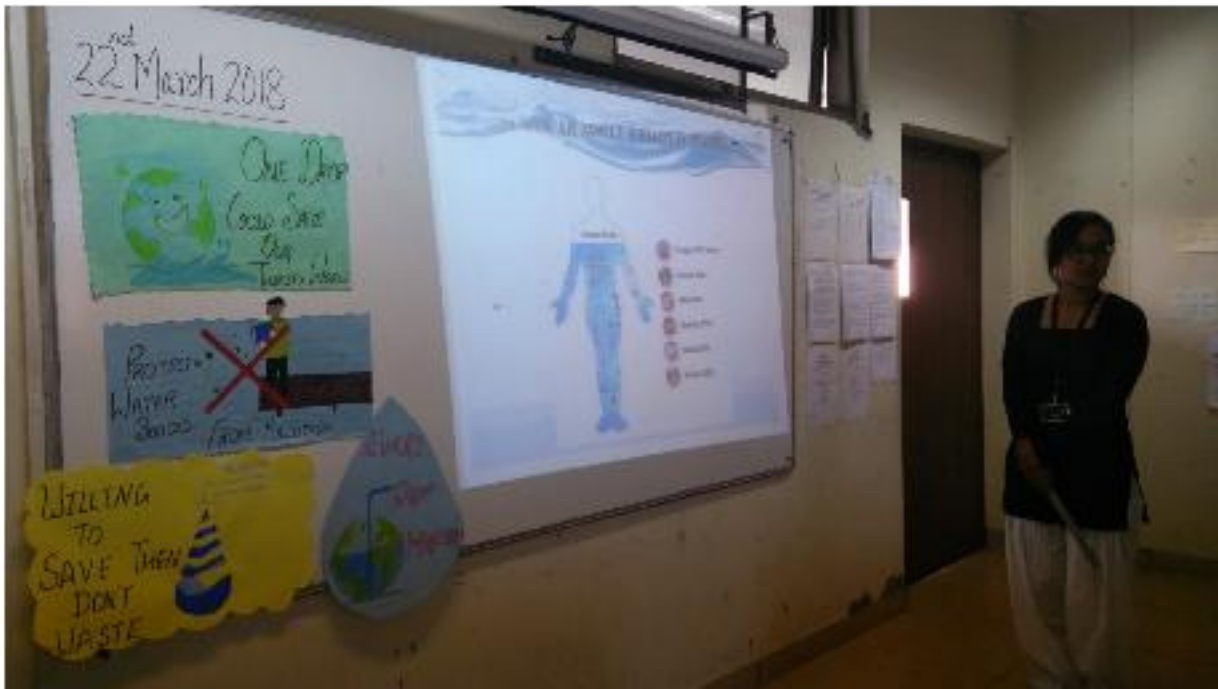
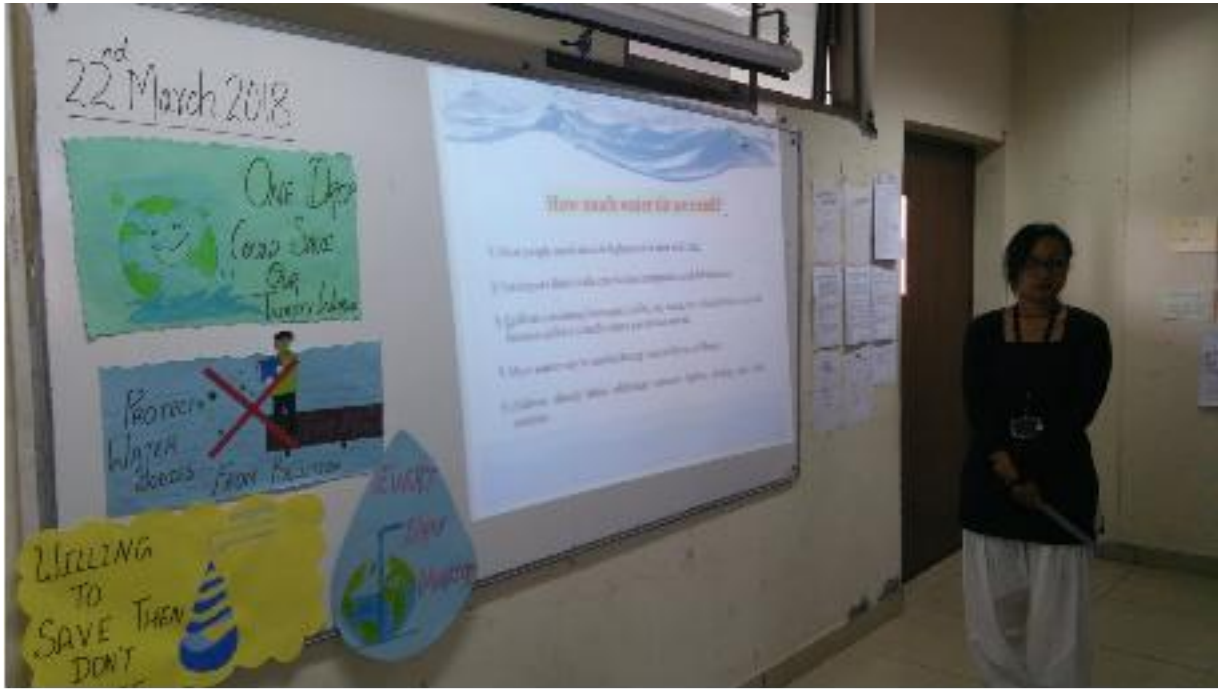
stressed upon rain water harvesting and its importance and suggested ways like fitting water saving devices in the cistern and save up to three liters of water used in flush and avoiding sprinklers etc.

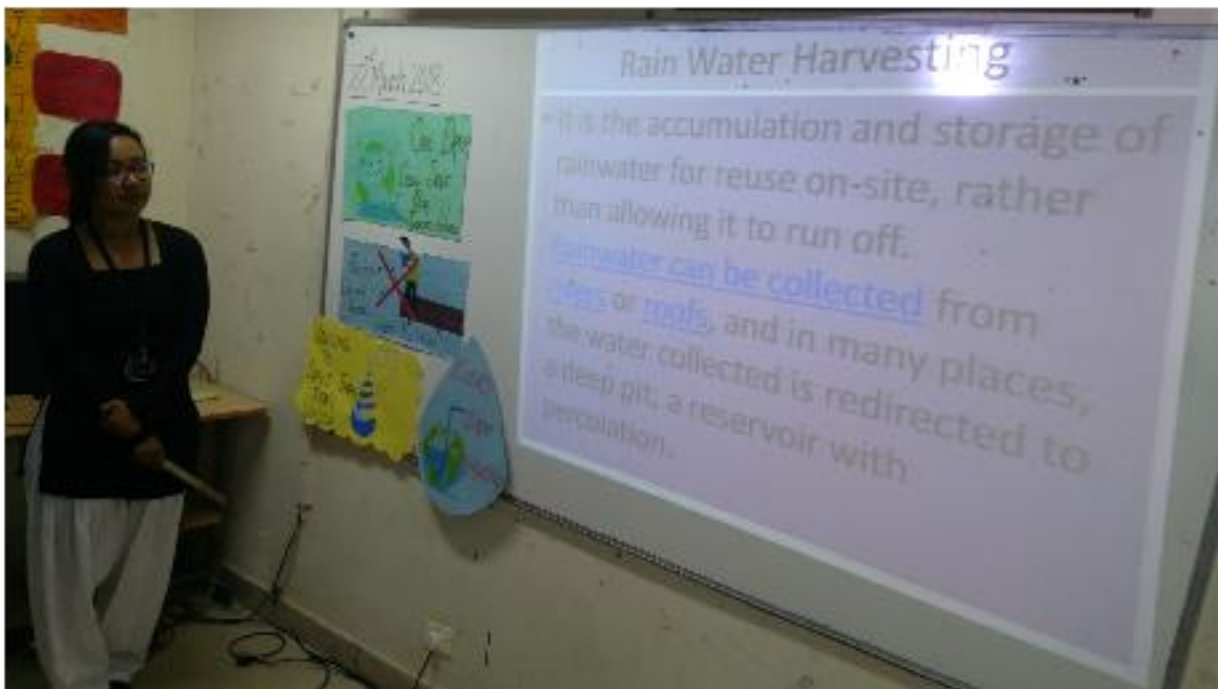
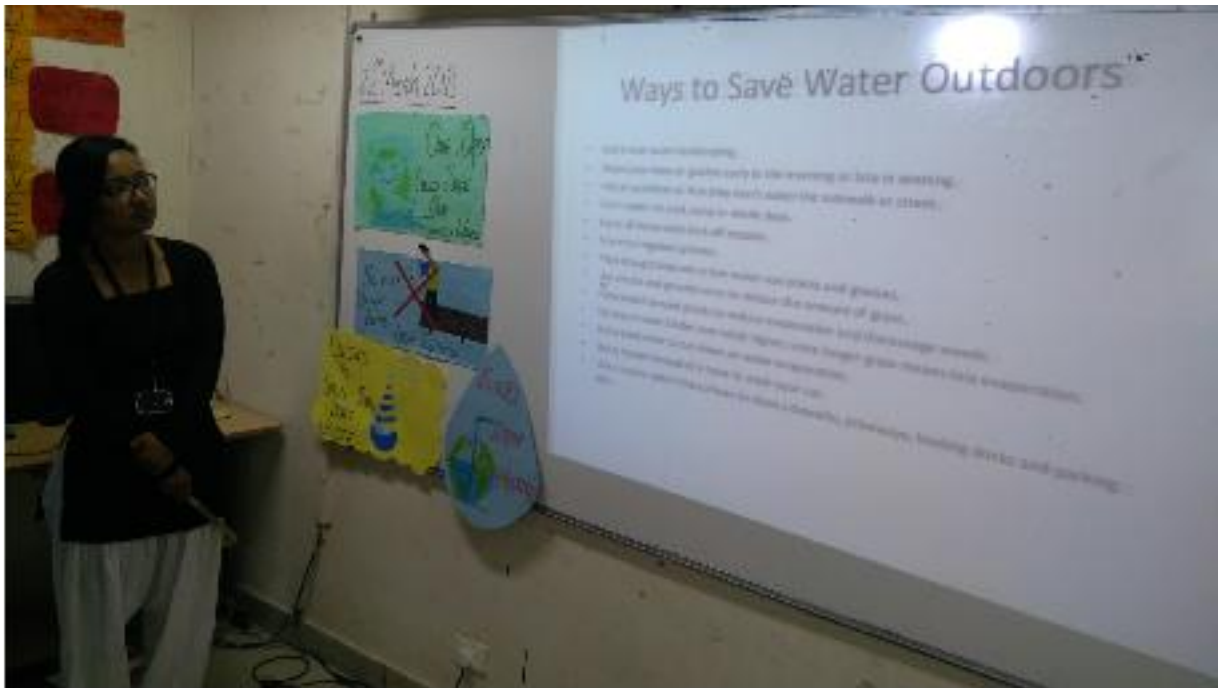
In the interactive session, **Ms. Atulya Verma** shared a fact that Karnataka is the only state in India which has adopted rain water harvesting system completely. **Tenzin Jigme** said that **Tibet** is considered as the **water tower** of the world. In the end, **Prof. Sarita Negi** highlighted that 22nd March is an opportunity for all of us to learn more about water related issues and only action could make a difference.













How much water do we need?

- 1. Most people need about 6-8 glasses of water each day.
- 2. Salty foods that contain a lot of salt can lead to dehydration.
- 3. Caffeine-containing beverages (coffee, tea, colas, etc.) should not be drunk because caffeine actually causes you to lose water.
- 4. More water may be needed during times of fever, or illness.
- 5. Athletes should drink additional amounts before, during and after exercise.