

# From the Editor's Desk

**Dr. Neha Sharma**

*"For I was rich, if not in money, in sunny hours and summer days, and spent them lavishly; nor do I regret that I did not waste more of them in the workshop or the teacher's desk. But since I left those shores..." – Henry David Thoreau*

From atop this hidden gem, I came across this impactful quote from Thoreau, and a wave of nostalgia rushed in, reminding me of the summertime richness I'd left behind. On this happy note, let us deep dive into the 2<sup>nd</sup> Issue of VIGYAN SETU e-magazine, VSF's ([Vigyan Setu Foundation®](#)) quarterly, bilingual e-magazine carrying articles, write-ups, and news around the globe, anecdotes, poems, puzzles and much more to sensitize you, amuse you, and make you aware of how Science is a Way of Life.

This issue introduces a trending health topic on the importance of omega-3 from fish oil by Dr Balwan. Our Hindi subject expert, Mr. Gaurishankar, then elaborates on the employment opportunities in the field of Meteorological Sciences. We then proceed to expand our awareness of Light pollution and its issues through the vivid perspective of astronomer and scientist, Dr Sharma.

An interesting write-up on the impact of science on our everyday lives has been shared by Ms Koul. On a similar theme, Dr Punit Kumar has enlightened us with the Science of the Common Indian, reminding us of everyday innovations and our rich traditional knowledge.

We received a unique case study-based article from a research group on the Organic initiative of Vermicomposting.



This was developed by a departmental endeavour for tackling sustainable waste management. The approach is a must read!

In this e-magazine, for the science driven organization, we introduce Tulsi Gaushala, based in Jaisalmer and their initiatives, covered by the chairperson, Mr. Vyas.

Lastly, this issue concludes with an event report on the Oral Health and Anti-Tobacco Awareness Camp that was organized by Vigyan Setu Foundation in collaboration with Dr G. D. Pol Foundation's Y.M.T. Dental College and Hospital, Kharghar. The camp was held on 31<sup>st</sup> May this year, arranged for the residents of Navi Mumbai

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