**PROPOSAL**

**ERADICATION OF ANEMIA**

**Introduction:**

Currently adolescent girls and the pregnant ladies are facing the anemia problem in their day today life, but they couldn’t aware of themselves. They couldn’t know the effect of anemia and also what is anemia? So Anemia should be prevented in the rural areas by giving health education and proper treatment for that.

**What is Anemia?**

It is a condition in which reduction of red blood cell count, hemoglobin content and packed cell volume. The hemoglobin content of blood is decreased below normal level. Normal level is 12 – 14 mg/dl.

**Causes of Anemia:**

* Iron deficiency
* Lack of vitamin A
* Bleeding due to menstruation
* Loss of blood in accidents and major operation.
* Open field defecation
* Destruction of red blood cells due to Infections like malaria and septicemia

**Symptoms of Anemia:**

* skin became pale(palm, buccal and pharyngeal mucus membrane, conjunctiva, lips, ear lobes and nail bed)
* Skin become very thin and losing the elasticity.
* Loss of hair and grayness of hair.
* Nails become brittle and easily breakable
* Vision become blurring.
* Loss of appetite.
* Vomiting sensation
* Stomach pain
* constipation
* Increased breathing
* Restlessness
* lack of concentration
* Fainting sensation.
* Muscle become weak

**Prevention of Anemia:**

1. Through medicine
2. Through food
3. Health education

**Through medicine:**

* Taking iron and folic acid tablets.
* Blood check up for hemoglobin content.

**Through food:**

* Take iron content food (drumstick leaves, Raagi flour adai and ground nut added foods)
* Iron content fruits (green leaves, pomegranate, dates and dry grapes)
* Vitamin A rich foods (papaya, mango, jaggery, jack fruit and pine apple) (fish & nuts).

**Health education:**

* Advice the patient to take the medicine properly.
* Advice about importance of green leaves, vegetables, fruits and nuts.
* Maintain cleanliness during cooking.
* Use toilets instead of open field defecation.
* Advice about importance of sleep pattern (sleep at least 8 hours per day)
* Advice about maintain cleanliness during menstruation.

**Our activities for prevention:**

1. This project activities’ duration is two years of continuous monitoring.
2. Taking survey in 45 panchayaths in kilpennathur taluk.
3. Conducting Medical camp for assessment of anemia patient.
4. Giving medical care for patient to treat anemia.
5. Awareness program by cultural program.
6. Continuous monitoring the patient by appointing Health worker
7. Reporting the growth of patient once in a 3 months
8. Giving awareness to build toilet in all houses.
9. Economic Help for the very poor to build toilet in their house.

**Timeline: 2 years (8 terms) continuous monitoring.**

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| **S.No** | **Content** | **Term1** | **Term2** | **Term3** | **Term4** | **Term5** | **Term6** | **term7** | **term8** |
| 1 | Survey |  |  |  |  |  |  |  |  |
| 2 | Blood Check Up |  |  |  |  |  |  |  |  |
| 3 | Categorize The Patient |  |  |  |  |  |  |  |  |
| 4 | Health Education |  |  |  |  |  |  |  |  |
| 5 | Distribution Of Medicine |  |  |  |  |  |  |  |  |
| 6 | Awareness Programs |  |  |  |  |  |  |  |  |
| 7 | Monthly Review Meeting |  |  |  |  |  |  |  |  |
| 8 | Seminar And Training |  |  |  |  |  |  |  |  |
| 9 | Building Model Toilet |  |  |  |  |  |  |  |  |
| 10 | Annual Report |  |  |  |  |  |  |  |  |

**Budget proposal:**

Health worker salary 3500 x 24 = 84000

Field staff salary 3500 x 24 = 84000

Monthly review meeting 4000 x 24 = 96000

Travel expenses 50 x 45 x 24 = 54000

Blood check up (syringe & lab fee) = 5000

Medicine expenses = 30000

Seminar & training charges 4 x 20000 = 80000

Building model toilet (poor) 5 x 12000 = 60000

Survey Documentation charges = 50000

5, 43, 000 = $8700 USD

**Conclusion:**

Above mentioned budget is only meant for adolescent girls & maternal mothers in 45 panchayaths’ in kilpennathur. In this continuous monitoring program, definitely we could control the anemia at the End of this project.

Thank you