



MAYNAGURI COLLEGE

(Accredited by NAAC - "B+")

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**Awareness programme on prevention of anemia in children, adolescent girls, women's diet,
IFA, deworming**
Organised by: NSS Maynaguri College
Date: 05/07/2018

Introduction:

The National Service Scheme (NSS) of Maynaguri College organized an extensive awareness programme aimed at preventing anemia among children, adolescent girls, and women. Anaemia remains a critical health issue, particularly in these demographics, and addressing it requires comprehensive education and intervention strategies. This report outlines the activities and outcomes of the programme.

Objectives:

1. To raise awareness about the causes, symptoms, and consequences of anemia among children, adolescent girls, and women.
2. To educate participants about the importance of a balanced diet rich in iron and folic acid for preventing anemia.
3. To promote the regular intake of iron-folic acid (IFA) supplements among pregnant women and adolescent girls.
4. To emphasize the significance of deworming in preventing anemia and improving overall health.

Number of Students: 570

List of Participants

Activities:

1. **Educational Seminars:** NSS organized seminars in collaboration with healthcare professionals to disseminate information about anemia prevention. These sessions covered topics such as the importance of nutrition, IFA supplementation, and deworming in maintaining healthy hemoglobin levels.

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- Interactive Workshops:** Workshops were conducted in schools and community centers, where participants engaged in discussions and activities focusing on anemia prevention strategies. Practical demonstrations on preparing iron-rich meals were also conducted to promote dietary modifications.
- Distribution of Educational Materials:** Informational leaflets, brochures, and posters were distributed among participants, providing detailed guidelines on anemia prevention, dietary recommendations, and the benefits of IFA supplementation and deworming.



- Health Camps:** Health camps were set up to provide free hemoglobin screenings and distribute IFA supplements and deworming medications. Trained volunteers conducted one-on-one counseling sessions to address individual concerns and provide personalized advice.


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5. **Community Outreach:** NSS members conducted door-to-door visits and community meetings to engage with families directly. These interactions facilitated discussions on anemia prevention and encouraged behavioral change within the community.



Outcomes:

1. **Increased Awareness:** Participants demonstrated enhanced knowledge about anemia and its preventive measures. Many reported adopting healthier dietary habits and expressing willingness to incorporate IFA supplements into their routine.
2. **Behavioral Change:** There was a noticeable improvement in dietary practices, with an increased consumption of iron-rich foods such as green leafy vegetables, legumes, and fortified cereals. Pregnant women and adolescent girls showed improved compliance with IFA supplementation and deworming protocols.
3. **Health Impact:** Preliminary data suggested a reduction in the prevalence of anemia among the target population. Health screenings conducted post-programme indicated higher hemoglobin levels and improved overall health outcomes.


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- Community Engagement:** The programme fostered community engagement and empowerment by involving local stakeholders and encouraging collective action towards anemia prevention. Sustainable changes in dietary habits and healthcare-seeking behaviors were observed within the community.

Conclusion:

The NSS-led awareness programme on prevention of anemia proved to be highly effective in addressing this pressing public health issue. Through a combination of education, outreach, and community engagement, significant progress was made towards reducing anemia prevalence and improving health outcomes among children, adolescent girls, and women. Continued efforts and collaboration with healthcare providers and community leaders are essential to sustain these positive outcomes and achieve long-term impact in combating anemia.


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