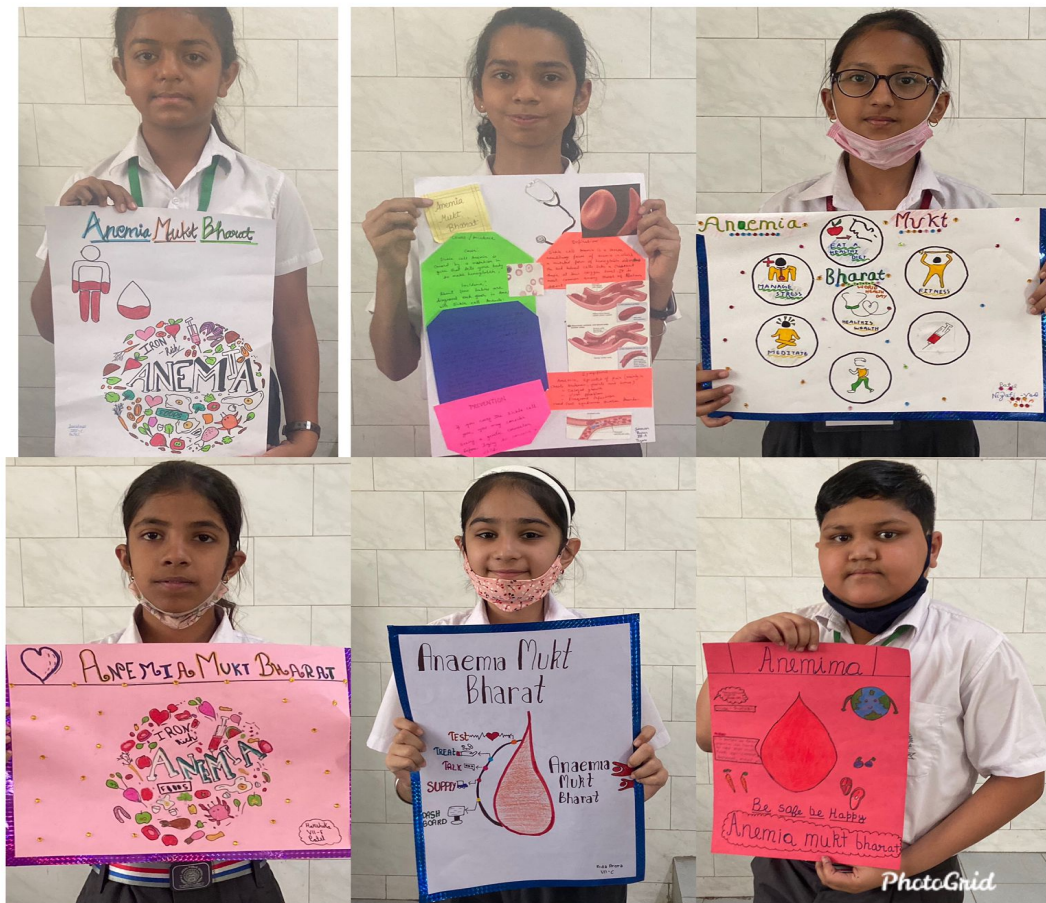


Celebrations of Anemia Mukh Bharat Program

To generate awareness regarding anemia, ANEMIA MUKH BHARAT PROGRAM under Directorate of Family Welfare, (Govt. of NCT Delhi) was celebrated by conducting various activities for the students of Classes VI to X.

Students were involved in activities like slogan writing (classes IX and XI) and poster making (classes VI to VIII) on the theme "ANEMIA MUKH BHARAT". The students participated with great enthusiasm and zeal exhibiting their creative skills and innovative ideas in the form of posters and slogans. The teachers delivered informative talks in their respective classes which reinforced the importance of good health and nutrition among students. The students were made aware of the symptoms and preventive measures for combating this silent disease.



ANEMIA (LACK OF BLOOD)

Sign and symptoms

- Fatigue
- Headache
- Heart beat fast
- Shortness of breath
- Dizziness

Prevention and cure

- Eat plenty of Iron-rich foods
- Eat and drink Vitamin C-rich products
- Get enough ZINC to iron
- Do not smoke

Prevention

- Healthy eating
- Weight Control
- Physical exercise
- Blood Pressure Control
- Blood Sugar Control
- No Smoking

ANEMIA AWARENESS

Anemia Mukht Bharat

Symptoms

- o Chest pain
- o dyspnea
- o weakness
- o nausea, vomiting
- o dizziness
- o Feeling of some panic attacks
- o puller of the skin
- o receive working

Reasons

- o Unbalanced diet
- o Diseases of the Stomach and Intestines
- o blood Loss

17 million people die from heart attack every year in the world

PREVENTION

- o Healthy eating
- o Weight Control
- o Physical exercise
- o Blood Pressure Control
- o Blood Sugar Control
- o No Smoking

Treatment Anemia

Mukt Bharat

Symptoms

- o Fatigue
- o Pale skin
- o Headache
- o Dizziness
- o Weakness

→ Pack Blood
class - 6-A
Roll - 6111

KRITI KRISHNA

VII-A 7126

ANEMIA

Anemia is caused due to lack of IRON

↓

↓ ↓ ↓

↓ ↓ ↓

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NORMAL **ANEMIA**

ANEMIA MUKT BHARAT

TALK TEST TREAT SUPPLY DASHBOARD

Jessica VII E 7517

Anemia Mukht Bharat

Name = Neha Datta
Class = 8th B
Roll No. = 8233

Alarming Signs

- o Decreased Blood cell production
- o RBC Destruction
- o Yellowish Skin
- o Headache
- o Insomnia
- o Fatigue

Types of Anemia

- o Iron Deficiency Anemia
- o Pernicious Anemia
- o Other Anemia: Aplastic, Megaloblastic, Hemolytic, Sickle Cell, Bone Marrow Disease.

Do's

- o IFA tablet
- o Lemon Water
- o Green-Lentil Vegetables
- o Meat and Fish
- o Vitamins - C rich fruits

Don't's

- o Tea and Coffee
- o IFA and Calcium Tablets

CBC Count

- o Hemoglobin
- o Hematocrit
- o RBC Count
- o WBC Count
- o Platelet Count

Anemia Mukht Bharat...

When did my Red Blood cells go?

2 billion people worldwide

- 40% of preschool children
- 30% of menstruating women
- 38% of pregnant women

By: Rakhi : VII - C : 28

ANEMIA MUKT BHARAT

Types of Anemia

- o Iron Deficiency Anemia
- o Pernicious Anemia
- o Other Anemia: Aplastic, Megaloblastic, Hemolytic, Sickle Cell, Bone Marrow Disease.

ANEMIA SYMPTOMS

- o Fatigue
- o Dizziness
- o Weakness
- o Pale skin
- o Headache
- o Insomnia
- o Chest pain
- o Yellowish skin
- o Leg cramps
- o Headache
- o Insomnia

How to treat

- o Iron
- o Folate
- o Vitamin B12

Fix friends don't let friends sickle cell anemia alone