

What Is World Water Day?

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22 March, 2018

World Water Day, on 22 March every year, is about focusing attention on the importance of water and exploring nature-based solutions to the water challenges we face in the 21st century. An international day to celebrate freshwater was recommended at the 1992 United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. The United Nations General Assembly responded by designating 22 March 1993 as the first World Water Day.

Damaged ecosystems affect the quantity and quality of water available for human consumption. Today, 2.1 billion people live without safe drinking water at home, over 663 million people living without a safe water supply close to home, spending countless hours queuing or trekking to distant sources, and coping with the health impacts of using contaminated water; affecting their health, education and livelihoods. Sustainable Development Goal is to ensure to the world that everyone has access to safe water by 2030, and includes targets for protecting the natural environment and reducing pollution.

Importance of Water in Your Diet

- A good amount of water is important to drink everyday for maintaining the wetness level of our kidneys which further enhance the nutrition filter level in our body.
- Apart from good healthy eating water is very essential for weight loss.
- It is an essential part of your diet and contains zero calories. It is 50% of our body, 73% of brain/heart and 83% of lungs.
- It contains a vital nutrient called fluoride which helps in maintaining the teeth health.
- The calcium content is found more in the tap/hard water whereas the mineral water is rich in many minerals for e.g. sodium, without providing any added protein, carbohydrates or calories.
- Good hydration level in the body not only helps in weight loss but good skin property as well.
- It's a myth that other liquid sources like green tea, coffee, soda or aerated carbonated beverages provide the required amount of water. On the other hand, they increase the dehydration level in the body.

How much Water should you drink every day?

Let's see a fun formula to know your daily minimum water requirement- **YOUR BODY WEIGHT / 8 = NUMBER OF GLASSES (300ml) TO DRINK EVERY DAY**

For e.g. your weight is 56kg, then you have to drink 8 glasses of water every day which is equal to 2.1L. So 2-3L of water is a good amount to drink by that person.

Why Save Water?

Did you know that less than 1% of all the water on Earth can be used by people? The rest is salt water (the kind you find in the ocean) or is permanently frozen and we can't

drink it, wash with it, or use it to water plants. As the population grows, more and more people are using up this limited resource of water day by day & therefore, it becomes important that we use our water wisely and not waste it.

Instead of running tap water, use mug while brushing the teeth. Opt for bucket bath instead of a shower, and the leftover water can turn out to be very helpful in your garden for plantation. Fix any kind of the leak you see around. The best time to water your plants is early morning when the heat is low because a minimal amount of water will be evaporated at then. An easy way to wash your vehicle is bucket and sponge instead of a hose.

Water is an essential building block of life. It is more than just essential to quench thirst or protect health; water is vital for creating jobs and supporting economic, social, and human development. **SAVE WATER, SAVE EARTH**