

Title : Anaemia among female Undergraduates and faculty in a College of Bhagalpur

Author(s) : Vimi Singh, Mamta Kumari

Institution : S.M College, P.G Dept Home Science-FN T.M.B.U Bhagalpur, India

Keywords : *adolescent girls, anaemia, undergraduates, faculty.*

Introduction:

Adolescent girls form a crucial segment of the population and constitute as it were the vital 'bridge' between the present generation and next. In country like India one half all children and adolescents fail to achieve their full genetic growth potential due to the combined effects of inadequate nutrition and fragment illness. Moreover, due to faulty dietary habits, ignorance and with a multitude of social custom and beliefs cited against women the prevalence of nutritional deficiencies amongst girls remains quite high. Anaemia not only affects the present health status, but also in learning, cognitive function and academic scholastic performance.

Aims Objective:- 1. To assess the prevalence of anaemia among undergraduates. 2. To determine the magnitude of anaemia

Methodology:

present cross sectional study was conducted on 98 girls and 27 faculty members from Sunderwati mahila college, Bhagalpur, Bihar. Which is educating the girls mostly belongs from middle and low income group family. In a Campus the health awareness programme was carried out by I .M. A ,Bhagalpur on the occasion of world health day (7h April,2015) in which Blood sample of 125 subjects were analysed and further classified according to WHO guidelines to assess its severity.

Results:

In the present study it was found that 100% undergraduates of the college were suffering from various degrees of anaemia and among the faculty 18.52% of non anaemic cases were found. Considering severity of anaemia 1.19% girls were mildly anaemic , 97.62% moderately and 1.19% severely anaemic. In the other part of the study which was performed on faculty members 18.52% mildly and 62.96% moderately anaemic. Considering 12 gram/ dl as the cut off level of haemoglobin as per WHO guideline.

Conclusion:

So it can be concluded that females were susceptible to anaemia with highest prevalence in age group of 15 years- 19 years and knowledge regarding this particular subject was poor. This kind of awareness programme might be enhancing the health status