

**DEPARTMENT OF COMMUNITY MEDICINE ,
IRON DEFICIENCY AWARENESS DAY ACTIVITY REPORT 2023**

1.	Name of the activity	Iron Deficiency awareness day, 2023
2.	Date	25/11/2023
3.	Time	10.30am to 11.30am
4.	Venue	UHTC
5.	Total number of participants/beneficiaries	50 students
6.	Faculty / Medical team	Staff Nurse and Interns
7.	In-charge	Dr. Aastha Pandey
8.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	<p>Iron deficiency can cause various impact on health Iron deficiency is a condition in which a body lacks enough iron to Supply its needs. Iron deficiency anaemia can be so mild that it goes unnoticed. But as the body become more deficient in iron and anaemia worsen, the signs and symptoms intensify.</p> <p>Iron deficiency anaemia sings and symptoms include - extreme fatigue, weakness, pale skin, headache, brittle nails, poor appetite especially in infants and children with iron deficiency anaemia.</p> <p>There are various causes of iron deficiency such as blood loss, lack of iron in diet, an inability to absorb iron, in pregnancy. Good Diet plays crucial role for preventing iron deficiency in our body. Good diet for preventing iron deficiency include dark green leafy vegetables such as spinach, beans seafood peas red meat dried fruit iron fortified cereals etc. To diagnose iron deficiency anaemia doctors may run tests to look for such as complete blood count (CBC) etc</p> <p>Under the department of community medicine of MIMER Medical College and Dr B.S.T.R Hospital iron deficiency awareness day was conducted</p>
9.	Circular / Notification (Date, time, venue, guest, speaker, faculty etc.)	No
10.	Pamphlet	No
11.	Attendance (if applicable)	-
12.	Coloured geo-tagged photos (2 to 4)	Attached



GPS Map Camera



Talegaon Dabhade, Maharashtra, India

Ganpati Chowk, PMCQ+FG4, Bazar Peth Rd, Rajwada,
Bhegade Aali, Talegaon Dabhade, Maharashtra 410506, India

Lat 18.721152°

Long 73.688832°

25/11/23 11:53 AM GMT +05:30



GPS Map Camera



Talegaon Dabhade, Maharashtra, India

Ganpati Chowk, PMCQ+FG4, Bazar Peth Rd, Rajwada,
Bhegade Aali, Talegaon Dabhade, Maharashtra 410506, India

Lat 18.721164°

Long 73.688838°

25/11/23 11:55 AM GMT +05:30