

ban. He bemoaned the complete lack of civic sense in the public, and took a dig at the will power of various governments to implement public welfare schemes and to take them to their logical conclusions.

He appreciated the people's support to the ban on plastic disposables and said the presence of over 10 different social and religious organisations to lend support to the move was a harbinger to a complete ban on polythene which was a big problem not only to people by the civic bodies as well. He said KNM had printed 10K handbills creating awareness and seeking cooperation for the people to this mission had been prepared and will be distributed outside the religious places along with educational institution and residential areas.

Addressing the meeting Suresh Gupta, president of the UP Khadi Gramudyog Mahasangh said that he would petition the government to subsidise khadi shopping bags for public use. He said ironically people even today walked



Kanpur Nagrik Manch member Padmeshree Giriraj Kishore extending support to polythene ban at Ashok Library on Wednesday

Pioneer

barehands to the market to fetch vegetables and fruits and this showed the apathy of the people as well. He said it was the duty of the people to lend support to this government in this mission.

Addressing the gathering President of the Kanpur Catholic Association said that there was an apprehension among the masses that the government would succumb to pressure from industry to relax the ban, so that it could be business as usual. He said besides plastic carry bags people must not use plastic glasses, bottles and disposable cutlery as well. He said even more dangerous

were thermocole (Styrofoam) plates, cups etc that were extensively used in marriage celebrations and religious events.

He said as many as 25 states in India had banned different types of plastics over the last two decades, but implementation of the ban had been bleak. He said the Plastic Waste Management Rules, 2016 had banned the use of carry bags below 50 micron, while directing a phase out for all multi-layered packaging in two years but the latest revision in the rules, removed the blanket ban. He said as plastics had become part of our everyday life, banning commodities

made of it was a Herculean task and this engendered the need for a transition and active propagation for the same.

Former municipal councillor Madanlal Bhatia said that even now people were asking for plastic carry bags on the sly. The prominent organisations which took part were

Krishnanagar Nagrik Samiti, Kanpur Catholic Association, Yug Dadechi Dehdaan Abhiyan, Mahila Manch, Spastics Centre, Guru Singh Sabha, Ganga Dev Deepawali Samiti, Mega Mall Owners Association, and the Muslim Eco Friendly Association.

Colostrum is first milk that mother produces for baby

PIONEER NEWS SERVICE ■ KANPUR

Colostrum was the first milk the mother produced for the baby and it was popular as liquid gold. It was a thick, sticky substance, which can range in colour from clear to dark yellow, and was the first milk the mother produced for the baby. The body often started making it about halfway through pregnancy, and one might even notice breasts leaked a bit of it before the baby was born and this was normal and just meant the body was making sure all systems were a perfect.

This was stated by noted paediatrician Dr MM Maithani while addressing the second session of 'World Breastfeeding Week' on Wednesday. He said while babies only get small amounts of colostrum at a time—about a teaspoon or two at each feed that was all they needed.

He said the newborns had small stomachs and immature digestive systems and although it may not seem like a lot,

colostrum was highly concentrated and packed with beneficial properties, like antibodies, designed to protect the baby. He said the nutrients in colostrum were slightly different from those found in mature milk which begins when the baby was about three or four days old. He said colostrum had less fat and more protein, which helped fight infection, assists with important physiologic functions and maintained the baby's blood sugar.

He said colostrum even had a laxative effect to help babies pass all their meconium in the first few days after delivery.

He said mothers who had difficulty in breastfeeding at the outset often worried that their infants won't get all the positive effects of colostrum.

Dr Amit Chawla addressing the session said if one had trouble getting the newborn baby to latch, one can hand express a little colostrum for the baby. He said an expecting mother experienced this leakage by the end of the first

trimester or the beginning of the second trimester. He said some women also experience a discharge when they hear a baby cry. He said in the beginning of pregnancy, colostrum will appear thick, creamy and yellowish in colour. He added that as one approached childbirth, this same fluid became white.

He advised that colostrum, the first milk should be fed to the baby after birth as it provided key nutrients in a concentrated

form and was enough for filling a newborn baby's small stomach.

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NOTICE OF BOARD MEETING
 Notice is hereby given that a meeting of the Board of Directors of the Company is scheduled to be held on Saturday, 11th August, 2018 at its registered office inter-alia, to consider and approve the Un-audited financial results of the Company for the quarter ended 30th June, 2018.

Khandelwal Extractions Limited
 Place: Kanpur
 Date: 1st August, 2018 (Company Secretary)

एस0 जो महाविद्यालय
 समर्थपुर, कानपुर नगर - 209214 (अल्पसंख्यक संस्थान)
 हेल्प लाइन नं. - 7233068106

विज्ञापित
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1	ऑनलाइन फंजीकरण प्रारम्भ होने की तिथि	02.08.2018
2	ऑनलाइन फंजीकरण की अंतिम तिथि	10.08.2018

नोट - वीह अल्पसंख्यक छात्र/छात्राए ही आवेदन करें।
 प्राचार्य