

ANAEMIA IN YOUNG GIRLS OF PONDICHERRY

Mrs. K.Kayathri,

Lecturer, Achariya Arts and Science College.

The study was conducted in the month of February and March, 2008 by selecting one college in Pondicherry. Anemia is a condition in which the hemoglobin concentration into blood is below the defined level, resulting in reduced oxygen carrying capacity of blood cells. The objectives for the study are to study the consumption pattern of iron rich foods among young adults in a College in Pondicherry, to determine the Hemoglobin level for the respondents, to correct the deficiency by providing the supplementation and to educate the young adults about the importance of the iron rich foods.

The tutors were given instructions to gather their students for pre-hemoglobin test in the laboratory. The blood samples were collected and it was diagnosed. Then they were categorized into mild, moderate and severe. The study reveals that 21% were graded as mild anemic, 25% as moderate, 48% as severe anemic and the remaining 6% were normal. Three units were put, to provide the supplementation. The dates, which are the rich source of iron and lime juice for absorption, were distributed to all students (respondents). Iron tablets were provided to the severe anemic students. Thereby the process was carried for a month from 12th Feb 08 to 15th March 08. The post hemoglobin test was again conducted from 17th March 08 to 20th March 08 for evaluation. Proper counseling was also given for the students about the complications of Anaemia and Iron rich foods.

So sincere effort has been taken to reduce the percentage of anemia among the girls in the College. It has been proved that the intake of iron rich foods, balanced diet, nutrition education and awareness will definitely raise the hemoglobin level which will help the students to concentrate in their studies and lead a healthy life. From this project report it is clear that MOST OF THE YOUNG GIRLS ARE ANAEMIC. This is found to be a life threatening one in the society.