

**18– 03 – 2024**

**News: Mission Utkarsh**

- The Ministry of Ayush and the Ministry of Women and Child Development have partnered to enhance the nutrition of adolescent girls through Ayurveda interventions as a part of Mission Utkarsh.

## **Anemia**

- Anemia is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiologic needs, which vary by age, sex, altitude, smoking, and pregnancy status.
- Iron deficiency is the most common cause of anemia, although other conditions, such as folate, vitamin B12 and vitamin A deficiencies, chronic inflammation, parasitic infections, and inherited disorders can all cause anemia.
- In its severe form, it is associated with fatigue, weakness, dizziness and drowsiness. Pregnant women and children are particularly vulnerable.
- According to the National Family Health Survey 2019-20, Indian women and children are overwhelmingly anemic.

- Under phase I, 22 states and UTs were surveyed and in a majority of these states and UTs, more than half the children and women were found to be anemic.
- According to the World Health Organization (WHO), women in the reproductive age group and having hemoglobin levels lower than 12 grams per deciliter (g / dL), as well as children under five with hemoglobin levels lower than 11.0 g / dL are considered anemic.