

**Figure it out** Nearly seven months since the first COVID-19 case was reported in Telangana, the State has logged about 1.89 lakh cases and 1,116 deaths, according to the media bulletin issued by the Health department.

The calcium requirement proposed as RDA for an adult man and an adult woman is 1,000mg per day. It was 600mg per day in 2010. For a lactating woman, an additional amount of 200mg is added. For post-menopausal women, the recommendation is 1,200mg per day.