**OBSERVANCE OF WORLD ORS DAY**

Diarrhoea is the second leading cause of mortality of children below five years in India and the symptoms and signs of diarrhoea are frequent loose motions with trench of thurst, dryness of mouth, sunken eyes, depressed fontanelle of infants, turgity of skin texture, crying of child without tearnig from the eyes, rapid pulse rate with low blood pressure, scanty urination and sometimes convulsion and shock leading to death. These are the common manifeatations of diarrhoea and is caused by mostly Rotavirus and enterotoxigenic E-coli bacteria. Besides these Cholera and other bacterias are responsible for causing diarroea as cited by Dr. Pradip Kumar Das, President of IMA Serampore branch in a seminar atSerampore  Mission Girls' School before the students and teachers of this school on the celebration of World ORS day on 29th July 2019. He spoke in a lucid language that home made oral rehydration solution as framed by WHO with the simple ingredients of  safe water, sugar and salts in appropriate quatity as formulated by WHO can save the patients suffering ftom diarrhoea with vomiting where salts and water depletion can cause deleterios effect on health and no need of unnecessary hospitslisation for i.v. saline infusion replacing loss of fluid and electrolytes. How it is to be made and monitored told by Dr. Jagabandhu Guchhait, Paediatrician of Jaswal hospital of Liluah. Moreober he demonstrated the technique of hand washing which can halt about 85 per cent of hand made infections and provision of safe water prevents water borne infections. After his deliberation, Miss Monosita Banerjee the Nutritionist cum Dietician spoke in short the modus of dietary intake in case of diarrhoea in children, infant and adults. Some queries were raised by the students and teachers of the school which were readily answered by Dr.Das and Dr. Guchhait. Finally vote of thanks were given by the Headmistress, Mrs. Rupa Mondal.